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NEWSLETTER FEBRUARY 2024

HEALTHY BODY - HEALTHY MIND

The month of February was all dedicated to us as human beings and exploring of who we are. At first, we talked about health and how to take care of ourselves to stay in shape - physically as well as mentally. And thus, we visited an Olympic Museum, took the "health workshops" and various class weekly projects learning a wide range of strategies to be healthy and well.



Arras (Y1) in Horsky park created the **"Mood Tracker Diary"** to check on their mood every day and what makes them happy or sad.

Shark children (Y1) from Stare mesto presented their projects **"healthy habits"** which help them staying healthy and fit - having strong body and fresh mind.



Meerkats (Nursery) in Mlynska dolina set up the **"mood chart"** to understand how they feel everyday and how it can change over the day.

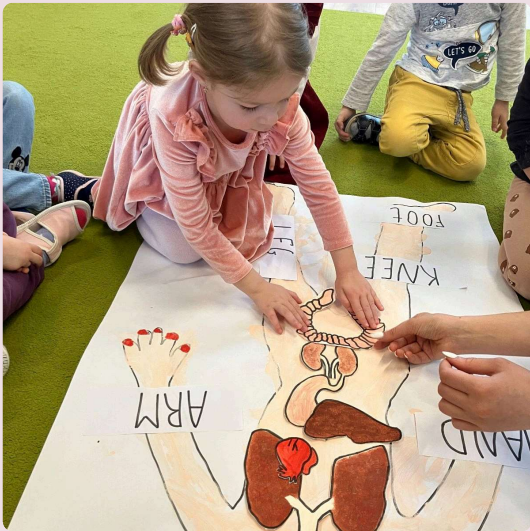
Ladybug class (Nursery 1) in Stare mesto created a **class booklet** about what helps little ones to cheer up when they are feeling down.



Penguins (Y1) in Horsky park got luck to have a visit from the best yoga instructor, Riško's mom, to try how we can **relax with yoga**. Thank you :)

HUMAN BODY FACTORY

Later on, our kindergarten turned into a lab coat place where we became the best doctors and surgeons in town. We were discovering the secrets of human body factory. We explored how we breath, move, feel, think and control. We even had a visit of a real-life skeleton.





I AM WHAT I EAT

Speaking about food which keeps us alive; children made their shopping lists and happily took a part in the shopping trip. Across the classes, we could see and smell some great looking snacks and meals like salads, sandwiches, and even hot pancakes! All little chefs did a great job and are ready to share yummy recipes at home 😊





Seahorses (N2) in Horsky park learnt that **eating the rainbow** involves eating fruits and vegetables of different colours every day.

WE SPY: What would you eat every day if you could?

NURSERY

Janko (Seahorses HP): eggs 🍳

Melania (Turtles KOL): Cake with strawberry, vanilla, and yoghurt.

Bertík (Bunnies HP): mäsko

Vivi (Meerkats MD): I like popcorn sweet.

Amálka (Ladybugs SM): Cakes

Julio (Turtles KOL): Chocolate with ice-cream.

RECEPTION

Gordon (Llamas HP): hamburgers

Monika (Toucans MD): I love spaghetti.

Sarah (Squirrels SM): Rice with meat

Teo (Giraffes KOL): I like eat watermelon.

Max (Hedgehogs SM): Strawberries

Hanka (Giraffes KOL): I like vegetables.

YEAR 1

Anička (Arras HP): doughnuts

Izabelka (Penguins HP): hotdogs

Alex (Sharks SM): Lemon Ice Cream

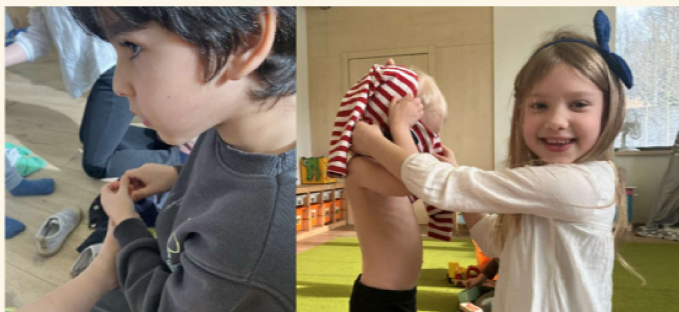
Sebi (Alpacas MD): All day, every day mostly hamburger, because it's all mixed up and I love it.

Regina (Koalas KOL): Mandarins, strawberries, blueberries, and bananas...

FAMOUS LOVE STORIES

And of course, when learning about humans, we could not skip a very special topic of social bonds. Celebrating Valentine's Day was a great opportunity to merge into the topic "why we need people around us" and how we can take care of each other .

Children from Ara class (Y1) in Horsky park became the **helping buddies** for the smallest bunnies in Nursery class to help them with every day routines.





Toucans (R) from Mlynska dolina created a special **Valentine post office** to give and get a valentine cards from friends.

Sharks (Y1) in Stare mesto took the Valentine's week seriously. They got busy by serious discussions about **what is love**; in addition, they sewed felt hearts for beloved ones.



TEACHERS INQUIRY: What is your favourite love story?

Liliia (KOL): I like a medieval romance Tristan and Isolde.

Olga (SM): I have always been too pragmatic type 😊. Never have been very much into any love story. I think, the best love story is the one that we are writing by ourselves throughout our lives 😊

Miška (KOL): '50 First Dates'.

Bibi (MD): An Old time classic! Elisabeth Bennett and Mr. Darcey. 😊

Jude (HP): My favourite love story is Twilight

Radka (MD): Ross and Rachel's story from Friends 😊.

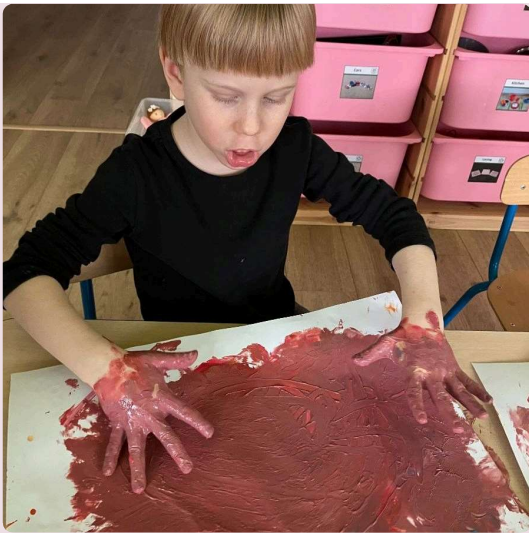
Tanička (SM): October baby

Majka (HP): The Notebook

EVERYDAY LIFE







Are you interested what was special in our classes? [Click here](#) to check the activities we've been working on.

OUR ART GALLERY

CLOSER LOOK AT...

In February, we would like to introduce you our **SPORT** activities.



SPORTS

LATEST NEWS



We had a very special **Birthday party with Alpacas** in Mlynska dolina :) It was an amazing surprise and all enjoyed their visit in our garden :)

In February, we welcomed our colleagues from school. At first, for **School assessment** of academic level in Year 1 and then for follow-up **coffee afternoons** to share the results with parents.



In February, you could traditionally meet our teachers during the **half-term parent meetings** to discuss the actual level of development in wide range of areas.

WHAT'S NEW IN OUR SCHOOL

We are delighted and very proud that our former student Gigi Ann Green (Class of 2023) has gained an Outstanding Cambridge Learner Award to acknowledge her exceptional performance in the 2023 Cambridge International Education examination series.

Outstanding Cambridge Learner Award



Year 6 celebrated the Lunar New Year on Thursday 8th February as a part of their exploration of ancient and modern China.

The annual Maths competition kicked off at CIS during the Maths week to check the numerical prowess of students.





If you would like to get more info about our school, feel free to visit CIS at **Open Day** or check www.cambridgeschool.eu

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