



THE ROYAL MAIL

Tuesday, 22 October 2019

Term 1, Week 7

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.



Pink Day at Royal Britannia

In honour of Breast Cancer Awareness month, on Thursday, 17 October 2019, the Royal Britannia hosted the Pink Thursday Morning event inviting all the students' mothers, grandmothers and aunts, on behalf of Dr Hanan AlMutawa Mrs Kamelia AlMutawa, Mrs Rima Khalidi wife of H.E. The Ambassador of Palestine, Mrs Manar Kreishan wife of H.E. The Ambassador of Jordan, Mrs Clethe Gubler wife of H.E The Ambassador of Switzerland, Mrs Nouria Jafar wife of H.E The Ambassador of Morocco, Mrs Huda AlKooni wife of H.E The Ambassador of Egypt, Mrs Julie Fautley and Mrs Avril Bailey representing the British Ladies Society in Kuwait, to their premises.

Students and parents worked together to create a beautiful Pink Ribbon Collage using feathers, beads, glitter, cotton balls, buttons, crepe paper, fabric scraps, ribbons and so much more exciting materials carefully prepared by their teachers, which allowed students to choose, use resources in an open-ended way and encouraged them to have confidence in their own ideas.

We were honoured to have Dr. Noha ALSaleh, MBChB FRCSC, Consultant General Surgery and Surgical Oncology Specialised in Breast Cancer, as our Guest Speaker. Dr. Noha addressed the guests on the importance of being aware of Breast Cancer and early detection.

Ioana, RB Senior Nurse, and Samira, RB Client Relations Manager shared their very own personal experience; what a lesson of courage and strength!

Not only were RB capable of raising awareness on Breast Cancer, but together with their staff and guests, they were able to contribute towards impacting over women in Kenya enabling them to receive Breast Cancer Screening Tests. This is an amazing achievement. RB feels that it is imperative to create awareness of such a disease because we, as women, are the pillars of strength for our families and we, therefore, need to look after ourselves first to ensure we are safe from harm; early detection saves lives.

On behalf of Dr Hanan AlMutawa, Royal Britannia staff would like to express our appreciation for the support received from all guests attending the event.



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UNDERSTAND THE IMPACT OF FOOD AND NUTRITION ON CHILDREN'S HEALTH AND DEVELOPMENT

The term “healthy eating” is often used so it is worth exploring what it actually means. Healthy eating is about making food choices that will provide the body with what it needs to keep healthy. At a simple level, the human body is a machine that needs certain nutrients and energy to keep going. Nutrients and energy come from food and drink.

EARLY YEARS FOUNDATION STAGE (EYFS)

The EYFS is divided into two parts. The first part looks at the education program. As part of the education program, children meant to learn about making healthy food choices. The second part of the EYFS deals with keeping children safe and healthy. In this second part, there is a requirement for early years settings to provide nutritional food appropriate to the age of the children and also make fresh water available at all times. There is also a requirement to ensure that food is prepared hygienically and that staff have the skills and knowledge to do this.

THE IMPACT OF FOOD CHOICES ON HEALTH AND DEVELOPMENT

What we eat at different times of life can have an impact on our short-term and long-term health. In theory, a poor diet can also have an effect on the future health of any babies that women go on to have.

CHILDREN’S NUTRITIONAL REQUIREMENTS

As children grow, their nutritional requirements vary because over time they need more energy. This usually comes from lightly larger portion sizes. It is important to give children the correct portion sizes so as to prevent them from becoming either underweight or overweight. Interestingly, children can become overweight even if they are given healthy foods.

Nutritional requirements of different age groups:

- | | |
|-------------|---|
| 1 - 2 years | <ul style="list-style-type: none">- Need three meals a day plus nutritional snacks- Full-fat milk and dairy products should be offered- Milk consumption should be no more than 400 ml a day- Vitamin D supplement required- Five portions or tastes of fruit and vegetables- Approximate energy requirement in calories: about 1,000 kcal |
| 2 - 3 years | <ul style="list-style-type: none">- Need three meals a day plus nutritional snacks- If children are not underweight, semi-skimmed milk and low-fat products should be offered- Milk consumption should not be more than 350 ml- Five small portions of fruit and vegetables a day- Vitamin D supplement required |

- Approximate energy requirement in calories: 1,230 kcal

- 3 - 5 years
- Need three meals a day plus nutritional snacks
 - Milk consumption should not be more than 300 ml
 - Vitamin D supplement required
 - Salt in foods should be restricted to 2-3 g a day
 - Five portions of fruit and vegetables a day
 - Approximate energy requirement in calories: 1,480 kcal

- 5 - 7 years
- Need three meals a day plus nutritional snacks
 - Five portions of fruit and vegetables a day
 - Salt in foods should be restricted to 3 g
 - Approximate energy requirements in calories: 1,600 kcal

Foods to avoid:

- Low-sugar and artificially sweetened foods and drinks
- Ready-to-drink cartons of juice or squash as these are high in calories and are acidic
- Foods that are made for adults, e.g. to lose weight, for sport, to reduce cholesterol
- Chilled, ready meals and take-away meals as these are high in salt and fat
- Crisps and savoury snacks as these are too high in salt and are not sufficiently nutritious
- Bran cereals high-fibre food as they fill children up too quickly

THE IMPACT OF POOR DIET ON CHILDREN'S HEALTH

Children need a healthy diet so that they can stay healthy and develop well. Children who do not have a healthy diet are likely to be disadvantaged in a variety of ways.

Short-term impact on children's health:

A poor diet can affect children's health and development in the short term. Fighting off colds and other infections is the job of the immune system. A poor diet can affect the body's ability to fight off infection. Children might also suffer anaemia, behaviour and concentration issues, low activities levels and digestive problems.

Long-term impact on children's health:

There are several ways in which a poor diet can affect children's long-term health and development. Surprisingly, in some cases, the impact of a poor diet can continue into adulthood.

A diet lacking in calcium can cause long term problems with bones and teeth. It can also cause weakness in the teeth and bones, tooth decay, obesity and brain development.



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 24, 2019 October
Purple Day

Thursday 31, 2019 October

Black Day
RB Halloween Event



Sunday 27 - Thursday 31, 2019 October

Parent Consultation week



TERM 1, WEEK 7

24 October - 31 October

Sunday - Chicken and Potatoe with Rice

Monday - Pasta Bolognese

Tuesday - Peas and Meat Stew with Rice

Wednesday - Zucchini with Meat Stew and Rice.

Thursday - Pasta Bolognese



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

1. SDGs: No Poverty, Good Health and Wellbeing and Quality EducationSupport 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 WellbeingProvide 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



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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