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# THE ROYAL MAIL

Sunday, 13 October 2019

Term 1, 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.



## Blue Day at Royal Britannia

On Thursday the 9th, Royal Britannia Kindergarten turned blue in colour to celebrate 'Blue Day'. Excitement and enthusiasm were visible everywhere. All the children came dressed up in different hues of blue.

Blue, the colour of loyalty, strength, wisdom and trust, had a very positive impact on tiny tots bringing in harmony and brotherhood.

The significance of blue colour was reiterated through a series of activities. Children's got engaged in fingerprinting, freehand drawing, collage work, colouring etc, and tried to showcase this serene colour to the little ones in many ways like telling stories, and also used visuals on blue coloured objects such as blueberries, sky, etc. Children also saw the marine life under the ocean and enjoyed dancing to the song "Baby Shark". They were made to recognise blue colour through different games and play-way activities. An array of blue coloured objects like umbrellas, balls, flowers, were at display thus providing the students opportunities to have a clear sense of the colour and its importance.



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*Sleep and rest are important for children's overall health. Rest and sleep are two different things. Rest is about times when the body can relax and stay fairly still but the brain remains active and continues to concentrate on what is happening. Sleep, on the other hand, allows both the body to rest and the brain to change its pattern of activity.*

*At RB we believe in giving the children the opportunity to stay calm and relax every day after lunch break by reading a story and listening to relaxing background music.*



## **Children's need for rest**

Hodder Education (UK)

Impact on children's development if they are not sleeping enough:

- Difficulties in managing behaviour and emotions
- Impulsivity
- Spatial Awareness affected
- Difficulty in concentrating

- Difficulty in processing and remembering information
- Immune system may not be as effective
- Higher chance of becoming overweight

Children need times when they can be still and calm. Most children naturally do this if the right environment and opportunities are available. How much rest children need depends on how much physical and mental stimulation they need. Children who seem very sluggish and need to rest a lot may actually need more sleep.

## How Much Sleep Do Babies and Kids Need?

<https://www.sleepfoundation.org/excessive-sleepiness/support/how-much-sleep-do-babies-and-kids-need>

Babies, children, and teens need significantly more sleep than adults to support their rapid mental and physical development. Most parents know that growing kids need good sleep, but many don't know just how many hours kids require, and what the impact can be of missing as little as 30 to 60 minutes of sleep time. One of the reasons it's so hard to know when our kids are getting insufficient sleep is that drowsy children don't necessarily slow down the way we do—they wind up. In fact, sleepiness can look like symptoms of attention deficit-hyperactivity disorder (ADHD). Children often act as if they're not tired, resisting bedtime and becoming hyper as the evening goes on. All this can happen because the child is overtired.

There are some underlying psychiatric conditions, such as attention deficit-hyperactivity disorder (ADHD), that can cause sleep loss in children. Researchers and clinicians are also finding that sleep apnea—which most people tend to think of as an adult sleep disorder—is relatively common in children as well. A person who has sleep apnea wakes up many times every hour, very briefly, as they struggle to breathe. Most people do not know they are experiencing these events unless they are told or have a test to confirm sleep apnea. Children who snore may be at risk for or currently suffering from sleep apnea, which is why the American Academy of Pediatrics recently recommended that pediatricians ask about and screen for this sleep disorder in children at routine well visits.

If you suspect your child isn't sleeping enough, it's important to talk to your pediatrician. If there is an underlying sleep disorder or another medical condition at play, your doctor may refer you to a sleep specialist to discuss various treatments options. In many cases, though, sleep deprivation in children can be helped with changes to the environment and habits surrounding bedtime. Research shows that an early bedtime (between 7:00 p.m. and 8:00 p.m. works best for babies and kids through school age) and a consistent, soothing, wind-down routine with no screen time—such as TVs, tablets, and the like—will lead to better sleep. While every child is slightly different in terms of how much sleep they need, most require the following to be fully rested:

**Newborns (0-3 months)**

**Recommended: 14-17 hours**

**May be appropriate:**

- 11-13 hours (Not less than 11 hours)
- 18-19 hours (Not more than 19 hours)

**Infants (4-11 months)**

**Recommended: 12-15 hours**

**May be appropriate:**

- 10-11 hours (Not less than 10 hours)
- 16-18 hours (Not more than 18 hours)

**Toddlers (1-2 years)**

**Recommended: 11-14 hours**

**May be appropriate:**

- 9-10 hours (Not less than 9 hours)
- 15-16 hours (Not more than 16 hours)

**Preschoolers (3-5 years)**

**Recommended: 10-13 hours**

**May be appropriate:**

- **8-9 hours (Not less than 8 hours)**

**14 hours (Not more than 14 hours)**



## **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.

# **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 1:  
Week 1, 2 & 3: All About Me/Who Am I?  
Week 4, 5 & 6: My Family and Home  
Week 7 & 8: Healthy Living  
Week 9: Caring for our Earth and Recycling



Thursday 17, 2019 October

**Pink Thursday**

Thursday 24, 2019 October

**Purple Day**

Sunday 27 - Thursday 31, 2019 October

**Parent Consultation week**

# Royal Britannia Kindergarten

Cordially invites you and your guests to attend

## PINK THURSDAY

17th October 2019

### Program

- 11:15 Meet and Greet the RB team near Olivia, the 105 years old tree at RB.
- 11:30 Interactive Activities with children in their classes.
- Refreshments served in the auditorium.
- 12:00 National Anthem of State of Kuwait
- 12:05 Opening Address from the Headteacher Ms Elisa Isaac
- 12:10 Testimonials and Early interventions advice from survivors  
Ms Ioana, Senior Nurse at RB  
Ms Samira, RB Clients Relations Manager
- 12:30 Guest Speaker  
**Dr Noha AlSaleh**  
MBChB FRCS, Consultant General Surgery and  
Surgical Oncology Specialised in Breast Cancer
- 13:00 Closing Remarks Guest Speaker representing RB mums  
Mrs Amal K. Albahrani  
Parent



*Embolden, Engage, Empower*





## **TERM 1, WEEK 6**

**13 October - 17 October**

Sunday - Pasta Bolognese

Monday - Chicken and Potatoe with Rice

Tuesday - Peas and Meat Stew with Rice

Wednesday - Pasta Bolognese

Thursday - Zucchini and Meat Stew with Rice



### **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 RBK 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.

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

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

### TERM 1

Themes: All About Me, My Family and Home, Healthy Living, Caring for our Earth

#### **1. SDGs: No Poverty, Good Health and Wellbeing and Quality Education**Support a family to stay together (Cambodia)

Support a family at risk of separation to remain together and create a brighter future for their children. In Cambodia, parents often feel forced to place their children in orphanages due to poverty and lack of access to education. All children have the right to grow up in a safe and nurturing family environment. This Life Cambodia works to preserve and support these vulnerable families through self-determining income generation activities, scholarships for children and emergency medical/basic need allowances.

#### **2. SDGs: Good Health and Wellbeing**Provide dental hygiene (Morocco)

Help impart a child living in El Jebah with dental and oral hygiene knowledge for one day by supporting this sustainable and on-going project. Imagine living in an isolated fishing village with no dentists, no toothbrush and no toothpaste. You do not need to be a dentist to imagine the consequences. Pain-free dentistry will be provided with focus on preventing oral diseases rather than just extracting teeth.

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**



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.



## **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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