



# NEWSLETTER - FEBRUARY 2019



As we celebrate this month of February, we will be focusing on sharing, caring and friendship. We will honor this month with stories, discussions and encouragement on how to show love to our family, friends and others.

We are so excited to see the enormous developmental milestones each child is taking as well as learning leaps in all curriculum areas. Even though February is the shortest month of the year we have lots of activities going on!

In the spirit of Valentine's day we would like to request that your child/ children wear something **"RED"** on Wednesday 13th February. We will be having a Pre- Valentine's Celebration party with the children. They will make valentine cards and bake love-heart shaped cookies and cup cakes.

We wish you and your family "Happy Valentine's Day"



## IMPORTANT REMINDERS

**HALF-TERM** begins

Thursday 14th - Sunday 17th February  
School resumes Monday 18th February 2019

**Swimming Demo and Display**

Friday 22nd February 2019

**Family Fun Day and Networking event**

Saturday 9th March  
(See details below)

**Parents-Teachers-Meetings**

Friday 22nd March

## QUOTE OF THE MONTH

"Affirming words from moms and dads are like light switches.

Speak a word of affirmation at the right moment in child's life and it's like lighting up a whole roomful of possibilities".

**Gary Smalley**



We are promoting  
...healthy eating

A balanced diet is key to healthy eating habits because it provides children with the nutrients they need to grow and school is an important time to establish healthy eating patterns. Healthy eating also gives your child the energy to concentrate, learn and play actively.

### **OUR MEALS**

Since the beginning of this term the children have been learning the importance of good health and nutrition and this theme will continue to play a greater role in the upcoming months. We currently bake and make all our snack items in school such as - fresh juices, bread, doughnuts, scones, cookies and cake in school. A nutritious snack is served at 10am, a healthy meal is given at lunch time and a light snack is made available before the children go home in the afternoon - apple, orange or watermelon slices, sandwich, carrot sticks, vanilla/strawberry yoghurt etc.,

### **AVOID**

We know that it is important for children to avoid sugary soft drinks, junk food and meals that are high in fat or sugar, as often as possible. We would discourage the children from bringing any sugary drinks, store bought cakes or biscuits, salty snacks such as crisps, which can be heavily loaded with sugar or salt.

### **RECOMMENDATION**

If you would like to pack an extra snack for your child please pack any of the items above as well as a bottle of water.

We love learning





**Creative  
play** 







## CLASS TRIPS



Kindly note that each class trip is related to the Class projects, this term. Your child's class teacher will be sending a permission slip with further details about their trip.

### **RHINO CLASS** **Tuesday 12th February**

Our project this term is on TRANSPORT and we are learning about cars, trucks, buses, trains, airplanes, boats, and our own feet. We now know how vehicles are made and their similarities and differences.

Your child is learning about a variety of vehicles and how they are used in everyday life. We will talk about vehicle safety, especially the rules you must follow on a school bus.

We will visit the **SGR station** to see trains and aeroplanes at **Wilson Airport** on our class trip on Tuesday 12th February.

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### **FLAMINGO CLASS** **Tuesday 19th February**

Our project this term is on PETS. We are learning about different kinds of pets that we keep at home and the food they eat. Your child will learn the importance of taking good care of our pets.

We will visit **KSPCA, Karen** for our class trip on Tuesday 19th February. We will have the opportunity to see various pets as well as feed them.



### **CRECHE CLASS** **Wednesday 20th February**

Our project this term is on Fruits. We are learning that fruits are plants that have parts we can eat. Your child will touch, smell, look at and taste different types of fruits and compare their shape, size and color.

On our class trip on Wednesday 20th February we will visit a fruit shop - **Zucchini, Garden City Mall** to look at different types of fruits.

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### **LION CLASS** **Tuesday 26th February**

Our project this term is on MARINE LIFE. We are learning about the ocean and the animals that live there as well as the importance of protecting the oceanic environment.

Your child will learn about how much of the earth's surface is covered with water. We will review the names of the oceans and locate them on a map as well as name other types of marine life.

We will visit **Under the Sea, Village Market** on our class trip on Tuesday 26th February.

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### **ELEPHANT CLASS** **Thursday 28th February**

Our project this term is on Currencies around the world. We are learning about different currencies, the importance of money. Your child will learn about the various denominations in our Kenyan currency compared to other countries as well as the uses of money.

We will visit **Two Rivers, shopping mall** on our class trip on Thursday 28th February.





## FAMILY FUN DAY + NETWORKING EVENT

**Saturday 9th March**

As our school community is made up of professionals, entrepreneurs and business owners.

We would like to take the initiative to invite you all to our first networking event on **Saturday 9th March from 10 am - 3pm.**

We are hoping that this event will be an opportunity for parents to connect with one another, discover the available resources within our school network as we each share our expertise, products or expertise.

**Join us...** we will have lots of fun activities for the children, including a jumping castle, face painting and art and craft activities, various snacks/food and so much more.

If you would like to participate in the event, please see the school office for further details.



## SWIMMING

Our Swimming classes are progressing well and the children are always excited to go for the lessons at Wadi Degla with our Swimming coach Ms. Meredith assisted by the teachers and the class assistants.

We are hoping that the children will demonstrate the skills they have learnt on Friday 22nd February 2019.



Some swimming moments this term ...

