

The logo features a stylized green footprint with a leaf-like shape inside it, positioned above the word "Footprints" in a large, black, sans-serif font.

# Footprints



**Al Ghad Al Mushriq Private School**  
**Muscat, Sultanate of Oman**

## Message from the Senior Mistress

It gives me immense pleasure to introduce our first newsletter of this session. We had a fruitful and rewarding first term. As always our goal was to settle the students in their new classes to develop an environment conducive to learning.

The students are encouraged to follow their interests, investigate their queries and represent their thoughts. The teachers work alongside to encourage and support them in the learning process. Also, enhance each child's development of his/her social, emotional, physical, spiritual, language and cognitive spheres. Teachers build their confidence and develop leadership qualities by group/peer/individual activities in the class and through class assemblies.

I would appreciate your cooperation in maintaining the regularity and punctuality of our students.

I wish all the parents and students a very happy & prosperous new academic year 2014-2015.

Ms. Rashmi Malhotra  
Senior Mistress

The footer features a blue sky background with green rolling hills at the bottom. Several stylized trees with polka-dot canopies in green, pink, and white are scattered across the landscape. Small butterflies are also visible.

## Early Years Newsletter

September-October 2014-15

School Events

Go Green!



Early Years Open Day



Happy Birthday To BSS



Special Assemblies



Class Activities



Eid Cards



Making a boat

Circle Time



About Plants



Making Shapes



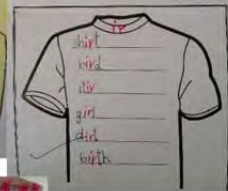
Our Young Budding Artists



Handwork at its best



KG I



...in the...  
likely to play this game.  
"We do not want to take any chances in this game. That loss to KKH came unexpectedly. It was quite a... experience for us. T20 is such an unpredictable game. The game was in our hands and we thought we were safely moving towards victory and then it on from there and look ahead for the upcoming games" said Virat Kohli, captain of Bangalore...

KG II



## Healthy Food & Junk Food

### Tips:

- Whole food is the way to go  
You will not go wrong if you follow the principle of choosing food in its purist and most natural state. Whole grains, fruits and vegetables, are better than white flour, jams, cookies and processed food.
- 90/10 rule  
If 90% of the time your child is eating nutritious food, then 10% of the time they can have a less healthy treat, such as cookies, cakes or chips (Healthy low fat, low sugar varieties of course). Excluding certain categories of foods can backfire and encourage a child to eat more of them in the future.
- Be prepared  
The only way to provide a healthy balanced diet for your child is to be prepared. Buying healthy alternatives and being in control of what goes into the food by cooking yourself is essential.
- Stay away from Yuck  
Hydrogenated or partially hydrogenated oil, high fructose corn syrup and artificial colours, flavors and preservatives. These ingredients do nothing to promote health for your child. There is enough variety within products to select options that do not have these unhealthy ingredients.
- Eat a rainbow of colours every day  
2-4 fruits and 3-5 vegetables a day is a must. There are so many reasons to eat a diet rich in fruits and vegetables and no down side. Fresh produce can replace the need for much junk food. In order to achieve this, you must start early in the day with a piece of fruit for breakfast and include vegetables at lunch and dinner.
- Set an example  
The strongest influence on a child's diet, especially when the child is young is the family. Children are more likely to eat a healthy diet and to exercise if they see that their parents are doing the same.

### To turn around a picky eater

- Only have healthful alternatives in the house; if the junk food is not there, they cannot eat it.
- Instill consequences; for instance, dessert is not an option unless vegetables have been eaten.
- Continue to offer healthy varieties as it may take 10-12 tries until a new food is liked.
- Offer smaller portions at first so that your child can feel like he/she accomplished something.

Remember that you are teaching them habits for life so get them involved in the selection, preparation, cooking and serving of food.



## Forthcoming Activities

- ✿ Fun with Colours
- ✿ Excursions
- ✿ Urdu & Arabic Recitation Competition

Early Years Newsletter

September-October 2014-15



## The Hundred Languages of Children

The child  
is made of one hundred  
The child has  
a hundred languages  
a hundred hands  
a hundred thoughts  
a hundred ways of thinking  
of playing, of speaking  
A hundred, always a hundred  
ways of listening  
of marveling, of loving  
a hundred joys  
for singing and understanding  
A hundred worlds  
to discover,  
a hundred worlds  
to invent,  
a hundred worlds  
to dream  
The child has a hundred languages  
but they steal ninety nine.  
The school and the culture  
separate the head from the body  
They tell the child  
to think without hands  
to do without head  
to listen and not to speak  
to understand without joy  
love and marveling  
only at Easter and Christmas.  
They tell the child  
to discover the world already there  
and of the hundred  
they steal ninety nine.  
They tell the child  
that work and play  
reality and fantasy  
science and imagination,  
sky and earth,  
reason and dream  
are things that do not belong together.  
And thus they tell the child  
that the hundred is not there.  
The child says:  
No way  
The Hundred is there.

Loris Malaguzzi 1920 - 1994

## A Message to Kindergarten Parents

**K**indle excitement about kindergarten. Visit your school  
and meet your child's teacher.  
**K**invite new school friends home to play and help your child build  
strong friendships.

**N**ever forget safety. Teach your child safety rules.

**D**iscuss what your child will be learning in school.

**E**xplore your neighborhood together. Talk about the world you  
live in.

**R**evue the good behavior expected of your child, such as  
following rules and taking turns.

**G**et involved at your child's school. Join the Parent Teacher  
Student Association (PTSA). Become a volunteer.

**A**nsWER your child's questions about school. Reassure your  
child that school is fun!

**R**ead to your child daily. Visit the library together.

**T**urn everyday into a learning experience. Let your child help  
with everyday chores.

**E**ncourage your child to eat well, get enough sleep, bathe daily,  
and brush his/her teeth twice a day.

**N**otice new things your child is learning to do. Reinforce your  
child's progress with praise.

