

March 2021

Heguru Program: Learning (Chemical) Symbols



Article:
**5 Ways to Help Keep
Children Learning
During
The COVID-19
Pandemic**

Greetings

Greeting Parents,

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:

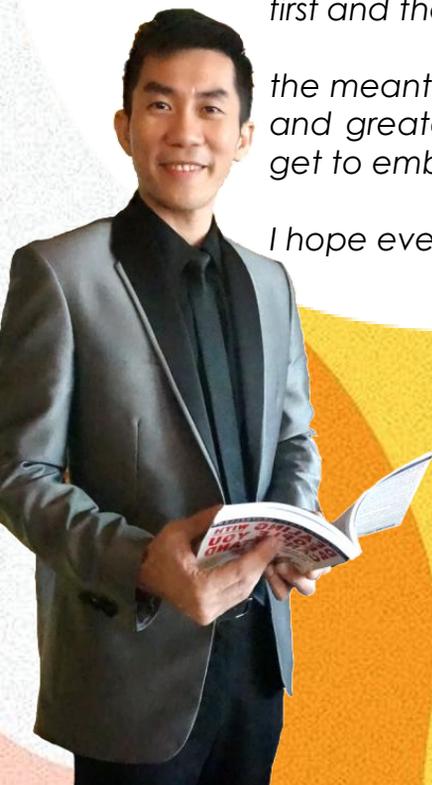
1. Washing your hands often with soap or use alcohol sanitizer. This is particularly important on arrival at any place, after using the toilet and before eating any food,
2. Covering your cough or sneeze with a tissue, then throwing the tissue in a bin
3. Avoid touching your eyes, nose, and mouth with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

Like you, we are doing the best each day to adapt to our current reality. Of course we are providing **BRAIN STIMULATION ACTIVITIES** since there is a concern about missing **GOLDEN PERIOD** of your child's growth, but more than that, we really want our students feel happy and safe because, for us their social-emotional health and well being must come first and then their learning can be successfully achieved.

the meantime, please give your child a big hug. You are your child's first and greatest teacher, and this is a unique moment in time when you get to embrace this amidst of our current reality.

I hope everyone has a great learning. God Bless You!

Warmest regards,
Mr. Suryanto Lim
Principal Heguru Academy



Announcement

TERAPKAN GAYA HIDUP BERSIH & SEHAT TERHINDAR DARI VIRUS CORONA



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



Article

5 Ways to Help Keep Children Learning During The COVID-19 Pandemic

The coronavirus disease (COVID-19) pandemic has upended family life around the world. School closures, working remotely, physical distancing — it's a lot to navigate for parents to navigate. Robert Jenkins, UNICEF's Global Chief of Education, offers five tips to help keep children's education on track while they're staying home.



1. Plan a routine together

Try to establish a routine that factors in age-appropriate education programmes that can be followed online, on the television or through the radio. Also, factor in play time and time for reading. Use everyday activities as learning opportunities for your children. And don't forget to come up with these plans together where possible.

Although establishing a routine and structure is critically important for children and young people, in these times you may notice your children need some level of flexibility. Switch up your activities. If your child is seeming restless and agitated when you're trying to follow an online learning programme with them, flip to a more active option. Do not forget that planning and doing house chores together safely is great for development of fine and gross motor functions. Try and stay as attuned to their needs as possible.

Article

2. Have open conversations

Encourage your children to ask questions and express their feelings with you. Remember that your child may have different reactions to stress, so be patient and understanding. Start by inviting your child to talk about the issue. Find out how much they already know and follow their lead. Discuss good hygiene practices. You can use everyday moments to reinforce the importance of things like regular and thorough hand washing. Make sure you are in a safe environment and allow your child to talk freely. Drawing, stories and other activities may help to open a discussion.

Try not to minimize or avoid their concerns. Be sure to acknowledge their feelings and assure them that it's natural to feel scared about these things. Demonstrate that you're listening by giving them your full attention, and make sure they understand that they can talk to you and their teachers whenever they like. Warn them about fake news and encourage them – and remind yourselves – to use trusted sources of information such as UNICEF guidance.



3. Take your time

Start with shorter learning sessions and make them progressively longer. If the goal is to have a 30- or 45-minute session, start with 10 minutes and build up from there. Within a session, combine online or screen time with offline activities or exercises.

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4. Protect children online

Digital platforms provide an opportunity for children to keep learning, take part in play and keep in touch with their friends. But increased access online brings heightened risks for children's safety, protection and privacy. Discuss the internet with your children so that they know how it works, what they need to be aware of, and what appropriate behavior looks like on the platforms they use, such as video calls.

Establish rules together about how, when and where the internet can be used. Set up parental controls on their devices to mitigate online risks, particularly for younger children. Identify appropriate online tools for recreation together - organizations like Common Sense Media offer advice for age-appropriate apps, games and other online entertainment. In case of cyber bullying or an incident of inappropriate content online, be familiar with school and other local reporting mechanisms, keeping numbers of support helplines and hotlines handy.



Don't forget that there's no need for children or young people to share pictures of themselves or other personal information to access digital learning.

5. Stay in touch with your children's education facility

Find out how to stay in touch with your children's teacher or school to stay informed, ask questions and get more guidance. Parent groups or community groups can also be a good way to support each other with your home schooling.

Source:

<https://www.unicef.org/coronavirus/5-tips-help-keep-children-learning-during-covid-19-pandemic>

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Testimony



Heguru[®] 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!

JAPAN'S UPDATE



December 26th-29th, 2020 70th PAD Potential Development Beginner



講義の途中で休憩を取り、お話を聞かせるようにするにはどうすればいいかといったお話をしました。楽しい内容と盛り込むかもしれませんが、平気の生徒にもわかりやすいように説明をし、集中できるように話し合ってから学ぶことのできる内容となっております。皆さん熱心にノートを取っており、午間の休憩もページ一杯にしっかりとノートを取っていました。実践の内容は右脳を強く感覚を体験できます。半信半疑のプログラムを体験したり、目覚め速読講座、瞬間記憶といったプログラムもあります。それは勉強というよりも楽しみながら右脳を活性化させることができるのが特徴です。今回のPAD潜在能力開発初級講座ベーシックコースは2月28日(日)～3月20日(水)となっております。皆様のご参加をお待ちしております。



2020年12月17日(木) 親と子の共育大学

2020年12月17日(木)に親と子の共育大学第7講座が実施されました。

前編に引き続き、新着版とZooでつなごう同時配信を行いました。今回の第7講座は「子どものやる気を出せる魔法」というテーマとなっております。やる気とは何か？どのような時にやる気が出るか？また、どのような時に無気力になるのか？といったことから、子どもを叱るときがポイント！しつけの方法、そして実際にやる気を出せる具体的な方法の説明となっております。今回ご参加できなかった方はつきましては、右巻にてDVD視聴も可能です。

Materials Knowledge

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?

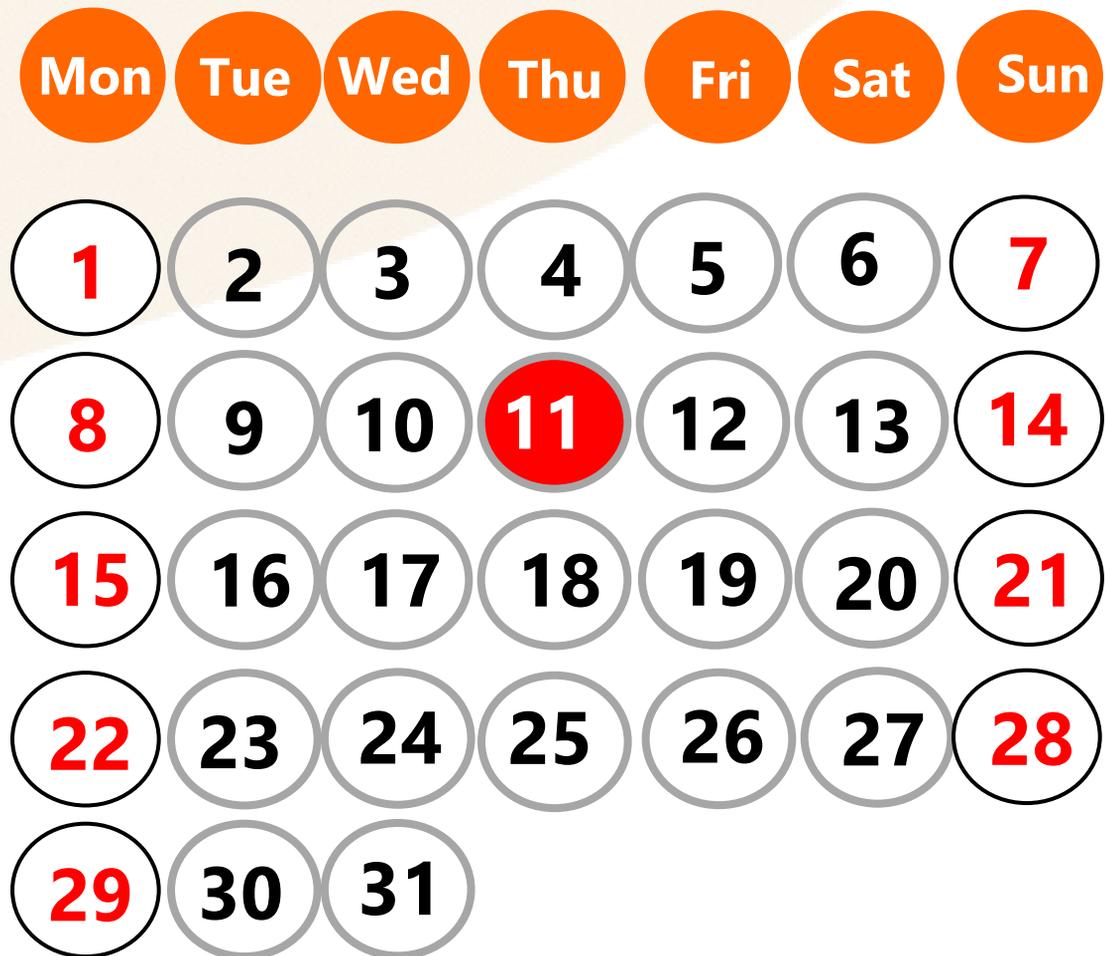
By introducing many kind of symbols every week in high speed we believe it will stimulate children's brain. It will be easy for children to receive this knowledge later on. Besides, we also plant a kind of confidence to the child. By introducing Chemical Symbols since very young, children will be more 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
${}^6\text{C}$	${}^7\text{N}$	${}^8\text{O}$	${}^9\text{F}$
Carbon	Nitrogen	Oxygen	Fluorine
${}^6\text{C}$	${}^7\text{N}$	${}^8\text{O}$	${}^9\text{F}$
Carbon	Nitrogen	Oxygen	Fluorine
12.01	14.4	16.00	19.00
-	-209.9 -195.8	-218.4 -183.0	-219.6 -188.1
2.26	1.2506	1.429 ^o	1.696 ^o

Calendar of the Month

March 2021



Dates to Remember

11 March 2021

Isra Miraj Day

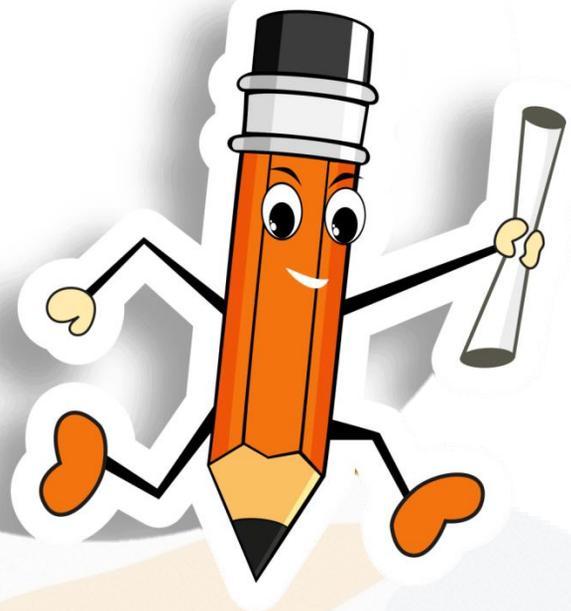
WEEKLY ZOOM WEBINAR for parents session
*please confirm with Administrator for date and availability

Heguru Academy

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