

Under 2's Newsletter

January 2024 to March 2024



Did you know that core strengthening impacts fine motor skills?

Core strength is a critical aspect to fine motor development. All fine motor skills use core strength to stabilize or support the action. Core strengthening is something that needs to continually be worked on for children because they are growing. As they grow taller, their core has to become stronger to support the increased weight and length of their extremities.

Children need Proximal Stability for Distal Mobility. Proximal stability means having strength and mobility along the trunk of your body, especially the muscles closest to the spine. These control our ability to remain upright in both standing and sitting positions. Distal mobility means being able to control muscles farther away from our core muscles, including all of our extremities. If we are weak in core strength and mobility, our fine motor accuracy, endurance, and precision will also be impacted.

Caregivers can continue to support their children by doing the following fun and engaging core strengthening activities that will also support fine motor skills.

Animal Walks - Children love to pretend that they are different types of animals! And they are great for building core strength!

Yoga can be a great way for children to strengthen their cores! And it takes very little room! The ones to start out with for core strengthening are: table, bridge, downward dog and cobra.



Important Dates

7 & 8 February
Lunar New Year Festivities

9 February
**Professional Development Day
(No School)**

12 - 16 February
School Holidays

8 March
**Professional Development Day
(No School)**

25 March - 5 April
Spring Break

Our Upcoming Themes

January 2024 to March 2024



Animals

Roar like a lion, swim like a fish, or meow like a cat! Children love learning about animals and imitating them. When children interact with other living things it gives them the opportunity to learn about themselves and be aware of the needs of others. This theme is an important component for children to learn how to connect, care and be excellent communicators. Children can pretend to be zoo keepers, little aquarists or mini veterinarians. Do ask your children, "What is your favourite animal?"

Chinese New Year

Chinese New Year is the most important festival observed by the Chinese people. It is commonly referred to as the spring festival because it heralds the arrival of spring. We will learn about the importance of spring cleaning, family gatherings, and saying, 'thank you' when given a 'lai see' red packet. Let's get ready for the Year of the Rabbit while doing a Lion and Dragon Dance.



In the Garden/ Spring

Winter has gone, and spring is here. Let's wake up and get moving! The weather is sunny, warm and wet, and it is a time for new beginnings and growth. Take the opportunity to go outdoors on sensory nature walks, to observe buds on trees, flowers and plants blooming, see and hear the sounds of newborn animals and insects. We can play in the rain, explore and create rainbows, plant beans, and discover the joys of our world in springtime.

Easter

For those observing this special Easter celebration and holiday, eggs feature prominently, especially on Easter Sunday. We can colour and decorate them, hide, hunt, count and eat (chocolate) eggs, and have egg and spoon races. If possible, encourage children to try different and tasty meals made with nutritious eggs. Children can explore sensory (treasure) baskets, go for a walk, ride a bike/scooter, visit the playground, or have a picnic. Remember to look out for little Peter Rabbit, sleeping bunnies and fluffy chicks!



親子班單元通訊

(普通話)

二零二四年一月~三月

親愛的家長：

時間過得真快，我們從認識自己到認識顏色和形狀，再到認識交通工具，轉眼間四個月過去了，孩子們一天天成長，一天天蛻變，老師十分歡喜和欣慰，謝謝您和您的孩子積極地參與配合，祝你們新年快樂，身體健康！

本單元我們將通過歌曲、故事、遊戲、動物模型、裝飾手工等不同的活動，對春節進行探索、慶祝，增加孩子們對中國傳統節日的了解。春節過後萬物復蘇，花開了，小鳥飛來了，蜜蜂蝴蝶都飛來了，春天好美呀！農場裏的動物也活躍起來了，小狗汪汪叫，小貓喵喵叫，小羊咩咩叫，還有小牛、小馬，我們一起去認識不同的動物吧！認識不同的動物除了能豐富幼兒的精神世界，能讓他們覺得多姿多彩之外，還能認識不同動物的生活型態，幫助幼兒養成良好的學習和思考習慣。

親子班中文老師

Song: 歌曲

kě ài de dòng wù

可愛的動物

kě ài de xiǎo māo tiān tiān miāo miāo jiào ,

可愛的小貓天天喵喵叫，

kě ài de xiǎo māo tiān tiān miāo miāo jiào ,

可愛的小貓天天喵喵叫，

miāo miāo miāo , miāo miāo miāo , miāo miāo jiào 。

喵喵喵，喵喵喵，喵喵叫。

Vocabulary: 詞語



gōng xǐ
恭喜



hóng bāo
紅包



hóng huā
紅花



xiǎo niǎo
小鳥



hú dié
蝴蝶



mì fēng
蜜蜂



xiǎo gǒu
小狗



xiǎo māo
小貓