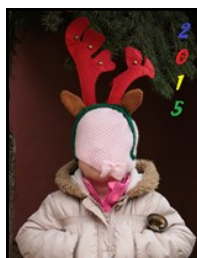
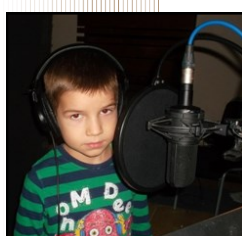


Dear parents,

November is over and here we go again with our fresh news, new topics and upcoming events... We hope that also this time you'll find something what interests you and brings you better inside look into our Kindergarten life :)

You can see it, hear it and feel it already everywhere... in the shops, on the streets, in TV ads... and even in our Kindergarten :) Yes, we are talking about CHRISTMAS :) What does it mean for us? Piles and piles of hard work....but also a lot of fun and new experience :). As Christmas performance is actually the biggest event of the year for us, November has been naturally the time to get ready for it and thus the highlight of this month is our **Christmas preparations**. At the beginning it was vital to come up with an idea we haven't showed you, yet :). It was a tough job, especially when we had to think of two separate locations, but hopefully we've managed it. Let's see when showing you off :). Then our teams of teachers needed to make a scenario with all the details such as to find the right music, write the texts, make up challenging but still doable group "scenes", plan the timing, form the groups and much more. When all this was done, we could start the practising itself. It means that your children used to change to actors every morning, and sometimes even in the afternoons, to bring forth the creative part of them in dancing, singing, reciting, performing, and acting out. Besides all of this we simultaneously worked on the props, invitations, costumes and thus if you found your children in November a bit "overexcited" at home, we hope it's clear now why. In general, Christmas performance as well as the practice and training before gives your child special time of challenges which in the end can support confidence, deepen self-esteem and teach that sharing talent combined with a hard work and endurance can resolve in lots of fun and satisfaction, even in so appreciated applause :).

**Highlight of the Month...**



**We've been busy with...**

## Parents Teaching: Indian Embassy

In October we experienced another of our Parents Teaching Projects. This time it was Zebras' turn. Aarush's parents, Mr. & Mrs. Tewari, invited us to visit Embassy of India. We couldn't say no, could we? In fact, you don't get a chance to shake hands with ambassador or consular every day! Kids were excited to see such a place - with all its decorations and beautiful pictures on the walls. However, they liked the conference room, with its loong table, the best :). They were thinking, how to put the table to the good use - and so it turned into a huge car race place, drawing board or a table tennis table. Unfortunately, only in their imagination. The whole trip was very succesful and we are already looking forward to next adventures. :)





## Features...

**Ms Paťa** is our sport instructor covering all the sports activities. Her focus is on swimming which is ran by our Kindergarten all over the year. She is, however, also a trainer for seasonal sports, such as skiing, skating and tennis. Ms Paťa has graduated the Faculty of Physical Education and Sport in Bratislava as a trainer; she has special additional qualification as an instructor of swimming for babies, toddlers and pre-school age children and is a member of Slovak swimming federation (trainer, level III); she is a member of Slovak tennis federation (tennis trainer) and has additional licence as a skiing trainer (level I). We highly appreciate her professional approach and lots of experience to gain the best possible results.



**Patrícia Bullová**  
Sport Instructor

### Why did you decide to become a sport instructor?

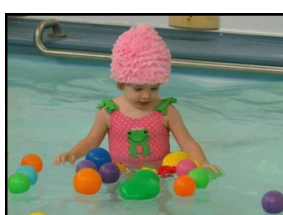
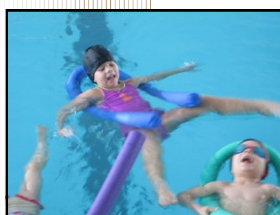
I have practiced sport since I was a little girl. Sport in general is a part of my life and that is also why I studied the Faculty of Physical Education and Sport in Bratislava. During my studies I started to work as a sport instructor in different sport clubs, so the decision to continue came as a natural choice.

### What do you like about working with children?

What I love most is to see the child's progress which usually comes quite fast and kind of naturally. I like to watch how children develop, improve and break their limits and borders. To see child's joy and delight in the eyes when copying his/her fears or beating the challenge, it is the best reward which makes me happy and keeps me energized.

### What is your job actually about?

As a sport instructor I cover all the sports which are provided by Kindergarten, particularly swimming, of course, but also skiing, skating and tennis. However, my job is actually not only about covering the sport lessons including planning, teaching and evaluation. I am responsible also for organization and coordination of sport courses, hiring additional sport instructors if necessary and their supervision. In addition, I also take care of Gajova swimming pool to keep all the standards given by law.



## Swimming...



Lots of parents repeatedly ask various questions regarding our swimming and thus we have decided to give you some more information on this topic.

### Does my child learn to swim or he/she just plays in water?

First of all, we would like to emphasize that swimming is only one of our extracurricular activities and although it is a pleasant bonus it can't substitute intensive swimming course or individual one-to-one lessons, especially when it comes to really small children. Children follow a yearly **swimming plan** which is specific for particular ages. Of course, the plan was elaborated by our swimming instructor who has a special certificate in training of toddlers and preschool children and focuses on proper methodology. The plan is available on the wallboard in the cloak room. As stated in the swimming plan all the children from the age of two learn gradually to swim, however, there are plenty of "swimming" skills which they need to handle properly until they actually start to swim as the "swimming" is commonly perceived. At the beginning it is the most important to build a positive attitude toward water and gain the skills to stay "alive" by e.g. floating or proper submerging. Later on children adopt proper isolated movements of different strokes and just much later on they learn to coordinate these movements together forming a particular "stroke" style. Of course, play and games are the part of the training program as we are still in the Kindergarten :).

### Do the children use any "helping" accessories?

When learning to swim children do not use any "swimming wheels" or "swimming sleeves", however of course, we do use various swimming floating equipment which is designed for training, such as floating boards or noodles :)

### How is it going with swimming?

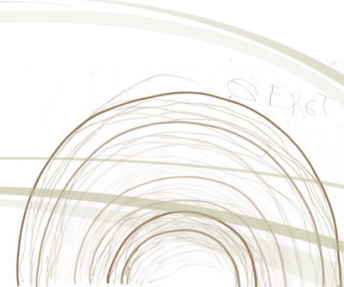
Parents are regularly informed about swimming activities via short monthly reports on the wallboards. Twice a year you are reported about the actual progress of your own child. However, if you have any specific questions, do not hesitate to ask your teacher to find out from the instructor.

### Is not water in the pool cold?

Well, it depends on what you consider being cold and what pool we talk about. Of course, the "warmest" pool is on Gajova which is utilized by the smaller ones and the temperature of water is usually around 30°C and air temperature is 28°C. Big training pools in FTVŠ and FEI are a bit colder as they are supposed to be designated for long distance swimming. However, also these pools have the water and air temperature within the limits given by law when providing a child swimming courses (26°C-27°C). Simply said, generally the water and air in these pools are OK, but individually can be perceived as cold for some children, of course. The possible solutions might be bringing neoprene suit or gown for colder season.

### How deep is the pool?

Gajova pool: 4,5m x 3,5m/ depth 0,60m / FTVŠ pool: size 25m x 12m/ depth 0,70m-3,80m / FEI pool: size 25m x 12,5m/ depth 1,20m-1,60m



**We spy...**

## FAQ – part II

Last month we started with your most frequently asked questions and here is the second part to go through slightly different topics this time :)

### *Is my child a troublemaker? Is my child normal?*

Yes, it is quite common that parents are concerned whether their child fits to the concept and limits of normality including basically all the fields from behaviour and reactions to intelligence and learning skills. Honestly, the answer is always individual and for an eye-to-eye meeting with your teacher. However, we can assure you that mostly, and we are talking about 99,99% :, your children are very normal, and their behaviour or development is even very common from the perspective of developmental dynamics and principles. In case there is anything wrong your teacher ALWAYS informs you. Generally saying, we believe that even wild, crazy or difficult children are not troublemakers or abnormal, in deed, but demand more attention and can be manageable when applying a proper approach.

### *How to handle if my child refuses to do the things alone (e.g. getting dressed)? How to manage anger and misbehaving at home? What to do if my child "beats" me?*

All these questions are quite difficult to cover in a short paragraph and there is no secret magic trick how to do it what is on the other hand exciting and amazing at the same time :) Every child is different, has his/her own story and family background which need to be taken into account when creating an intervention plan. Sometimes the problems appear due to the lack of rules and consistency; sometimes it is because of the lack of attention and appreciation; sometimes it is a result of wrong communication patterns. We highly recommend consulting these problems with us so we can help you to analyse the situation and find out possible solutions. Anyway, as we consider the questions of anger management and emotional education as very sensitive, and usually commonly underestimated and misunderstood, we will focus on this topic in some of our next Newsletters.

### *Can I bring my child if he/she has running nose or is coughing? How to avoid being ill and support immunity?*

Well, there it comes one of the most delicate and sensitive topics, at all. When it comes to health it is the never-ending discussion with its dips in summer and peaks during winter. Honestly, even the opinions within the "doctor community" vary a lot, so it's really difficult to come to one definite answer. We draw your attention for example to the article regarding "running nose" issue <http://zdravie.pravda.sk/zdrava-rodina/clanok/297605-soplky-nie-su-choroba/>. We try to apply a rational approach and find out the "golden medium" in between being hyper protective and irresponsible. Preschool age is the time when children form their immunity system by exposing themselves to a wide range of viruses and bacteria. All the body reactions including "running nose" or coughing are just symptoms and it is basically up to the doctor to examine whether they are dangerous also for others and what their cause is thus in case of doubts we require a confirmation from the doctor. The best way how to prevent illnesses is to immunize



**We've been busy with...**

## Educational focus: Autumn

We all got positively surprised by November mild and pleasant weather and so we could fully enjoy our mostly outdoor trips. November goals, focuses and activities turned about the autumn topics. We explored typical autumn colours in connection to a wide range of moods and emotions they bring. We talked about the theory of colours and also why the colours change in autumn from scientific point of view. We could not skip the autumn weather which is diverse and variable in its typical forms. We worked out the weather observation projects to observe typical weather features such as temperature, precipitation, humidity, wind dustiness or at least cloudiness of the sky in order to see how they change over the period of time and what it actually means. Some of us visited even a hydro-meteorological institution to find out more scientific answers :). To explore the wind and its principles we walked out for a "kite flying" trip, where we could see that kite flying can be a great fun as well as tough job to force the kite fly :). We also took a tour to the autumn forest to experience its "atmosphere" for real. Even more, we learned about everything what forest environment offers – food and shelters for animals, living and non-living elements, natural versus artificial items which can be pollutants... Yes, although our field trip tasks were not easy we tried our best to find out as much as possible. After all, we tested our knowledge and skills to see whether we would survive in case we got lost in wildness J We learned some of the strategies from "Lomidrevo" who we welcomed to our Kindergarten at the end of the month, too :).





## Extra Clubs

This year we set off with some new extra clubs on both locations, and as we promised in October, we bring you more detailed look from different perspectives :)



### Taekwondo (Úprkova)

Taekwondo under the lead of Master Song offers our kids things we can't really let them do freely in the Kindergarten routines, like shouting, and fighting at the same time :). This club is full of new movements, meditation, exotic music and practising itself, where kids are learning how to fight and protect themselves. In this process can easily happen that your child ends up with some bruises or a blue eye like our Dami last time :) but honestly, we've never seen a child so happy and proud to have a blue eye :). This club is great for getting rid of accumulated energy and "manning up" :)

Our experience after two months: Very demanding :) on physical condition as well as certain level of mental maturity for self-control. Children are usually very tired afterwards but perceive the club as very popular as it brings new experience.

### Funiariček (Gajova / Úprkova)

Extra club Funiariček offers kids the comeback to Slovak traditions as well as exploration of the culture we live in. It is about luckily not yet forgotten Slovak folklore with its music, dances, songs and customs as such. Mrs Ľudka as well as Ms Ivka danced in folklore groups most of their lives and they enrich our team with their experience in this field. It is beautiful to watch how naturally and positively kids react to songs and dances they've probably never heard or seen before, as if they knew it since ever.

They laugh on jokes in songs even though it's in archaic or vernacular language. On Funiariček kids learn Slovak traditions with everything it takes, and even more, it offers to those who wish, an opportunity to embrace the beauty and depth of Slovak identity.

Our experience after two months: Relaxing. It is quite popular among the children as they can speak Slovak :) (in songs) and they get enriched by new experience (different music, pair dancing, typical folk music instruments, fest games... etc.).



### Modern dance (Gajova / Úprkova)

Modern dance club is organized in cooperation with the River park dance school and is lead on both locations by Ms Aron. You may know her as Aron "MITU" - the founder of the dance group LIL' MITU CREW, the absolute winner of Dancehall battles in Czech Republic 2008-2010. Aron's been working with the best dance groups and dance schools on various dance projects across the country since 2006 and now we can enjoy her lessons, too. Although we cover the dance also in our regular clubs, Modern dance is a kind of extension bringing new and more specific focuses from different dancing styles and catching up with nowadays expectations and trends. Kids adopt the typical body postures; learn steps and step variations making short choreographies; learn to feel rhythm, dynamics and emotions of the music and transfer it to motion. They learn quite fast and Ms Aron already mentioned we have some talents in our KG crew :)



Our experience after two months: Relaxing. Children might perceive the club as not so much different from the regular dancing club so far; mostly because of the fact that "dance basis" are basically the same for all the dancing styles.



**Oli V.**

**Why did you choose...?** I don't know **Do you like this club?** Yes **What do you like about the club?** That we are dancing **What is your most favourite activity on the club?** Jumping **Do you like the Ms Aron?** Yes **What do you like about her?** That she is a good dancing teacher. She is pretty **Did you learn something already?** Yes **What?** To jump



**Extra Clubs**

### WooJin

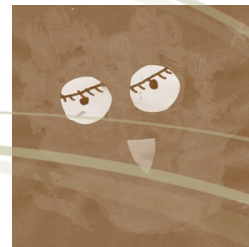
**Why did you choose this club?** Because I like it **What do you like about it?** Fighting, and also putting down. **What does it mean putting down?** When is somebody in a ...and you put down the man (tries to show me) **Did you try it already?** Yes, with Alex **And did you manage?** I did fall him down **You put him down?** Yeah, one (proud face) **And did somebody put you down?** No. No? **How did you manage?** Because I was so strong... **What can you tell me about master Song?** He is practising something... muscles, he knows that how to put the muscles.



**What extra club do you attend?** All: The Funiariček **What is this club about?**

Veve: About dancing **What do you do there?** Stellka: Stretching and dancing/ Tal: that

we are singing/ Matúš: And also when we have time we are playing slepá mača **What is slepá mača?** Matúš: That you will cover the eyes and slepá mača need to catch you and when slepá mača caught you so then you is going **Did you learn there something?** Veve: I know, we was learning there how to jump and how to do something with the knees **What else do you do there?** Tal: We did learn there once one song in Slovak **Who is your teacher?** All: Miss Ivka **What can you tell me about her?** Veve: That she can dance nicely/ Stellka: She was telling us where we need to stand because we need to have a place for stretching and dancing **Why did you choose this club?** Stellka: Because I love dancing/ Matúš: Because my sister Lili is dancing/ Paola: Because I like dance and music/ Barborka: I didn't choose it, my mummy did choose it/ Veve: The same what Barborka/ Sofia: I like dancing **Do folk dancers have special costumes for dancing?** All: Yes/ Matúš: special costumes kroj



## Karate (Gajova)

Karate is a club offering an alternative of "martial art" sport where the children have space and time to do the things which are under normal conditions forbidden in the Kindergarten. Yes, they can fight :). Of course, they fight under the control and learn to understand that ability to hurt somebody brings also responsibility of appropriate self-control and respect for the opponent. The kids work on their strength, coordination, endurance, flexibility and the club is led by Mr Adam who has been training Karate for several years and has also experience as a Karate trainer.



Our experience after two months: Very demanding :) on physical condition as well as certain level of mental maturity for self-control. Children are usually very tired afterwards but perceive the club as very popular as it brings new experience for them.

## Literacy clubs (Gajova/ Úprkova)

Literacy clubs, particularly **ABC** and **Elkonin**, are assigned to Y1 children who prepare for school. Elkonin club is lead in Slovak language by Mrs Lenka (our speech therapist) on both locations and its main goal is to support and develop overall literacy skills in the Slovak language. ABC club is an extra English language activity focusing on reading and writing, and is led by Mrs Hela on both locations.



## Upcoming events

### Christmas party

Yes, we have informed you about this big event already, and here is finally the official invitation :) We only would like to remind you to keep your timing and come on time (what means in advance :)). In the same time we would like to draw your attention to the fact that in the morning time we will have a big **rehearsal** on the stage and thus it is really highly important to bring your child before 9:00 as we leave to the theatre shortly after. Thank you for your cooperation in advance.



### Christmas workshops

Oh yes :), even this event was already "advertised". We only would like to remind you once again that if you are willing to experience a brand pre-Xmas KG atmosphere and to know other parents and kids a bit closer, this is a very good opportunity. Feel free to join also our "**Xmas cookie contest**" – so if you prepare together with your child any pastry, cookie or cake, bring them to the workshops for tasting:).

### St. Nicholas

Of course, we won't forget about the annual Saint Nicholas day either. It will be coincidentally also a day of our first big rehearsal for St. Nicholas, Devil and Angel :), so please come on time.

### Christmas holidays

As already announced we only would like to remind you that the Kindergarten on both locations is taking its winter Christmas holidays and thus we are closed within the period of:

**22nd December 2014 – 6th January 2015**

As our December newsletter will be released just in January 2015, we would like to wish you great relax during the holidays and **Merry Christmas and Happy New Year** in the name of our team of Funiversity and CIS.

## Extra Clubs

**What club do you attend?**  
All: Karate **Who is your teacher?**  
All: Mr. Adam

**Can you tell me something about him?** Andrej: That he is our trainer / Sela: Mr. Adam is learning more and more from his trainers, he is like knowing more and more **Is he good at karate?** Andrej: Yes, but he knows only just something **What do you do there?** Andrej: We are training / Kubko: the squats and also something hmm the kicks / Branko: I like the most to do there the squats and we are stretching like on the dancing / Matúš: We are doing sit ups and some kicks **What did you learn there?** Andrej: I forgot it already / Sela: kicks **Do you fight there?** Branko: No / Kubko: No / Andrej: Not yet, because we do not know how to fight yet **What is important on Karate?** Oli: To know kicks / Sela: It's great. Because it's protecting us / Andrej: I will ask Mr. Adam next Karate, I need to ask him / Branko: When somebody wants to kill you or fight with you so you can fight Karate **What do you need Karate for?** Andrej: to be strong **What do you like about it?** Oli: To train the kicks / Matúš: When Mr. Adam is catching us **Why did you choose Karate club?** Kubko: because is there fun / Oli: Because I want to learn it / Sela: Because it's better than dancing and it's protecting us and we love it / Andrej: I didn't choose, my mummy did choose it / Branko: I choose it because when I will be big I will know karate / Matúš: Because I want to be strong **Do you have special clothes for karate?** Matúš: Yes, kimono / Sela: They are just white, but I've got one from Israel and there is a Israel flag on it and even I've got from somebody green belt and it means that I am good at karate

