



White Plains • Paseo

Childstart International



School Year
2012-2013

August-September
Newsletter

Director's Message:

Early childhood is an exciting time, as children begin to learn about themselves and the world around them. It's a time when they begin to develop habits that can affect them throughout their lives, especially when it comes to food and fitness.

For children to move, think, and play at school, they need energy. They can get this energy from eating healthy foods, sleeping to restore their bodies, drinking water, and staying active throughout the day.

In the upcoming months, the teachers will be incorporating **Nemours, Kids Health Organization and Sesame Street's Healthy Habits for Life Resource Kit** in lessons and discussions. It is divided in three sections: Get Moving, Food & Drink to Grow On, and Every Day Is a Healthy Day. Each section contains group poems and songs, posters, activities and reproducibles. The familiar Sesame Street characters will help achieve our goals by keeping the kids' interest and attention as they learn!



Useful Website:

http://kidshealth.org/parent/centers/fitness_nutrition_center.html

To update you on theme-related activities, projects and lessons, **Classroom News** will be pasted in the diary every last Friday of the month.

Dates to Remember

AUGUST

Scheduled 10,
Activity with 17,
Mom 24

No Classes (Ramadan) 20

(Ninoy Aquino Day) 21

Kamayán Festival 31

SEPTEMBER

Receive 3
Evaluation

Cooking Day 4

Grandparent's Day Art 7

Pajama Day 20

LEARNING THEMES

August
Food Nutrition and Filipino Month Patriotism

September
Home and Family Sharing and Loving

KAMAYAN FESTIVAL

In celebration of Filipino month, the children will be exploring various aspects of Filipino culture. As culminating activity, the Kamayan will be held on **August 31 (Friday), 9:30-11:30 am**. The simple / short program will start at exactly 10am. Children must come in **Filipiniana costume** and parents are guests are encouraged to do so as well. All children are requested to bring Filipino dishes to share. The teachers will be coordinating with you.



calling all cool MOMS

**AUGUST IS MOMMY
ACTIVITY MONTH!**

BOOK BAG & DIARY

Please return your child's book bag and diary to school right away as your child's teacher may have some important messages for you within the week. Also, please don't forget to attach/insert reply slips in the notebook so teachers will know if you have received them. Your child's diary is also a venue for your questions and suggestions. Please don't hesitate to write us. Thank You!

ENRICHMENT CLASS UPDATES

SmartGym™ Class

"Good Posture" and "Moving in Place" were the focus of SmartGym for June and July. Proper way of sitting, walking and moving various body parts were practiced by the younger group of children. Some basic warm-up exercises and proper breathing were also taught. Children 4 years old and above learned hopping and jumping. They also imitated familiar animal movements.

Music and Movement

Maybe you've heard your child sing Apple Tree or clap while singing "la, la, la, la"? During the Dalcroze Eurythmics class (every Friday) with Teacher Cat, they learn to sing in tune and move (like pass around the apple) together with the beat. They also practice slow clapping and tapping as they sing. We're still using calm, slow-paced music to make sure they are all able to follow.

