



NEWSLETTER

September/October, 2024

Welcome to the September/October edition of our Center newsletter. As we embark on a new month, we take a moment to cherish the countless moments of joy and laughter our children shared in September and look forward to another month filled with unforgettable moments at the Centre.

HELLO!!

Hello Everyone! I am working as a facilitator and Team Leader at Jelly Beans Child Care Centre KBF, where I started on July 1, 2022. From the beginning, I promised myself to work hard and build a good reputation. Over the past two years, I'm proud to have achieved two important milestones: I won the Best Facilitator award in my first year and got promoted to Team leader in my second year. I'm very thankful to my company for helping me reach these goals. I love working with kids and enjoy engaging them in different activities.

I have learned many useful teaching techniques with this organization and aim to implement them for the betterment of our kids. In the end, I am determined to keep working hard to provide our kids with a better learning environment. InshaAllah.

Sana Irshad
(Facilitator and Team leader)

““You have to be unique and different and shine in your own way.”

(Anna Quindlen)

UPCOMING EVENTS

- National Bird Day (9th October)
- Grandparents Day (17th October)
- Teacher's Day (23rd October)
- Arts and Craft day with theme "Paint Splash" (29th October)

ADVANCE BIRTHDAY WISHES!!!

This month we would like to wish

Syeda Inaya Fatima, Naimal, Umar Ubaid, Khadija Batool, Arwa Waqas, M. Mustafa and Abdul Momin a very Happy 1st Birthday.

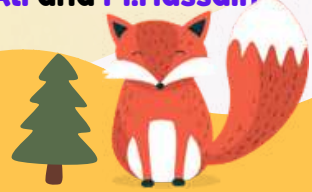
Miraal Saad, Zoeya Hammas and RahmanAli a very happy 2nd birthday.

Abeeha Asim a very happy 2nd birthday.

Rahim Chisti, Salar Jibran and Zaiva Faraz a very happy 4th birthday.

Mirha Taha Rafi, Huzaifa Usman, Azaan Ali and M.Hussain a very happy 6th birthday.

Eshaal Iqbal a very happy 8th birthday.



AHAA MOMENT

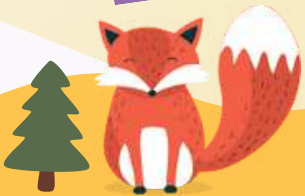
This month our AHAA moment was undoubtedly “Coconut Day”. Kids got to know some interesting facts about the coconut. They were shown a documentary, which encompasses the nutritional value, usage and benefits of eating coconut.

Special arrangements were made to show them different textures that coconut holds i.e. thick and furry from outside yet soft and creamy from inside. They enjoyed holding the coconut and feeling the variety of textures the fruit has.

As the process of cutting began, they got super excited and when it was peeled off, to their surprise they saw the coconut water coming out of it. The expression at that point was priceless, everyone was thrilled with excitement and was echoing the hall with the words “its magic” and later laughing and clapping with joy. Ah!!What a delightful sight it was!!

Then comes the tasting time, the kids tasted the yummy coconut and drank its nutritious water, to our surprise many of them really enjoyed the taste.

Later, our creative young munchkins pour their heart out in making interesting crafts related to the theme “coconut”
Everyone enjoyed this happening day!



I CAN EXPRESS

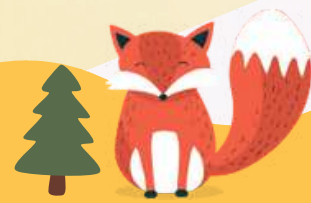
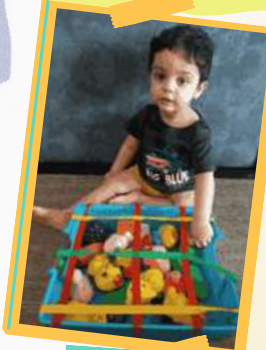
Expression is really important, it adds on confidence in a child's personality, therefore, we believe that it should be practiced often. In this session either different topics are given/explained to learners, they express their feeling and share their ideas with their fellows or are given a chance to see documentaries on a specific topic and later discuss them together. This interesting activity helps in enhancing the linguistic as well as listening skills of a child.

This month our well-cherished topic was "Ozone Day". In this informative activity, kids were told what ozone layer is and why it is important for our planet Earth. They saw a documentary which aimed to guide them about the steps that shall be taken to protect our Ozone layer from being damaged. Later, kids were involved in a healthy discussion and they made beautiful crafts related to the topic. It was a good experience for kids to socialize and they really enjoyed it.



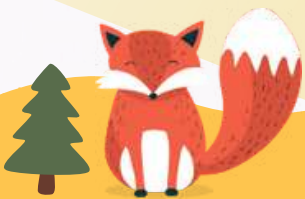
INFANT ROOM NEWS

Here comes September in its full swing distributing love and affection in our Jellybeans wonder well section! We've had a busy month filled with a variety of engaging activities that have helped children develop their palm grasp skills and hand-eye coordination. The activities for kids at the Wonder well section were focused on their learning capabilities to inculcate fine-motor, social and emotional skills. "Rescue the toys" was one of the kind. Wonder well learners really enjoyed it to their fullest. We are so proud of them.



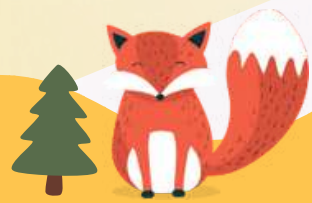
TODDLER ROOM NEWS

Arrival of September manifest a colorful start, bringing some exciting and engaging activities for our toddlers, where they performed day to day activities independently with the spirit to learn and share. This month helped our little kiddos involved in activities that stimulated their senses, improving their fine motor, social, emotional and cognitive skills. Among all the exciting activities, the engrossing activity of the month was “Ice-lolly arts and craft activity”. The purpose of the activity was to inculcate creative skills in our kiddos and gave them a margin to think and create the craft the way they like. This activity not only promotes teamwork and fair-play with friends but also stimulated the attention-regulation in kids. The activity turned out to be amazing and our kids enjoyed every bit of this activity.



PRESCHOOL NEWS

The Brighter Rainbow section dedicated its efforts to nurturing their communication, cognitive, social and emotional skills along with their physical strengthening through a range of engaging activities and games. One outstanding activity was "Catch the ball with your cupped-hand". It was a challenging task for kids as they have to wear disposable cups on their hands and with that (cupped hand) they were supposed to pick the balls, balance them and place in the buckets. It turned out to be a great fun. Kids enjoyed every bit of it. This activity facilitated in unleashing their kinaesthetic skills in a fun way and gave them a sense of independency and task accomplishment. We are proud of our brighter rainbow section for engaging themselves in these activities and enhancing their social skills.



AFTER SCHOOLERS NEWS

What a blast was September! Children had fun with many creative and engaging activities that helped them improve their artistic, cognitive and communication skills.

Not only brain fun activities but they were also excited for independent play. Their favourite activity of the month was “Reach the final point without touching the poles”. It was an interesting activity which challenged our kids to critically think, decide and then try to move to the final point without letting the ring touch the pole. It added an element of curiosity with the urge of completing the task before their fellow-mates, therefore it turned out really well. Our after schoolers enjoyed every bit of it.



PARENTS' CORNER

Helping your child with Anger Issues: A Parent Guide!!

Anger is a normal and useful emotion. It can tell children when things are not fair or right

But anger can become a problem if a child's angry behaviour becomes out of control or aggressive.

Why is your child so angry?

There are lots of reasons why your child may seem angrier than other children, including:

- Seeing other family members arguing or being angry with each other
- Friendship problems
- Being bullied
- Struggling with schoolwork or exams
- Feeling very stressed, anxious or fearful about something
- Coping with hormone changes during puberty



It may not be obvious to you or your child why they're feeling angry. If that's the case, it's important to help them work out what might be causing their anger.

Tackle anger together:

Team up with your child to help them deal with their anger. This way, you let your child know that the anger is the problem, not them.

With younger children, this can be fun and creative. Give anger a name and try drawing it – for example, anger can be a volcano that eventually explodes.



How you respond to anger can influence how your child responds to anger. Making it something you tackle together can help you both.

Help your child spot the signs of anger:

Being able to spot the signs of anger early can help your child make more positive decisions about how to handle it.

Talk about what your child feels when they start to get angry. For example, they may notice that:

- their heart beats faster
- their muscles tense
- they clench their teeth
- they make a fist
- their stomach churns

Anger tips for your child:

Work together to try to find out what triggers the anger. Talk about helpful strategies for managing anger. You could encourage your child to:

- count to 10
- walk away from the situation
- breathe slowly and deeply
- clench and unclench their fists to ease tension
- talk to a trusted person
- go to a private place to calm down



If you see the early signs of anger in your child, say so. This gives them the chance to try their strategies.

Encourage regular active play and exercise:

Staying active can be a way to reduce or stop feelings of anger. It can also be a way to improve feelings of stress, anxiety or depression.

For older children or young people, this could be simple activities, such as:

- A short walk
- Jogging or running
- Cycling



Be positive:

Positive feedback is important. Praise your child's efforts and your own efforts, no matter how small.

This will build your child's confidence in their ability to manage their anger. It will also help them feel that you're both learning together.

When to get help for anger in children

After practicing all the above exercises, if you still find your child behaviour troublesome and you're concerned that your child's anger maybe turn out harmful to them or people around them, then only you could think of talking to the following personnel and ask for help

- GP
- Health visitor
- School nurse

Note: Always remember that visiting these above personnel should be the last step in all your struggle. Never make it the first one because if you do so, it will detached you from your kids and the bond between you can be effected.

UPCOMING PLANNER SUMMARY

As September comes to an end with its blooming colours, October is all set to bring some exciting opportunities for growth and learning. Let's embark together to another month of adventurous and creative new experiences. We have planned several weekly activities for all age groups, and some of them are listed below.

Zones	Activities	Focused Skills
Infants	<ul style="list-style-type: none"> • Palm grasp activities • Grandparents day • Scribbling, peekaboo, rhyme time, colour recognition, texture printing 	<ul style="list-style-type: none"> • Physical and fine motor skills • Social and emotional skills • Cognitive, thinking, reasoning and fine motor skills.
Toddlers (young)	<ul style="list-style-type: none"> • Revision of numbers 1-10 with number sorting activity. Introduction to shapes. • Writing a-d with sounds related activities and its vocabulary. 	<ul style="list-style-type: none"> • Fine motor skills and Cognitive skills • Fine motor skills, phonetic skills, cognitive skill
Toddler	<ul style="list-style-type: none"> • Revision of numbers 1-10 with number sorting activity. • Writing a-d with sounds related activities and its vocabulary • Grandparents day and Arts and craft day. 	<ul style="list-style-type: none"> • Fine motor skills and Cognitive skills • Fine motor skills, phonetic skills, cognitive skill • Communication, emotional and social skills
Pre-schoolers	<ul style="list-style-type: none"> • Writing in sequence(Aa-Gg) with flashcard sorting activity • Counting 1-20 with number sorting activity • Grandparents day and Arts and craft day • Craft work and informative skits. • دھرائی۔۔۔ الف سے ڈ 	<ul style="list-style-type: none"> • Fine motor skills and Cognitive skills • Cognitive, Communication and learning skills • Fine motor skills and Cognitive skills, counting skill • Communication, social and emotional skills • Cognitive, Communication and learning skills
After Schoolers	<ul style="list-style-type: none"> • دھرائی۔۔۔ الف سے ڈ • Brain fun activities and Science experiments • and planned P.E activities • Grandparents day and Arts and craft day 	<ul style="list-style-type: none"> • Fine motor skills and Cognitive skills • Cognitive, Social skills and learning skills • Social and emotional skills.

