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October 2018

# Unleash The Genius In Your Child



Dear Parents,

September has just flown by. Everyone seems to be adjusting well and we have had some great time teaching and nurturing our students as well.

After weeks of sleepless night: training, practicing, learning theory and practical tests from early morning to midnight, Mr. Tolha and Ms. Melati made it through and passed the certification from Heguru Japan. They were coached by Heguru founders Mrs. Ruiko Henmi and Mr. Hirotsada Henmi personally, to ensure that they can teach and deliver the original Heguru programme with the highest quality.

After coming back to Indonesia, they still have continuous and rigorous guidance and training by Heguru Indonesia. A continuous supervision and feedback are given to them to improve their teaching skills.

Heguru Academy as a Japan's Premium Right Brain School in Indonesia, would put so much time, efforts and costs in training our teachers to always uphold the quality of Education and to deliver the best brain development classes for our children.

They have gained and bring back with them many invaluable experiences, knowledge and further benefits to our children at Heguru Academy.

With your continuous encouragement and support, I'm sure they will deliver the lessons better and better each week.

Have a great month!

Warmest Regards,  
*Mr.Suryanto Lim*

## Event

## TEACHER JAPAN CERTIFICATION

We are very proud to be part of the Japan Teacher Training this year. A two weeks of rigorous and intensive training conducted personally by Heguru Founders Mr. Hiro tada Henmi and Mrs. Ruiko Henmi.



Picture 1. Super Flash Card training, before we took the examination.



Picture 2. During Flash Card examination. If we failed in test, we must take re-test until we passed the Japan Standard.

## Event



Picture 3. We received PAD (Potential Ability Development) Certificate from Mr. Hirotada Henmi and Mrs. Ruiko Henmi.



Picture 4. We learn and practice everyday to meet the strictest of Heguru Japan Standard.



## Event



Picture 5. Finally! We achieved **Instructor Certificate Level 1** from Mr. Hirotada Henmi and Mrs. Ruiko Henmi after very hard working of training and assessment.



Picture 6. End of instructor training course. After wonderful dinner in a grand hotel ballroom with all on Heguru Center and Our Founders Mr. Hirotada Henmi and Mrs. Ruiko Henmi.

## Announcement

With our new teachers certification, we would like to update current Heguru Team.

Mr. Suryanto Lim  
Principal of Heguru Indonesia

Teacher

1. Mr. Tolha
2. Ms. Winda
3. Ms. Melati
4. Ms. Maya

Learning  
Support System

Ms. Fitri

School  
Administation

1. Ms. Maria  
Agustina
2. Mr. Yusuf

Marketing &  
Business  
Development

Ms. Ade  
Christa

## Articles

## HOW TO INSPIRE KIDS TO DO THEIR BEST

How can we inspire our children to do their best and pursue excellence?

Rachel Lim speaks with Dr Vanessa von Auer, Clinical Psychologist at VA Psychology Center.



### Q: What are ways parents can define “excellence” for their children?

Dr von Auer: There are many ways to define excellence but mainstream society typically focuses heavily on “academic excellence” and forgets or even dismisses other types of successes. Parents need to examine their children holistically, which requires noticing and fostering other ways to achieve their personal excellence. For example, creative successes in the arts, drama, dance, music should all be acknowledged. Social success in terms of demonstrating empathy, kindness, and excellent interpersonal skills are all assets to a child’s development.

### Q: What are some pitfalls to avoid while spurring kids towards excellence?

Dr von Auer: It is easy for well-intentioned parents to come across as too harsh or critical when they expect their kids to achieve excellence. Instead of putting pressure on the child, praise the child’s efforts and perseverance. This will help motivate children to achieve their personal best without feeling “lousy” if they don’t succeed the first time.

### Q: What can parents do when they face resistance from their children?

Dr von Auer: Different personalities find different priorities. If your child does not see eye to eye with you on what their definition of success is, then allow your child the freedom to decide this for themselves. This space will help them find their personal interest in which they can strive for excellence.



## Articles

Here are six more important points to note.

### 1. Recognize your child's passion

Karen Arnold, a researcher at Boston College, followed high school valedictorians and salutatorians from graduation onward to see what becomes of those who lead the academic pack.

The research findings revealed that even though most are strong occupational achievers, the great majority of former high school valedictorians do not appear headed for the very top of adult achievement arenas. Arnold said, "Valedictorians aren't likely to be the future's visionaries. They typically settle into the system instead of shaking it up."

She postulated a possible reason that schools reward being a generalist. There is little recognition of student passion or expertise. The real world, however, does the reverse. Arnold said, "Valedictorians are extremely well rounded and successful, personally and professionally, but they've never been devoted to a single area in which they put all their passion. That is not usually a recipe for eminence."

### 2. Quit being a helicopter parent

"Helicopter parenting" refers to the approach by parents who hover unnecessarily over their children at the expense of nurturing their child's independence. The Ministry of Education (MOE) and some schools are making a push to weed out such excessive parenting practices.


MOE shared a Facebook post highlighting examples of helicopter parenting, such as debating with a teacher to get one more mark, or taking homework to school for a child when he forgets to take it along with him. "You want to help," wrote MOE in the post, "But do you know that [helicopter parenting] may hinder your child from being independent, savvy and street-smart?"

### 3. Help kids delay gratification

Have you heard of the famous "marshmallow test" conducted by Walter Mischel and a team of researchers at Stanford University in the late 1960's and early 1970's? 4-year-old children were presented with a marshmallow and told they could either eat a marshmallow now, or wait 15 minutes and receive two marshmallows.

Some children gobbled the marshmallow immediately, while others managed to wait the full 15 minutes and receive the reward of a second marshmallow.

In the follow-up with the children for the next several decades, the researchers found that the 4-year-olds who had successfully waited for 15 minutes differed in significant ways from the children who could not wait.







## Articles

Over the years, the children who had “passed” the marshmallow test developed positive characteristics such as better emotional coping skills; higher rates of educational attainment; higher Scholastic Aptitude Test (SAT) scores; lower Body Mass Index (BMI); lower divorce rates; and lower rates of addiction. Get comfortable with saying “No” and “Wait” to your children. They will thank you later in life.

### 4. Get out of the house with them

If you are wondering about how to inspire “social excellence”, take a leaf from local celebrity mummy Jacelyn Tay’s parenting mantra. She writes on her [Instagram](#),

*“Travelling is tremendously beneficial for our growth and development, both adults and kids... When we travel, we have to accept that things may not turn out to be what we expect. It may suddenly rain and you aint got a brolly. Child vomits on a long car ride... Well, only when we are forced to get out of our comfort zone, we are able to stretch and grow.”*

She wisely pointed out,

*“Kids become more tolerable to upsets in life and differences in people and culture. When you travel with your kids, they develop bigger hearts. So for parents who feel inadequate in bringing your young kids out to other parts of the world, think of it as an adventure for things to go wrong and it is good cos both you and your kid grow.”*

### 5. Teach them self-care

Inculcate healthy habits such as eating in moderation, exercising regularly and getting sufficient sleep. When you demonstrate and teach your kids how to make wise choices in bodily care, they have a constant source of clean fuel to meet the demands of life and pursue excellence.

### 6. Be the person you are proud of

Lastly, the inspiration to be excellent is best caught, not taught. Dr von Auer encourages parents to always be the person that they are proud of because in “this way, your children will model this personal motto and belief themselves. If children see their parents persevering with a good attitude, they are more likely to follow suit.”

Source: <https://thenewageparents.com/how-to-inspire-kids-to-do-their-best/>





## Birthdays of the Month

Rafael Alexander Wijaya  
1-Oct-2014

Ella Jodie Wilendra  
2-Oct-2014

Keiryn Carinna Pui  
10-Oct-2017

Emma Kate Huang  
3-Oct-2014

Nathan Oliver Haryanto  
18-Oct-2016

Evelyn Kamili  
16-Oct-2014

Isabella Caitlyn  
20-Oct-2016

Ethan Alvaro Tan  
19-Oct-2015

Aiden Kawan  
20-Oct-2016

Aurora Thomas Tjioe  
20-Oct-2014

Madina R Maheswari  
24-Oct-2017

Myka Triana Sapoetro  
21-Oct-2015

Dominic Oliver  
24-Oct-2017

Alden Kai Gondohusodo  
24-Oct-2017

Sophie Eilee Suwandi  
26-Oct-2015

**Activities Page**

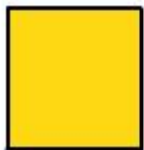
Draw a line to match shapes and the words.



Star



Square



Heart



Circle



Triangle



Rectangle



Oval

TURTLE DIARY

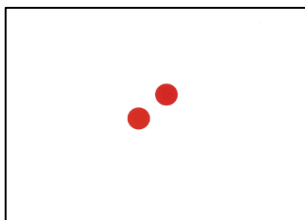
## Materials Knowledge

# MULTIPLICATION

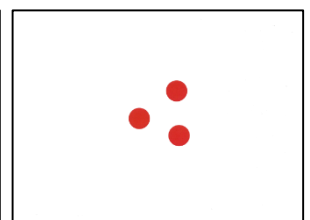
Heguru students learn multiplication table through song and flash cards. It is very effective for the students because they can memorize easily the multiplication based on the song and the rhythm.

Heguru education teaches multiplication from table 1 until table 9 in order to help students memorize better. The use of song help students to remember the rhythm and they will put it in the right brain.

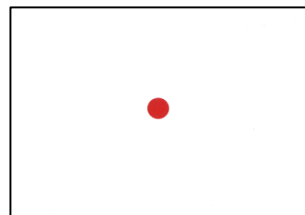
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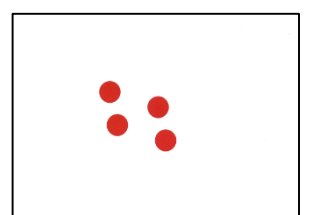
$$\bullet \times 3 =$$



$$\bullet \times 2 =$$



$$\bullet \times 4 =$$





## Curriculum

## October Journey

## LITERACY

- Learn how to write your own name.
- Knowing the vocabulary of sensory words by touching and feeling different texture.

## KNOWLEDGE

- Draw an umbrella by Following dots learn how connect the dots

- Draw crosswalk and understand the function of it.

## NUMERACY

- Count quantity 1-10 using pictures ring
- Learn various kinds of shape

0  
to  
1

Year Old

2  
to  
3

Years Old

## LITERACY

- Spell and write your own name
- Divide the words based on its classes

## KNOWLEDGE

- Try to find the animals and mention their names

- Learn the location of Indonesia

## NUMERACY

- Learn various kinds of shape
- Count the stars in constellation

## LITERACY

- Interview your friends and write it down
- Complete the crosswords

## KNOWLEDGE

- Learn how to undo the knot, to improve their motoric skill
- Add new knowledge about palindrome

## NUMERACY

- Name Various kinds of shapes
- Connect the dots and count the numbers

4  
to  
6

Years Old



Calendar of the Month

October

| 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            |   |
|------------------------------|---|
| 9 – 14 October 2018          | Heguru Open Booth at Mall Taman Anggrek |
| Every Wednesday at. 10.00 am | Brain tour                              |
| Every Saturday at. 4.30 pm   | Brain tour                              |

