

# Newsletter

Unleash The Genius In Your Child



## **Greetings**

# Dear Heguru Families,

Soon we will say welcome to 2022. We hope that this year has been filled with lots of blessings and happiness for you and your family also.

We have learnt many new skills and knowledge to develop and grow as a person and as parents as well. We also hope that you have taught your children important lessons and values of life that will have a long-lasting effect for their future.

Realizing the important role of parents, you are constantly challenged with so many daily issues especially during this pandemic time. I would like to take this opportunity to give an appreciation to all of you who carry many responsibilities from morning until the late nights.

And from the bottom of my heart, thank you for taking care of your kids and families, and yet you still have time to do Heguru intensive brain stimulation at home.

In this good opportunity, i would like to take this time to wish all of you a wonderful holiday season. We wish you all the warmest Merry Christmas ever in 2021 and a wonderful New Year of 2022.





#### **Announcement**



#### Announcement



# 7 FESTIVE FAMILY ACTIVITIES TO GET YOU IN THE CHRISTMAS SPIRIT

The countdown to Christmas is on!
So, we've listed a selection of fun things to do together to
get everyone in a festive mood.







#### 1. Read a Christmas story together

There's no better way to get in the Christmas spirit than with a Christmas story (or two!). Fantastically festive tales like The Snowman, The Jolly Christmas Postman, or The Nightmare Before Christmas will help you spread a little cheer and give you a chance to spend some quality time together. Why not make it a daily occurrence throughout December? Everyone can take turns choosing a story to read whilst you all chomp on some delicious festive snacks. Speaking of which…



#### 2. Bake some Christmassy food

Nothing says Christmas quite like some brilliant bakes! So, get your pinny on and flour those work surfaces, because it's time to get messy. Some of our favourite recipes include these The Snowmaninspired cookies and Christmas tree-shaped biscuits, but there are so many other Christmassy treats you can make. Spread the cheer further by making big batches of your creations and sharing them h neighbours, family and friends. This is a wonderful gift as well as a great and easy way to help out those in need.

#### 3. Make and send some Christmas cards

Another lovely way to connect with friends and family is to make your own Christmas cards. You can download and use our Wimpy Kid and Christmasaurus card templates, or make one really personal to you. You could all dress up and take a nice family photo – great for relatives to keep and see how you're all doing – or enlist the help of your pet and get them to pose for a photo (you will need some treats for this!). Or just grab all the art supplies you have and go for it!



#### 4. Or watch some classic Christmas films at home

You can't beat a good ol' Christmas movie from the comfort of your own sofa. Turn it into a family weekend ritual during December and give everyone a chance to pick a festive film to watch. The only prep work you'll need to do is make a hot chocolate, grab some sweet treats from a selection box and pick a spot on the sofa. If you have Netflix or Disney+, you could try Teleparty (formerly know as Netflix Party). It's a Google Chrome extension that syncs video playback so you can watch films or TV programmes with friends and family online. There's even a chat function!





#### 5. Have a video call with Santa Claus

Santa's grottos are reopening this year, hooray! But if you're strapped for time or still anxious about going to one, thanks to the wonders of technology, you won't have to miss out on seeing Santa – you can have a video call with him instead. Santa's Calling You allows you to book a private Zoom call with either Santa, Mrs Claus or one of Santa's elves, and you can even request them to read you a story. All you have to do is decide on a time and date!

















#### 6. Turn your home into a winter wonderland

Go all out with the Christmas decorations this year and turn your home into a festive wonderland! If you're on a budget, get crafty and make some homemade decorations. We've got step-by-step tutorials and plenty of printables: make some <a href="comic-like Wimpy Kid baubles">comic-like Wimpy Kid baubles</a> or print out these <a href="Hetty Feather">Hetty Feather</a> tree decorations. There are lots of tutorials online for making wreaths, festive garlands, and other ornaments.



#### 7. Donate this season

Christmas is a time of giving; there's no better time to donate than during the festive season. As a family, go through any toys, games, books or accessories you no longer need. Or you can purchase some of Heguru materials/hampers to be given for educational purpose other kids who need surrounds you.

Source: https://www.penguin.co.uk/articles/children/2018/nov/festive-things-to-do-with-your-family-this-christmas.html



















#### Issue 481 October - December 20

# Birthday of the Month

Emily D. Hartono 15102017 Keiryn Carinna Pui 10102017

lan Susanto 3 Nov 2017 Nicholas Alexander 16102017

Major Harja P. 28102019

Finnick Kwee 3 Nov 2017



Leia Abigail S. 27 Nov 2016

Kenzo Abner L. 3 Nov 2017

Bertrand Roland S. 22 Nov 2017

Cecilia Silas 02 Dec 2015 Gabriella Rachel T. 22 Nov 2015

Diya Hitesh 1 Dec 2014 Adanna Putri 17 Dec 2017

Eleanor G. 29 Dec 2017

Isabelle S. 24102018

Jason Halim 4 Dec 2017

Tiffany Gracia 21 Dec 2013 Christopher D J 12 Dec 2017

# Materials Knowledge

# **REMAIN IMAGE**

Remain image training helps the children to strengthen the ability to imagine things, to create things in their minds and enhance creativity. This training gives lots of benefit to the children. For example, when they're doing calculation, they don't have to write it on paper, they can just do calculation by imagining and visualize the process in their mind. The higher steps of image are they reach the stronger and faster the mind works.

### There are six steps of image:

- 1. Cannot see anything with eyes closed
- 2. Can see black and white static image
- 3. Can see coloured static image
- 4. Can see coloured movie
- 5. Can see images when eyes open
- 6. Can see any desired images no matter eyes are closed or not



# Calendar of the Month



Dates to Remember	
1-11 December 2021	End of Year Promo
11-14 December 2021	12.12 Promo
24,25,31 December 2021	Christmas Holiday
25-31 December 2021	Welcoming Year Promo
WEEKLY ZOOM WEBINAR for parents session *please confirm with Administrator for date and availability	



