



مجموعة الملكية البريطانية للتعليم  
ROYAL BRITANNIA  
EDUCATION GROUP

**THE ROYAL MAIL**

Sunday 16, February 2010

Term 3, 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.



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## KUWAIT NATIONAL AND LIBERATION EVENT PREPARATIONS AT ROYAL BRITANNIA

On the occasion of the forthcoming Kuwait National and Liberation Event at RB, our talented students have been working very hard rehearsing traditional dances and preparing beautiful artwork while learning about this great country.

Through the different activities carried out with their teachers, students have acquired new knowledge about Kuwait's famous landmarks, symbols, traditions, way of life, fauna, flora, resources and how to preserve them.









NURSE NOTES

## Children and screen time

From TV to smartphones to social media, our lives are dominated by 24/7 media exposure. Despite this, many children and teens have few rules around their media use.

### Parents, help your children balance their online and off-line lives!

Create Your Personalized Family Media Use Plan:

Visit [HealthyChildren.org/MediaUsePlan](https://www.healthychildren.org/MediaUsePlan) to create a personalized Family Media Use Plan that works within your family's values and busy lifestyles.

This interactive tool developed by the American Academy of Pediatrics (AAP) includes a Media Time Calculator that can give you a snapshot of how much time each child is spending on daily activities, such as sleeping, eating, homework, physical activity, and media use. It also includes AAP recommendations on screen-free zones, media manners, and much more.

### Media Use Plan Tips for Families:

- Screens should be kept out of kids' bedrooms. Put in place a "media curfew" at mealtime and bedtime, putting all devices away or plugging them into a charging station for the night.
- Excessive media use has been associated with [obesity](#), lack of sleep, school problems, [aggression](#) and other [behavior issues](#). Limit entertainment screen time to less than one or two hours per day.
- For children under 2, substitute unstructured play and human interaction for screen time. The opportunity to think creatively, problem solve and develop reasoning and motor skills is more valuable for the developing brain than passive media intake.
- Take an active role in your children's media education by co-viewing programs with them and discussing [values](#).
- Look for media choices that are educational, or teach good values -- such as empathy, racial and ethnic tolerance. Choose programming that models good interpersonal skills for children to emulate.
- Be firm about not viewing content that is not age appropriate: sex, drugs, violence, etc. [Movie and TV ratings](#) exist for a reason, and online movie reviews also can help parents to stick to their rules.
- The Internet can be a wonderful place for learning. But it also is a place where kids can run into trouble. Keep the computer in a public part of your home, so you can check on what your kids are doing online and how much time they are spending there.
- Discuss with your children that every place they go on the Internet may be "remembered," and comments they make will stay there indefinitely. Impress upon them that they are leaving behind a "digital footprint." They should not take actions online that they would not want to be on the record for a very long time.
- Become familiar with popular social media sites like Facebook, Twitter and Instagram. You may consider having your own profile on the social media sites your children use. By "friending" your kids, you can monitor their online presence. Pre-teens should not have accounts on social media sites. If you have young children, you can create accounts on sites that are designed specifically for kids their age.
- Talk to them about being good "digital citizens," and discuss the serious consequences of online bullying. If your child is the victim of [cyberbullying](#), it is important to take action with the other parents and the school if appropriate. Attend to children's and [teens' mental health](#) needs promptly if they are being bullied online, and consider separating them from the social media platforms where bullying occurs.
- Make sure kids of all ages know that it is not appropriate or smart to send or receive pictures of people without clothing, or [sexy text messages](#), no matter whether they are texting friends or strangers.
- Check out a sample ["Media Time Family Pledge"](#) for online media use.
- If you're unsure of the quality of the "media diet" in your household, consult with your children's pediatrician on what your kids are viewing, how much time they are spending with media, and privacy and safety issues associated with social media and Internet use.

**Source:** American Academy of Pediatrics (Copyright © 2016)

**Last Updated:** 11/5/2019





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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

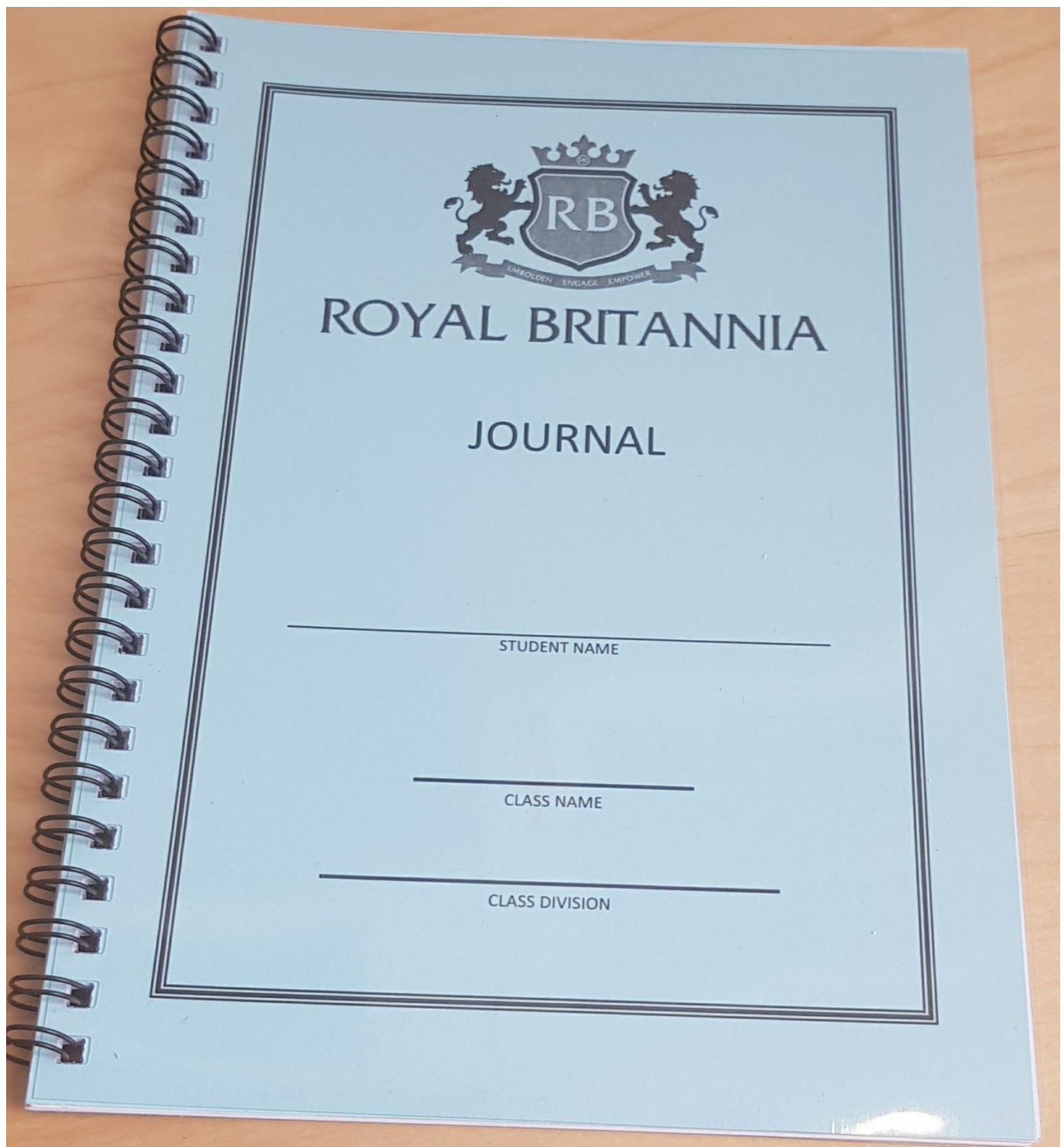


No unprotected contact with live wild  
or farm animals



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 and Whole Grain Rice  
(sauce made with potatoe, onions, and garlic)

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

Wednesday - Chicken Nuggets With Baked Potatoes

Thursday - Traditional Kuwaiti Food



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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**





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### 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 AIOthMan Museum Field Trip RBK**

**Wednesday 19, February 2020**

**Beit AIOthMan 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









### **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!





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## **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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