

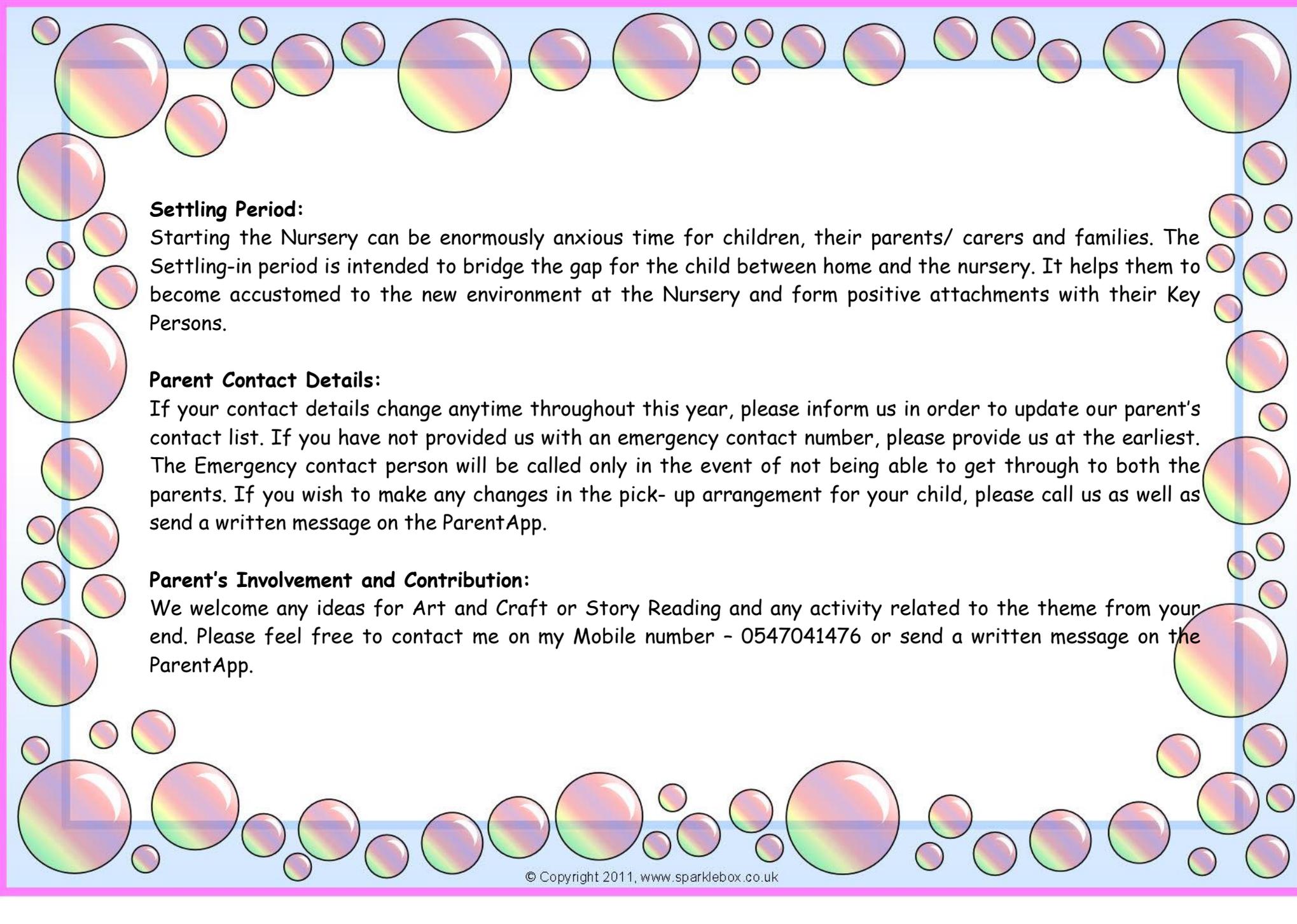


## September 2021 Newsletter

15<sup>th</sup> Sep 2021

Welcome to the first newsletter for the Academic Year 2021-22 from Little Diamond Nursery, Al Raffa Branch. The Newsletters will be sent across to you each month to keep you updated on what is happening at the Nursery. We are very pleased to welcome all the new students and their parents/ authorized carers. A big warm welcome to all our darling old students who are continuing with us for the new Academic Year as well. Most of the children have now settled at the Nursery. Over the last few days, our major concentration has been on ensuring a smooth transition of children from Home to the Nursery. Although most of the children have now settled well in to the Nursery's routine, some children are still finding this transition a bit daunting and require a bit more reassurance and time.

Children are beginning to develop a sense of belonging and have adapted well in their new environment. They are beginning to trust their Key Persons and some of them have developed close emotional bonds with them. Dear Parents, it is important for you to get to know your child's Key Persons and Assistants. Your child's Key Person is here to work in close partnership and collaboration with you. If there is any change at home, please inform us about it be it a new baby, a separation (grandparents went back), a late night out, a bad dream, a lost pet, or any new fear/ phobia etc. All these things usually make a difference in the child's emotions and dispositions, so give us a "Head's Up" at the setting, so we can address it effectively.

A decorative border of colorful, iridescent bubbles in various sizes surrounds the text. The bubbles are arranged in a roughly rectangular frame, with some larger bubbles at the corners and smaller ones filling the gaps. The colors transition from purple at the top to red, orange, yellow, and green at the bottom.

### **Settling Period:**

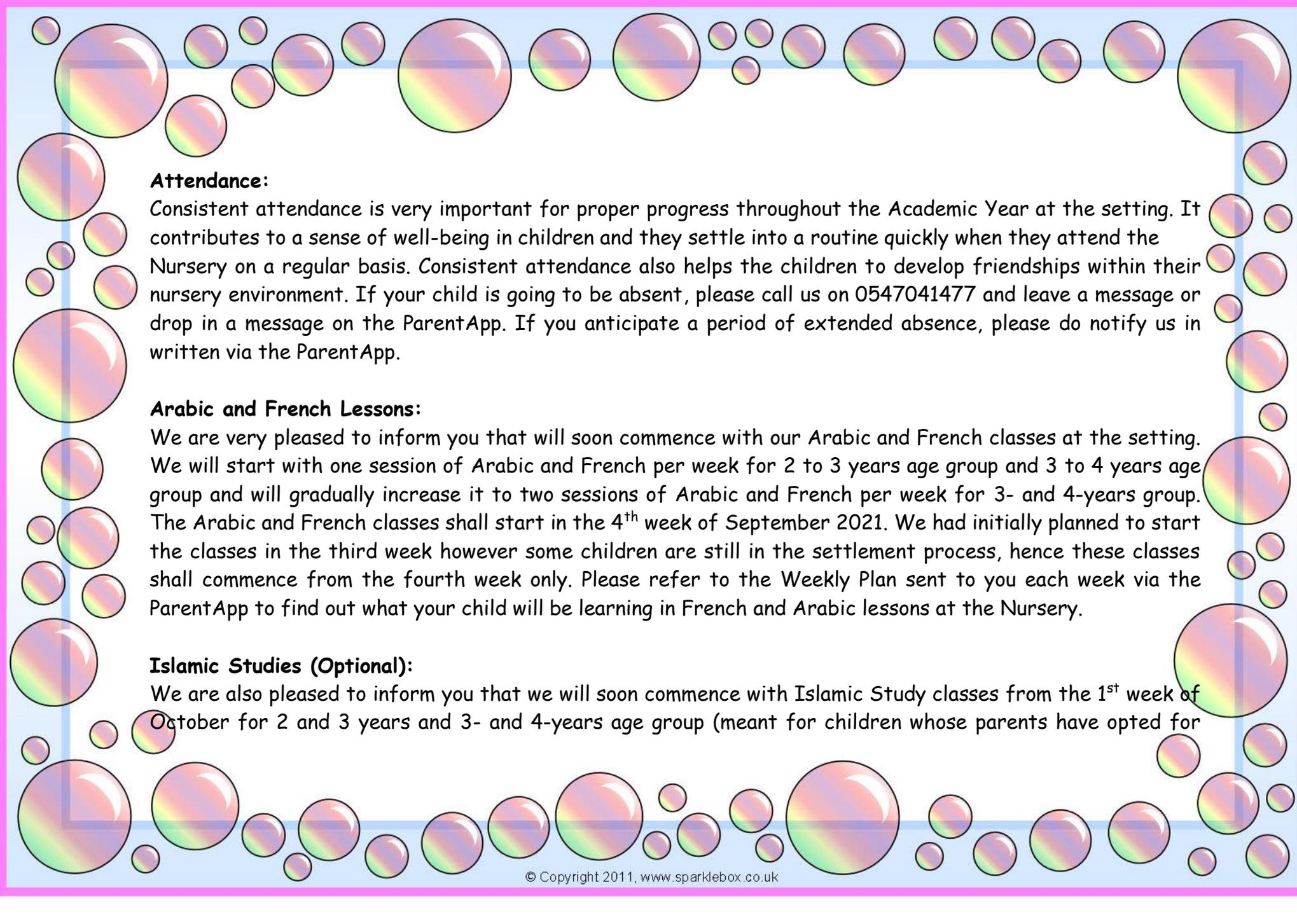
Starting the Nursery can be enormously anxious time for children, their parents/ carers and families. The Settling-in period is intended to bridge the gap for the child between home and the nursery. It helps them to become accustomed to the new environment at the Nursery and form positive attachments with their Key Persons.

### **Parent Contact Details:**

If your contact details change anytime throughout this year, please inform us in order to update our parent's contact list. If you have not provided us with an emergency contact number, please provide us at the earliest. The Emergency contact person will be called only in the event of not being able to get through to both the parents. If you wish to make any changes in the pick- up arrangement for your child, please call us as well as send a written message on the ParentApp.

### **Parent's Involvement and Contribution:**

We welcome any ideas for Art and Craft or Story Reading and any activity related to the theme from your end. Please feel free to contact me on my Mobile number - 0547041476 or send a written message on the ParentApp.

A decorative border of colorful, iridescent bubbles in various sizes surrounds the text. The bubbles are arranged in a roughly rectangular frame, with some larger bubbles at the corners and smaller ones filling the gaps. The colors transition from purple at the top to red, orange, and yellow at the bottom, with green and blue at the sides.

### **Attendance:**

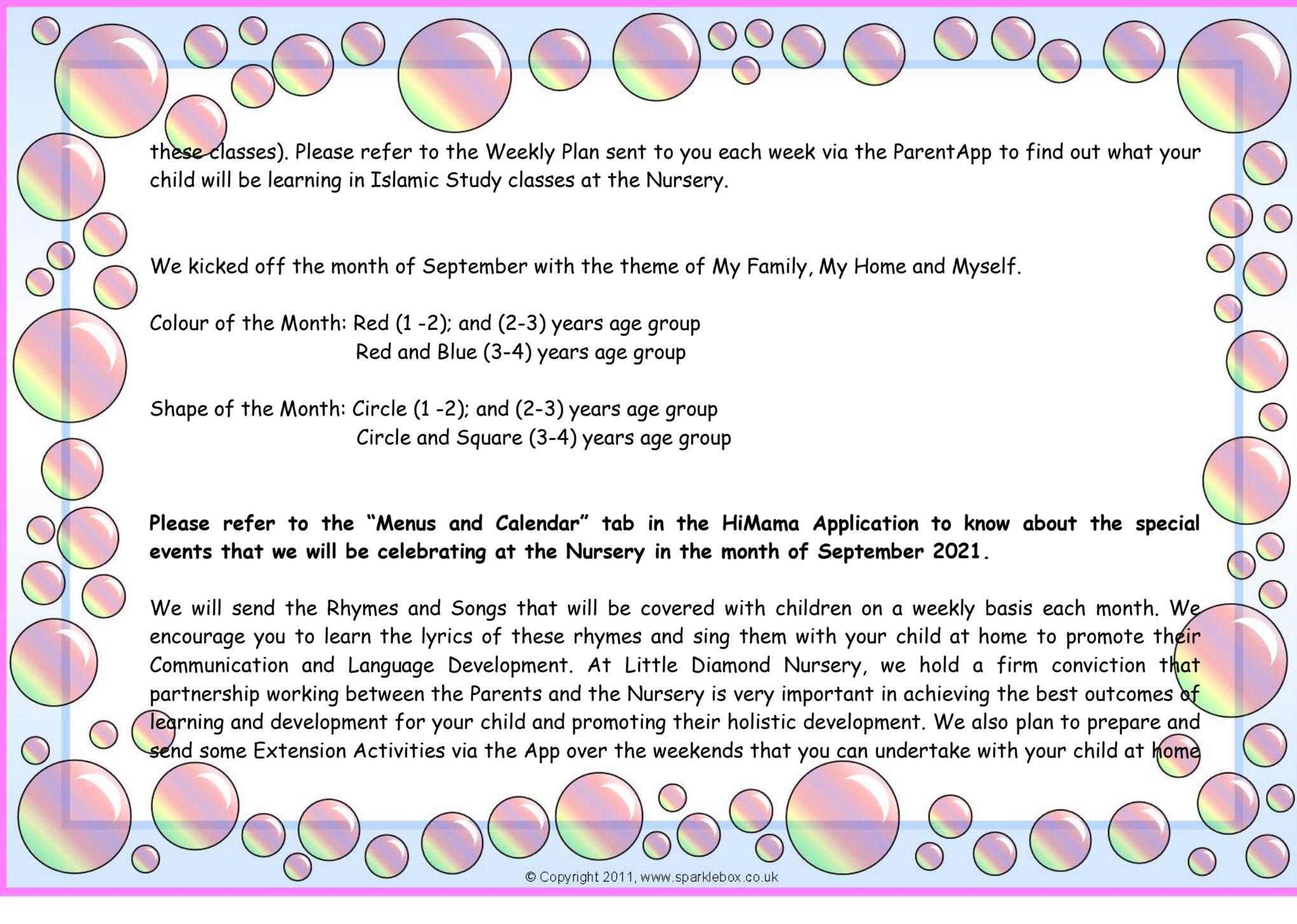
Consistent attendance is very important for proper progress throughout the Academic Year at the setting. It contributes to a sense of well-being in children and they settle into a routine quickly when they attend the Nursery on a regular basis. Consistent attendance also helps the children to develop friendships within their nursery environment. If your child is going to be absent, please call us on 0547041477 and leave a message or drop in a message on the ParentApp. If you anticipate a period of extended absence, please do notify us in written via the ParentApp.

### **Arabic and French Lessons:**

We are very pleased to inform you that will soon commence with our Arabic and French classes at the setting. We will start with one session of Arabic and French per week for 2 to 3 years age group and 3 to 4 years age group and will gradually increase it to two sessions of Arabic and French per week for 3- and 4-years group. The Arabic and French classes shall start in the 4<sup>th</sup> week of September 2021. We had initially planned to start the classes in the third week however some children are still in the settlement process, hence these classes shall commence from the fourth week only. Please refer to the Weekly Plan sent to you each week via the ParentApp to find out what your child will be learning in French and Arabic lessons at the Nursery.

### **Islamic Studies (Optional):**

We are also pleased to inform you that we will soon commence with Islamic Study classes from the 1<sup>st</sup> week of October for 2 and 3 years and 3- and 4-years age group (meant for children whose parents have opted for



these classes). Please refer to the Weekly Plan sent to you each week via the ParentApp to find out what your child will be learning in Islamic Study classes at the Nursery.

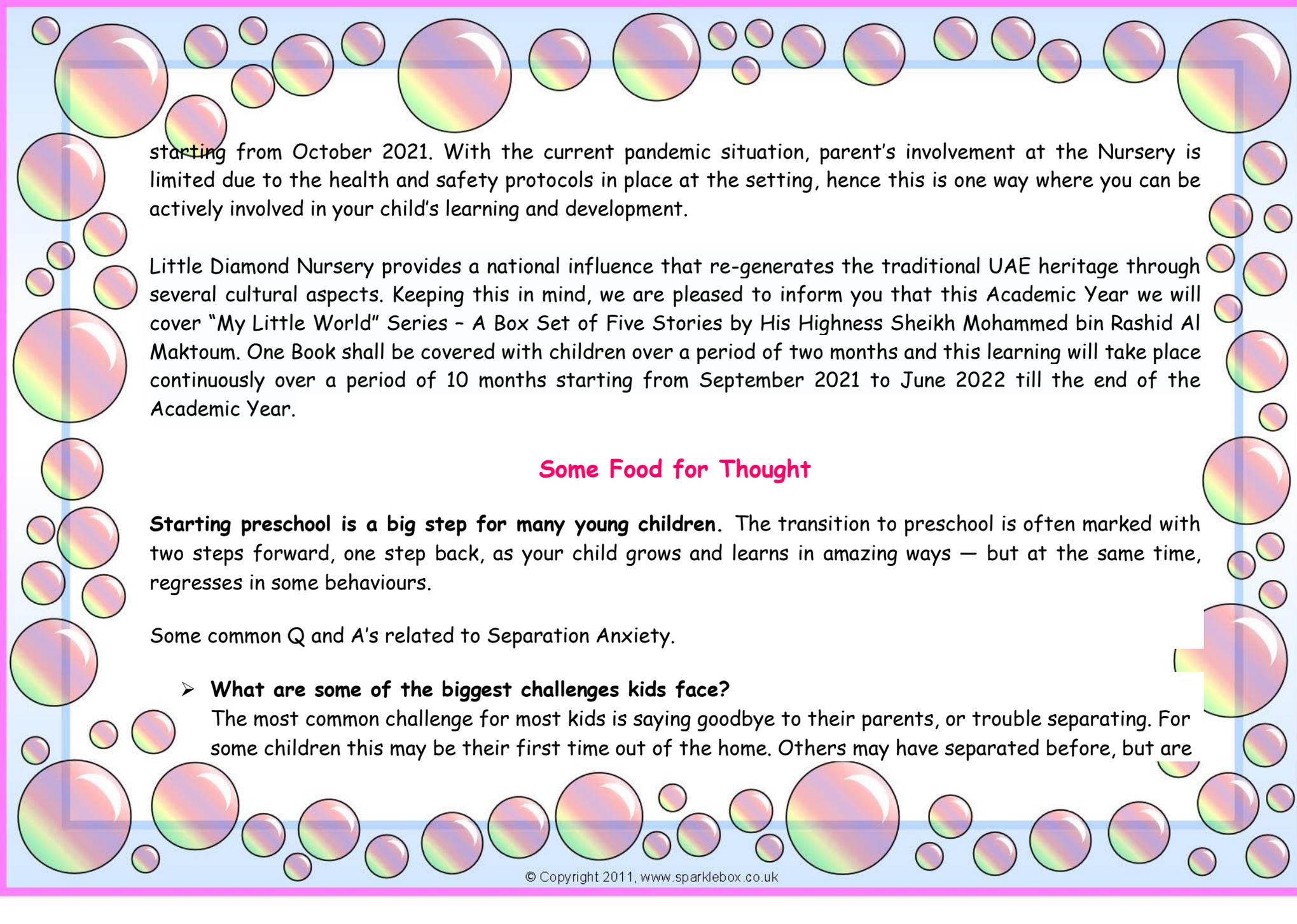
We kicked off the month of September with the theme of My Family, My Home and Myself.

Colour of the Month: Red (1 -2); and (2-3) years age group  
Red and Blue (3-4) years age group

Shape of the Month: Circle (1 -2); and (2-3) years age group  
Circle and Square (3-4) years age group

**Please refer to the "Menus and Calendar" tab in the HiMama Application to know about the special events that we will be celebrating at the Nursery in the month of September 2021.**

We will send the Rhymes and Songs that will be covered with children on a weekly basis each month. We encourage you to learn the lyrics of these rhymes and sing them with your child at home to promote their Communication and Language Development. At Little Diamond Nursery, we hold a firm conviction that partnership working between the Parents and the Nursery is very important in achieving the best outcomes of learning and development for your child and promoting their holistic development. We also plan to prepare and send some Extension Activities via the App over the weekends that you can undertake with your child at home

A decorative border of colorful, iridescent bubbles in various sizes surrounds the text. The bubbles are arranged in a roughly rectangular frame, with some larger bubbles at the corners and smaller ones filling the gaps. The colors transition from purple to blue, green, and yellow.

starting from October 2021. With the current pandemic situation, parent's involvement at the Nursery is limited due to the health and safety protocols in place at the setting, hence this is one way where you can be actively involved in your child's learning and development.

Little Diamond Nursery provides a national influence that re-generates the traditional UAE heritage through several cultural aspects. Keeping this in mind, we are pleased to inform you that this Academic Year we will cover "My Little World" Series - A Box Set of Five Stories by His Highness Sheikh Mohammed bin Rashid Al Maktoum. One Book shall be covered with children over a period of two months and this learning will take place continuously over a period of 10 months starting from September 2021 to June 2022 till the end of the Academic Year.

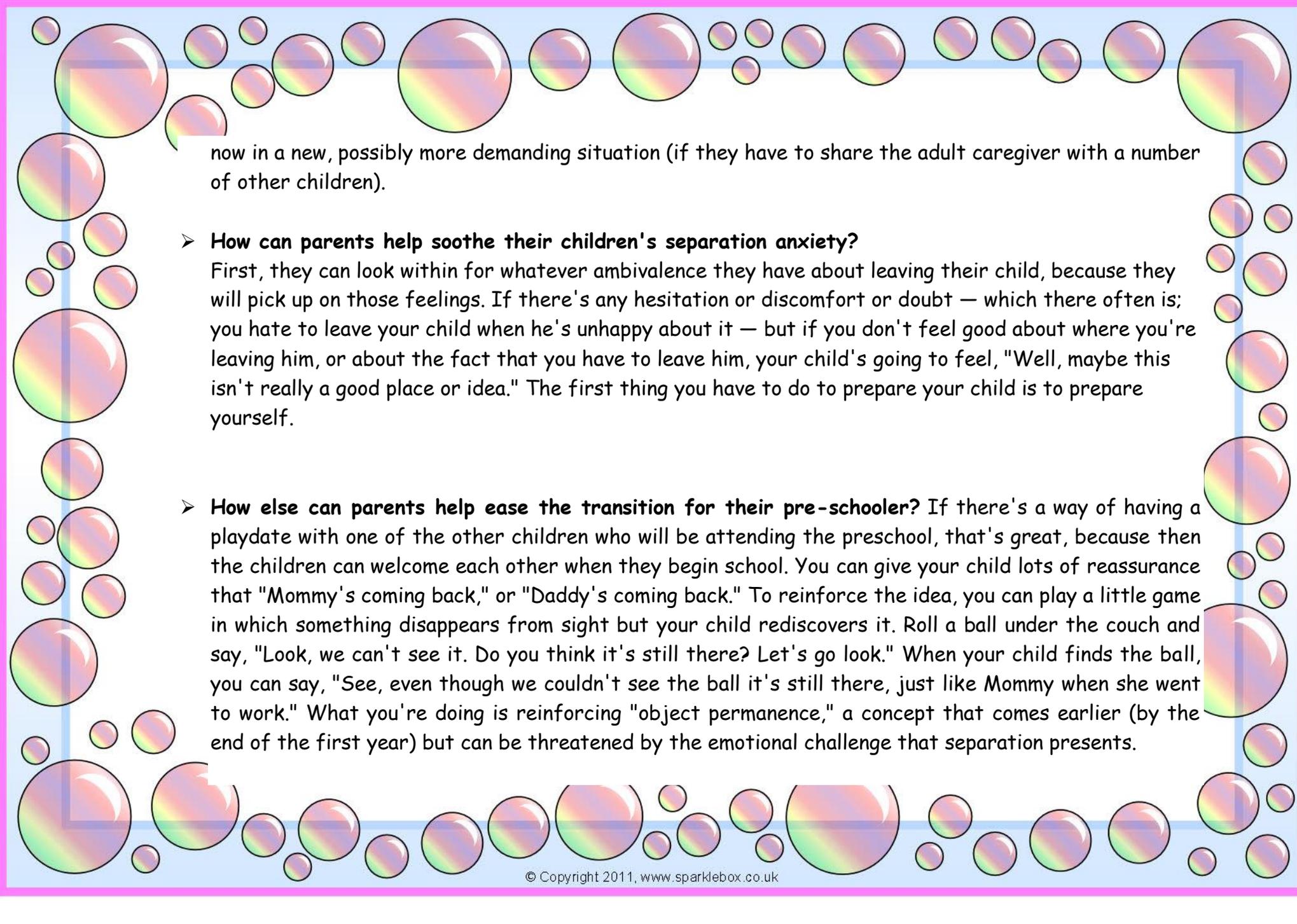
### Some Food for Thought

**Starting preschool is a big step for many young children.** The transition to preschool is often marked with two steps forward, one step back, as your child grows and learns in amazing ways — but at the same time, regresses in some behaviours.

Some common Q and A's related to Separation Anxiety.

➤ **What are some of the biggest challenges kids face?**

The most common challenge for most kids is saying goodbye to their parents, or trouble separating. For some children this may be their first time out of the home. Others may have separated before, but are

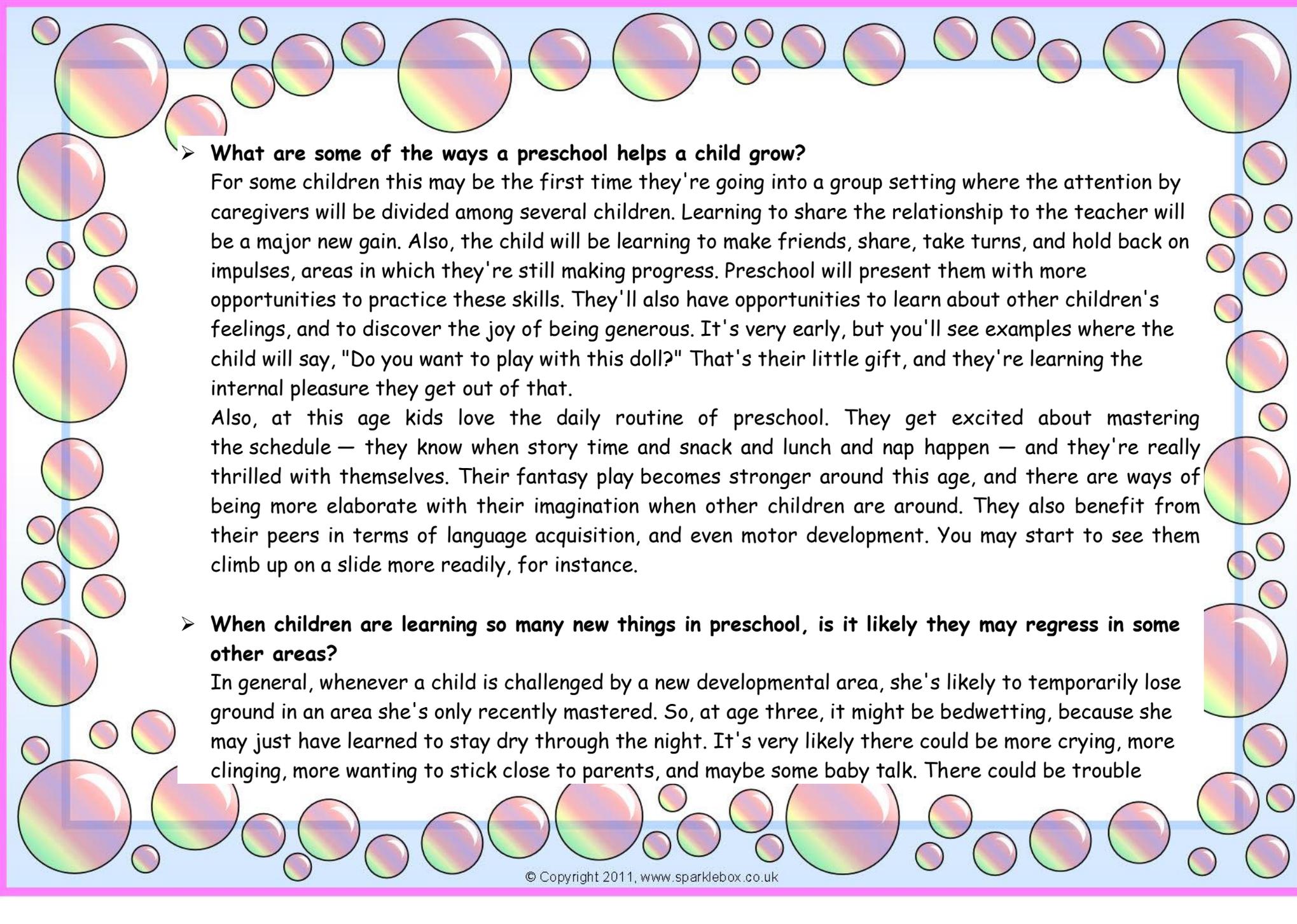


now in a new, possibly more demanding situation (if they have to share the adult caregiver with a number of other children).

➤ **How can parents help soothe their children's separation anxiety?**

First, they can look within for whatever ambivalence they have about leaving their child, because they will pick up on those feelings. If there's any hesitation or discomfort or doubt — which there often is; you hate to leave your child when he's unhappy about it — but if you don't feel good about where you're leaving him, or about the fact that you have to leave him, your child's going to feel, "Well, maybe this isn't really a good place or idea." The first thing you have to do to prepare your child is to prepare yourself.

- **How else can parents help ease the transition for their pre-schooler?** If there's a way of having a playdate with one of the other children who will be attending the preschool, that's great, because then the children can welcome each other when they begin school. You can give your child lots of reassurance that "Mommy's coming back," or "Daddy's coming back." To reinforce the idea, you can play a little game in which something disappears from sight but your child rediscovers it. Roll a ball under the couch and say, "Look, we can't see it. Do you think it's still there? Let's go look." When your child finds the ball, you can say, "See, even though we couldn't see the ball it's still there, just like Mommy when she went to work." What you're doing is reinforcing "object permanence," a concept that comes earlier (by the end of the first year) but can be threatened by the emotional challenge that separation presents.



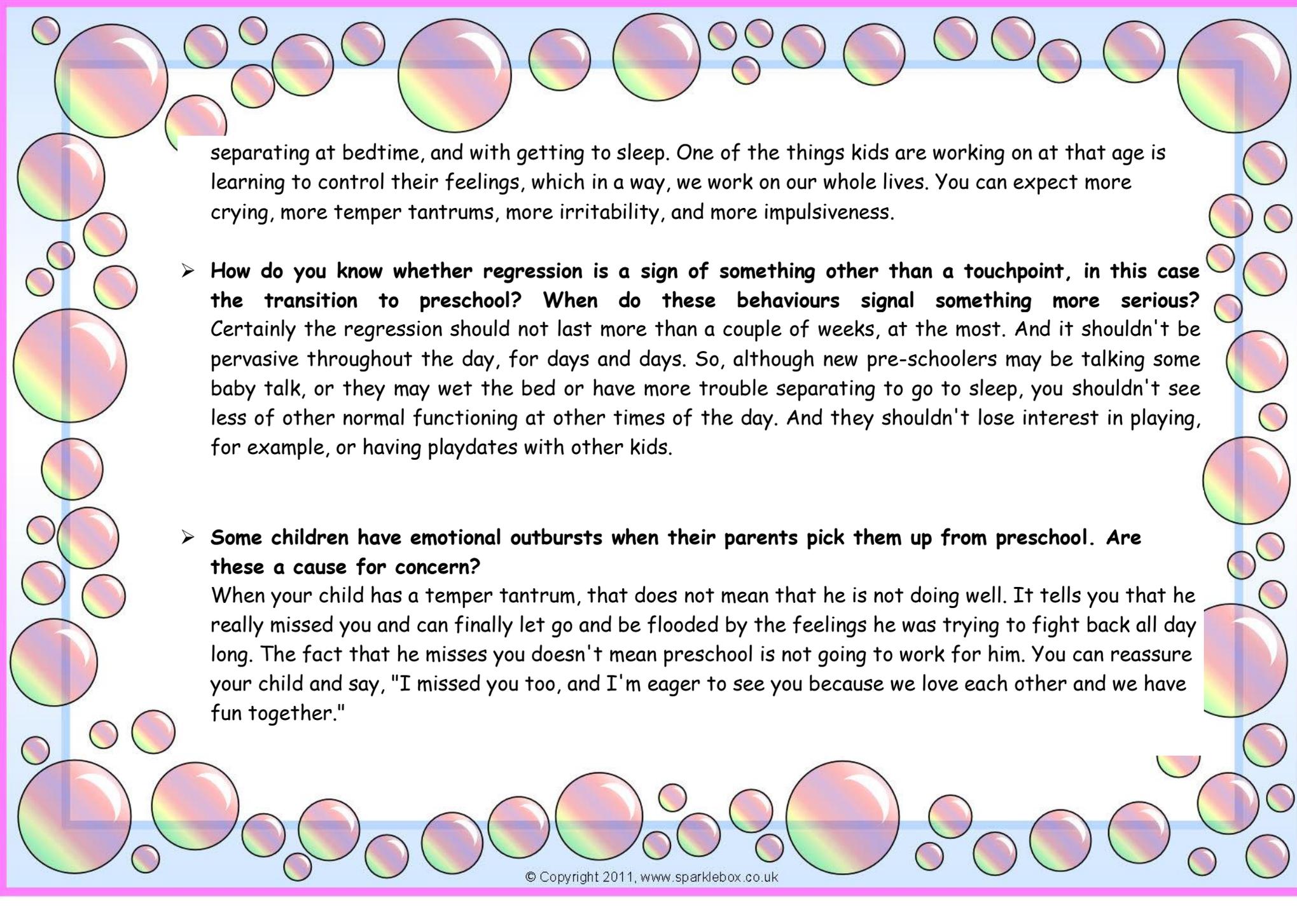
➤ **What are some of the ways a preschool helps a child grow?**

For some children this may be the first time they're going into a group setting where the attention by caregivers will be divided among several children. Learning to share the relationship to the teacher will be a major new gain. Also, the child will be learning to make friends, share, take turns, and hold back on impulses, areas in which they're still making progress. Preschool will present them with more opportunities to practice these skills. They'll also have opportunities to learn about other children's feelings, and to discover the joy of being generous. It's very early, but you'll see examples where the child will say, "Do you want to play with this doll?" That's their little gift, and they're learning the internal pleasure they get out of that.

Also, at this age kids love the daily routine of preschool. They get excited about mastering the schedule — they know when story time and snack and lunch and nap happen — and they're really thrilled with themselves. Their fantasy play becomes stronger around this age, and there are ways of being more elaborate with their imagination when other children are around. They also benefit from their peers in terms of language acquisition, and even motor development. You may start to see them climb up on a slide more readily, for instance.

➤ **When children are learning so many new things in preschool, is it likely they may regress in some other areas?**

In general, whenever a child is challenged by a new developmental area, she's likely to temporarily lose ground in an area she's only recently mastered. So, at age three, it might be bedwetting, because she may just have learned to stay dry through the night. It's very likely there could be more crying, more clinging, more wanting to stick close to parents, and maybe some baby talk. There could be trouble

A decorative border of colorful, iridescent bubbles in various sizes surrounds the text. The bubbles are arranged in a somewhat irregular pattern, with some larger bubbles and many smaller ones. The colors transition from purple at the top to red, orange, and yellow at the bottom, with green and blue also visible.

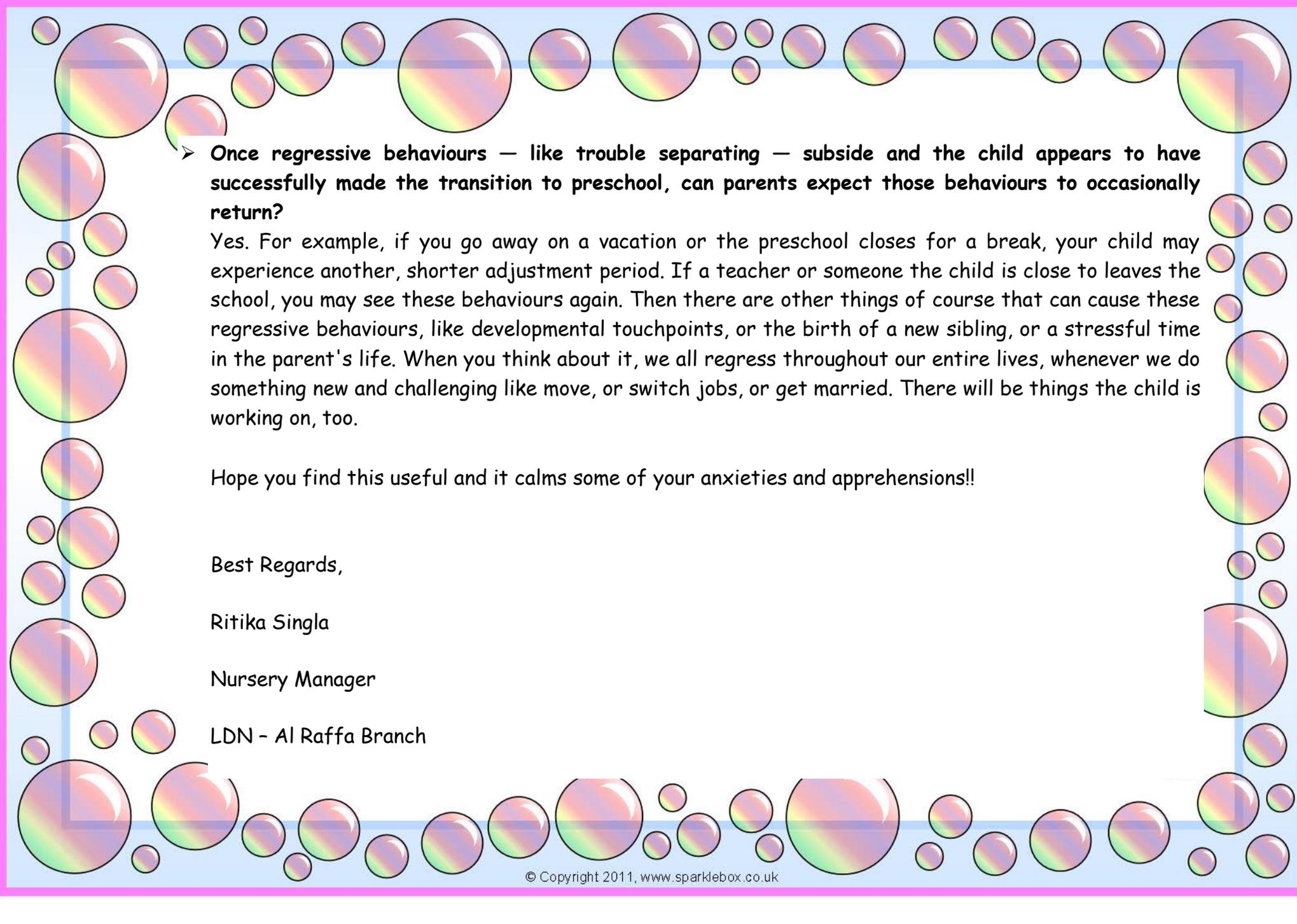
separating at bedtime, and with getting to sleep. One of the things kids are working on at that age is learning to control their feelings, which in a way, we work on our whole lives. You can expect more crying, more temper tantrums, more irritability, and more impulsiveness.

➤ **How do you know whether regression is a sign of something other than a touchpoint, in this case the transition to preschool? When do these behaviours signal something more serious?**

Certainly the regression should not last more than a couple of weeks, at the most. And it shouldn't be pervasive throughout the day, for days and days. So, although new pre-schoolers may be talking some baby talk, or they may wet the bed or have more trouble separating to go to sleep, you shouldn't see less of other normal functioning at other times of the day. And they shouldn't lose interest in playing, for example, or having playdates with other kids.

➤ **Some children have emotional outbursts when their parents pick them up from preschool. Are these a cause for concern?**

When your child has a temper tantrum, that does not mean that he is not doing well. It tells you that he really missed you and can finally let go and be flooded by the feelings he was trying to fight back all day long. The fact that he misses you doesn't mean preschool is not going to work for him. You can reassure your child and say, "I missed you too, and I'm eager to see you because we love each other and we have fun together."

A decorative border of colorful, iridescent bubbles in various sizes surrounds the text. The bubbles are arranged in a roughly rectangular frame, with some larger bubbles at the corners and smaller ones filling the gaps. The colors transition from purple at the top to red, orange, and yellow at the bottom, with green and blue at the sides.

➤ **Once regressive behaviours — like trouble separating — subside and the child appears to have successfully made the transition to preschool, can parents expect those behaviours to occasionally return?**

Yes. For example, if you go away on a vacation or the preschool closes for a break, your child may experience another, shorter adjustment period. If a teacher or someone the child is close to leaves the school, you may see these behaviours again. Then there are other things of course that can cause these regressive behaviours, like developmental touchpoints, or the birth of a new sibling, or a stressful time in the parent's life. When you think about it, we all regress throughout our entire lives, whenever we do something new and challenging like move, or switch jobs, or get married. There will be things the child is working on, too.

Hope you find this useful and it calms some of your anxieties and apprehensions!!

Best Regards,

Ritika Singla

Nursery Manager

LDN - Al Raffa Branch

A decorative border of colorful, iridescent bubbles in various sizes surrounds the central text. The bubbles are arranged in a roughly rectangular frame, with some larger bubbles at the corners and smaller ones filling the gaps. The background is a light blue color.

**Stay Connected with us at Little Diamond Nursery**

**Facebook**

LittleDiamondNursery2

**Instagram**

Littlediamondnursery2

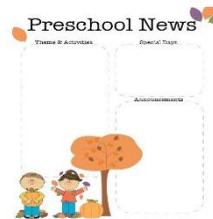
**Website**

[www.littlediamondnursery.ae](http://www.littlediamondnursery.ae)

**Email**

[littlediamondmedia@gmail.com](mailto:littlediamondmedia@gmail.com)

## Newsletters



Please view the pictures and don't forget to like us and refer our beautiful Nursery to your friends and family!!!

So, until next time!

**PLAY, LEARN AND GROW!!!**

