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Unleash The **Genius** In Your Child



January 2020

Happy New Year!

I would like to extend best wishes to you all, a happy and healthy new year. It is a pleasure to see all children, parents, teachers and staffs are back at school after a long holiday!

In this new year, let's ensure that each student will receive the best and highest learning experiences at Heguru. We have planned many brain-engagement programs to stimulate your children to a greater height in their learning and processing ability.

We have high aspiration for your children and we hope that we can collaborate and work together to make it happen.

I am looking forward to a great 2020, filled with many new opportunities and challenges to learning and growth.

My door is always open, and please do not hesitate to contact me with any questions, concerns or some positive feedback about our school and staff.

Warmest regards,
Mr. Suryanto Lim

Promo



Heguru®
ヘーグル

PROMO
upcoming 2020

PAY 20 LESSONS
FREE 2 LESSONS

- **T&A Apply**
- **More Information: 0878 7608 6500**

Event

HEGURU CHRISTMAS CELEBRATION

Santa Claus is coming to School...ho..ho..ho..



Event

HEGURU EMPLOYEE GATHERING



Article

How Can We Teach Kids To Be Gracious

As a mother, I sometimes wonder if I am parenting correctly. I know that children learn from what they see, rather than what we tell them to do.

To be authentic to my daughter, I had a conversation with her as part of setting my new year's resolutions – one of my goals for this year is to be more gracious, be it in my speech or my behavior.

Other than wanting to be a better person, I also hope that I can provide that model of grace for her. It has been a difficult journey and mostly it comes down to my heart, which is not perfect.



What Does *Grace* Means To Me

As a start, the grace that I try to model is being *courteous*, *respectful* and *thoughtful* towards others. I think of it as how I interact with my spouse, with my child, with my family and friends, with service staff, and with people we come across.

I am also careful of the message that I bring across about how I feel towards different people, such as, not to be privately critical of others notwithstanding being outwardly polite.

There are so many ways that I have failed in modeling grace since the start of the year, and mostly it comes down to how willing I am to give up my rights, my comfort and sometimes, my ego.

Article

For instance, if I am traveling on the MRT with my daughter, my priority would always be to get that seat for her, and for myself. While it is natural to want to be sitting rather than standing in a crowded train, I do wonder whether I have crossed a 'gracious line' by being so eager to get that seat.

Or when someone cuts our queue, my daughter and I will be furious. While we may not confront the person, neither do we step back and consider the possibility of that person being in a rush and adopting a more forbearing attitude.

A closer interaction will be with the food service staff. I make it a point to say 'Thank you' when they serve our food. But sometimes, I know that I am not really thankful, because on some level, I feel entitled to it since I am paying for their service.

Once, I had an encounter with a cashier at a new bistro who was very slow in taking orders. This resulted in a long queue. While I did not show my impatience to the cashier, I later remarked to my daughter his incompetence, which she quickly caught on and added more criticisms.

Being Gracious in Society

To me, showing grace means not just being outwardly courteous, but also respecting the other person and being forbearing, regardless of whether I have paid for a service or that the other person is carrying out his job.

One Christmas, our family made a pack of three coasters, packed in an artsy paper bag. We gave them to the elderly food service staff at food outlets that we often frequent. The idea was to show our appreciation to the elderly staff who had to work for long hours at these food chains.

My daughter and I talked about how this handmade gift would just be the beginning – because having made that closer interaction, it would mean that we have to be even more aware of how gracious we are to them. We remind each other that even after a tired day, we would try to be polite and engage in conversations with them.

Being Gracious at Home

Closer to home, parents would know that marriage has a huge impact on the children. If you are angry with your spouse, it is so much more likely that your interactions with your child will suffer.

You may lose your temper more easily or get into the mindset of blaming one another for inconveniences that happen. If the child sees that the parents cannot even show grace to each other, the idea that you have to be gracious to strangers seems ludicrous.

Article

Much of these struggles do come down to my own comfort, convenience and asserting my rights and getting a fair share of the deal. Deep down, I know that in these situations I can do better but many times, I fall back to my own less gracious ways which may even be a social norm.

Even when we do the right thing on the outside, our speech and body language may show that we have done gracious acts grudgingly. And all these are apparent to our children.

For me, I continue to remind myself and my daughter to hold me accountable. We discuss in our informal family meetings over Saturday dinner at home what we are trying to do, how we are falling behind or making progress, and share insights from trying to be better version of ourselves.

That's my imperfect model of grace.

How do you model grace for your child? Write to us in the comments below.

By Marcie Mei

Source: <https://thenewageparents.com/teaching-kids-to-be-gracious/>

Testimony

Heguru[®] family

Gabriella Rachel Tran

Joined Heguru:
September 2019

Mr. Ji Tran & Ms. Theresia To



Gabriella has been Heguru student since 3 years old and now she is 4 years old. Our class is on and off because we live in Melbourne, so whenever we are on holiday in Indonesia, we always come to Heguru.

We decided to join Heguru because we see Gabriella is very happy here, which means that she can trust her teachers fully. She keeps wanting to come, even when she doesn't have class. She always say "Let's go to Heguru... Let's go to Heguru". That's why I believe that Heguru Puri is one of the best centers for Gabriella.

Her biggest progress that we can see is her logical thinking. She is able to think more maturely and her focus is actually longer than usual now, just after 3,5 months at Heguru. And then the bonus part of this stimulation is her hand writing get better, she can mention constellation and her general knowledge is tremendously improved.

For Gabriella at such young age she can do multiplication, which amazed us. We believe her right brain is very well developed.

Heguru teachers are very loving and kind, they make children feel happy and enjoy class activities with positive energy. We hope that Heguru can helps more children to develop their brain, especially their right brain so they can feel the benefits of the stimulation.

Birthdays of the Month

Steve Christian
5 Jan 2016

Clement Rodderick S.
9 Jan 2015

Baven Gouw
16 Jan 2016

Victoria Zhang
14 Jan 2017

Fjolarissa Budiman
16 Jan 2017

James Niall Bohdan
8 Jan 2016

Kalila Yumna A.
15 Jan 2016

Kimi Johan
20 Jan 2016

Leon Alexander
6 Jan 2016

Owen Matthew S.
1 Jan 2017

HAPPY

Birthday

Brian Boo
24 Jan 2019

Raehant Arifin
26 Jan 2016

Nicholas Ricardo
12 Jan 2018

Sebastian Cohen J.
26 Jan 2016

Dominic Jafferson S.
28 Jan 2015

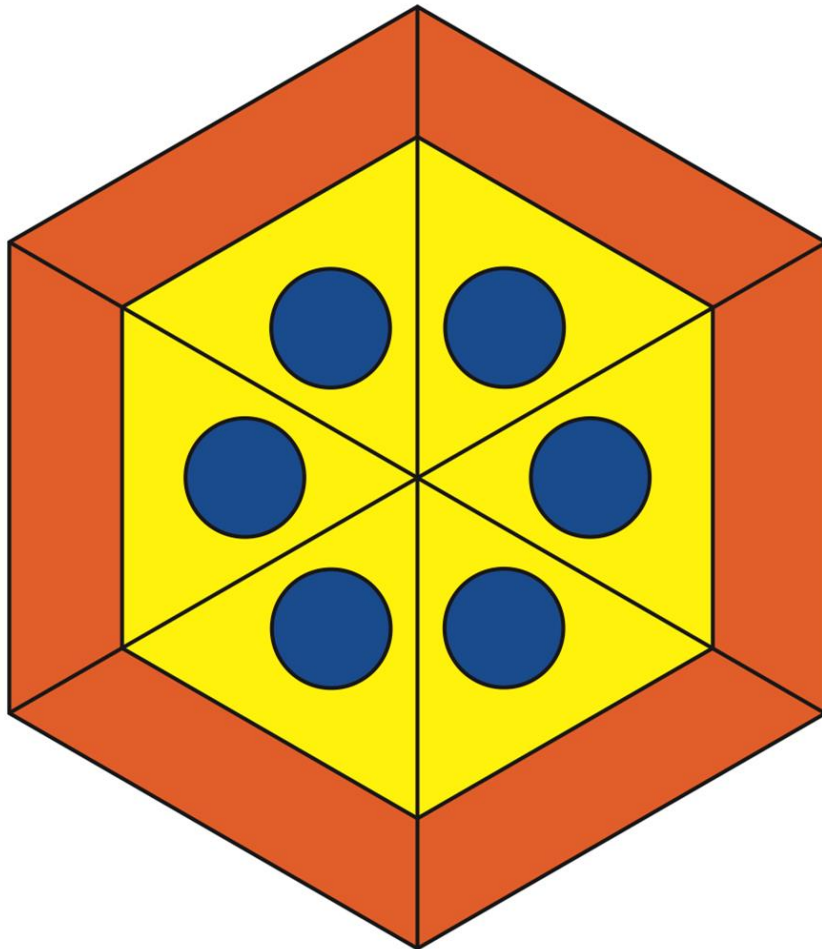
Kai Sebastian H.
18 Jan 2018

Activities Page

Mandara

Memorize the mandara for 10 seconds

1

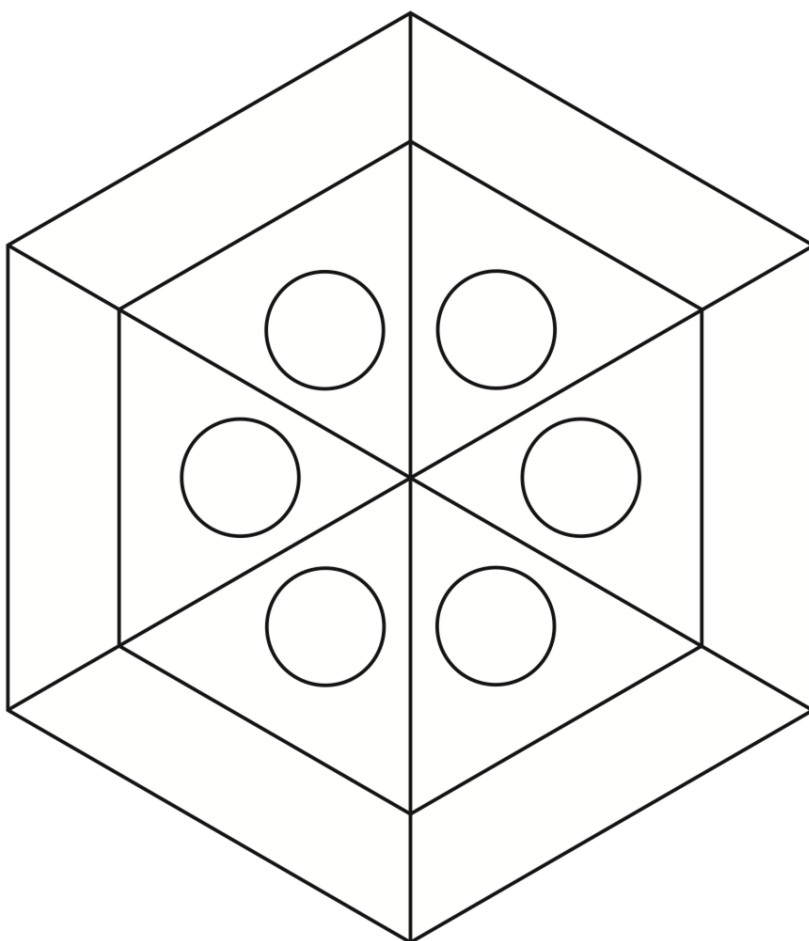


Activities Page

Mandara

Color the mandara for 30 seconds

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Materials Knowledge

BRAIN GYM

A healthy and sharp mind is one that we need for studying. A simple exercise can boost your brain function which makes you easier to receive information and be more confidence. This exercise is known as brain gym.

Brain gym comprises of simple body movement which is easy for children to do. It helps to trigger the two hemispheres of the brain and make them work in synchronization.

These are the major benefits of brain gym exercise :

1. Train your focus and concentration
2. Boost your confidence level
3. Restore health and harmony
4. Improve eye-sight
5. Improve creativity and communication skills

Curriculum

January Journey

LITERACY

- Finding letter S and T in your daily life
- Mention words start with letter S and T
- Name the clothes that you wear

KNOWLEDGE

- Let's learn about left and right
- Let's memorize the Asian flag
- Let's draw our hand and color it

NUMERACY

- Learning number by counting cake (3)
- Counting 1-5 using sticker
- Introduce 1-10 and ask the missing numbers
- Understand the concept of more and less

- Understanding column and row

MOTOR SKILLS

- Fold an origami paper and make a dinosaur
- Trace vertical and horizontal lines
- Trace dash 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"

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Year Old

LITERACY

- Finding letter S and T in your daily life
- Mention words start with letter S and T
- Tracing EFG
- Spell lion
- Name the clothes that you wear

KNOWLEDGE

- Let's learn about element that we can find in our daily life
- Let's categorize animals that you know (mammal, bird, fish, amphibian and reptile)
- Let's learn about seed and sprout of plants

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 a dinosaur
- Trace vertical and horizontal lines
- Trace dash 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"

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to

3

Year Old

LITERACY

- Finding letter S and T in your daily life
- Mention words start with letter S and T
- Write words that start with letter S and T at least 5

KNOWLEDGE

- Let's learn about element that we can find in our daily life
- Let's convert peg memory into picture (4 = fork)
- Let's learn about seed and sprout of plants

NUMERACY

- Learning number by counting animal's finger
- Learning about size by sticking stamp

- Let's learn time zone in Indonesia

MOTOR SKILLS

- Fold an origami paper and make a dinosaur
- Trace vertical and horizontal lines
- Trace dash 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
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to

6

Year Old

Calendar of the Month

January 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Dates to Remember

1 January	New Year
1 – 4 January	School Holiday
25 January	Chinese New Year
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”