

KINDERGARTEN NEWSLETTER

OCTOBER 2016



In September we were nesting, settling down, welcoming, exploring, meeting, and getting used to changes. As this first era was managed successfully, it's time to move on to October. Our place in the world definitely forms part of who we are. That's why we continued with talking about ourselves, and this time about where we live. House or flat, Bratislava or Trenčín, Slovakia or Italy... These were the topics we dealt with most of the month, talking about homes, cities and countries. The end of the month was completely different but not of a lower importance! Worries and fears of all kinds and how to manage it all, together with dark feast of Halloween was addressed the last October week. So, booo boooo, let's have a look at how it all went.

HIGHLIGHT OF THE MONTH... WHERE I BELONG?

BRATISLAVA TOUR

This year, our city tour with the famous „Vláček Blaváček“ fell on the week when we discussed our homes, flats and houses. That's why we kept focusing on all kinds of buildings. On our way to Old Town as well as during the tour we tried to observe buildings and attempted to guess what they are – shops, offices, homes, a cinema hall, gyms, or churches. We might not remember all the info about Mary Therese or the history of the Town hall that lady's voice gave us on the train but we might remember what is the Blue church or where is the Main Post Office or where we can get the fresh rolls or pencils. And that's useful, too.



ROAD SAFETY (... AT A TRAFFIC PLAYGROUND)

The weather in October was really not on our side - mostly during our trips. We tried to think positively and we are pretty sure that our excitement helped us in the end to enjoy it anyway. When going for a trip to the traffic playground, nobody believed that we will actually have a chance to properly try it. As you have definitely heard already - we really loved it, though! Some theory about traffic rules, recognition of traffic signs or basic traffic situations didn't surprise us at all. Well, believe us, your children must really pay a lot of attention to your driving. You should see their eyes glowing when the theory was over and they overheard the words: BICYCLES and SCOOTERS! Everybody was immediately ready to try! Some hands in the air followed by shouting: „I can go bez koliečok!“, „I have a scooter at home, too!“, „I can do it alone!“ – and it all led to an amazing ride around the playground roads, firstly without any control, then carefully following the traffic rules ☺. Not only that nobody cared about the bad weather anymore, our departure was accompanied by some tears of those that really wanted to stay longer! We should definitely come back again!

NURSERY CLASSES IN THE MUSEUM OF TRANSPORT

Choo-chooooo, beep-beep, brrring-brrring. Trains, car and bikes... they all were waiting for us (Lions, Beavers, and Koalas) in the Museum of Transport. We saw new ones and old ones... fixed ones and broken ones, too. Thanks to our guide – the Old Conductor – we learned about the old ways of transport and the way how the trains work. We tried to ring the old siren and to pull old wooden carriage. By the way... did you know that trains were originally pulled by horses? Amazing, right? At the end of our excursion we made one long train ourselves and showed everybody in the museum how the kindergarteners have fun. In the rhythm of The Wheels of the Train Go Round and Round we said bye-bye and thank you and left to the kindergarten to colour amazing postcards we had been given as presents.





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WE'VE BEEN BUSY WITH...

GETTING TO KNOW OUR CULTURE



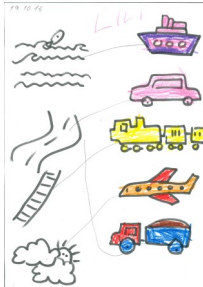
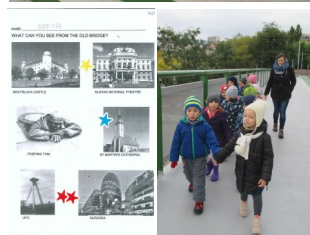
SPIEVAJŽE SI, SPIEVAJ

What is getting to know our country without learning about cultural treasures! Surely nothing... So we invited experts in this topic to come and teach us, too. Mr and Mrs Hlubockí came over in traditional Slovak costumes and sang to our children traditional Slovak songs and rhymes. Children could rock babies in the old fashioned crib while Mrs Hlubocká sang lullabies. Then they presented and tried out different musical instruments so children could experience what kind of music people used to listen to many years ago. We were also singing a famous song Prší, prší and even children who can't speak Slovak, enjoyed it and tried to join in ☺.

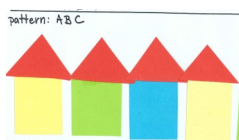
BONUS: The couple was a bit late for their performance at Gajova setting... So while „killing the time“ we tested your kids. We were really curious how many (or if any) Slovak folk songs they know... And there were plenty! We kept singing for a good half-hour. And international kids sang in their mother tongue - so we could hear some beautiful songs in Spanish, Korean, or Dutch, as well.

ZEBRAS AT THE OLD BRIDGE

Ever since the Old Bridge disassembly, Zebras kept asking when it will be finished every single time they put their little eyes on it. So we promised them we would walk on it once it is finished. The promises must be kept and so we put our boots on and went to check the new Old Bridge. But not just like that - we used this „trip“ to learn about different monuments in Bratislava. And so you could see kids walking around with a worksheet in their hands and shouting: „There is the church!“ „But where is the Peeping Tom?“ (...who in opinion of our kids pees on people ☺), and „I need more stickers!“ - because they were supposed to mark the monument they were able to see from the bridge. We won't let anybody persuade us the learning must be kept only inside the school building!



WE SPY ... WHAT IS YOUR MOST FAVORITE SPOT IN YOUR CITY / COUNTRY?



Mat'ko (Koalas): There where we are taking home the toys where is Bratislava and then we are taking it home in Bratislava.



Maria (Elephants): I like Bratislava because I have here my toys and nice castle.



Itay (Zebras): Israel. Because Grandma and Grandpa are there.

Olivia (Elephants): I like Bratislavský hrad... He is so beautiful and I like it.



Pat'ka (Donkeys): Parkovisko. I love it. Because I can park there a car.

Klárka (Butterflies): I like my paper house in my home... Because it is big and there you can hide and it's tma there.



Luky (Whales): Terchová, because there is Dinopark.

Katka (Crickets): I like sitting place... In my home and I like it because I'm sitting and watching the television.

Luca M. (Hamsters): Corners in Kindergarten because there is always so much.

SLOVAK TRADITIONS IN DONKEYS CLASS

Teachers in Donkeys class took advantage of My Country topic (Miss Ivka misses her Funiarickek classes a lot, you know ☺), and they brought a little piece of Slovak folklore to the Train Room that week. First of all they have learnt a traditional children game Oli-Oli-Janko. Slovak Donkeys were super-happy having a chance to use some mother tongue for a while, and the foreign ones were excited to learn a bit of strange funny-sounding Slovak language. They also learnt an old song Maličká som. No worries, non-Slovak Donkeys were given a full translation service by the Slovak Donkeys ☺.

To practise pre-writing skills children made a magic disappearing tracing of the „blue-print-like“ patterns. But what they enjoyed the most of all was making the „almost-traditional“ fabric dolls. Almost traditional because they didn't sew them using dry hay for filling, just dressed them in nice pieces of old-fashioned fabric. The names they gave to their dolls were not so traditional (Jumper, Juana, Rachel, Džinka, Libor, Pimpa) but they were their own!





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WE'VE BEEN BUSY WITH...

EMOTIONS

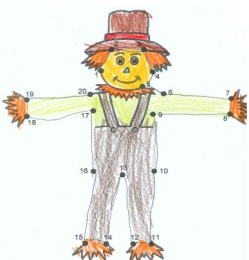
EMOTIONS ARE HUMAN, AND FEARS TOO...

The week of Halloween was a great opportunity to talk about the feelings that are our part, too, but we do not devote them enough attention every day: our frights, fears, and worries. Some classes had a special day when they addressed the topic. Some got children prepare a family project on the theme of fears, some just discussed whatsoever we might be scared of and we tried to go deeper into our feelings, trace the source and give each other advice on what to do to fight our worries. Luckily, our kids seem not to have any serious phobias, and most of them were excited talking about fears of ghosts, witches, or monsters. What really raised the curiosity of our kids was when the teachers shared their own fears with them. They were so curious what the grown-ups might fear. We tried to be honest and show that we are vulnerable beings, too. And we went further: we asked our kids to become our psychologists and give us some ideas about how our worries can be managed. It seems like our kids could be better therapists than many of serious psycho-helpers 😊.



WE SPY...

HOW SHOULD YOUR TEACHERS FIGHT THEIR FEARS?



Ms Katka K and Ms Peřka are scared of darkness and shadows in it...

Tamarka (Elephants): That don't be scared nobody exist in dark just we.

Lianka (Whales): When we have light then you could put on the lights and we could see that it's anything.

Alex (Donkeys): There can be also the mouse with wings.



Ms. Majka B. and Ms. Ivetka are scared of spiders...

Luisa (Crickets): She need to be the super and she need to hit it with the tissue.

Ernestina (Whales): Miss Ivetka is even bigger than spiders, there is no spider bigger than you, so if there is some spider you can step on them.

Luky (Whales): Or she can take some cup or box and put them there and then put them on some plant.



Miss Katka B. is scared of fish or plants touching her legs under water...

Luky (Whales): You can go where's no water. Or you can swim away.



Ms. Ali is scared of geese...

Max (Elephants): Don't need to be scared because they are biting just but you don't need to be scared.



Ms. Vava is scared of deep water...

Olivia (Elephants): Ms. Vava, don't scared is ok.

Katka (Crickets): Ms.Vava you can fight the water.



Ms. Jude is scared of big dogs...

Danko (Elephants): She could say bye-bye dogs I'm going away.

Grétko (Crickets): Just run away.

HALLOWEEN

The Halloween day was busy from the very morning. It actually started long before the event itself: the kids kept informing each other about what they were going to change into. The start of the D-Day looked different from the other days. The children, or better said, weird creatures of different kinds were not interested in our play-corners and didn't care about crafts or toys. Instead, we couldn't dislodge them from the changing rooms where they gathered after each ring of the bell signaling arrival of a new monster. When we were complete in number and well-fed, we gathered together, had a short "mask parade" and set off for the "trick or treat journey". All the brave and curious creatures grouped in their classes wandered around the kindergarten rooms fulfilling tasks that demanded courage: searching for unknown objects in funny-felt liquids, passing through dark tunnel (where you had no clue what you were going to meet), helping a Spider Queen to find her babies in a spider-web maze, fighting with can-monsters and many more. Honestly: you feel envy or relief that you didn't participate? 😊

After passing through all the scary checkpoints we gathered to have a disco and then the final "piñata struggle". Seeing the kids and the energy they demonstrated when hitting the poor pumpkin raised the question whether it wouldn't be a good idea to introduce a new corner of a boxing bag J. So much strength that needs to get out! Anyhow, we split with bags full of chocolate eyes, gummy teeth and other treats and no one got hurt or kidnapped by a ghost. Happy Halloween!





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PUMPKIN CARVING

Believe it or not, this year we learnt that too much planning and organization might not always work well. In good faith, we ordered and bought the pumpkins for Halloween carving two weeks ahead and guess how many survived till Halloween week? One! No more, no less. Some of us were relieved to have one item on the to-do-list less, but we have Miss Lubka who has years of experience with solving unexpected situations, therefore getting a couple (or to be more precise – eight) of new pumpkins in a day wasn't a problem at all. And that's good because all job connected with pumpkin-carving is worth it. This is what we created this year – with help of our kids of course. They designed and, and most of all, did almost all the hollowing-out job.



ADVISORY... ARE YOUR CHILDREN "LEARNING" YOUR FEARS?

In this month's issue we've dealt with the topic of fears. The children's fears and anxieties are nothing uncommon and if in mild form, they are natural part of development. What many parents may not even realize is that they are unwittingly passing down their fears and anxieties – no matter whether we talk about fear of spiders or fear of public speech. We all have probably heard that kids are learning a lot by example and by experience. In fact, they learn much more than we think. They are often like sponges absorbing all they meet – not only words, but facial expressions, gestures, or mimics – and very often it all occurs at unconscious level. What it means in practice?

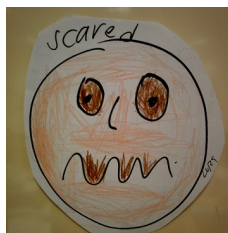
You don't need to tell your child "Dogs are fearful." All you need to do to "teach" your child to fear dogs, is to hold their hand tighter when a dog passes by, or tell them not to run in a park because dogs can run around. The "message of danger" is passed on...

How to stop the cycle?

Self-awareness is an answer. The best way to prevent children from inheriting parental fears or phobias is for adults to acknowledge and evaluate their own fears. This is not easy, though. Sometimes a fear is hard to recognize or it may be completely irrational. One way to overcome this is to ask your partner or close relative if their children are picking up your own fears or anxieties.

Admit your fear. What might help, too, is to admit to your children when you are afraid of something – name it and talk about it. Then it stops being mysterious.

Validate your child's feelings. If your child develops a fear (whether it's inherited from you or not), don't shame him/her about the fear. Validate the child's experience and give words to his/her feelings so he/she can understand it better.



Stay calm. Don't get visibly upset about a child's fear; your anxiety about his/her behavior will only produce more anxiety. Staying calm helps a lot.

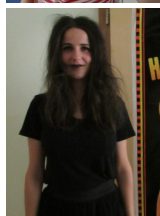
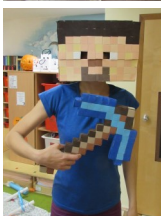
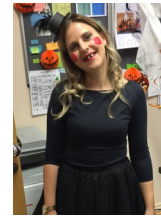
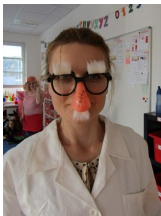
Practice. Practicing is a useful tool in fear-management, too. The experts advise to slowly increase exposure – that is step by step getting closer to the object of your fear. To stick to the dogs' example, you could start with watching a documentary about puppies, continue with meeting a friend with extremely calm dog, until getting to a point when approaching a dog to pet it ☺.

If you are interested in the topic, on a following web-site you can find more information:

<http://www.chicagotribune.com/lifestyles/sc-fam-0414-inherited-fears-20150407-story.html>



TEACHERS' AT HALLOWEEN...

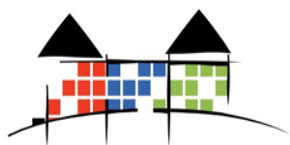


CLASS ACTIVITIES...

In October, the Whales finally got their special reward trip for the best participation in Parents Reading Project which we held in March. Since it was a great accomplishment, the reward had to be awesome as well. And so, we grabbed the opportunity and went to see all those amazing things built from LEGO - we saw a dragon, a spaceship, aeroplanes and even Titanic - all made of tiny colourful bricks. And when there were no more LEGO sculptures left, we built our own ones in a great playroom full of LEGO (what else ☺). We could even swim or burrow our bodies in a LEGO pool! It was a very playful and entertaining experience for us all. ☺

WHALES & LEGO





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TEACHERS WERE KIDS, TOO



Ms LÚČKA

Last month we brought you children's pictures of two of our employees... Did you try to guess, who those cute princesses were? Let's check, if you were right:

Ms Lúčka was a really good schooler and as you might see, she enjoyed the educational institutions since the very first day... No wonder, she is in charge now. ☺

Ms Ali's photo was taken on her sister's third birthday. she was one and half at the time and got a completely new dress - because there was this habit that on birthday one's godmother will dress you up from head to toe. Even though it was her sister's birthday, she got presents too.



Ms ALI

We have a new set of pictures for you... this time we will make it easier on you and will give you a hint - the campus the teacher works on. Enjoy!



Gajova Campus



Úprkova Campus

NEWS IN OCTOBER...

WE STARTED EXTRA CLUBS

JUDO – Children become familiar with one of the typical Korean martial art which helps them to develop and improve their motor skills. It supports their self-control, their courage, and endurance.

DRUM & BASE – is for children to improve their rhythm and musical skills, to become familiar with rhythmic musical instruments, mostly drums of different kinds and styles. This club also works well as a therapeutic method to release the tension.

FUNIARICHEK – brings the typical Slovak folk culture among children. They get familiar with traditional Slovak riddles, songs, dances, music and folk costumes and they find out more about Slovak typical feasts and traditions.

DANCING – is for children to learn various basic dancing steps and moves which also require precision and full attention of children. It also helps them to express their emotions and feelings through dancing.

LEGO – is a very good motivator, let's be honest, not only in children's age. It helps the children to develop their fine motor skills, body coordination, creativity, engineering and thinking skills.



WE STARTED SWIMMING

The Koalas, Lions, Beavers, Donkeys and Zebras swim once a week in our pool at Gajova campus, while the Whales, Hamsters, Crickets, Butterflies and Elephants go either to Pasienky or the pool at Faculty of Physical Education and Sports. At the same time we introduce you our new sports instructor, Mr. Matúš, who is responsible for the swimming lessons and all our other sport activities.



Mr MATÚŠ



Ms LUCKA GOT MARRIED!

The Elephant's teacher, Ms Lucka, has changed her status - from now on she is Mrs Lucka ☺. We wish her and her husband very many happy days together!



UPCOMING EVENTS...

