

www.heguruacademy.com

Unleash The **Genius** In Your Child



February 2020

Dear Parents

As we have already aware and have been following the news closely regarding the situation that is rapidly evolving internationally with the emergence of the Novel Coronavirus outbreak, originating from Wuhan China. Information is being updated regularly regarding this new virus and its specific nature is currently still unclear. However, it appears that we can have the virus at an early stage and not showing any symptoms. This incubation period is currently considered to be up to 14 days.

Heguru is putting in place the following measures to lessen the risk to our staff and students:

- Anyone who is unwell should not be at school
- If a student still attends schools showing symptoms of an infectious disease, our staff will kindly request the parents to bring the child home immediately to get rest and recover.
- Any staff member with an infectious disease or is suspected of having an infectious disease, will be requested not to attend school.
- Anyone who may be at high risk of exposure because they have recently been to China, or went overseas or have been in close contact with someone confirmed with the virus, are asked to please stay at home for 14 days and on return to school are showing no symptoms of an infectious disease.

We will continue to be guided by Ministry of Health and government as they keep us updated and informed.

Families are reminded about the importance of general Hygiene, especially washing hands with soap for 20 seconds. Further information can be found on the Ministry of Health website: <https://www.kemkes.go.id>

Warmest regards,
Mr. Suryanto Lim



HEALTH REMINDER

Novel Coronavirus

(2019-nCoV) Novel coronavirus (2019-nCoV) adalah virus baru penyebab penyakit saluran pernafasan. Virus ini berasal dari Cina. Novel coronavirus merupakan satu keluarga dengan virus penyebab SARS dan MERS



GEJALA KLINIS



Demam

Batuk, Pilek

Gangguan Pernapasan

Sakit Tenggorokan

Letih, Lesu

PENCEGAHAN

- Sering cuci tangan pakai sabun.
- Gunakan masker bila batuk atau pilek.
- Konsumsi gizi seimbang, perbanyak sayur dan buah.
- Hati-hati kontak dengan hewan.
- Rajin olahraga dan istirahat cukup.
- Jangan mengonsumsi daging yang tidak dimasak.
- Bila batuk, pilek dan sesak nafas segera ke fasilitas kesehatan.

SAAT INI BELUM TERSEDIA VAKSIN 2019-nCoV

BAGI YANG MELAKUKAN PERJALANAN KE CINA:

- Gunakan masker bila berada di kerumunan orang.
- Jika mengalami penyakit pernapasan selama di Cina atau setelah kembali ke tanah air, segera hubungi petugas kesehatan dan sampaikan riwayat perjalanan.
- Disarankan tidak mengunjungi pasar hewan

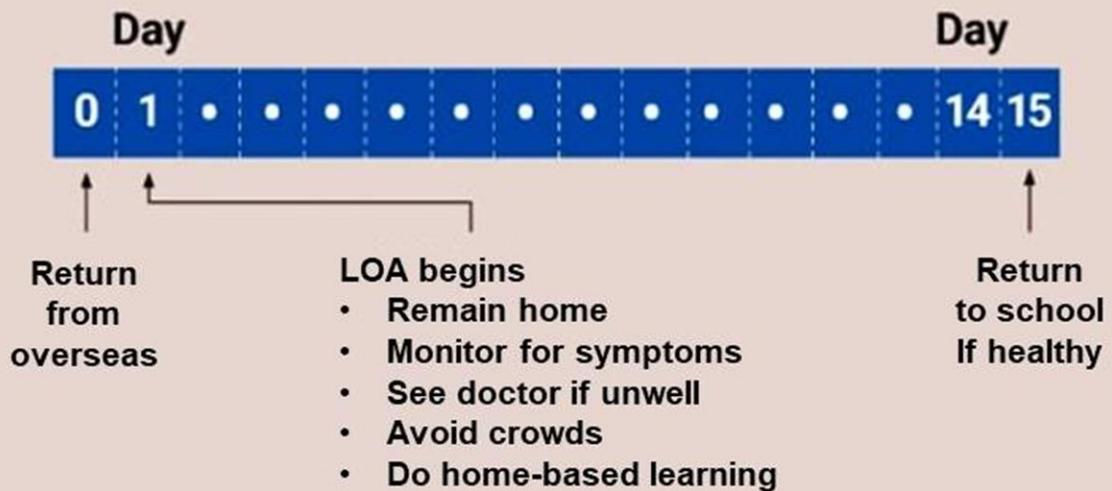
ANNOUNCEMENT

Dear Parents,

Stepping up precautionary measures against the Wuhan Coronavirus Infection, we will be implementing a Leave of Absence (LOA) for students, parents, guardianship and staff returning from overseas. The LOA will be valid for a period of 14 days, starting from the day after arrival in Indonesia

Please see the implementation of LOA on picture below.

LEAVE OF ABSENCE FOR SCHOOLS



Article

How to Spend Quality Time with Your Children

The challenge of spending quality time with your children is something many parents face, especially with the need to juggle many commitments and responsibilities.

This becomes even more challenging for working parents where much time is consumed at work and commuting, leaving only a few hours each day to spend time together.



Spending quality time has to be an intentional choice. If we just take each day as it comes, we may miss out on time that could be set aside for our children. Here are some tips on how to maximize the time we spend with them.

Refrain from distractions

When you are with your children, refrain from distractions. Try not to be half-present when you're actually checking electronic devices or thinking about work matters. Children are perceptive and know if their parents are paying attention.

If you're stressed, take some time to clear your thoughts before you spend time with your child. Take a hot bath, or delegate someone else to do certain errands so you can be in a better state of mind.

A helpful thought could be this: You have spent the whole day on work and commute, your time now should really belong to your children. Why should the family have such little leftover time?



Article

Whatever matter that comes up during the delegated time for your children should take lesser priority since your children have waited the entire day for you to spend time with them.

Be mindfully present

It's also easy to go into autopilot mode when you're with your children. Are you asking them the usual questions such as whether they have completed their homework, what do they need for school the next day, etc.? Spend time to listen to them, understand their feelings and thoughts and be in the moment.

Try to ask about other things apart from homework and school. It is important for your children to know that you are available to listen and talk to them and they can voice any problems they may have without reservations.

Share meals together

It's ideal to eat together as a family. During dining time, the family bonds through interaction and learns about each member's lives in a regular manner. Being together also allows sharing of opinions, values and manners.



Children can also pick up on social skills and cues from how exchanges are done around the table.



Article

Participate in a shared activity or two daily

The activity could be reading books, watching a show, playing with toys, board games or watering the plants together. Each activity does not have to take up a long time as long as it is done together and with mutual agreement.

Reframe the activity

If you need to drive somewhere, make use of the driving time as an opportunity to check in on the day's events and talk. Or if you don't need to drive, that short walk to the supermarket or garden can be a way to slow down and talk on the go.

Spontaneous moments of seeing things along the way or taking a pit stop for snacks are time well-spent without the car.

If you really cannot put off chores, do them together with your children. The children can join in folding clothes or washing dishes with you.



Trips to the post office or supermarket can be opportunities to teach about stamps and mailing, for the latter, they can learn about food origins or even go on a mini scavenger hunt to look for items on the shopping list.

Siew Ling, a working mom shares her ways of spending quality time with her family.

"Waiting for the perfect moment to spend quality time with the family is hard and will make it an infrequent occurrence. There will always be something that needs to be done, an email to be answered, or an errand to run. So instead of waiting for everyone's schedule to clear, I feel that it is important to integrate daily life and quality time."

Article

For me, quality time is not about the perfect bonding activity, but it is about how much you communicate and enjoy one another's company and whether everyone is fully present – in mind and heart.

One of my favourite places to chat with my children is in the kitchen. Our hands are kept busy as we cook and clean together, providing us with uninterrupted time (unless we burn something!) to share about our day. Some of our best heart to heart talks happens over dirty dishes and marinating chicken. The bonus, of course, is that the children learn life skills and kitchen chores are no longer chores, but a family activity."

Make room for fun

A family who plays together stays together. You can let your children choose the craft activity or board game they wish to do or let them choose an activity for the weekend. This would involve them in the activity and allow the parents to participate in what is fun for the children.



Another idea is to set up a special routine. For example, every Friday is a movie night and every Sunday is a cycling day for the family, etc. These will be things that the children can look forward to and eventually become precious moments for the family.

By Som Yew Ya.

Source: <https://thenewageparents.com/spending-quality-time-with-your-children/>



Birthdays of the Month

Gregory Isaac
18 February 2016

Mason Oswald Purnama
3 February 2016

Cyril Kenzo Surya Atmaja
14 February 2014

Braxton Ng
27 February 2018

Askara Gayatri A
20 February 2017

Felicity Amelia Herman
14 February 2019

Rafael Caellum
22 February 2019

**HAPPY
BIRTHDAY**



Activities Page



How many hotdogs are still needed to make 10 ? (Circle the correct number).

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How many toy-cars are still needed to make 10 ? (Circle the correct number).

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How many cakes are still needed to make 10 ? (Circle the correct number).

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How many books are still needed to make 10 ? (Circle the correct number).

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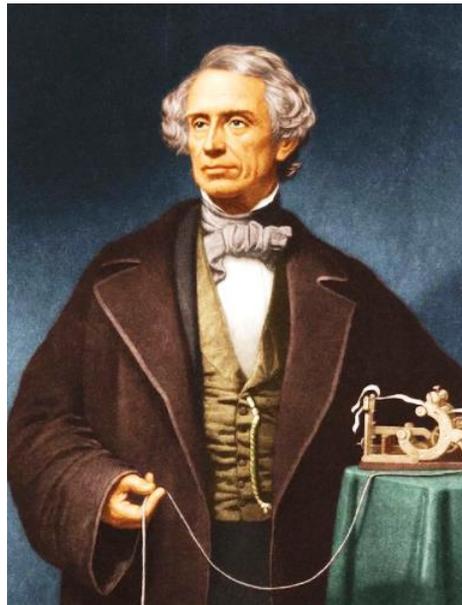
Materials Knowledge

LEARNING (MORSE CODE) SYMBOLS

In Heguru, we learn many kind of symbols. One of them is Morse Code. Morse code is a detailed system of dots and dashes that used to represent numbers, punctuation, and letters of the alphabet. It is used both as a code and a way to communicate without using actual characters.

Is Morse Code still relevant for today's live? These are the benefits using Morse Code:

1. Signals can be sent with very little power.
2. Morse code requires less signal bandwidth than voice communication
3. It is much easier to filter out background noise and hear even weak Morse Code signals, making it an ideal platform for high noise or low signal environments.
4. When nothing else works, Morse Code works.



Back to many centuries ago, Morse Code that was invented by Samuel F. B. Morse was used in Telegraphy to communicate in diverse distances. But it is used until today for soldier training, especially for emergency condition. So, why does Heguru teach this symbol for kids?

By introducing many kind of symbols every week in high speed we believe it will stimulate children's brain. In the future, It will be easier for children to gain new information and knowledge that will come in to their life.



Curriculum

February Journey

LITERACY

- Finding letter U and V in your daily life
- Mention words start with letter U and V
- Recognizing upper case and lower case of the alphabet
- Finding the letter that other's mention
- Finding the word that's mentioned by others

KNOWLEDGE

- Let's learn summer and winter (food, event and nature)
- Memorizing 7 colors during 7 seconds and color the picture during 15 second

NUMERACY

- Show 60, counting 61-70 by one
- Cut circle, square and triangle in to two and name it
- Forming the shapes from two parts

- Understanding the concept of more and less, use the sushi to count 1 to 10 and divided in to two different amount and ask the child which one is more and which one is less
- Fill the missing numbers (Provide number 1-10 and some of it blank)

MOTOR SKILLS

- Fold an origami paper and make cow face
- Tracing dotted line

MEMORY

- ESP games (see through) see through picture cover by a paper
- ESP games (telepathy from parents) sending signal to your child
- Let's memorize "large felines"
- Memorizing the MEP song " Acid rain and destruction of the ozone layer"
- Memorizing the MEP song " Root, stem and leaves

0

to

1

Year Old

2

to

3

Year Old

LITERACY

- Finding letter U and V in your daily life
- Mention words start with letter U and V
- Circle the letter that you need to form your name from the random alphabet provided and write it down
- Let's play treasure hunting (provide the treasure box with words inside) ask the what word can you find inside

KNOWLEDGE

- Let's learn carnivorous and herbivorous animals
- Animals that hatch from egg
- Animals that didn't hatch from egg
- Let's learn animal's shadows

NUMERACY

- Learning number by counting cake (5)

- Learning concept of half
- Understand the concept of more and less
- Understanding column and row

MOTOR SKILLS

- Fold an origami paper and make cow face
- Tracing dotted line

MEMORY

- ESP Games (Psychometry) feel the things with your left hand
- Memorize the nuts of the world song
- Let's memorize brass and woodwind instrument song
- Let's memorize muscles of the body song
- Memorize kinds of clouds song
- Memorizing the MEP song " The Human Body : How our eyes and ears work"

LITERACY

- Finding letter U and V in your daily life
- Mention words start with letter U and V
- Write words that start with letter U and V at least 5
- Rearrange the random word to find the correct word (BLETA => TABLE)
- Tracing word (Lion)

KNOWLEDGE

- learn about Indonesia's history
- Let's learn about illness and hospital
- Let's learn the element that you can in your daily life

NUMERACY

- Counting 1-70 by one
- Counting reverse (70-1)
- Understanding the concept of complement and division by sharing

- Understanding the concept of comparison

MOTOR SKILLS

- Fold an origami paper and make cow face
- Tracing dotted line

MEMORY

- ESP games (see through) see through picture cover by a paper
- ESP games (telepathy from parents) sending signal to your child
- Let's memorize "large felines"
- Memorizing the MEP song " Acid rain and destruction of the ozone layer"
- Memorizing the MEP song " Root, stem and leaves "

4

to

6

Year Old

Calendar of the Month

February 2020



Dates to Remember

14 February 2019	Brain Tour 102 "Understanding Heguru Method Deeper"
15 February 2019	Brain Tour 102 "Understanding Heguru Method Deeper"
Every Friday at. 3.00 pm	Brain Tour 101 "Introduction of Heguru Program"
Every Saturday at. 4.30 pm	Brain Tour 101 "Introduction of Heguru Program"

