



THE ROYAL MAIL

Sunday 19, January 2010

Term 3, Week 2

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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AROUND THE WORLD THEME AT ROYAL BRITANNIA

Our dear students continue their adventure around the world and learn about different habits, costumes, crafts, food and music too!!!

International Culmination Day will be celebrated on January 30th, students are most welcome to wear a costume related to the country they represent.





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Role Play in Early Years Settings

By Julie Meighan

Role play is a very important part of a child's education. The imagination is a powerful tool which as we know is innate in some children but needs encouraging in others. It is important that preschools provide children with the opportunity to develop their imagination. In order to accomplish this, they have to equip the children with spaces, scenarios, props and the support they need to explore their real life or imaginary worlds. Imaginative play not only aids intellectual development but also improves children's social skills and their creativity. In addition, it gives children a chance to play out events that they have observed or experienced in real life.

Role Play and Everyday Scenarios

Using the home as a setting for role play works extremely well with children as the home plays an important role in each young child's life.

Setting up the role-play corner as a house may sound simple enough but unfortunately in lots of preschools certain things are overlooked. You need to include all the tools needed for the role play to take place. If you wish to focus on hygiene you need to include the following props – a cloth, washing up bottle, tea towel, bin and sink or if you want them to focus on health and safety you need to get them to use oven gloves, trays, timers, hot pads, and towels.

Role Plays and Imagined Worlds

These role plays take place in places where the children are very unlikely to visit such as the moon or under the sea and they can meet characters that they are very unlikely to meet such as a dragon or a talking bear.

An example of a role playing story that I find works well with a young child is the Hungry tree. This is an excellent introduction to improvisation as the children are free to explore their imaginations. It also helps with their co-ordination skills.

<https://teachpreschool.org/2011/06/12/role-play-in-early-years/>



NURSE NOTES

Nutrition for kids: Guidelines for a healthy diet

You want your child to eat healthy foods, but do you know which nutrients are necessary and in what amounts? Here's a quick overview.

[By Mayo Clinic Staff](#)

Introduction

Nutrition for kids is based on the same principles as nutrition for adults. Everyone needs the same types of nutrients — such as vitamins, minerals, carbohydrates, protein and fat. Children, however, need different amounts of specific nutrients at different ages.

Consider these nutrient-dense foods:

- **Protein.** Choose seafood, lean meat and poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds.
- **Fruits.** Encourage your child to eat a variety of fresh, canned, frozen or dried fruits — rather than fruit juice. If your child drinks juice, make sure it's 100 percent juice without added sugars and limit his or her servings. Look for canned fruit that says it's light or packed in its own juice, meaning it's low in added sugar. Keep in mind that one-quarter cup of dried fruit counts as one cup-equivalent of fruit. When consumed in excess, dried fruits can contribute extra calories.
- **Vegetables.** Serve a variety of fresh, canned, frozen or dried vegetables. Aim to provide a variety of vegetables, including dark green, red and orange, beans and peas, starchy and others, each week. When selecting canned or frozen vegetables, look for options lower in sodium.
- **Grains.** Choose whole grains, such as whole-wheat bread, oatmeal, popcorn, quinoa, or brown or wild rice. Limit refined grains such as white bread, pasta and rice.
- **Dairy.** Encourage your child to eat and drink fat-free or low-fat dairy products, such as milk, yogurt, cheese or fortified soy beverages.

Aim to limit your child's calories from:

- **Added sugar.** Limit added sugars. Naturally occurring sugars, such as those in fruit and milk, are not added sugars. Examples of added sugars include brown sugar, corn sweetener, corn syrup, honey and others.
- **Saturated and trans fats.** Limit saturated fats — fats that mainly come from animal sources of food, such as red meat, poultry and full-fat dairy products. Look for ways to replace saturated fats with vegetable and nut oils, which provide essential fatty acids and vitamin E. Healthier fats are also naturally present in olives, nuts, avocados and seafood. Limit trans fats by avoiding foods that contain partially hydrogenated oil.

If you have questions about nutrition for kids or specific concerns about your child's diet, talk to your child's doctor or a registered dietitian.

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/nutrition-for-kids/art-20049335>



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 theme for Term 3:

Around The World Theme



Thursday 30, January 2020
International Day Assembly

Sunday 26 to Thursday 30, January 2020
Parents Consultation Week

Tuesday 18, February 2020
Kuwait National Day Celebration



THIS WEEK MENU

Sunday - Whole Grain Pasta Bolognese

(sauce made with minced beef, onions, carrots, celery sticks, tomatoes, and tomatoe puree)

Monday - Chicken Fajita Wrap

(wrap made with whole grain pita bread, pulled chicken, bell pepper, onions and avocado yogurt paste)

Tuesday - Oven baked beef patties, potatoes, and carrots

(patties made from minced beef, carrots, zucchini, onions, and egg)

Wednesday -Chicken and brown rice, sautéed vegetables

(corn and carrots)

Thursday - Turkey breast and cheese sandwich on whole grain bread

(served with cucumber and red/yellow pepper sticks)



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>

Theme: Travel Around the World

1. SDGs: Zero Hunger and Good Health and Wellbeing

Feed a Child in Philippines

Help end hunger by feeding a child in Philippines. There are about 15M Filipino children who face the threat of not realizing their full potential not growing to be as tall, as healthy, nor as bright as they can be because they are suffering from hunger today as they grow up. Our kitchens cook daily nutritious lunch meals for children in public schools, in the streets, and in conflict areas to end hunger and malnutrition.

US 0.33 per day = **10 fils per impact**

2. SDGs: Quality Education and Reduced Inequalities

Educate a Hearing Impaired Child (India)

Give a less privileged hearing impaired child the opportunity to get access to a quality education for a day. The Special Care Centre is a school where 150 hearing impaired children from the less privileged sections of the society study. Not only are they given a quality education with special attention, but they are also provided a daily commute via school bus, vocational training in carpentry, electrical wiring, gardening and more, books and stationery, and a nutritious meal.

US 2.00 per day = **61 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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