



# KINDERGARTEN NEWSLETTER

## MAY 2016



There were sooo many big topics to be addressed in May! Do you think it's easy to choose your future profession? Or to learn what's the most important to do in case of danger? Or to show your Mom what she means to you? Well, let's compromise: there are both easy and difficult points about everything. There's nothing complicated about saying: "Thank you, Mom." and walking around the garden to see what stripy & dotty or flowery craft I would do first. Preparing a gift that the Mom would appreciate and work hard on a performance is a different case. By any means, May is done and so are all its events... so let's have a look at what it was all about. ☺



## HIGHLIGHT OF THE MONTH... MOTHER'S DAY

Indeed, we've been truly busy with preparations for the big day of our Moms. As was already said at the very beginning, it takes some effort to prepare well for a day like this. Now let us take you for a walk to the "back stage" of it all. First of all, the ideas come (or if they don't come, we need to search for them ☺). Each class prepares a programme for their Mummies. We try to make it just perfect – that is: age appropriate, not too short, not too long, funny for both Moms and kids. Then, the presents! The big head-breaker! What would be cute, original, useful, and our Moms didn't get before? Plus we are able to make it ourselves. Workshops! How, what, who, what if it rains? This way or another, both Gajova and Upkova have survived Mother's Day successfully. Just check it here!



### Programme

We don't know for how many moms the Mother's Day programme really stayed a surprise. We tried to make the children keep it a secret, but we don't think our reasons were reasonable enough for the kids. Whatever they showed you at home before the D-Day, surely the atmosphere during the performance in the KG was worth coming. It's hard to imagine a feast like this without singing. And so it was. Each class prepared a very special song for their Mums: some children sang about what the Mum is like, some about what their Mummy means to them and others about how much they love her. Apart from the "only-for-mummies-songs" each class came with their own small performance. The most popular were the dramatizations of the simple stories or tales. Zebras and Donkeys performed the famous Bear Hunt story, Whales showed off with the story about the Superworm, Beavers changed into little goats in the tale about Little Goats and the Wolf, and Ladybugs and Dragonflies helped the little Monkey and Bear to search for their lost Mums. In the Cricket and Butterfly class the performance revealed what are their Mums good at, and Elephants' presentation answered the question "Why do we need our Mum?" We honestly hope that all the Mums enjoyed our shows.



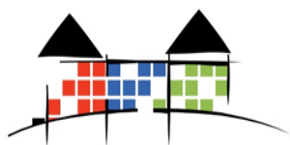
### Workshops

Upkova went flowers this year. You ask why? Well, because flowers are beautiful like all our Mums and also because all women in the world just love flowers (or don't they ☺)? So Mummies could become even more beautiful when, together with their children, they created flower hair-bands, flower jewellery, flower magnets, flowers made out of napkins or tulip origami. Of course yummy food, fruits in the shape of flowers and lemonades and various flower games like perfumes smelling, flower recognition and a flower race couldn't miss at our party.

Gajova chose this year's Mother's Day to be dot-like and stripe-like. And lots of Mums indeed kept this dot-and-stripes rules and came dressed accordingly. During our garden workshops you could see that "stripes and dots" are not only usable in fashion. There were dotty veggie plates and stripy biscuits, carpet to be decorated by walking with a special balance steppers (with dots naturally) or lady-bug stone painting. If you dared, you could try to find a spot to put missing zebra's tail on – blind-eyed following the instructions of your navigator. You could decorate your own picture frame or design and create the wrapping paper of your dreams. Like every year, kids with their Mums were leaving with hands full of crafts they've made.







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### HIGHLIGHT OF THE MONTH... MOTHER'S DAY

#### Presents

The gifts we've prepared this year were of all kinds. Some were artistic, some were romantic, some were practical but all were made with love. Some Mommies got the elegant silk scarves painted by Hippos. Other Mommies were lucky to get good luck clover or other flower planted by Donkeys and Butterflies in a special newspaper or napkin "decoupaged" flowerpot - decorated by the kids, of course. Fancy brooches garnished with feathers, stones and glitters were gifted to the Moms of Whales and a Beaver smiling at his or her Mom in hand-made puzzle-pieces frame made all Beavers' Moms smile. Crickets' Moms can go shopping with their new bags reminding them of who loves them and Elephants' Moms have now the new place to put their treasures – they got the new jewellery box blossoming with flower-napkin decoupage. Some Mommies don't have to worry about their keys now, as there is original hand-made and hand painted key chain hanging on them and other Moms can quench their thirst from a brand new jute-strings-decorated glass of water. What do you think? We think that with all these skilful little hands we could open an all-purpose shop one day and become very very rich ☺



### WE SPY...



### WHY DO WE NEED MUM?

**Luky** (Whales): If we don't have our Mommies then they cannot platit' and we cannot go on dovolenka.



**Melanie** (Zebras): I think because if we don't have Mommies then we can get lost.



**Matúško** (Donkeys): That if we got lost to the forest we don't go with Mommy then I cannot with no-body play.



**Nikolaj** (Crickets): Because we need mummy because we are small and small cannot go alone with no mummy.



**Liliana** (Butterflies): Because we need to have the mummy and food or we will die.



**Andy M.** (Hippos): That if we don't have our Mommies, only we have Daddies, Daddies don't cook good but Mommies very know good how to cook.

**Marco** (Hippos): If we wouldn't have Mommies and Daddies would work so then we can't play.



**Luisa** (Crickets): My mummy go to práca because we need gazdovat' and then we go to Zoologickej.



**Livia** (Elephants): Because she can help us when is something not going and we need help we can ask mummy and she will do it.



**Markus** (Zebras): If the rocket will come and take you to the space then Mommy cannot go to you to the space.

**Neti** (Zebras): When you lose yourself and when you leave your Mommy somewhere, then you're lost. You need to keep yourself to your Mommy.



**Alex** (Ladybugs): Because she always help us.





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### WE'VE BEEN BUSY WITH... COOKING

Last month we talked about human bodies... this month we stay in touch with our bodies again. Our yummy topic "I'm All I Eat" has brought us to nearby shops and made us work on our own "cooking projects". Even though most of us couldn't use the real kitchen or bake or roast or cook, the "results" of our effort ended up to be highly eatable. These are the delicacies we came with:



During our cooking and shopping week we played real cooks and believe it or not, some of us created masterpieces indeed! Our results smelled good, tasted delicious and some looked like rainbow. If you are interested in statistics, here is some data from our setting at Gajova: all the classes used fruit for their recipes, some used yoghurt, some used biscuits, some used chocolate, and all the final foods tasted sweet. Everyone, from Beavers to Hippos prepared very well – going through the recipes, putting down the shopping lists, preparing shopping bags and money. That was the first part. Then all the classes made their own shopping. That week the nearby shops were full of small customers carrying baskets, reaching up high to hand the money to the cashier or asking curious questions like "Excuse me, where do you keep honey?" Then back in the kindergarten all the busy hands washing, peeling, cutting, stirring, mixing, spreading, or pouring. And this is what we've done: Sticky Raspberry Sponge Biscuits (Beavers), Banana Smoothie (Donkeys), Banana Roof Cake (Zebras), Fruit Sticks (Whales), Rainbow Popsicle (Hippos). And then just licking our lips and rubbing our bellies. That's how it was and it was sooo delicious.



As for Uprkova setting, they took completely different approach. The Crickets took this challenge in a very fancy way! They prepared a traditional wedding menu ☺ - ham rolls filled with whipped cream, finger food made of cheese and grape and of course a dessert. The Elephants love to play the game "Who Took the Cookie from the Cookie Jar?" so the decision to make yummy cookies was really an easy one. ☺ Everybody took part in preparing the dough by mixing all ingredients and then decorating their own cookie with chocolate bits and raisins. The result was really delicious (even though the oven baked faster than they expected ☺). Our Butterflies and Ladybugs had the same idea - fruit salad. Yes, it's the safest way to go when you have to fight with some food allergies ☺. They all agreed that the hardest part was not to eat anything before the whole salad was ready! ☺ By the way, what do you think about kebab? For some people delicious for others just junk food. The Dragonflies found the way to prepare it in the healthiest way possible. They made fruit kebabs! They prepared all fruit needed, some apples, bananas, pears, grapes and strawberries and they skewered the fruit onto kebab sticks ☺. The best part was eating them anyway! Delicious and healthy!



### WE SPY... WHAT IS YOUR FAVOURITE FOOD

**Nellka** (Butterflies): Strawberry and nanuk. I first put there my favourite fruit then I mix it then I put it to the fridge and then I need to wait it will be cold and then I can eat it.



**Marek M.** (Hippos): My favourite food is pizza. We should put there cesto, then some paradajková omáčka, and we should put it into the rúra, and then we should put something on it, like cheese.



**Teo** (Dragonflies): Bryndzové halušky. We need bryndza, bryndza and sometimes can be there also slanina and sometimes can be also there like kôpor.



**Hanka Š.** (Whales): I like the most spaghetti. I have spaghetti, then I put there some onion and then I bake it, and I put it on the plate and then I put there ketchup.

### AND HOW YOU PREPARE IT?

**Barbi K.** (Whales): Waffle. We'll first cook it, then we'll put something on it, like nutella, and that's all.

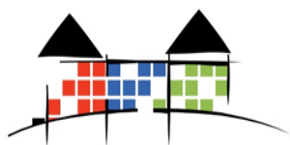


**Ninka G.** (Donkeys): I like to eat pasta. Mommy put it to cook it and she put it on my table and I will eat it.



**Anton** (Dragonflies): Meat with rice. You make meat and rice from cesto they are like small dots and meat you have to cook it first it's so like vysmázané and then you have to put it to the hrniec and then you have to wait until it will be already vytužnuté and then it's already meat with rice.





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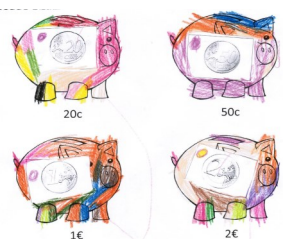
### WE'VE BEEN BUSY WITH... CLASS PROJECTS

**Whales** created their own Cook Book full of delicious recipes such as muffins, pancakes, or "pirohy". If you are curious, just stop by in their classroom. They will surely share some secret recipes with you, too.

They also played at restaurant - they set up a table, learnt where is the proper place for cutlery, how to use a napkin and what proper table manners they should exhibit. Children did really great! Just let us know, if they remember anything next time you go to

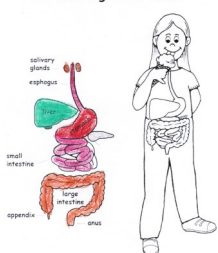


**Zebras** had to get prepared for the trip to a shop properly. The very important phase of shopping is paying. ☺ But how can you do that if you don't know any money? So Zebras checked each one of Euro coins and Euro cents. The categorised them according to their size and value and put them into right piggy banks. Now nobody will ever cheat them while at shop!



**Butterflies & Elephants** got similar idea and the both classes got to talk about a food pyramid. They thought very hard to realise which food is the most important for our health and which one is good only in small amounts. They probably eat a lot of healthy food because their brain cells worked just fine and they got their pyramids right in no time!

Color the Digestive Tract



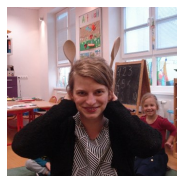
**Hippos** played a looooot of fruit-based games. Besides that, they observed what journey the food need to take until it gets into their stomach. They started with putting a piece of bread in their mouth and waited until it got moistened by saliva and starches got broken down. Afterwards they "hammered" it with their teeth and pushed it down through the food pipe and into their stomach. Would you like to get such lesson? ☺

**Donkeys** decided to tidy their kitchen corner. It got a bit messy and unorganised so they took everything out and sorted the items into 4 groups - fruits, vegetables, pastry, dairy. They studied alphabet and phonics too when naming the food and listening to its beginning sound. What a great way to practice the things!



### WHAT'S YOUR FAVOURITE RECIPE? SHARE IT, PLEASE!

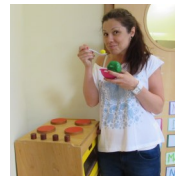
#### TEACHERS' INQUIRY



**Táňa:** I love hummus. It's a spread made of chickpeas. You can add whatever you like - dried tomatoes, coriander, lime or lemon juice, smoked Mexican pepper, ...



**Bogi:** I don't know recipes by heart. I use internet or my grandma's advice if I need to cook.



**Domča:** Sausages! Put some water in a pot. Add some sausages. Wait until it is hot. Enjoy!

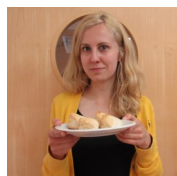
**Ivetka:** Pancakes recipe. Shameful as it is, I only learnt how to make pancakes recently. It was the only meal my brother was ever able/willing to make, so why bother... But I can make awesome muffins!



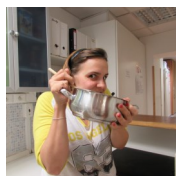
**Katka K:** I could find a great recipe and would be very happy to share... but there is not enough space to write it here. But feel free to ask me anytime.



**Jude:** Pot noodle - add boiling water to a tub of noodles. Wait 4 minutes, add seasoning, stir and eat!



**Nikol:** Recently I discovered how easy it is to make a super-healthy & super-yummy banana ice-cream! You just cut a banana or two, put it to the freezer for a while and then blend it. Simple as that and sooo tasty"



**Peťa:** Spinach-bryndza spread... amazing taste, amazing colour. You just blend bryndza with spinach and a drop of olive oil. Nothing else! No butter, no cheese. It's just amazing!



DO NOT WORRY, NO TEACHER GETS TO ANY HARM... THE SCHOOL PROVIDES LUNCHES FOR THEM. OTHERWISE THEY WOULD HAVE STARVED LOOONG AGO. ☺



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### ADVISORY... HEALTHY EATING HABITS

If you are one of those many parents who think distractions at mealtimes (like letting your child to play with I-pad in order to get some food inside him/her), please, find a few minutes to read through this article ☺. Of course your reasons make sense and are pretty understandable – you want your child to eat certain foods or amounts. This strategy is not helpful in the long term, though. Eating with distractions (like TV, I-pad, or books) can build a number of unhealthy eating habits in your children:

- It can prevent them from listening to their bodies. One (even a child) needs to eat “consciously” to be able to detect when they are full and satisfied. The sense for satiety – the concept of being full – develops in the preschool age. Kids should be “here and now”, mentally present when eating, to be able to take proper control over their food intake.
- A child distracted with TV or books is not fully participating in family mealtime while you, a parent, often do not have time to eat at all, busy reading or helping set up a film.
- Eating is not only about getting calories. It is a potentially highly rewarding act that leaves us satisfied or, well, unsatisfied. Paying attention to the food you are eating gives satisfaction and help stay attuned to hunger-fullness. If you let kids eat with distractions, they might be begging for snacks in a short while (naturally, because they don't even know they were eating) and in the long term, forget how to stop eating when full.



#### What to do to break screen mealtimes routine?

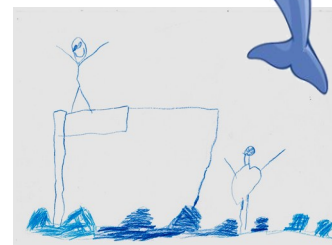
- Involve kids in meal preparation — for example, let them tear lettuce for a salad or help set the table.
- Create a structure for daily meals and snacks so kids don't graze all day long.
- Have regular family meals and make them pleasant times for the whole family to get together.
- Set a good example by eating without screen yourself.
- Let your kids have some control: most kids naturally know if they're hungry or full and can use these cues to control how much they need. Kids who are encouraged to ignore these cues may learn to override this internal control mechanism.
- Especially at the beginning, include familiar and liked foods in family meals so the child can always find something to eat and make sure to schedule a snack 1.5 - 2 hours after a meal so he has a chance to eat again soon.
- Adjust expectations. 10-15 minutes of sitting still at a table is a very long time for a busy toddler. Set a timer for 5 minutes at first and extend mealtime to 15 minutes gradually.
- Relax about the number of bites and spoonful. Less pressure at mealtimes means better eating habits for the rest of the life.



### WE'VE BEEN BUSY WITH... SWIMMING



Zebras and Whales, our Reception classes at Gajova location, got to test deep waters of a real swimming pool this May. The course took place at the pool of Faculty of Physical Education and Sports. When we came to the setting, lots of instructors have already waited for us. Each one of them was responsible for two or three little kindergarteners which made it almost a private lesson. ☺ Kids were very brave and although they were respectful in “deep” water, they always tried their best and did not give up. And so, some of them can swim with no help at all while the others use only a swim board to support them. In any case, they all succeeded in their last-day competition and swam a width of the swimming pool with no help from their instructors. What a successful week that was!







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### WE'VE BEEN BUSY WITH... WHEN I GROW UP...



All the kids are dreaming about growing up in a blink of an eye... well, they don't know what is awaiting them, right? However, they keep daydreaming about what an amazing teacher, astronaut, policeman, or mum they will become once they are grown-ups. And because we know them all quite well, we talked about this topic, too. And what's more, we asked you to join us and explain our/your kids what the "real" life of a professional is about. Thanks to all the parents who were brave enough to welcome us in their work place.

Our **Ladybugs** welcomed Marcus's mum in their classroom for her workshop about creating bracelets. They took part in making them by choosing different stones and beads and they really loved it. The funny thing is that although the word 'bracelet' is more commonly associated with girls they were equally popular with our boys as well. They loved being able to design their own and take them home as a present.



The **Dragonflies** were lucky enough to visit JOJ TV, courtesy of Marcel's daddy. They met Rik, a big blue bird, soon to be seen on children's TV. They also had a chance to see the super shiny studios including Incognito, The News, and NÁKUPNÉ MANIACKY where they experienced walking up and down the catwalks! They even had a chance to watch the filming of MOJA MAMA VARÍ LEPŠIE AKO TVOJA. The children learnt a lot about TV and had a chance to operate some cameras. Everyone was super friendly and helpful and we would like to thank Marcel's dad and his great team.



Diogo's mum happily volunteered to visit our **Elephants** and to present her amazing handmade work. She brought her "magic box" full of important tools and items that she uses to create soft toys. The Elephants were so excited to see the magic happening behind the process of creating the toy and they actively took part in cutting, filling in with cotton and packing, too. They created a beautiful pink dog which became a present for Mrs. Hela's baby Alicka.



Thanks to Timi and Anita's mum, the Elephants visited the Faculty of Natural Science of Comenius University and its chemical laboratories. They became university students for a day. Our host gave them a tour around the labs and together with her colleagues prepared various activities. Children could also try some experiments so at the end of the day we had some new scientists in the classroom.

The **Whales** cooperated with Barbi's parents and visited Parliament. They entered the building through a scanner—it was something exciting! They toured the whole inside of the building, observed beautiful Brunovský's paintings and learnt about Slovak symbols. They now know what double silver cross, three hills, red shield and colours of our flag mean. If you are not sure, only ask them! Whales got even chance to see MPs during the session. It was an amazing experience. Thank you!



The **Donkeys** visited Cube & Swarovski shops in Eurovea. In Swarovski they learnt there are special crystals to make jewellery and they tried to count how many such crystals got to different things - pens, rings, necklaces, etc. In the Cube they explored shoes that smell like candies. Unfortunately, they couldn't find any secret behind it.



The **Zebras** got invitation to the new Asian restaurant SaSaZu. Nelly's dad showed them around and explained what running a restaurant means. They could even try it themselves. They cooked rice, prepared banana or mango milkshake, and made banana roti. And they could eat it all! Even that wasn't easy... they had to eat like in real Asia - with chopsticks!

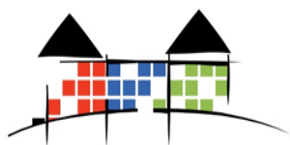


The **Hippos** went to Oli's mum who works as a physiotherapist. Children tested their balance, coordination, body posture on various stepping stones. They got a bit examined and checked, too. Now they know if they walk properly and if their weight is divided properly on whole their foot.

They visited a school psychologist as well. Marek's mum talked about school and friendship. They played games focused on a group cohesion, listening to instructions and tried again tests that all pre-schoolers have to pass to get enrolled to school. All the Hippos are ready to go to school!







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### WE'VE BEEN BUSY WITH... WHEN I GROW UP...



Noáško's mum helped our **Crickets** to stretch all body through an amazing Yoga workshop and a story about a knight and a princess. Everybody enjoyed it but when she showed some advanced Yoga pieces their jaws just dropped down and they couldn't follow even though many of them tried. She also took some time to explain the difference between daily jobs and occupations so the Crickets learnt that most mummies don't get money for cleaning, cooking and washing clothes. It was also quite a task to explain seriousness of one's job while visiting Niki's daddy's working place. They were welcomed by a clown on stilts, a living statue, and a juggler. Later on, the Crickets changed to mermaids, knights and lions in a changing room full of costumes and took pictures in front of a green screen just to find out that in the picture they have a beautiful night sky behind. It was all very exciting.



The **Beavers** visited Bubo Travel Agency where Hugo's daddy works. He showed us a lot of interesting things. The boys enjoyed models of airplanes, the girls preferred a huge suitcase. They also got chance to see a crocodile replica, a very funny fish and some scary masks from far far away. But no worries, all the Beavers were very brave. The kids enjoyed it all. Actually, it was not easy to get them out of there...



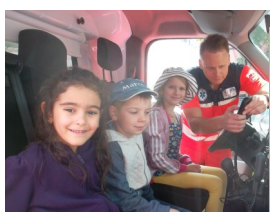
The **Butterflies** visited the Ivory Recording studio, into which Karla's parents invited them. They found out many interesting facts about dabbling and that they made the Slovak dabbling for the animated cartoon "Angry birds" which they also watched a bit. They showed them how to change voice to high and low and they played the piano as well. Also they had a chance to record their final song from Mother's Day performance.

IF YOU ARE WILLING TO HOST OUR KIDS AT YOUR WORK PLACE OR TALK TO THEM IN THE CLASSROOM, PLEASE, CONTACT YOUR TEACHER. 😊 LET'S ARRANGE SOMETHING TOGETHER...

### WORKSHOP WITH RESCUERS

#### Help me! Workshop with rescuers

The workshop with rescuers was adventurous indeed. There came three of them armed with all their equipment. They explained what they do. They taught when to call the ambulance and how to behave on the street when you meet one with the siren on. Kids practiced how to bandage your hand or pull a splinter out of your foot. We explored the inside of the ambulance car and tested the wheel chair. The older ones saved the wounded teacher who had broken his leg. They've gone through all the steps like real professionals do in case of injury: inquiry to learn about his state, first anti-shock help, stabilization, putting him on a stretcher and carrying him all the way up the stairs into the ambulance car. Life of the rescuer is not easy – we could see it with our own eyes.



### FEATURES...



SILVIA NUNVÁROVÁ



#### Why did you decide to become a teacher?

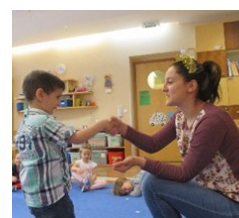
My mother and sister are also teachers so my choice was clear. Since childhood I watched my mom at work and I always laughed when my dad envied her school holidays. Work with children is difficult but also meaningful and joyful so I wanted to try it.

#### What do you do in your free time?

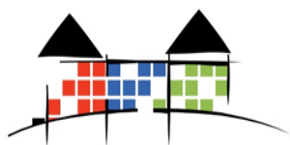
I like reading books and watching movies because it is a relax for me. But it also takes me on new places in the world and I can imagine that I am actually there. I really love traveling and discovering new places and traditional cuisine.

#### What questions you don't like to be asked?

Oh, I really don't like one, which is quite frequent from my father : When will you start to eat healthy and to take care of your body? And my second "favourite" is: What's your plan for the future? I have no idea, what's the right and truthful answer 😊







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### EXTRACURRICULAR ACTIVITIES... MUSIC CLUB



If you imagine the **MUSIC CLUBS** like never ending singing, you are at fault. There are dozens of exciting topics the children get to meet and hundreds of magical secrets they get to reveal during music clubs. In our KG, Ms Jude and Ms Vava (Uprkova), Ms Katka and Ms Ivka (Gajova) are responsible for the lessons of music. The world of music is giant so let's just choose some examples to show you how might look like at the music club. The children get in touch with their bodies first - they explore their breath and try to understand the rhythm with help of their body. They clap, tap, stomp, and drum; they walk and talk within the given rhythm. They experiment with songs - new and "old" and sing them in unusual ways (slow/fast, quiet/loud, happily/sad, etc.). They learn about musical instruments and famous composers, too. The most important of all, however, is to build the basement of good relationship towards music, so the girls try to make their clubs fun. They teach kids many musical games and dances to "shake out the sillies" ☺.



### UPCOMING EVENTS...

Save the date!  
The Father's Day celebration is coming. Leave your suits & ties at home - this year we are going to travel and test your strength! So get ready! We start at 4 p.m.

#### Fathers' Day

**14.6.2016 at 16.00**  
UPRKOVA campus  
Topic: Around the World

**16.6.2016 at 16.00**  
GAJOVA campus  
Topic: Toughman Day



#### GRADUATION PARTY



UPRKOVA campus  
7-6-2016

GAJOVA campus  
8-6-2016

Our pre-schoolers are ready to show you what they have learnt and how they are prepared for school. We invite all our "preschool" parents to join us at the Graduation party.



#### end term PARENTS' MEETINGS

May 2016/ June 2016

...please, arrange the individual term with your class teacher...

It's about time you got an assessment of your child's development. If you are curious where your child stands, arrange a meeting with your class teacher.

#### KIDS DAY in June 2016



1 June belongs to kids and that's exactly what we are going to celebrate! With a candy floss and balloon animals. But pssst! Keep it a secret from our little ones...

#### SUMMER SLEEPOVER CAMP

If you are curious about our Summer Sleepover Camp for pre-schoolers, keep asking their class teachers. They have all information... We can assure you, it's going to be awesome!



We have slightly different regime during the summer time since everybody is going on holidays... We are open (except for the National Holidays - 5 July, 29 August and 1 September) and planning to spend lots of time outdoors.



#### SUMMER REGIME

...clubs & extra clubs are cancelled...  
...swimming as well as speech lessons will be rescheduled...  
...program will be generally more relaxing...