



مجموعة الملكية البريطانية للتعليم  
ROYAL BRITANNIA  
EDUCATION GROUP

**THE ROYAL MAIL**

Sunday 09, February 2010

Term 3, Week 5

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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## 100 DAYS AT ROYAL BRITANNIA

The 100th day of school celebration marks the 100th day of the school year. It is a great opportunity for teachers to reinforce mathematical concepts that have been taught using the number 100.

Our students have worked through the week on different art and crafts projects that involved mathematical concepts, counting, colours, shapes. Our dear parents assisted us by sending their children to school wearing amazing '100 days at school' themed t-shirts and costumes.

On Thursday 6, we held the culmination ceremony in our School Garden. Students and teachers exercised and danced to counting songs during the event, our little ones proudly showed their beautiful outfits.







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### NURSE NOTES

#### **Hand Washing: A Powerful Antidote to Illness**

How many times have you and your child washed your hands today?

You might not have given it much thought. It's either part of your routine, done frequently without thinking, or maybe you don't do it much at all. But as your pediatrician may have told you, hand washing may be the single most important act you and your child have for disease prevention.

## Making It Habit

As early as possible, get your child into the habit of washing her hands often and thoroughly. All day long, your child is exposed to bacteria and viruses—when touching a playmate, sharing toys, or petting the cat. Once her hands pick up these germs, she can quickly infect herself by:

- Rubbing her eyes
- Touching her nose
- Placing her fingers in her mouth.

The whole process can happen in seconds, and cause an infection that can last for days, weeks, or even longer.

## When to Wash

Hand washing can stop the spread of infection. The key is to encourage your child to wash her hands throughout the day. For example, help her or remind her to wash her hands:

- Before eating (including snacks)
- After a trip to the bathroom
- Whenever she comes in from playing outdoors
- After touching an animal like a family pet
- After sneezing or coughing if she covers her mouth
- When someone in the household is ill

Studies on hand washing in public restrooms show that most people don't have very good hygiene habits. "Hand washing" is mostly done as a quick splash of water and perhaps a squirt of soap, not nearly enough to get their hands clean.

## Steps to Proper Hand Washing

So, what does a thorough hand washing involve? The Centers for Disease Control and Prevention (CDC) recommends the following steps:

- Wet your child's hands.
- Apply clean bar soap or liquid soap to the hands, and then place the bar on a rack where it can drain before the next hand washing.
- Rub the hands vigorously together. Scrub every surface completely.
- Keep rubbing and scrubbing for 10 to 15 seconds to effectively remove the germs.
- Rinse the hands completely, then dry them.

### *Antibacterial Soaps*

Drugstore shelves are full of trendy antibacterial soaps, but studies have shown that these antibacterial products are no better at washing away dirt and germs than regular soap. Some infectious disease experts have even suggested that by using antibacterial soaps, you may actually kill off normal bacteria and increase the chances that resistant bacteria may grow.

The best solution is to wash your child's hands with warm water and ordinary soap that does not contain antibacterial substances (e.g., triclosan). Regular use of soap and water is better than using waterless (and often alcohol-based) soaps, gels, rinses, and hand rubs when your child's hands are visibly dirty (and with children, there usually is dirt on the hands!). However, when there is no sink available (e.g., the car), hand rubs can be a useful alternative.

## How Long to Wash

Keep in mind that although 10 to 15 seconds of hand washing sounds like an instant, it is much longer than you think. Time yourself the next time you wash your hands. Watch your child while she's washing her hands to make sure she's developing good hygiene behaviors. Pick a song that lasts for 15 seconds and sing it while you wash. Encourage your child to wash her hands not only at home, but also at school, at friends' homes, and everywhere else. It's an important habit for her to get into, and hopefully one that's hard to break!

**Source:** Immunizations & Infectious Diseases: An Informed Parent's Guide (Copyright © 2006 American Academy of Pediatrics)

**Last Updated:** 1/28/2020





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## ماهي أعراض الإصابة بفيروس كورونا الجديد؟



وفي الحالات المتقدمة قد يصاب المريض بمضاعفات خطيرة قد تؤدي للوفاة مثل



## كيف ينتقل فيروس كورونا الجديد؟

يُعتقد أن الفيروس ينتقل مثل فيروسات كورونا الأخرى والإنفلونزا، والتي تنتقل عبر ما يلي:



# فيروس كورونا الجديد

المتسبب لمتلازمة الشرق الأوسط التنفسية (MERS-CoV)

## يتساءل الكثيرون عن فيروس كورونا الجديد ماهو؟

كورونا هي مجموعة كبيرة من الفيروسات التي تصيب الإنسان والحيوان بأمراض نزلات البرد، وتتراوح شدة هذه الأمراض من نزلات البرد العادية الشائعة البسيطة إلى المتلازمة التنفسية الحادة الخطيرة.

ولكن فيروس كورونا الجديد - الذي يسبب متلازمة الشرق الأوسط التنفسية - هو فيروس لم يعرف من قبل لدى البشر، ولا يعرف حتى الآن الكثير عن خصائصه وطرق انتقاله أو مصدر عدواه.

وتعكف وزارة الصحة مع منظمة الصحة العالمية والخبراء الدوليين على معرفة المزيد عن هذا الفيروس.



## هل هناك علاج لفيروس كورونا الجديد؟

غير معروف

لا يوجد علاج له حتى الآن، وحالياً يتم تقديم الرعاية الصحية للمصابين من خلال تخفيف حدة الأعراض وعلاج المضاعفات

## هل هناك لقاح لفيروس كورونا الجديد؟



حتى الآن **لن** يوجد لقاح لفيروس كورونا الجديد



# Reduce your risk of **coronavirus** infection:



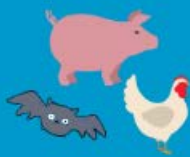
Clean hands with soap and water  
or alcohol-based hand rub

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



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

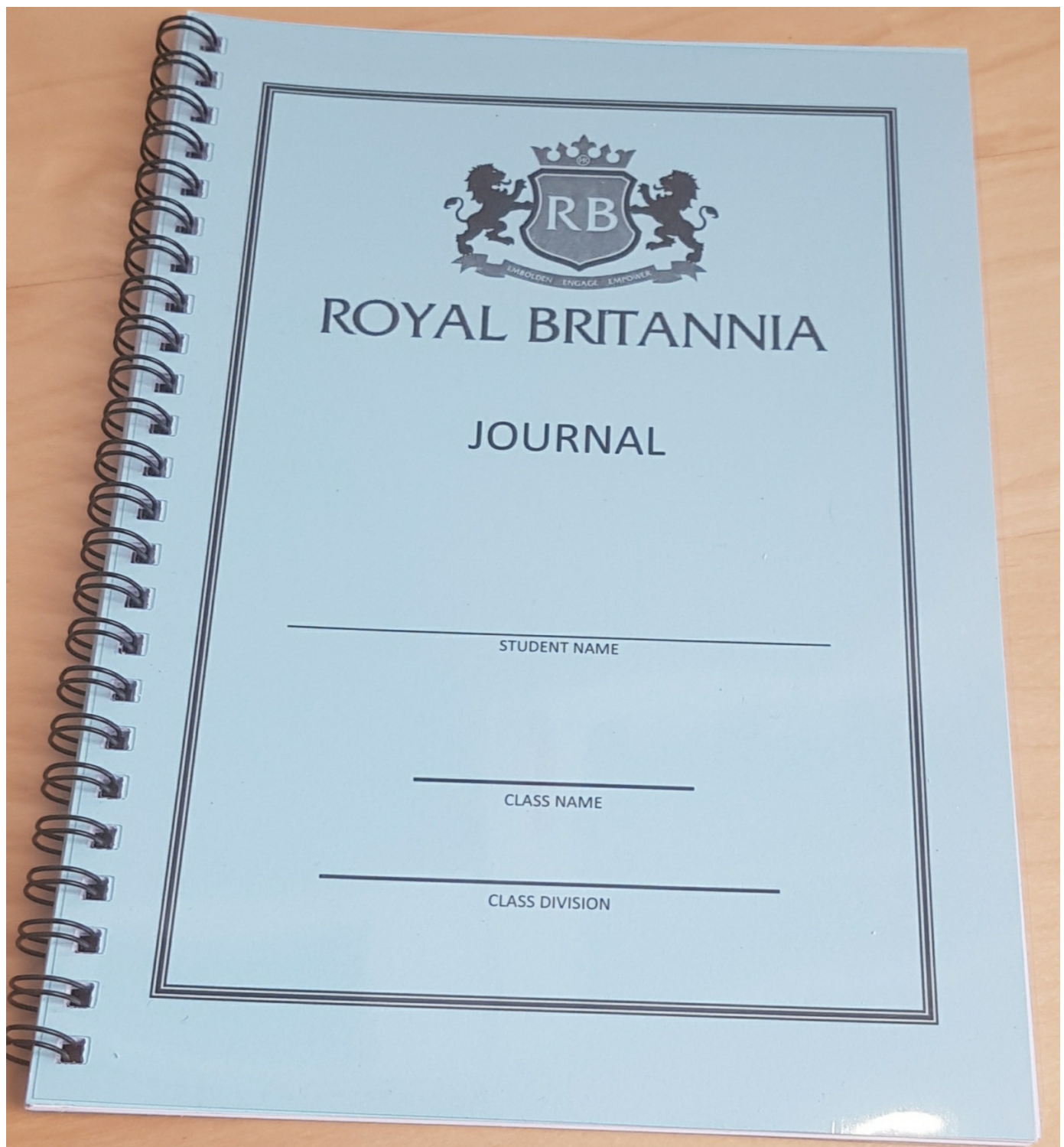
Thoroughly cook meat and eggs



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.





## HYDROPONICS GARDEN

Dear parents, please notice that our Hydroponics Garden has been reallocated in the Olivia Garden. Plants will enjoy natural light and fresh air and our students will have the opportunity to plant according to Kuwait farming seasons.



## THIS WEEK MENU

Sunday- Whole Grain Pasta With White Sauce  
(sauce made of fresh white cheese and mushroom)

Monday - Chicken Nuggets With Baked Potatoes

Tuesday - Whole Grain Pasta With Minced Beef and Tomatoe Sauce  
(sauce made with minced beef, tomatoes, garlic, green peppers, and onions)

Wednesday - Pulled Chicken, Vegetables and Mashed Potatoes  
(side vegetables, carrots cubes and peas)

Thursday - Brown Bread Cream Cheese and Cucumber Sandwich



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## **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**



## SCHOOL TIMES

A reminder that our school times  
are as follows:

**Standard Day: 7:45 - 13:00**

**Extended Day: 7:45 - 15:15**

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 the curriculum.

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.



**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**

**KUWAIT**



Tuesday 18, February 2020

**Beit AlOthMan Museum Field Trip RBK**

Wednesday 19, February 2020

**Beit AlOthMan Museum Field Trip RBS**

Thursday 20, February 2020

**Kuwait National Day Celebration**

**END OF TERM 3**

Thursday, 20 February 2020





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Royal Britannia Kindergarten cordially invite you  
to come and celebrate with us

**Kuwait 59 National & 29 Liberation Days**

Thursday 20 February 2020

09.30AM

at

RBK, Al Siddeeq,  
Block 4, Street 401, Villa 234

RSVP

98009696

sar@RB.edu.kw



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تتشرف إدارة الملكية البريطانية دعوتكم لحضور

**الاحتفال بالعيد الوطني 59 وعيد التحرير 29**

الخميس الموافق 20 فبراير 2020

9.30 صباحا

حضانة الملكية البريطانية للتعليم المبكر  
الصديق، قطعة 4، شارع 401، فيلا 234

للتأكيد

98009696

sar@RB.edu.kw



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### **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 earbuds 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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