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## Unleash The **Genius** In Your Child



Dear Heguru Families,

I am very grateful for your support in managing health issue with regards to Novel Coronavirus outbreak which is currently still a major concern of the world. I would like to remind you to talk through with your children the advice below that anyone can follow with regard to avoiding the spread of respiratory viruses:

1. Washing your hands often with soap or use alcohol sanitizer. This is particularly important on *arrival at school, after using the toilet and before eating any food,*
2. Covering your cough or sneeze with a tissue, then throwing the tissue in a bin
3. Avoid touching your eyes, nose, and mouth with unwashed hands
4. Avoid close contact with people who are unwell
5. Eat healthy food everyday

I would like to remind all with recent travels to China, Korea, Iran or northern Italy, or any other countries that will be indicated by Indonesian authority health advisory to remain at home for 14 days upon your return from these countries. It is our priority to safeguard the health and safety of our students and staff during this critical period.

We will continue to monitor and take advice from Indonesian authority and adjust our precautionary measures accordingly. Let us all work together to keep this at bay.

Please be reassured that if this advice changes, or our local situation changes, we will inform you again as soon as possible.

Warmest Regards,  
**Mr. Suryanto Lim**

HEALTH REMINDER

# TERAPKAN GAYA HIDUP BERSIH & SEHAT TERHINDAR DARI VIRUS CORONA



Rajin berolahraga



Tidak merokok



Makan makanan yang mengandung gizi seimbang



Cuci tangan pakai sabun



Jangan lupa berdoa



Pastikan makanan dan minuman dimasak hingga matang



Bila batuk/flu, tutup mulut dengan lengan atas bagian dalam atau gunakan masker



Bila demam dan sesak napas segera ke fasilitas kesehatan



Istirahat yang cukup



Minum air mineral minimal 8 gelas/hari



Selalu menjaga kebersihan lingkungan sekitar



Sumber: Kemenkes RI

Hotline Kemenkes RI untuk Virus Corona:  
**021-5210411 & 08121213119**



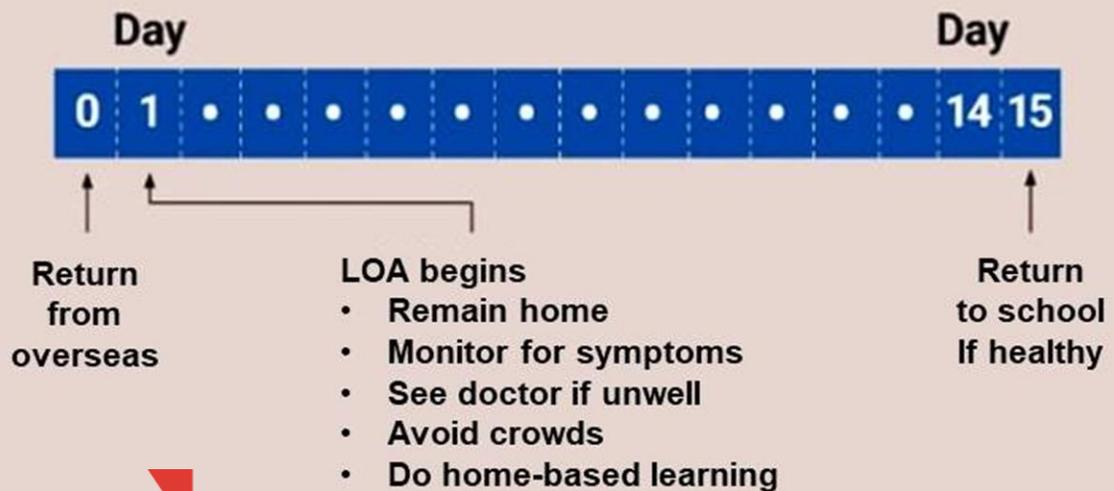
## ANNOUNCEMENT

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

# What Parents Need to Know about Coronavirus

The new coronavirus is spreading rapidly throughout the world — and parents are increasingly on edge. According to the most recent reports, more than 81,900 people have been sickened and at least 2,770 have died since an outbreak began in December in Wuhan, China. While the majority of confirmed cases are still in mainland China, the virus has since spread to at least 40 countries, with at least 59 confirmed cases in the United States.

On Tuesday, the Centers for Disease Control and Prevention said that the coronavirus would most likely spread to communities in the United States. “It’s not so much of a question of if this will happen anymore but rather more of a question of exactly when this will happen,” said Dr. Nancy Messonnier, director of the National Center for Immunization and Respiratory Diseases, during a news media briefing . “We are asking the American public to work with us to prepare, in the expectation that this could be bad.”

Right now, the bulk of the cases in the United States are connected to the Diamond Princess, the cruise ship that was docked in Japan after it was revealed that some guests on board had tested positive for coronavirus. For those who were diagnosed in the United States, most had traveled to China, although two cases occurred after contact with an infected person at home.

Since outbreaks in other countries seem to be picking up steam, infectious disease experts in the United States, while not panicked, are expressing concern. “I’m more worried this Tuesday than I was last Tuesday,” said Dr. William Schaffner, M.D., a professor of preventive medicine and infectious diseases at Vanderbilt University Medical Center. “While in the United States, it’s only been a handful of cases, in several countries, such as South Korea, Iran, Italy and Japan, it’s spreading now into the community. I’m not sure it’s entirely out of control in these countries, but it’s certainly threatening.”

The outbreak is on the razor’s edge of becoming a pandemic, he said. “The next week and a half will be very critical, because we will see whether this virus will start being contained, or break free and spread in a number of locations around the world.”

If you’re a parent or expecting, should you be worried? Here’s what to know.



## Article

### What is a coronavirus?

The term “coronavirus” refers to a family of viruses; “think of them as a large group of cousins, who are similar in many ways,” Dr. Schaffner said. Many live exclusively in animals, but scientists have identified seven different strains, including the latest one, SARS-CoV-2, which can infect people. The strains that typically infect humans generally cause symptoms that are no more severe than the common cold. But “every once in a while, a rogue coronavirus jumps from animals to humans, and is more severe,” Dr. Schaffner said. That’s what happened with the SARS coronavirus, which was responsible for a deadly epidemic in 2003 and was believed to have spread to civet cats from bats before infecting humans in the Guangdong province of southern China in 2002. Similarly, the MERS coronavirus, which was first identified in 2012, spread from bats to camels to people in Saudi Arabia, and has since been responsible for at least 858 deaths.

Experts think the new coronavirus originally came from a bat, but are unclear on how it spread directly to humans. Many people originally infected with it in Wuhan had a link to a large seafood and live animal market, which suggests infected animals there spread the disease.

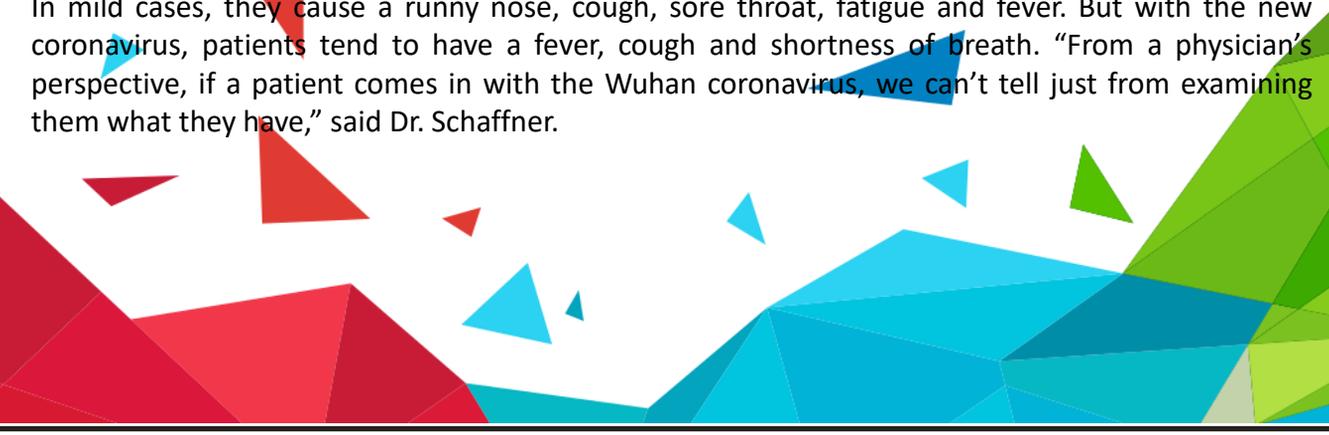
### Why are experts so concerned about this new coronavirus?

Unlike other, more mild coronaviruses, this one is causing many deaths. Experts still don’t know much about it, including how contagious it is or how it spreads. “Right now, we’re basing it on a historical perspective of SARS and MERS, which both caused hundreds of deaths,” said Dr. H. Cody Meissner, M.D., chief of the division of pediatric infectious disease at Tufts University School of Medicine and a member of the American Academy of Pediatrics’ Committee on Infectious Diseases.

At the moment, the Wuhan coronavirus seems to be milder than SARS or MERS. “It looks like most of the deaths so far have occurred in older adults, who had other coexisting health conditions such as heart disease or diabetes,” Dr. Schaffner said. “But obviously, it still has the potential to make many people so sick that they end up in the hospital, not only in Southeast Asia, but with global travel, all over the world.”

### How different is it from the common cold or flu?

Coronavirus infections, in general, are virtually indistinguishable from other respiratory infections. In mild cases, they cause a runny nose, cough, sore throat, fatigue and fever. But with the new coronavirus, patients tend to have a fever, cough and shortness of breath. “From a physician’s perspective, if a patient comes in with the Wuhan coronavirus, we can’t tell just from examining them what they have,” said Dr. Schaffner.





## Article

As a precaution, medical centers across the country are now asking patients who have respiratory symptoms or a fever if they've recently traveled to Wuhan, or have had contact with anyone who has recently traveled there. If they have, they're put in isolation until testing rules out the Wuhan virus.

### Do I need to stockpile face masks?

No. The C.D.C. recommends that only infected patients and their health care providers wear N95 respirator masks, which are a special type of mask intended to filter out 95 percent of airborne particles. But there's limited evidence of their utility even among these groups, said Dr. Mark J. Mulligan, M.D., division director of the infectious diseases and vaccine center at NYU Langone Medical Center. When physicians treat a person infected with the disease caused by the virus, they wear "a face shield, gown and gloves," he said. "There's no good research to suggest that wearing a N95 mask when you're out in public, even if there's an outbreak in your area, will shield you against the disease."

Standard surgical masks also can't fully protect you from contracting the virus.

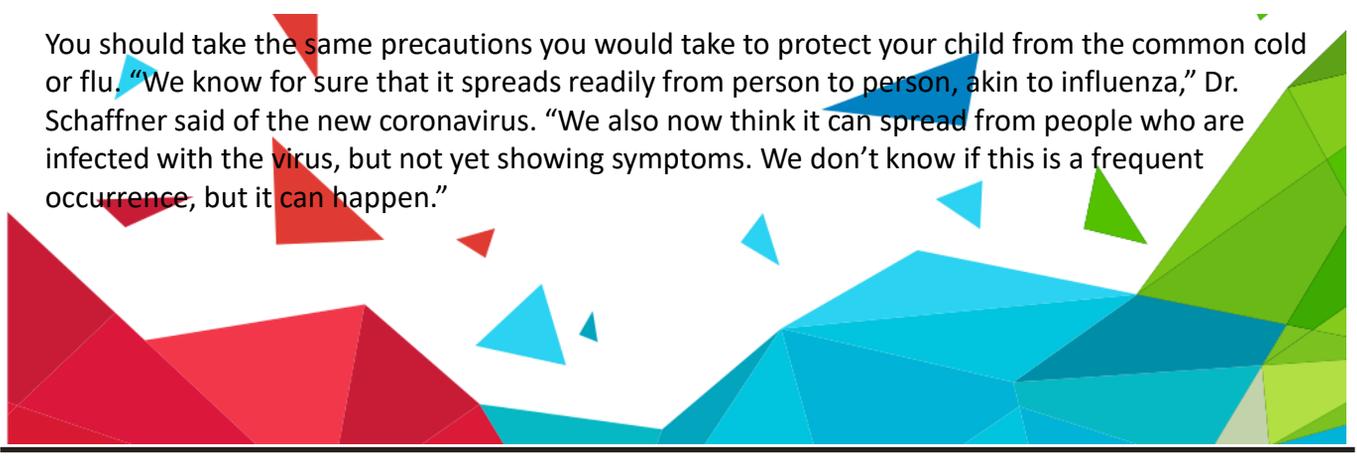
### Should parents be worried?

Right now, no. "I'm still not panicked, given the precautions the United States government is taking," Dr. Mulligan said. The C.D.C. is currently screening all flights from China, examining passengers for signs of fever, cough and shortness of breath.

The good news, Dr. Meissner said, is that cases in children have been very rare. According to a report published in JAMA in February, most people infected with the coronavirus were between 49 and 56 years old. "It appears that when kids do get it, they have much milder symptoms," Dr. Meissner said.

It's also important to keep things in perspective, Dr. Mulligan added. "Flu is killing a lot more Americans, including children," he said. "There's no doubt the influenza virus will cause many more illnesses, hospitalizations and even deaths than this coronavirus."

### What steps should parents take at this point?



You should take the same precautions you would take to protect your child from the common cold or flu. "We know for sure that it spreads readily from person to person, akin to influenza," Dr. Schaffner said of the new coronavirus. "We also now think it can spread from people who are infected with the virus, but not yet showing symptoms. We don't know if this is a frequent occurrence, but it can happen."



## Testimony

# Heguru<sup>®</sup>family

## *Xzevania Lizl Zheng*

Joined Heguru:  
October 2018

**Mr. Zheng Xun Xing & Ms. Eveline Lybianto**



Getting to know Heguru is like having a new encyclopedia for me. An encyclopedia to get new knowledge about how to develop the right brain according to my child's age.

Heguru is very friendly, informative and trust-worthy, because this education has been proven to maximize the abilities of children in Japan. The curriculum stimulates the brain's ability to grasp lessons more quickly about anything; logic, art, science, culture, music and other areas.

Heguru also invites us as parents to take part in developing children's abilities, through brain tour, class lecture, homework assignments and other support system to help in parenting our children. In addition to our individual needs, Heguru also did not forget to hold activities for parents and students to get to know each other and participate in Heguru events, such as fashion shows at Heguru Anniversary, Christmas Celebration, Chinese New Year, and others.

Even though just a small and simple celebration, but for me, I think it is beneficial for Xzevania. She get to know and experience things about the social environment and improve her confidence. Finally, thank you to all Heguru staff for their support of Xzevania. We wish Heguru success always!

**Birthdays of the Month**



**John Winston Bondan**  
**10 March 2018**

**Jonathan Emilio Herman**  
**2 March 2011**

**Fideli Kei Surya Atmadja**  
**27 March 2017**

**Happy Birthday!** **Zoey Abigail**  
**27 March 2018**

**Nathan Djingga**  
**3 March 2019**

**Muhammad Azariel Lukman**  
**8 March 2019**

**Dante Mahajaya**  
**14 March 2017**

**Elena Sebastian**  
**22 March 2017**

**Ecclesia Calla Halim**  
**8 March 2019**

**Rufino**  
**14 March 2018**

**Xzevania Lizl Zheng**  
**22 March 2018**

**Sheraphine**  
**5 March 2018**

JAPAN'S UPDATE

2020年2月号

PREMIUM EDUCATION HEGLTSGENERAL LABORATORY



# HEGLTSUISHIN

## ヘーグル通信

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2019.12.8

### 第80回 老萬会セミナー

第80回老萬会セミナーにタイとシンガポールの生徒が再び参加!!  
海外の老萬会生もぞくぞく誕生!!  
海外の老萬会生もぞくぞく誕生!!  
より高いレベルを目指して  
海外の生徒も一緒に能力開発!!



海外の老萬会生も本校の生徒と  
いっしょに能力開発!



**THAI AND SINGAPOREAN STUDENTS PARTICIPATE IN THE 80TH ICHIMANKAI SEMINAR IN TOKYO JAPAN AGAIN!**

父親セミナー

## CONTENTS

- 「第80回老萬会セミナー」
- 「老萬会マンスリー-MEP」
- 「母会コーナー」
- 「1DAYPA」英語学習マスター講座(追加受講コース)
- 「第80回老萬会」
- 「FYou-ME」セミナー
- 「入会者オリエンテーション」
- 「海外スクールレポート」



# Learning (Chemical) Symbols

If we talked about Morse Code Symbols on the previous edition, now we will know deeper about Chemical Symbols. Chemical symbols are shorthand abbreviations of the names of the 109 known elements. Each element has its own unique symbol. Since science is an international enterprise, chemical symbols are determined by international agreement.

The use of symbols for the chemical elements existed long before a systematic method was developed. The alchemists associated the symbols of the planets not only with the days of the week, but also with the seven metals known at the time: gold, silver, iron, mercury, tin, copper, and lead.

As adults, did we have any difficulties when learning chemical symbols? Did we try so hard to memorize them? But then, why does Heguru give this input to the children?

By introducing many kind of symbols every week in high speed we believe it will stimulate children's brain. It will be easy for children to receive this knowledge later on. Besides, we also plant a kind of confidence to the child. By introducing Chemical Symbols since very young, children will be more experience. In the future, they will be able to face this subject confidently no matter how difficult it is.



			Difficult to store due to highly reactive nature
<b><math>{}^6\text{C}</math></b> Carbon	<b><math>{}^7\text{N}</math></b> Nitrogen	<b><math>{}^8\text{O}</math></b> Oxygen	<b><math>{}^9\text{F}</math></b> Fluorine
<b><math>{}^6\text{C}</math></b> Carbon	<b><math>{}^7\text{N}</math></b> Nitrogen	<b><math>{}^8\text{O}</math></b> Oxygen	<b><math>{}^9\text{F}</math></b> Fluorine
<b>12.01</b> - 3530 2.26	<b>14.4</b> -209.9   -195.8 1.2506	<b>16.00</b> -218.4   -183.0 1.429°	<b>19.00</b> -219.6   -188.1 1.696°

**Curriculum**

# March Journey

0  
to  
1  
Year  
Old

**LITERACY**

- Tracing up and down
- Tracing one syllable words ( good, nice, kind)
- Understanding top, middle and bottom using picture
- Let's learn about homophone
- Spelling animal's name
- Arrange letter and form word

**KNOWLEDGE**

- Blowing object using straw
- Coloring balloons
- Make maracas using cup and marbles
- Let's learn about texture
- Let's learn about autumn food
- Let's make teru teru bozu
- Let's learn about the name of national flags

**NUMERACY**

- Count 1-10 using dot bar
- Measure your weight and write it down

- Roll the dice and count the dot
- Counting using ribbon
- Clapping and stomping based on instruction (e.g. clap your hand 3 times)
- Comparing things which is more and less
- Counting using bells
- Counting flower petals

**MOTOR SKILLS**

- Fold an origami paper and make rat face
- Tracing zigzag line
- Forming letter on sand

**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 "rice producing countries song"
- Memorizing the MEP song " Acidic, basic, neutral solution"
- Memorizing the MEP song " How Candle burns"
- Memorizing MEP song " How Bones Connect"

2  
to  
3  
Year  
Old

**LITERACY**

- Write letter up and down
- Form a word from random letters
- Let's learn about preposition
- Let's fill the missing word of "The and the Dove story"
- Sorting fruits and vehicles
- Provide them the random letter of flower and ask them to form it
- Let's learn about flag around the world

**KNOWLEDGE**

- Let's recognize animal's tail
- Playing matching picture and words
- Provide them pouch with picture of rabbit and 2 carrots, give them 5 carrots and rabbits. Ask them to put the same quantity as the picture on the pouch
- Let's learn about vegetables that grow underground and above ground
- Memorize 20 flags around the world

**NUMERACY**

- Count the item that you have in your bedroom

- Measure your weight and write it down
- Roll the dice and write how many dots do you see
- Finding numbers in beetles picture (provide the picture with number on it)
- Clapping and stomping based on instruction (e.g. clap your hand 3 times)
- Counting using bells
- Sequence of number

**MOTOR SKILLS**

- Fold an origami paper and make rat face
- Tracing zigzag line
- Forming letter on sand

**MEMORY**

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- Memorizing MEP song " How Bones Connect"

**LITERACY**

- Let's find the last letter of the every word that you see
- Let's play crossword
- let's learn preposition
- Let's learn about homophone, write 6 homophone that you know
- Let's categorize stationary and kitchenware
- Arrange the random word and make sentence

**KNOWLEDGE**

- Matching kitchenware shadow
- Memorize 30 flags around the world
- Let's memorize UUD 1945
- Categorize vertebrate and invertebrate

**NUMERACY**

- Counting 1-70 by one
- Counting reverse (70-1)

- Understanding the concept of complement and division by sharing

**MOTOR SKILLS**

- Fold an origami paper and make rat face
- Tracing zigzag line
- Forming letter on sand

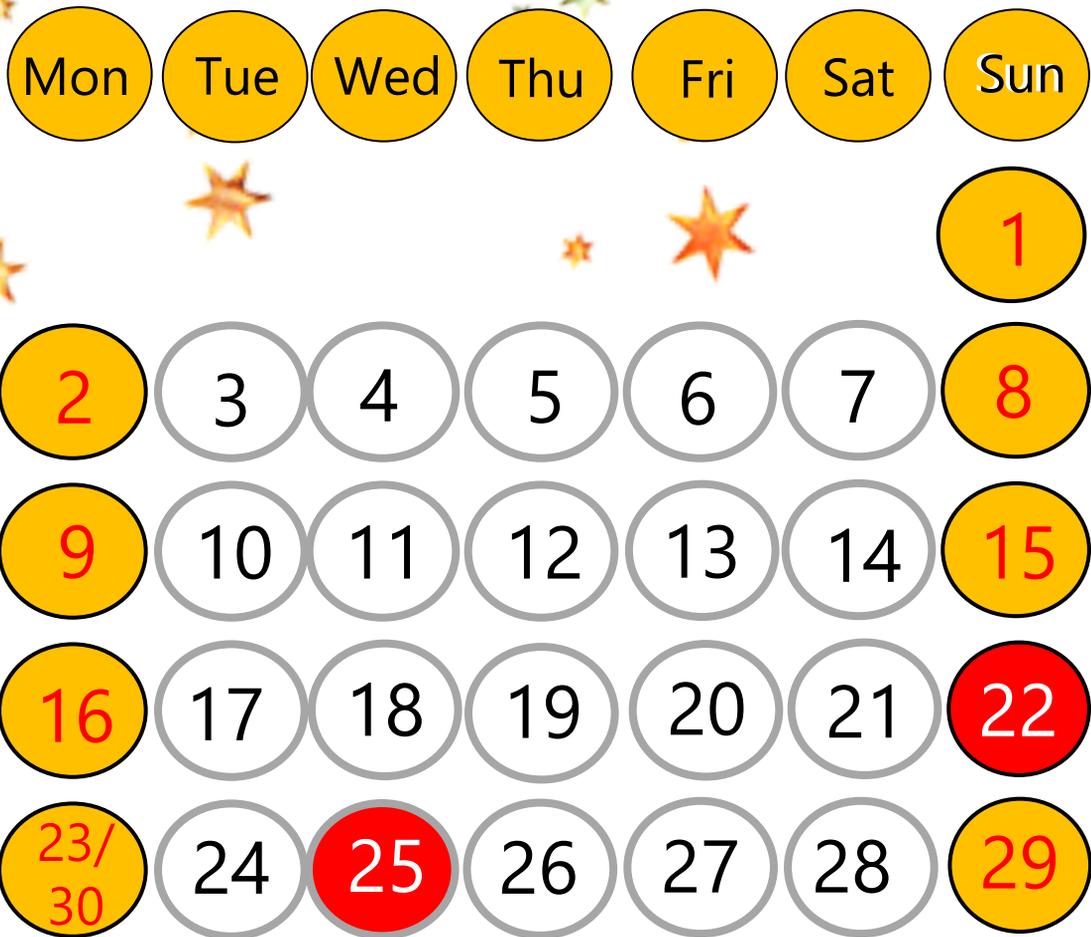
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4  
to  
6  
Year  
Old

## Calendar of the Month

# March 2020



## Dates to Remember

22 March 2020	Isra Mi' raj Day
25 March 2020	Nyepi Day
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"