

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



**November 2018**

Dear Parents,

Greeting to all you, our current and new families. We had such a nice October, but November is feeling a lot different. Please remember to dress your children for the rain weather, because little hands and feet get cold easily.

Please take time to review your child progress on meeting that was provided at the 1 on 1 parents guidance to achieve your child learning goals. Your child learning doesn't stop at school; it continues on.

So please continue to participate and involve in your child learning even back at home. You play the biggest role in your child growth. You can start with a simple question "What are you learning in school?".

Beside that, please make sure that you are checking your child's assignments that are suggested by teachers regularly. For children above 3 years old, continue to motivate them to finish S1 and S2.

It is my expectation for our teachers and staff to ensure that all of our children and parents are engaged in a meaningful teaching and learning, that always expand the brain capacity.

As always, I appreciate your support to always ignite learning and growing together in Heguru.

Warmest Regards,  
*Mr.Suryanto Lim*



## Announcement

What goes on in a Heguru class?  
What exactly are the Heguru activities and how do they work?

*Join us in Education Seminar!*



# HEGURU METHOD INTRODUCTION

Parents information session by *Principal*

Wednesday,  
14 November 2018

11.15 am

Saturday,  
17 November 2018

04.30 pm

FREE



RSVP (Ms. Maria)

0878 7608 6500



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## Articles

## 10 Empowering Phrases All Children Need To Hear From Their Parents

*"Think twice before you speak, because your words and influence will plant the seed of either success or failure in the mind of another."* – Napoleon Hill

Words have power. Our words have the ability to deeply hurt another human being or hinder progress, or to encourage and uplift a person's spirits. As a parent, your words have tremendous potential in shaping how your child views himself and the world.

We list down 10 phrases and questions that will help you to build into your children's lives in positive ways.

### 1. I love you

To say that Asians are just not as expressive as our Western counterparts is a thinly veiled excuse for our passivity as parents. Our kids are searching for love, and surely the best place they can get it from is from you, their parent. Tell your kids how much you love them – not just on special occasions, but every day.



### 2. I will be here

When your child is going into unfamiliar territory or fearful about something, this is one of the best things you can say. Instead of promising all kinds of rewards or delivering ultimatums, assure your child that you are for him and cheering him on – whether or not he does good or bad. Your presence matters to your child so much more than any gifts money can buy.

## Articles

### 3. How was your day?

We all view our experiences through our own personal lenses, and your child is no different. Even if you have spent the whole day with her, chances are that her take-away from the experiences shared are different than what you had. And if your child is in school, that's a few hours of time when she has been making memories apart from you that you don't know about. Taking the time to find out how your child feels about her day is a great way to keep the connection strong.



### 4. Please wait

So many things are instant this day, at the touch of a button or swipe across the keypad. Our children need to learn the beauty of patience and the value of delayed gratification, and this is one lesson that simply can't wait. The next time your child asks for something and you're tempted to drop what you're doing and come to his aid, ask yourself if the need is really urgent. If not, why not say "Please wait"?

### 5. It's okay to be sad / mad / scared / glad

Our children need to have their feelings validated, but too often we ask them to suppress how they really feel. For instance, when our child is afraid to go into a dark room, we say "Don't need to be scared, it's nothing!" Or when one child snatches a toy away from his sibling, we might say "Don't get angry with him, he's your younger brother." In these scenarios, we are effectively telling our kids that (1) their feelings don't matter and (2) they should not be feeling these things – and this message can have grave implications for how our children make sense of their emotions and decide on their best course of action in life. Instead, acknowledge your child's emotions and coach him to find handles to manage his response. For example "I know you're scared of the dark. What will make you feel brave enough to go into the room?"



## Articles

### 6. I'm sorry, will you forgive me?

We always ask our kids to apologize for their mistakes, but we adults often go scot-free when we've messed up an appointment time or packed too many activities into our child's day. Be mindful of occasions when you could have done better, and be humble enough to apologize to your child. This models repentance for them, and reminds them that everyone makes mistakes once in a while.

### 7. I believe in you

Our children need us to be their biggest fans, without buttering up a swollen ego. On the one hand, don't be over-generous and general with your praise. On the other hand, avoid praise only for success or accomplishments – remember to let your child that you believe in him even before the task is attempted – simply because you believe he can.

### 8. Go for it!

This is similar to the statement above, but it's a little more than just cheering your child on. Challenge your child to do hard things, to reach for new goals. Things like music lessons, taking part in competitions, learning a new sport – the going may get tough, but such experiences teach our children (and ourselves!) the invaluable lessons of patience, perseverance, resilience and courage.


### 9. Wow, how did you do that!

Ask this question to your child and watch their little chest puff up with joy and pride – in a good way. Don't take for granted those activities that we do so easily and forget to see the hard work, creativity and initiative your child invested into making it happen. Like her putting on her own shoes when you said it was time to go out. Or him managing to follow the instructions in his Lego kit manual.

### 10. I'm proud of you

Our children are bombarded by all manner of messages every day – from us, from their peers, from teachers and from the media. Messages that tell them they are not good enough, or not clever enough, or not popular enough. A little bit of encouragement goes a long way. So encourage, encourage, encourage.

Source: <https://thenewageparents.com/10-empowering-phrases-all-children-need-to-hear-from-their-parents/>





HEGL Japan



## NEW RECORD ACHIEVEMENT!

The 14th PAD Course - Right Brain Memory Card until 650 Sheets



### 限界にチャレンジした4日間

今年で第14回目を迎えたPAD潜在能力開発中級講座。今回も大変な盛り上がりを見せられました。毎回進化の中級講座。今回も新たな成果を求め、受講者と共に大きなチャレンジをした講座になりました。

この講座では、宿馬会の生徒が更に、能力アップしながら、人間力も高める講座になります。瞬間記憶能力・並列処理能力・時間コントロール能力をはじめ、様々な能力が開発された。初級とは比較にならないほどハイレベルの内容となりました。それだけではなく、これからの時代に必要と考え、哲学を受講者の心の奥深くの潜在意識に1つ1つ大切に落とし込んでいきます。この哲学を得た子どもたちは、どんなことがあってもこれからの時代を強くたくましく生き抜いてくれるでしょう。

右脳活性トレーニングでは、脳部まで考えつくられ、洗練されたプログラムにより、右脳を無制限まで活性化させます。一糸乱れぬスピード感で行われるこのトレーニングは圧巻です。受講者は自分のステップを確実に上げていきます。

右脳カード記憶では、前回の中級で行った650枚の記憶から更に50枚増やし650枚に挑戦しました。1日目2日目3日目で枚数を増やし、4日目の650枚では右脳の記憶のすべてを使い、信じられないスピードで答え切ることができました。

速読トレーニングでは、速読を理論的に学び、右脳を使いながら実践していきます。1日目自分の成長が数字として表れ、受講者の方が楽しみながらできるプログラムです。HEGLの神髄でもある、速読読みのエッセンスを大人の方でも感じて頂けるこの速読トレーニング。受講者の力を大きく伸ばしていきましょう。

そして今回、大きく改訂をした大量記憶。理科社会を中心に、受験に役立つ知識の詰まった文章をひたすら記憶し、テストをします。脳に最大限負荷をかけたこのトレーニング。右脳を使わないと絶対にできない高いハードルの内容ですが、中には満点に近い点数を取る生徒もあり、改めて右脳のすごさを目の当たりにしました。

大人から子どもまで成果と成長をしっかりと体感できるPAD潜在能力開発中級講座。子どもはもちろん、大人の方も、人間は無限の可能性を秘めています。それに裏を返すのは自分の意識であることを改めて感じた講座となりました。

修了証を授与された時の受講生の顔は皆明るく、次のステージに邁進した自信と満足に満ちた笑顔で溢れていました。





## Birthdays of the Month

**Gabriella  
Rachcel Tran**

**22 Nov 2015**

**Vincentius  
Nicholas M.**

**14 Nov 2014**

**Abigail Claire S.**

**17 Nov 2015**

**Jordan James S.**

**11 Nov 2015**

**Leia Abigail Sugito**

**27 Nov 2016**

**Happy  
Birthday!**

**Ian Susanto**

**3 Nov 2017**

**Faye Georgina  
Undarsa**

**18 Nov 2016**

**Kenzo  
Abner Liwan**

**3 Nov 2017**

**Sofia Kelly  
Huang**

**17 Nov 2015**


**Aya Lily Hwang**

**17 Nov 2016**

**Tiffany  
Paramita W.**

**30 Nov 2015**

# Activities Page

 Match each alphabet with the picture that begins with that alphabet.

A



B



C



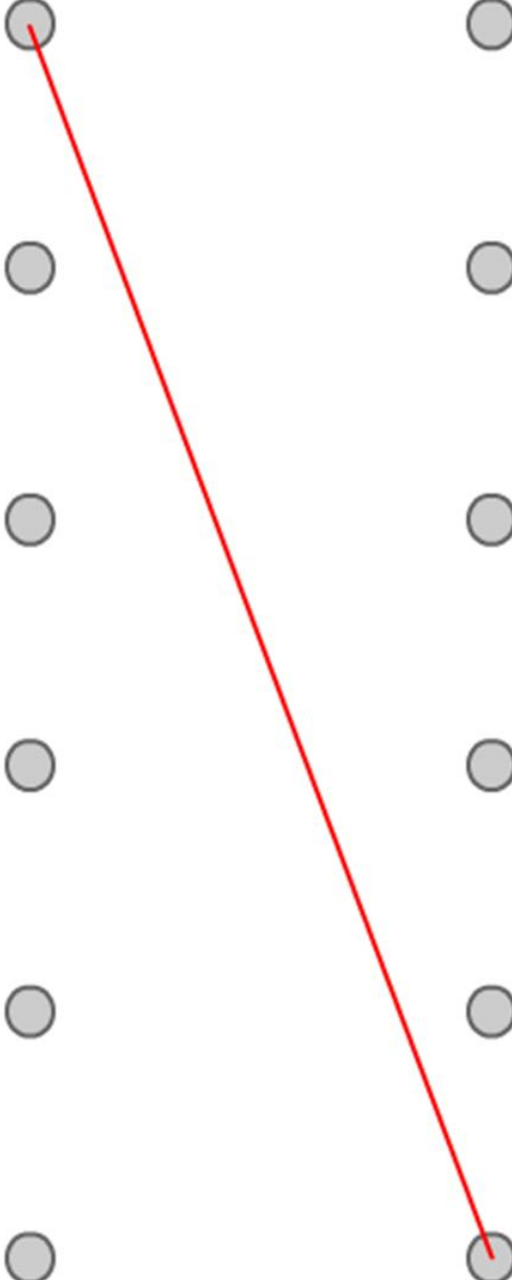
D



E



F





**Materials Knowledge**

# CLOCK

In every Heguru lesson, we are always using clock to teach students about time. The type of clock that Heguru uses is analog clock. Why? Because analog clocks help children understand the passage of time because they have hands that are consistently moving. Analog clocks also show time in multiples of five, which shows the minutes.

Telling time is an important thing to know how to do and can be very useful in daily life. Once you've learned how to read a clock, you can put your skills to good use.



Curriculum

# November Journey

## LITERACY

- Recognizing alphabets
- Remembering 1 syllable words
- Matching objects

## KNOWLEDGE

- Learning the concept of mirror
- Learning body parts

## NUMERACY

- Recognizing shapes
- Comparison of size
- Learning about circles

## MOTOR SKILLS

- Brain gym game and move fingers one by one

## ESP

- Play guessing game

0

to

1

Year Old

2

to

3

Years Old

## LITERACY

- Word chain
- Sounds of various animal
- Learning about transportation

## KNOWLEDGE

- Learning body parts using skeletons
- Recognizing the name of body parts
- Matching pictures

## NUMERACY

- Writing numbers 1-5

- Connecting dots

- Learning the concept of number until 10

## MOTOR SKILLS

- Do brain gym by moving their body opposite the instructions

## MEMORY

- Remember and recall the pictures shown to improve memorization ability

## LITERACY

- Learn about the characteristics of insects
- Play game of finding words
- Know the things that related to a specific job
- Learn about words that end with the same letter

## KNOWLEDGE

- Learning about skeleton
- Learning about opposite direction

- Learn about figures by using origami paper

## MOTOR SKILLS

- Do brain gym by moving their body opposite the instructions

## NUMERACY

- Learning shapes by using origami papers
- Learning complement from 1-10
- Learning the concept of number by objects

4

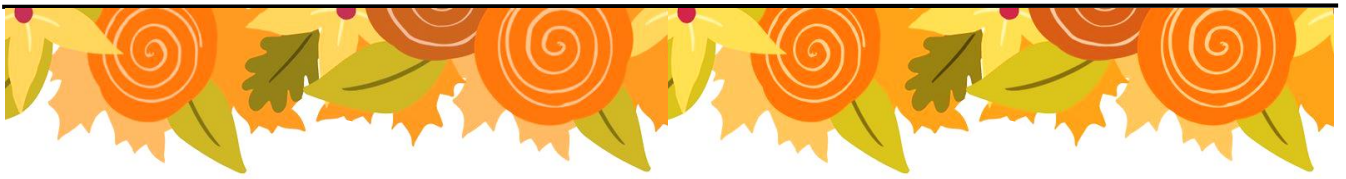
to

6

Years Old







# November

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		



## Dates to Remember

14 November 2018 at. 11.15 am	Heguru Method Introduction
17 November 2018 at. 04.30 pm	Heguru Method Introduction
20 November 2018	Birthday of The Prophet Muhammad SAW
Every Wednesday at. 10.00 am	Brain tour
Every Saturday at. 4.30 pm	Brain tour

