



# KINDERGARTEN NEWSLETTER

## MAY 2017



Shopping, cooking, dancing and singing to our moms, visiting our parents at work, swimming like dolphins in the big swimming pool for a week, rescuing our injured soft toys and trying out syringe fountains... this is how May looked like in our kindergarten! Many lovely pictures will guide you through the adventures we have experienced and what we learned this month. Enjoy reading the May newsletter!

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

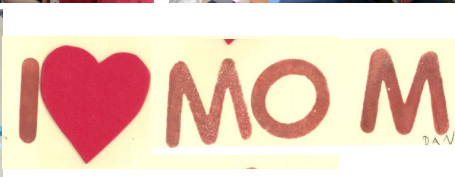
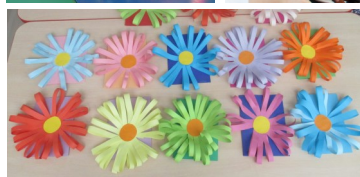
Celebrating one of the most important days of the year – Mother's Day, is traditionally very exciting. The whole preparation starts in April with presents, invitations and continues with creating and practicing the Mother's Day performance. All of this to please YOU, our Mummies and show you how important you are in the lives of your children.



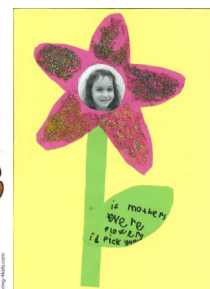
Art skills and creativity are always tested when we are working on presents. Our **Koalas** know what their mummies like the most and they mixed some special ingredients with glitters and other decoration to make nail polish. The **Crickets** worked on beautiful ring holders in flower shape and the **Butterflies** decorated picture frames. Our mummies of **Hamsters** and **Elephants** can start their day better drinking from their original coffee/tea mug. The **Lions** had to prove they are skilful in gluing various decorations on the candle holders and they did so well! The **Beavers** used an interesting technique with water and nail polish to create a unique pattern on the glass vase. The **Donkeys** focused on making their Mummies' relax time more enjoyable and decorated cushions with the „I Love Mommy“ sign for them. The **Zebras** decorated photo frames and, of course, inserted their photos which came out of the fun photo shoot in the class! The **Whales** painted portraits of Mummies and the gifts were presented almost like in a real gallery!



At **Úprkova**, we were inspired by English traditional afternoon tea time – we had an amazing tea party of our own! Our mums were like real ladies, dressed in fancy and with hats of different sizes, colours or shapes...what a wonderful workshop-time we had together. We believe our mums loved the necklaces, hats and other decorations they created in our crafty corners, along with being successful in games such as pétanque, quiz, card games or dancing. The tea smell was in the air, the weather was better than we could have ever wished for and we all got pleased with yummy food and drinks. Thank you, our mummies, for coming and enjoying this special day with us!



Flower Power was the topic for this year's workshops in the **Gajova** garden. As usual, different checkpoints tested our different skills. Refreshment checkpoint was included as well and we were happy to see how mummies and family members enjoyed nibbling on the yummy treats. Painting, terracotta play dough, paper folding, decorating, origami art... various skills were needed to create postcards, folded napkin flowers, flower badges, hair bands or hair rubber bands. Thirsty visitors made a mandatory stop at the lemonade checkpoint and enjoyed the refreshing sips of home-made drinks. Our brains and our knowledge of flower symbols were tested in the flower quiz. And how did you manage in matching the flower with the right scent? Especially entertaining was the checkpoint where Mummies had to coordinate well with their child to navigate her or him to the right flower colour. To sum up our time during Mother's Day: sweet, enjoyable, and full of love. Just like our Mummies!







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### MOTHER'S DAY PERFORMANCE AT ÚPRKOVA



Mother's Day performances show how skilful and talented our children are and all of us try to be better and better every year.

Our little **Koalas** prepared their performance about helping their mummies. Well, their intention was to help, but as you know, sometimes helping can turn into just making a bigger mess ☺. Doesn't matter, just don't forget, the wiliness to work is what counts!

The **Hamsters'** performance was designed to show off their rapping, dancing, choral speaking and singing skills. They based their "play" on the well-loved story "Monkey Puzzle." A lost little monkey couldn't find her mummy, but with the help of the elephants, spiders, snakes and frogs, and a very clever butterfly, the monkey was reunited with her monkey family. They concluded the play with the song "Hey Mum" - not a dry eye in the house!

The **Crickets** started with an original cricket choreography to a spectacular song from Pentatonix "Sing" continued with original verses where they talked about their understanding and gratitude towards their mummies for all they've done for them since they were born. The Grand finale came with an original song where they tear their hearts on the stage like a proper rock-stars.

The **Butterflies'** mummies could see what their children learnt by observing them. The main focus was on manners and etiquette. Through songs and dances children highlighted the importance of friendship, table manners, respect, and politeness.

Last but not least, our **Elephants** decided that their mums need to be a bit active during the performance as well to deserve their presents ☺. They have prepared a little quiz for mums, to test their knowledge of fairy tales and stories they read or watch with them. Well, we must say, mummies really surprised us, they did an amazing job!

### MOTHER'S DAY PERFORMANCE AT GAJOVA

Mothers' Day performances were entertaining, pleasant to look at and educational at the same time! How do we know? It's because the applauses were so loud that we cannot think otherwise.

The **Lions** taught their Mummies a free lesson of English and included numbers, opposites, means of transportation, family members' names and a beautiful final mummy song to say how much they love them.

The **Beavers** did perform a lovely „Enormous Flower“ play where grandma and grandpa needed the help of various animals to pull out the huge poppy seed flower that grew in their garden. And each of the „Beaver pull-out-crew“ was so brave and stepped in front of the whole audience to say what they love about their mummy.

The **Donkeys** performed their favourite story about A Very Hungry Caterpillar which turns into a butterfly and is looking for mummy. The performance was finished with a poem and with a song, expressing how much Donkeys love their moms.

The **Zebras** prepared a breath-taking set of various dances with the „Giraffes Can't Dance“ story. Amazing how the kids showed their great memory to remember the whole poem! And the choreographies they danced. The performance was full of music and kids were dancing to different styles – Waltz, Cha-Cha, Rock'n'Roll, or Scottish Reel.

The **Whales** impressed Mummies with their blissful set of songs and poems and said „I love you“ in different music and a dance styles, from rock to gangnam and traditional Beatles music. Amazing how many ways are there to say a sincere „I Love You, Mummy“, right? ☺



### WE SPY...

### WHAT WAS THE NICEST THING ANYONE HAS EVER TOLD YOU?



**Isabellka (Elephants):** It was the best thing when my mummy said that my brother will born.



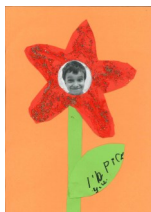
**Olivia (Elephants):** Danko did tell me that I can go to his home.



**Larka (Butterflies):** One boy did told me that he want to marry me.

**Markus (Zebras):** My mommy said she likes me with infinity.

**Dávidko (Whales):** France hugged and kissed me ☺. One time he kissed the whole kindergarten!



**Paťka (Donkeys):** My friend Sonička from Trenčín did say that she loves me and she gave the clock on my hand.

**Grétka (Crickets):** That I am gorgeous.



As a part of our MD decoration and present as well we created puzzle hearts. The Elephants drew their mums, wrote why they love them, pasted and painted puzzles around the heart. All of this to symbolize that their mummies are like their other halves and they fit together like real puzzle pieces.







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

### ALL ABOUT THE FOOD



#### SHOPPING AND COOKING ACTIVITIES

We are happy to report that there are lots of master chefs at our kindergarten who enjoyed cooking and preparing snacks and meals! All classes have focused on preparing healthy food and the main ingredients were fruits, veggies, and light dairy products. Have a look below to read about all the yummy treats that were prepared in our classes:

**Lions** went shopping for fruits and prepared a very practical garden party snack – fruits on skewers. There was a wide selection:

apples, strawberries, pineapples, blueberries, raspberries, kiwi and grapes. The snack was beautifully colorful and so yummy!

**Beavers'** specialty was the smoothie with strawberries, bananas and rice milk. The Beavers helped with putting the fruits into the blender. They enjoyed the "cooking" and mixing... but not everybody liked the final product... probably tasted too healthy ☺.

**Donkeys** and **Zebras** both made a fruit cake using biscuits, sour cream and different kinds of fruits. They worked hard and helped cutting or "hammering" the biscuits, putting layers of cream and fruit... and were excited to do the tasting and eating, too! ☺

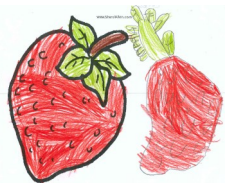
**Whales'** shopping and cooking project was also their May class project – Whales had to say Bye-bye to Mrs. Stanka and they decided to make a special cake for her (and for her baby ☺). During the shopping & cooking activity they prepared the surprise and decorated the cake with a Whale! She loved it... and Whales loved it, too.

Our **Koalas** went to Yeme where they asked for yummy strawberry juice and bought some spreads, vegetable, cheese and bread to make their own TAPAS.

The **Hamsters** made a cream biscuit cake full of sponge biscuits and filling made of sour cream and vanilla sugar. Fruity decoration couldn't miss! What a nice treat...

The **Crickets** and **Butterflies** went along with the spring season and they prepared a spring salad. What was in, you are asking? Only healthy things you can find in all spring gardens.

The **Elephants** first chose various kinds of fruit which they cut and used to make some fruit skewers, then they prepared chocolate fondue to deep the fruit in. Would you like to join them?



### OUR CLASS PROJECTS

The **Koalas** talked about yummies they all love. They tried to distinguish between healthy and junk food and created a poster of their favourite food at home or even in the Kindergarten.



The **Donkeys** and **Zebras** also talked about healthy food. Both classes discussed what is good and bad for our health and Zebras even played a traffic-light-game with food we should eat often, occasionally or very rarely. Donkeys, on the other hand, created plates full of healthy yummies.



Shopping is something what our **Elephants** like to do and our shopping trip inspired us to turn

our classroom into a shopping mall (or considering all the shouts and noise let's call it a market place ☺). They tried to sell everything they could and used this activity to revise their knowledge of money as well.



### SWIMMING COURSE

Reception classes from Gajova (**Donkeys** and **Zebras**) experienced a very wet week in May. Every morning they sat in a bus and took a ride to a "big" swimming pool. Well, we will not lie, when they realised the big pool is really BIG (and deep), there was some slight fear visible in their eyes. But our great instructors with their colourful noodles and swim mats reassured us that it's completely safe. We started with testing waters (literally - we especially liked kicking and making everyone wet) and continued with some very funny lessons full of tips and tricks. By the end of the week we were all very brave and some of us even swam around with no help at all! Well, that is what we call a very successful course!







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### WE'VE BEEN BUSY

### OUR PARENTS' JOBS

It is so inspiring to see and experience our parents at what they know the best! Our mummies and daddies proved that they are great professionals, not afraid to show us, the children, how the world of adults works! Thank you so much to all the parents who took the time to show and tell us more about their jobs. We enjoyed it very much!

The **Whales** waited for a nice and sunny day and went to Medická Garden to take pictures. Lukáško's mum is a photographer and she offered us her creative skills. We haven't had any idea how lovely memory she would create for us. We will never forget the Whales class thanks to this photo shooting (and the picture we hung in the director's office!)



Thanks to Milko's parents our **Koalas** and **Elephants** got a chance to see what the life of a professional football player looks like. They visited a football stadium and met the football players from FC Slovan. They got a tour of the stadium with their own guide, the best striker of the Slovak national team. He showed them the "backstage" places and they saw how football players exercise or relax. Children also used their football pitch to show their football skills and took some pictures with the whole team! Memorable moments! Thank you, Milko's parents, for this amazing opportunity!



The **Beavers** visited Emka's dad's work this year which is the well-known UFO restaurant. The kids first admired the view from top of the tower, then they admired delicious treats that the place offers. And finally, they helped Emka's dad make the restaurant even lovelier by decorating those huge windows with their unique drawings.



The **Hamsters** had a super trip to Massimo Restaurant at River Park, courtesy of Luca's daddy. They had a tour of the restaurant, including the kitchen, and had a chance to show off their culinary skills as together they prepared delicious pizza Margherita! They also watched Luca's dad prepare some mouth-watering fried fish. The staff

Did you know that kings in the past believed that some stones can have magical and healing powers? Our **Elephants** believe it too! Marcus's mum brought a lot of beautiful colorful stones which they used to make beautiful bracelets for themselves or their mums. She also taught them about their powers and so now the Elephants believe that thanks to purple amethyst they can sleep better and the yellow magical stones help them be wiser! Try it yourself!



were polite and welcoming, and their wonderful trip concluded with a feast as they were seated around a beautiful table with views of the Danube, and excellent service while they ate. They loved the trip and felt very spoilt. Thank you!

The **Crickets** went to Alicka's daddy's work, to publishing company. They love books so it was a treat for them. They found out more about the process that preceded them having books in the bookshelves, and straight away they were making their choices which position they'd like to take on when they grow up. They have chosen to be illustrators, editors, writers and indeed some bosses too ☺. They got a lovely book to take home, and teachers were blessed with coffee from the Big Boss himself. It was very relaxed, enriching and fantasy-waking trip. Thank you very much!



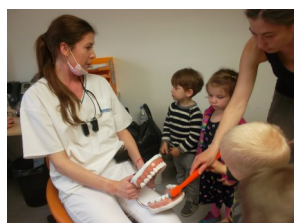
The first parent to come to **Donkeys** class was Lili's mum who is a professional photographer. She showed them all the photographer's equipment and how to prepare it for shooting pictures. When the scene was ready Donkeys turned into models with special conductor costumes and Lili's mom made amazing pictures of all kids.



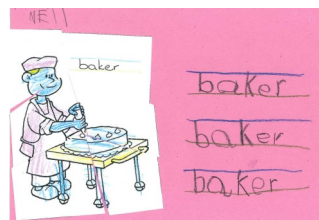
The second workshop was with Alexko's mum who invited Donkeys to Golem gym. She arranged free tour around the gym and introduced them to the healthy world of exercising. As a bonus, fitness instructors prepared room full of sport challenges, exercising and great fun! The third and last visit was at Jurko's mum in the hair stylist salon. She is a professional hair stylist and she performed her skills on little Donkeys. She made everybody great hairstyles with pink accessories and even made a cake for us! Thanks to her we had a great relaxing day! What can be better than all day spent at beauty salon? Nothing!



The **Butterflies** visited the backstage of Cirque du Soleil thanks to Karla's parents' invitation. Cirque du Soleil were performing in Bratislava the show Varekai. The Butterflies got to know how the acrobats practice, work out and they even got a chance to go through their amazing costumes. It was exciting as many children also saw the real show. Gosha's daddy allowed our Butterflies to visit the Embassy of Brazil. Children found out a lot of interesting information about this amazing country while eating yummy pop-corn and watching a presentation. The Amazon rain forest and its habitat was by far their favourite! Everybody is ready now to visit Brazil one day!



The **Lions** went to visit Jurko's mum who is a dentist. They had lots of fun with the special chair taking them up & down. They also checked the model of the teeth and tried masks and gloves on. Learning the proper technique of brushing teeth is a must. There is nothing better than to start the right education in the very early age. You can be sure that no Lion will be afraid of dentists in the future!







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...continued



The **Zebbras** were invited to Matúško's mum who is a physiotherapist. They were shown what their body looks like from inside – all those bones and muscles. Matúško's mum showed them also how her meeting with her patients go and what everything she needs to check. And the most important thing she showed them was how to keep their backs straight. Hopefully, they will never need any physiotherapist in the future.

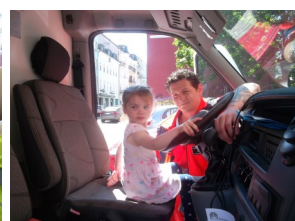


And thanks to Klárka's parents, we got to know more about work in a laboratory. Children could see what our blood consists of. They could try themselves how to handle a pipette and blend liquids with a portable centrifuge. We learnt about what keeps us healthy and that maybe the most important thing of all is a simple SMILE.

## WE'VE BEEN BUSY WITH... COMMUNITY HELPERS

Policemen, fire fighters, emergency rescuers... we all admire them! And how cool are the cars that they drive - their sirens can be heard from far far away! We often play with car toys in our corners but how exciting it was to see the real ambulance. And not only the car... but real rescuers with first aid kits, too! Matko and Leo's parents came to show us how they work, how they rescue injured people and teach us how we can help in case of emergency. We read a very interesting book, learned what is inside the ambulance, put some band aids on our friends and tried out the syringes in buckets full of water. The children from big section were challenged by the staged injury... did they know what to do, what is the emergency number and how to call the emergency line? Luckily, yes! They successfully called the rescuers who came to help and provided first aid. Kids also explored what is included in the first aid kit, they healed trees with syringes and listened to their heart beats.

The kids at Úprkova got very lucky, too. They got chance to visit a real fire station! With the real fire fighters and fire trucks. Can you imagine their excitement? They discussed with the firefighters what to do in case of fire, they were told what real fire-fighters do and how dangerous the job is. They even tried to put their helmets on! At least for a while they could feel like the real life-savers. Who knows, maybe some of them will become ones one day. We are all ready to rescue when the need comes!



## TEACHERS INQUIRY... WHAT OTHER PROFESSION WOULD YOU DO IF YOU WERE NOT THE TEACHER?

**Ms DANKA:** I would be a vet or I would rescue animals.



**Ms PEŤA:** I would love to have a buffet on meadow called "Psickaren". I would serve people and dogs with fresh water and drinks.



**Ms LENKA:** I would be quite happy to work in a bookshop (preferably with not too many customers so that I would have enough time to read all those books ☺).



**Ms ĽUDKA:** I used to work as a waitress and I enjoyed this job. If I weren't the teacher, I would do it again - but only in my own café.

**Ms MONIKA:** I would sell ice-cream.



Would you like to be a doctor or policeman one day? Our **Hamsters** gave it a chance! They learnt what the life of a doctor looks like and basic first aid skills to care for themselves as well. As police officers they just loved to give fines and remind others to follow rules. Well, maybe one day they will be this successful in a real life.

The **Beavers**, for a change, turned into little rescuers. Their patient, Mr. Elephant, was very patient, indeed. Well, it took a little longer to get his trunk and legs fixed. But everything ended up well and now he is alright. ☺



And the **Zebbras** talked about their dream job. What would be the best profession for them? What would make them happy? The answers were different,

from firefighters, builders, chefs, bakers, confectioners, to princesses. They even created their ideas - with a pair of scissors, scraps of paper, glues and pencils.





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### ADVISORY...

### KIDS: RUNNING & SPORTS



Kids are natural runners, but whether they're accompanying you on a run or participating in a school program, they require special care at every step of their development. From the right shoes, to the right distance. Ensuring kids will remain lifelong runners means support, encouragement, counsel, and attention to possible overuse injuries. At the age of 14-15<sup>th</sup> month, kids are usually decent "runners" already. However, if you are thinking about taking them with you on your usual Saturday morning run, please hold on... Yes, there are kids who participate in kids' running competitions at the age of 3 or 4 year but parents should be very considerate if their child is mature enough and when is the best time for a "serious" organized run. The best age to start running and joining a running adventure with the parent(s) is 5-years-old and the maximum distance should be 1km.

Kids cannot distinguish between different types of pace; they only know running on full blast or not run at all. Therefore, ideally, their first running experiences will be combined with other types of sports. Focusing on one type of sport at this age is contra productive. Kids who spend time on doing various types of sports, improve motoric skills like agility, speed or coordination and they are usually more developed than the children who don't do any sports at all.

What's the best way to motivate your child to run? It's through play and games. Children love to run due to their natural joy of being active and being in movement and if you include interesting tasks and little discoveries on their running track, they will enjoy it even more. Ask them to change the pace, prepare a slalom, ask them to run backwards, sideward or ask them to jump on one leg. Also, a run through the forest, meadow or in the park will be much more attractive than the very familiar pathway or road around your neighborhood which they know well already.

Six reasons to encourage your child to run:

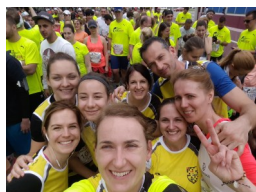
- Running is fun.
- Running is affordable.
- Running is an easy sport to learn.
- Running helps kids improve in other sports.

### NEWS IN MAY...



Mrs Stanka's tummy wouldn't stop growing... So one day we realised it was about time to say bye to each other. Ms Stanka started her maternity leave and is getting ready for her baby girl. Ms Lucka joined the Whales class instead of her. Whales fell in love with her immediately. What else were we supposed to wish for?

Our Ms Katka, along with other teachers from CIS joined Wings for Life run. The whole entry fee went entirely to the foundation which mission is to find a cure for spinal cord injury. Cambridge International School ran his year with 8 members 75 km for those who can't run at all



Also our little ones joined a similar run. One initiative mum addressed all the other parents and together they created two teams of kids willing (correction - excited) to run kids' relay run. We don't need to tell you how much fun that was, right? And a beautiful medal for each runner was just a big plus.

### TEACHERS WERE KIDS, TOO...



Ms Hanka



Ms Majka B

How was your guess this time? Did you have any clue who could be in those pictures? And were you right? We believe now that you know answers, it is pretty obvious, right? Neither of them changed that much...

The question until next month stays the same - who are these two beautiful ladies in the following photos?



Gajova setting



Úprkova setting

### UPCOMING EVENTS...

