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Unleash The **Genius** In Your Child



May 2019

Dear Parents,

As we approach the end of term, I would like to take this opportunity to thank you for the support you have given both to your child and to the school. It is wonderful to end this term on the highlight of our seminar **Screen Addiction 101 and 102**, that has encouraged us to be more aware about exposing our children to screen at their early age.

I sincerely hope that this awareness will give us greater wisdom to help them to achieve their maximum potential.

Finally, I hope that our learning will continue beyond Heguru classroom. And I would like to encourage you to continue to extend their learning even back at home. This will help your child to get the best of brain stimulation possible.

Warmest Regards,

Mr. Suryanto Lim



Announcement



JAPAN'S PREMIUM
BRAIN DEVELOPMENT SCHOOL

SCHOOL HOLIDAY PROGRAM

12 JUNE – 13 JULY 2019



10
Lessons
Only



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Articles

TEACHING MINDFULNESS TO CHILDREN: WHAT YOU NEED TO KNOW

A centuries-old practice stemming from eastern cultures, mindfulness is fast becoming a prominent practice in modern societies. Also defined as being completely present to, aware of and accepting what is happening in the moment, practicing mindfulness boasts numerous benefits, both for adults and kids alike.

These include developing self-awareness, connecting with one's environment, strengthening relationships with others and deepening parent-child bonds. In teaching mindfulness to kids, parents should first start by role modelling mindfulness.



This may be done through establishing their own mindful routines or practices. They can then start teaching their children mindfulness, even as early as preschool.

To do this, parents can let kids apply mindfulness to simple activities like showering, with a focus on sensorial awareness during such routines.



Articles

'Mindful stops' are also helpful, as they encourage kids to slow down and take stock of their surroundings. As with any other good habit, applying mindfulness takes practice, but will eventually become second nature when kids practice it regularly.

What Is Mindfulness All About?

"Mindfulness is about being completely present to, aware of and accepting what is happening right now, without judgment or over-concern," says Zerlina Sim, life and mindfulness coach, Country Director of Potential Project Singapore and founder of blog Honeyjoys Soulful Parenting.

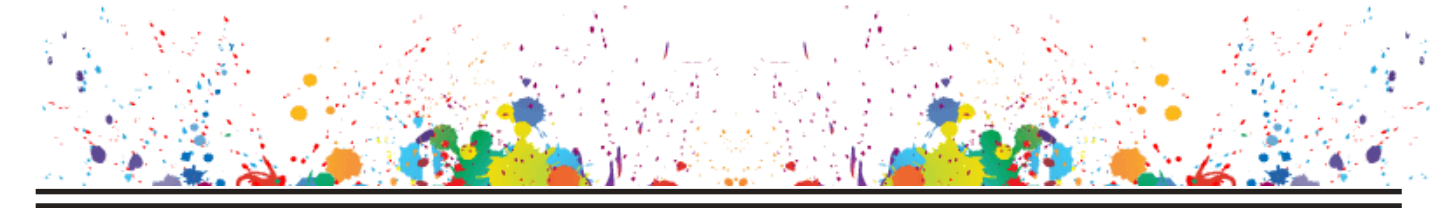
"Very often, our minds are really active – we're either thinking about the past or looking into the future," adds Joanna Bush, play therapist at Connections Counselling and co-founder of Mindful Mums Singapore. "Mindfulness means being able to connect with oneself and one's environment at a particular moment in time."

In addition to being present in the moment, mindfulness also involves connecting with one's body, through using the five sense of taste, touch, hearing, smell and sight.

Where Has Mindfulness Been Picked Up?

Contrary to popular belief, mindfulness isn't a new age philosophy. In fact, it's been practiced in various forms for centuries around the world, with roots in eastern cultures.

It's also become a prevalent practices in modern societies, with many corporates introducing it to increase productivity in the workplace.



Articles

How Can Parents Teach Kids To Use Mindfulness In Their Daily Lives?

As with any other good habit, applying mindfulness takes practice and doesn't happen overnight. When teaching it to your child, start with simple activities.

For example, rather than going on 'autopilot' when taking a shower, remind your child to take a few moments to check in with themselves. Instead of getting out of the shower as quickly as possible, they can be mindful of how their senses feel like when they turn on the tap, use soap or hear the water running. Encourage them to be mindful of their breathing during these moments as well.



To train your child to connect with their environment, 'mindful stops' where they pause and observe their surroundings are extremely helpful. Tell them to notice three things in the vicinity that they haven't noticed before, and to be observant of what they are touching, hearing or smelling.

Mindfulness doesn't have to be applied in large doses as well. In fact, it may simply be a 30-second moment during the day. "Your child can pick one part of the day where they feel a bit more challenged, such as at the start of a lesson or test," suggests Bush. "During these moments, applying mindfulness techniques will help them become present, and mindfulness will eventually be second nature to them."

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

Testimony



Heguru® family

*Sharon Araya
Thanapornsombat*

1 year 8 months old
Joined Heguru: March 2018

Mr. Siriwit Thanapornsombat & Ms. Tjew Linda

Sharon starts with Heguru since she was 7 months old in 0-1 years old class. She enjoyed the class from the first day she joined Heguru.

She loves to read book and enjoy flash card activities. Her memory is very good and her pronunciation is clear, so that's why she is very good in communicating with people around her.

In terms of her memorizing ability, we are very impressed. Sharon can recite her favorite book easily with minimum help from us.

Besides that progress, our family members often commented that Sharon's learning capability is really amazing compared to her cousins. We also see her imagination is very creative. In Heguru classes, one of the her favorite class activities is pretend play. This method is really very beneficial for children.

The teachers also contributes greatly to a caring and supportive environment for her growth . We will recommended Heguru to our family and relatives.

Thank you Heguru ☺

Birthdays of the Month

Erina Ang
240517

Bill
Maximiliano
290515

Bofi Go
080515

Araya
Shen
090518



Khayleen
Muliadi
300517

Mikaela
Gouw
240516

Hieldagard
Iris
220518

Niel Olsen
Lee
170517

Warren
Sanjaya
120517

Activities Page

Write the missing number!

1		3	4	5
6	7	8		10
11	12	13	14	
16	17		19	20

Write the missing number!

1	2	3		5
6		8	9	10
	12	13	14	15
16	17	18		20

Materials Knowledge

NURSERY SONG

Singing nursery song to children can help develop their language and communication skills from the early age. This activity is used in Heguru to cultivate empathy and input knowledge to the children. For example, it is good to choose song about season. Let the child experience to the song itself. Do not choose manga or cartoon song only for the sake child will like it but the one does not have any knowledge on it.

When doing nursery song in infant's classes, teacher is not only singing but also dancing to attract the interest of children to the song. Besides, it also beneficial for children to develop their body movement.

GOOD MANNERS

Please remember to cover your mouth
When you sneeze or when you cough
Use a tissue and wash your hands
That is always the best plan
Use your manners everywhere







Police Officer

I am a police officer with my star
I help people near and far
If you have a problem call of me
And I will be there
1... 2... 3...



Curriculum

May Journey

LITERACY

- Finding letter E and F in your daily life
- Mention words start with letter E and F
- Tracing letter E and F

KNOWLEDGE

- Learn about colors of rainbow
- Tearing paper and make yoyo
- Playing with water color
- Learn about musical instruments

NUMERACY

- Count the body parts
- Matching number

- Counting using pompom
- Learn about first, second, and third numbers

MOTOR SKILLS

- Moving a green bean from one plate to another plate with chopstick
- Moving water from one bowl to another bowl using sponge

MEMORY

- ESP games (Psychokinetic) guessing object in a box
- Memorizing 3 cards(memory cards)

0
to
1

Year Old

2

to

3

Years Old

LITERACY

- Finding letter E and F in your daily life
- Mention words start with letter E and F
- Tracing letter E and F
- Reading one syllable words
- Guessing a letter (cover the middle part of the letter)

KNOWLEDGE

- Recognizing the car parts
- Learn about thing that you can find at the beach
- Recognizing the shadow of the object
- Learn about mixing colors
- Learn about tonal colors

NUMERACY

- Count the body parts
- Matching number up to 10
- Counting using pompom
- Learn about first, second, and third

MOTOR SKILLS

- Moving a green bean from one plate to another plate with chopstick
- Moving water from one bowl to another bowl using sponge

MEMORY

- ESP games (Psychokinetic) guessing object in a box
- Memorizing 10 cards(memory cards)
- Doing memory card

LITERACY

- Mention words that end with letter E
- Mention words that end with letter F
- Write words that start with letter E
- Recite 3 story books

KNOWLEDGE

- Learn about animals pattern
- Mention 10 Asian countries
- Mention 10 things that you can find at the dentist
- Learn about mixing colors
- Drawing the rainbow

NUMERACY

- Mention the ordinal numbers
- Counting the odd numbers
- Counting even numbers

MOTOR SKILLS

- Moving a green bean from one plate to another plate with chopstick
- Moving water from one bowl to another bowl using sponge

MEMORY

- ESP games (Psychokinetic) guessing object in a box
- Memorizing 10 cards(memory cards)
- Doing memory card

4
to
6

Years Old

Calendar of the Month

May

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 May	International Labour Day
19 May	Vesak Day
30 May	Ascension 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