



THE ROYAL MAIL

Sunday 26, January 2010

Term 3, Week 3

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.





AROUND THE WORLD THEME AT ROYAL BRITANNIA

Very busy week preparing props and rehearsing in readiness for International Day Assembly this Thursday.

Our little stars are now able to recognise their chosen country's flag, have learned about weather, customs, traditional music and dress, and they have also managed to learn key words and are able to greet in different languages. What a wonderful experience!!!



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ROYAL BRITANNIA
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The Magic of Music: using music for early years education

Louise Bull, Boogie Mites (03.09.2018)

As a childminder, planning educational and fun activities to engage children throughout the day you have the ideal opportunity to include music and movement. By using music for early years education, you can ensure the children in your care gain the maximum brain boosting benefits!

Strong phonological awareness in early years education is widely recognised as important for a strong foundation for literacy. Research shows that children

with the strongest phonological awareness when starting school are the strongest readers and writers by age 7.

Music supports maths

Music, like maths, is built on sequences and patterns. Children will develop mathematical thinking as they take part and respond to these sequences and patterns by counting, keeping the beat, moving and playing with different rhythms.

In action songs, we use positional language, such as 'high', 'low', 'more than', 'less than' which contributes to their understanding and communication of mathematical thinking. All of these skills will develop through regular music practise anytime, anywhere, with any prop or home-made instrument (or just your bodies)!

Music supports knowledge & understanding of the world

Songs cover diverse topics. For example, animals, from the bugs and worms in the garden to a fish's journey in the sea, and human experiences, through cultures and countries in the world and their traditional genres of music.

Discover how you might arrive at a destination half way around the world and the animals that you might find there... the noises they make and the colour of their skin/ feathers. Research and experience tell us that if you want the message to stick, say it with music. In the home, you can explore these themes through other activities linking to the song, extending their knowledge around the topic.

Music supports creativity

Children are inherently curious and imaginative – they are constantly exploring the world in which they live. Their creativity has a huge part to play in that. It is their interpretation of what they are experiencing!

Heuristic play is so important. Whether through role-playing, creating their own actions, dancing, or even inserting their own lyrics into a song. However, they respond to music, they are stretching and moulding their minds through their confidence and creativity.

Music supports personal, social, emotional development

Regular opportunities for a rich and varied music experience in early years, both in groups and at home, will build their confidence in many ways.

It provides a great tool for encouraging self-expression and as an inclusive uplifting activity that can be accessed by all children, at whatever stage of development, it builds self-esteem.

Music supports communication and language

Music helps children to tune in, it activates all areas of the brain. Tuning children in is vital for learning. Once we have their attention, music can develop aural processing and the neural responses that are the basis for communication and understanding.

By tuning children into the rhythm of language, through music, from birth, we are helping them to hear the patterns of sounds that we know as words and phrases. Understanding and responding comes later with practise: repetition, repetition, repetition.

Music supports physical development

Music makes us move! And of course, our music and movement activities have a direct impact on physical development. They are energetic, some songs getting everyone on their feet and developing their gross motor skills as they explore the movement of their body, others using fine motor skills by handling instruments. But these motor skills, their balance, and their coordination are just the beginning.

The songs can also teach children how to stay physically healthy in a fun and memorable way. Songs about nutrition (the importance of fruits and vegetables),

brushing teeth, the health of the planet, self-care and exploring the outdoors can be found in our repertoire.

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NURSE NOTES

Coronavirus -facts and prevention

- Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases. [A novel coronavirus \(nCoV\)](#) is a new strain that has not been previously identified in humans.
- Coronaviruses are zoonotic, meaning they are transmitted between animals and people. Several known coronaviruses are circulating in animals that have not yet infected humans.
- Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

World Health Organisation's (WHO) standard recommendations for the general public to reduce exposure to and transmission of a range of illnesses are as follows, which include hand and respiratory hygiene, and safe food practices:

- Frequently clean hands by using alcohol-based hand rub or soap and water;
- When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands;
- Avoid close contact with anyone who has fever and cough;
- If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider;
- Avoid traveling if you have any signs of sickness
- When visiting live markets in areas currently experiencing cases of novel coronavirus, avoid direct unprotected contact with live animals and surfaces in contact with animals;
- The consumption of raw or undercooked animal products should be avoided. Raw meat, milk or animal organs should be handled with care, to avoid cross-contamination with uncooked foods, as per good food safety practices.

Reduce your risk of **coronavirus** infection:



Clean hands with soap and water
or alcohol-based hand rub

Cover nose and mouth when coughing and
sneezing with tissue or flexed elbow



Avoid close contact with anyone with
cold or flu-like symptoms

Thoroughly cook meat and eggs



No unprotected contact with live wild
or farm animals



World Health
Organization



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





Whole Grain Pasta Bolognese

Nutrition Facts

1 servings per container

Serving size

Amount Per Serving

Calories

210

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 2.6g **13%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 0mg **0%**

Total Carbohydrate 22g **8%**

Dietary Fiber 3g **11%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 13g **26%**

Vitamin D 0mcg **0%**

Calcium 10.4mg **0%**

Iron 2.5mg **15%**

Potassium 96.4mg **2%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a

day is used for general nutrition advice.

THIS WEEK MENU

Sunday - Whole Grain Pasta Bolognese

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

Monday - Chicken and Rice

(sauce made with potatoe, onions, and garlic)

Tuesday - Whole Grain Pasta Bolognese

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

Wednesday - Minced Beef with Rice

(Stew made with peas, carrots, onions, garlic)

Thursday - Chicken and Rice

(sauce made with potatoe, onions, and garlic)



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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