



## THE ROYAL MAIL

Sunday, 15 December 2019

Term 2, Week 6

This newsletter serves to keep you informed of the happenings at RB as well as to keep you up to date regarding any information that needs to be known.

We thrive to embolden, engage and empower our students and we would not be able to do so without close communication with our biggest supporters, our parents.



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## **BOOK FAIR AT ROYAL BRITANNIA**

Getting children to love reading is one of our prime goals at Royal Britannia and the most popular way to promote the love for books at this early age is the **Book Fair**.

The objective of the Book Fair is to give children the opportunity to browse through as many different types of books as possible. Children are able to explore, sense and feel the essence of books.

From Monday to Thursday children visited our Book Fair located at the Auditorium. Guided by their Homeroom Teacher, our little ones had the chance to enjoy a great variety of books and were able to discuss their favourite books and characters with peers.



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## NOTES FROM THE NURSE

When it comes to raising an adventurous eater, it is not just about coaxing kids to eat their veggies. Bringing up a child who can enjoy a cantaloupe as much as a cupcake takes patience and persistence, but it does not have to feel like a chore.

Here are five ways to enjoy cooking with your children while raising an adventurous eater along the way.

1. **Engage other senses.** You can help your child explore foods when cooking using other senses besides taste. This helps to build positive associations with food. Kneading dough, rinsing vegetables, and tearing lettuce all involve touching food and being comfortable with texture. The complex flavors we experience when eating food come from both taste sensations from the tongue AND smelling with the nose. While cooking with new ingredients, some children may feel too overwhelmed to taste. If this happens, you can try suggesting smelling a food first; this may provide a bridge to tasting in the future.
2. **Use cooking to raise smart kids.** There are so many lessons that can be taught while cooking. Math concepts like counting, measurement, and fractions naturally unfold when navigating a recipe with kids. Explaining how food changes with temperature or how certain foods can help our body be healthy provide great lessons in science. While cooking with your child, practice new vocabulary as you describe how food looks, feels, and tastes. Following a recipe from start to finish helps build the skills for planning and completing projects.
3. **Make cooking part of the family culture.** The family meal can start in the kitchen as you cook together. Family meal preparation is an opportunity to celebrate your cultural heritage by passing down recipes. Help your kids find new, seasonal recipes to add to your repertoire and family cookbook. Cooking together and prioritizing health over the convenience of processed food are great ways to lead by example and help your children buy into a culture of wellness. Building daily and seasonal traditions around cooking together helps strengthen your family's commitment to a healthy lifestyle.
4. **Keep it safe.** Teach kids the importance of staying safe while cooking by showing them how to hold kitchen tools safely, how to use oven mitts to protect hands from heat, and how to turn appliances on and off safely. Always supervise children when cooking to ensure they are sticking with safe and age-appropriate tasks. The best way to keep cooking safe is to know your child's abilities and his or her stage of development. A four-year-old child, for example, may not be ready to sauté vegetables over a hot pan, but may have the fine motor skills to rinse fruits or tear salad leaves. Keeping safety in mind, it is not difficult to get kids—even toddlers—involved in the kitchen.
5. **Ask for input.** Children feel more included in mealtime when they are asked to be a part of meal preparation. Collaborate with your kids when selecting recipes for main dishes or sides. Let them help you make the shopping list and find groceries in the store or farmers market. When cooking together, let children offer a critique of the foods you are preparing. Together you can decide what ingredients you should add to enhance the flavor. Talk about how people enjoy different tastes and share your preferences with each other. Letting children be "in charge" of details like how to set the table will help them feel invested in mealtime.

**Source:** American Academy of Pediatrics (Copyright © 2016)

5 Great Reasons to Cook with Your Kids









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## WELCOME TO RB WINTER WONDERLAND EVENT

Tuesday 17 December 2019  
10:30-11:30am

**SWEET PEAS, SNOWDROPS A  
SNOWDROPS B, SUNFLOWERS A  
SUNFLOWERS B**

Wednesday 18 December 2019  
10:30-11:30am

**DAISIES, LAVENDER  
TULIPS A, TULIPS B  
ROSES**



Dear Parents,

On behalf of the Embassy of Lebanon in Kuwait, and in line with our values at Royal Britannia, we would like to join this noble cause of gathering plastic bottle caps and donate them in exchange for a wheelchair for the needed.

A recycling container is located at the reception area for caps to be placed.

Thank you!!!



## **SCHOOL JOURNALS**

Please read the journals daily.

Daily happenings, events,  
field trips and any other important  
information is relayed through the journals.



## SCHOOL UNIFORM

Please make note of the required school uniform.

All students should be wearing the correct uniform:

Medium Blue denim pants with Light Blue polo style shirt from Marks & Spencers (we have stock for purchasing). **The Navy Blue jumper/sweater must have NO patterns or designs.**

Thank you for understanding.



Reminder to Winter Uniform: Please purchase/order the unisex cotton-rich jumpers **ROYAL BLUE** colour from Marks & Spencers Salmiya (RB stock). This is outlined in the guidelines provided to parents at the beginning of this academic year.

**NO JEWELLERY TO BE WORN BY STUDENTS AT SCHOOL**

## **TERM DATES**

### **TERM 1**

Wednesday, 4 September - Wednesday, 06 November 2019

### **TERM 2**

Monday, 11 November - Wednesday, 18 December 2019

### **TERM 3**

Sunday, 5 January - Thursday, 20 February 2020

### **TERM 4**

Sunday, 1 March - Wednesday, 8 April 2020

### **TERM 5**

Monday, 13 April - Wednesday, 18 June 2020



**PLEASE NOTE:**

A reminder that our school times  
are as follows:

Standard Day: 7:45 - 13:00

Extended Day: 7:45 - 15:15

A 15 minute grace period is giving for late pick ups, however please note that there will be a **KD2** charge per **5 minutes** late thereafter.

Drop off takes place from 7:00 and school starts at 7:45.  
Please understand that being late means that your child/children  
miss out on curriculum.

## **NO PARENT MAY GO TO THE CLASSROOM TO DROP THEIR CHILD/CHILDREN OFF AFTER 7:45**

Your co-operation and understanding will be greatly appreciated.

### **THEMES**

Our learning themes for Term 2:

Week 1,2 & 3 : Seasons

Week 4, 5 & 6: Fairy Tales, Winter Wonder



**Thursday 19, December 2019 to Thursday 02, January 2020**

**Winter Break**



## THIS WEEK MENU

Sunday: Chicken and Potatoe with Rice

Monday - Pasta Bolognese

Tuesday - Potato and Meat Stew with Rice

Wednesday - Labna sandwiches



## LONG and DIRTY NAILS

A reminder to kindly check your child/children's nails to ensure that they are at a neat, clean, short length for school.

This includes toe nails please!

NO NAIL POLISH ALLOWED

Thank you!



## **CLEAN EARS**

A reminder to kindly check your child/children's ears to ensure that they are clear from wax.

A reminder to be gentle when cleaning ears and avoid sticking ear buds inside the ear canal.

Thank you!



## **BIRTHDAYS**

A reminder that we are to insist on pre-prepared individual portions. Cupcakes, doughnuts, muffins or popcorn is acceptable. Whole cakes requiring cutting and cold drinks requiring pouring will not be accepted.

**Please refer to journals for guidelines.**



## **WATER BOTTLES**

Keeping hydrated is extremely important. Kindly send your child/children with a water bottle to school every day. Water bottles are easier to take to different classes and make for easy refilling when needed.

Thank you!



## RECYCLABLE ITEMS

Please start sending the following items to school to be used for craft activities:

TOILET ROLLS  
KITCHEN PAPER ROLLS  
CEREAL BOXES  
NEWSPAPER

## MAKING AN IMPACT GLOBALLY

At RB we align ourselves with the 17 Sustainable Development Goals (SDGs) through our curriculum and teachings. In order to make an impact on a global scale and help in supporting the SDGs, we have joined B1G1. We will be dedicating each term to a minimum 4 SDGs through B1G1. Not only will we be creating awareness through lessons at school but we will be contributing the contributions we have been collecting every Thursday to various initiatives around the world.

<https://www.b1g1.com/businessforgood/2019-legacy-royal-britannia-education/>

*Find out more about B1G1 by clicking on this link:*

<https://b1g1.com/connect/GIVING040>

Themes: Seasons, Fairy Tales/Winter Wonderland

### 1. SDGs: Good Health and Wellbeing and Reduced Inequalities

Provide warm clothes to insulate a child from Winter (Ukraine, Russia and Moldova)

Provide warm clothes as a gift of survival for a day. Imagine the chilling winds of winter prickling the bare body of a child along the streets of Ukraine. Insulation in the life-threatening cold in winters as low as -40C is crucial.

US 0.20 per day = **6 fils per impact**

### 2. SDGs: No Poverty, Clean Water and Sanitation and Reduced Inequalities

Give access to life saving water (Ethiopia)

Quench the thirst of people living in Tigray by giving them clean water that is absent of water-borne diseases for one day. The provision of clean and hygienic water will reduce a womans average daily water collection time; effectively reduces children mortality rate from water-borne diseases; and allows girls to receive a proper education instead of spending their time collecting water.

US 0.01 per day = **3 fils per impact**

Dear Parents,

It's my real pleasure to invite you to join the B1G1: Business for Good Giving Initiative.

B1G1 helps businesses like ours give back in powerful new ways. It's really stunning and wonderfully different.

And this is equally great too; when you join B1G1 using my unique code [<https://b1g1.com/connect/GIVING040>], you get [1 KD] worth of Giving Credits to kick-start some really smart giving. I think you'll love it.

1. Now you may prefer to click the button below to join right away based on my strong recommendation (I really believe all my connections could benefit enormously from B1G1).

2. Or you may want to call me to talk about it. Just a call on my usual number is great.

3. You can also complete a new thing called the 'B1G1 Giving Plan' – it's a great way to understand B1G1 before you join. And you can do that right here: <http://bit.ly/invite-givingplan>

Whichever of those three ways you choose, do please choose one! I know you'll be so pleasantly surprised by what you find.

Looking forward to hearing how you go.

Elisa Isaac  
Head Teacher



**ARE YOU PASSIONATE ABOUT MAKING A DIFFERENCE?**

If you would like to choose an initiative to contribute towards, separate to what we are doing, please feel free to contact us directly and we can make this happen!



**1 KD DAYS**

Please continue supporting our  
1 KD days **every Thursday!**

Yes, A little goes a long way, but a little more goes further.

**PLEASE NOTE:**

**NO TABLETS, MOBILES AND TOYS  
TO BE SENT TO SCHOOL**



## **NO CANDY, CHOCOLATE OR CHOCOLATE ITEMS TO BE SENT TO SCHOOL**



## **SICK STUDENTS**

Out of common courtesy for others, please do not send your child to school if they are sick. Please be aware that our school nurse does come around daily to the classrooms to check temperatures and for any contagious symptoms such as coughing, wheezing and runny noses.

We will send children home who are unwell.  
Thank you for understanding.



## **RB Land Line**

Please note that RB has a land line. Should you wish to contact the school via this avenue the number is the following:

**2523 9696**



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