

January 2021

How Can We Teach Kids To Be Gracious

HEGURU
PROGRAM:
**BRAIN
GYM**



H a p p y
New Year

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Greetings

*A good greetings to all of you who are part of
Heguru Indonesia Family.*

2020 has definitely been a challenging year for all of us here where many things in life need to be adjusted. We have had to make adjustments to our daily lives that we never could have imagined.

I really believe many changes need to be done for us as parents in order to support our children's learning. Parents, Grandparents and siblings have to become co-teachers and our homes have to be set up as temporary classrooms for our children's learning.

Through this entire period of 2020, I hope that we have learnt many new skills and knowledge to equip us to be better parents. I also hope that we have taught our children many important lessons and values of life that will have a long- lasting impact for their future.

Although these uncertain times have brought many challenges for everyone, they have also brought us gifts.

As a result of the COVID-19 pandemic, we have the opportunity to take a pause, a deep breath and to reflect upon what is really important in our lives. It has allowed many of us to spend more time with our spouses, children and siblings in these past few months.

Lastly, on behalf of the school, I would also like extend my greatest gratitude for your continuous support and trust towards Heguru in this difficult times, especially.

I hope you and your family have the opportunity to be renewed and restored.

And this New Year time brings many blessings, joy, peace and light to you.

God bless.

Warmest regards,
Mr. Suryanto Lim



Announcement

Easy to do – Early Learners – 3 Weeks - 12 Activities

HEGURU HOLIDAY ACTIVITY



*Inclusive:
puzzle
workbook
science materials
coloring tools
and many more...*

Special
Discount

20%

BONUS

Heguru
Online
Lesson



Article

How Can We Teach Our 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.

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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.

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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.

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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.

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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

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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.

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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.

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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.

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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 Me

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

Birthday 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

Kimi Johan
20 Jan 2016

Leon Alexander
★ 6 Jan 2016 ★

Kalila Yumna A.
15 Jan 2016



Owen Matthew S.
1 Jan 2017

Raehant Arifin
26 Jan 2016

★ **Brian Boo**
24 Jan 2019

Nicholas Ricardo
12 Jan 2018

Sebastian Cohen J.
26 Jan 2016

Dominic Jafferson S.
28 Jan 2015

Kai Sebastian H.
18 Jan 2018

Japan's Update

**APPLAUSE TO EVERYONE WHO
WORKED HARD TO DEVELOP
THEIR ABILITIES!**

2020年12月号

PREMIUM EDUCATION HIRSH EDUCATIONAL GENERAL LABORATORY

HEGL
ヘーグル

HEGLTSUNSHIN
ヘーグル通信

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第9回 小学校受験 集中特訓講座 2020.10.15

激動の2020年、コロナ禍でも能力開発を頑張ったみんなに拍手!!
今年を乗り切ったみんななら何だって出来る!!
来年も授業で会えるのを楽しみにしています!

1DAYPAD 高速学習マスター講座 記憶実践コース 2020.10.18



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



Calendar of the Month

January 2021

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 2021	New Year Day
2–9 January 2021	School Holiday
12 January 2021	Class is resumed
WEEKLY ZOOM WEBINAR for parents session *please confirm with Administrator for date and availability	

Calendar of the Month

*All of
Heguru Staff and Management
wish you...*

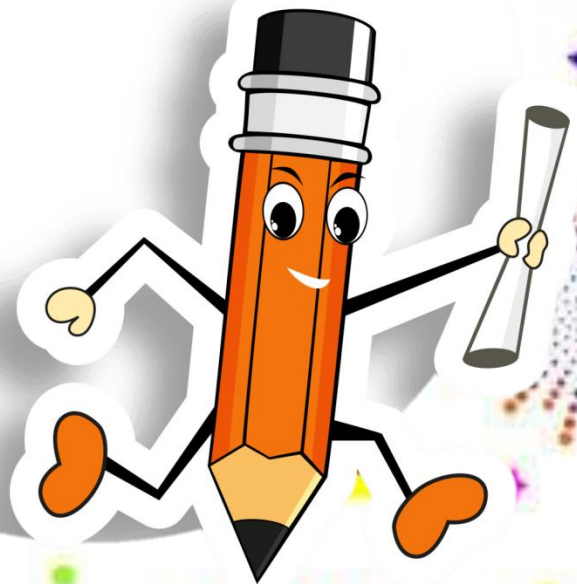


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