Heguru Academy
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Newsletter

www.heguruacademy.com

Unleash The Genius In Your Child

April 2020

Dear Heguru Families,

I hope you and your family are safe and well.

In order to keep you save and happy, when you come back to school, we want you to follow carefully some new steps in school:

1. When you arrived at school, wave your hand to ask for Heguru staff to open the door for you.
2. After take off shoes, please request for some hand sanitizer to clean your hands.
3. Before you enter the class, also request for some hand sanitizer again to always keep your hand and your child's hand
   Once again after class, our teacher will give hand sanitizer before your child go to reading room and do reading
4. Always remember to bring your water bottle from home, because Heguru will keep all the cups temporarily and all the beverage as well. We only provide mineral water.
5. We will keep all of the toys in the playground.
6. As much as possible, avoid body contact like shaking hand, hugging, kissing, high five with your teacher and friends.
7. And lastly, only 1 parent or 1 care taker can bring student up to 2nd and 3rd floor.

We will continue to send you update each week about **Home-self Learning Package**, until we are ready to come back again to school.

If you need those class materials (puzzle, workbook, flashcard, etc.) to be used at home, do not hesitate to let us know through our number **0878 7608 6500.** We are ready deliver class materials and support your child's learning at home.

Have a great learning time and stay healthy.

Warmest Regards,

Mr. Suryanto Lim

HEALTH REMINDER

HEALTH REMINDER

Novel Coronavirus (2019-nCoV)

KEMENTERIAN KESEHATAN REPUBLIK INDONESIA

GERMAS
Gerakan Masyarakat Hidup Sehat

Novel coronavirus (2019-nCoV) adalah virus baru penyebab penyakit saluran pernafasan. Virus ini **berasal dari Cina.** Novel coronavirus merupakan satu keluarga dengan virus penyebab SARS dan MERS

GEJALA KLINIS

Demam | Batuk, Pilek | Gangguan Pernapasan | Sakit Tenggorokan | Letih, Lesu

PENCEGAHAN

- Sering cuci tangan pakai sabun.
- Gunakan masker bila batuk atau pilek.
- Konsumsi gizi seimbang, perbanyak sayur dan buah.
- Hati-hati kontak dengan hewan.
- Rajin olahraga dan istirahat cukup.
- Jangan mengonsumsi daging yang tidak dimasak.
- Bila batuk, pilek dan sesak nafas segera ke fasilitas kesehatan.

BAGI YANG MELAKUKAN PERJALANAN KE CINA:

- Gunakan masker bila berada di kerumunan orang.
- Jika mengalami penyakit pernapasan selama di Cina atau setelah kembali ke tanah air, segera hubungi petugas kesehatan dan sampaikan riwayat perjalanan.
- Disarankan tidak mengunjungi pasar hewan

Article

How To Raise A Child Who Loves To Eat Nutritious Food

Every parent hopes that their children will be happy and healthy. As you know, a healthy lifestyle is vital in nurturing your children's well-being and resilience, and that includes eating a healthy diet. But getting our children to eat enough food, let alone eat healthy, wholesome foods, is certainly a challenge for most parents.

If you have the rare child who happily gobbles up everything you put on his plate, good for you! But if not, don't worry – our expert nutritionist is here to help parents who want to encourage their children to eat well.

Here are some tips from Ms Suzanne Khor, Senior Dietician from Thomson Paediatric Centre (The Child Development Centre), to help Junior learn to eat wholesome foods.

#1 Eat what you want your child to eat

Be a good role model for your child to follow. Try to sit down with your family for at least one meal a day – breakfast or dinner times are typically when everyone is home and available to eat together.

Article

#2 Have a range of wholesome foods readily available for your child to eat

Keep a variety of healthy snacks within the kitchen areas accessible to your child, for example having fruits / milk / yogurt in the fridge or whole meal buns / bread on the kitchen counter. When these food options are visible and seen daily, Junior will be more likely to accept and try them.

At the same time, avoid keeping sweets or candy where Junior can see and gain access to them easily to reduce unhealthy snacking.

#3 Offer balanced meals containing wholesome foods for your child's main meal

In our current busy lifestyle, with both parents working in many families, it may not be possible to have at least one home-cooked meal a day every day. However, you can make every effort to purchase balanced meals from outside – less fast food and more salads; less deep-fried items and more soups and stews.

If you want to prepare a homemade meal but are strapped for time, try these quick and easy healthy ideas for size:

- Example 1: A whole meal sandwich with egg or roast chicken, tuna, cheese with a vegetable salad or soup and fruit.
- Example 2: Freeze daily portions of food to be quickly heated up for dinner e.g. Chicken / meat stew or soup with vegetables served with rice or noodles.

#4 Make eating wholesome foods fun!

Food art is not as hard as it seems! All you need are a pair of kitchen scissors and some cute toothpicks to dress up your meals and make them visually attractive to your child. You can find all the tools you will need at Daiso, and get lots of ideas from the Internet too!

By Dorothea Chow

https://thenewageparents.com/how-to-raise-a-child-who-loves-to-eat-nutritious-food/

Birthdays of the Month

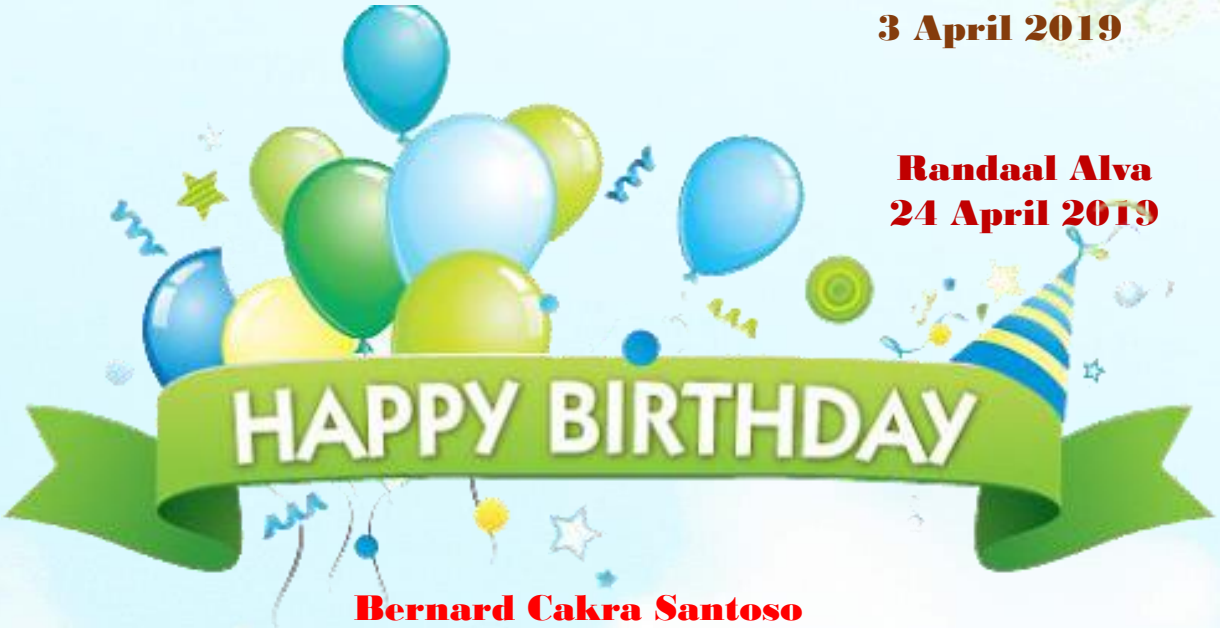
Nicholas Nolan Sunshine
14 April 2015

Joceline Susilo
2 April 2015

Sabina Tiffany
15 April 2018

Matthew Chandra
3 April 2016

Caitlin Victoria Sukawi
3 April 2019



Randaal Alva
24 April 2019

Bernard Cakra Santoso
14 April 2015

Godric Xavier
11 April 2019

Mikko Binsar Hasiholan
19 April 2017

Samuel Jordan Setiawan
29 April 2017

Dario Aldrin
20 April 2017

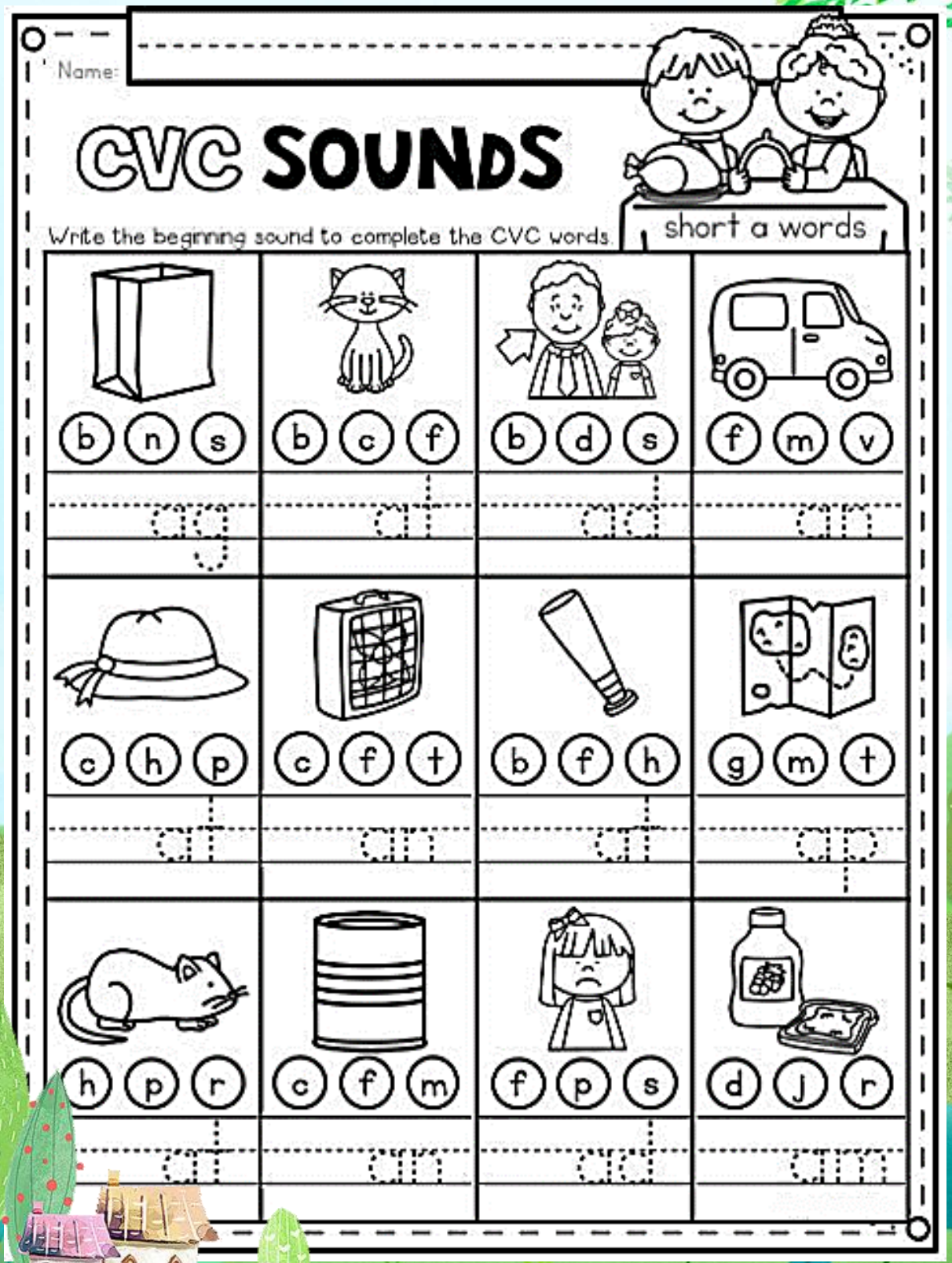
JAPAN'S UPDATE

RIGHT BRAIN DEVELOPMENT WITH FOOTBALL PLAYERS!
J. KITANO ALSO CAME TO SCHOOL!

初級講座ベーシックコース

Activities Page

CVC SOUNDS



Materials Knowledge

ANIMAL'S SOUND AND FACT

Observing and caring for an animal instills a sense of responsibility and respect for life. That is why in Heguru we have many activities about animals, such as Animal's Fact.

Animal's Fact is one of Heguru activities to train children's listening ability and also enrich their knowledge about animals.

By guessing the sounds of the animal, we encourage children to be able to recognize different animal's sound and also increase their sensitivity of listening. Besides, children will get a moral life through a fact of an animal. Talking about animals and learning about relationships with animals serves as the perfect vehicle to allow young students to practice social and emotional skills.

Is there any other benefits of learning the fact of the animals? Here are the other benefits:

1. Learning about emphaty
   Children learn that animals deserve to be treated with care and respect.

2. Appreciation of enviroment and nature
   Through pets, children gain insight into wild and domestic animals. By observing their behavior, children learn about animal instincts and intelligence. There is many things to discover about wildlife, that children exposed to nature develop a sense of wonderment and appreciation for life on Earth.

Antelope

Antelope berkerabat dengan rusa. Bentuk fisik mereka hampir sama. Namun, ketika berlari, antelope memiliki ciri khas yaitu melakukan lompatan-lompatan kecil. Setiap berlari beberapa langkah, ia akan melompat, berlari lagi, melompat lagi dan seterusnya. Meski melompat kecil, ia tetap sampai ke tujuannya.

Pesan moral: Teruslah melompat ke depan meski hanya lompatan kecil. Setia dengan proses, bersabar hingga mencapai tujuan.

Curriculum

0 to 1 Year Old

LITERACY
- Let's learn about onomatopoeia
- Let's learn small and big letters of your name
- Matching word (of color) with the real object that has same color

KNOWLEDGE
- Let's learn about painting tools
- Let's recognize the flower and leaves
- Let's categorize things in bedroom and livingroom
- Let's differentiate tall and short
- Let's find autumn leaves
- Let's learn about our 5 senses

NUMERACY
- Counting 1-10 using animals
- Doing subs traction up to 5
- Which is heavier (comparing 2 different things)
- Counting object in picture

MOTOR SKILLS
- Put the small string to straw
- Folding origami and make a fish
- Folding origami and make rat
- Let's fold origami paper and make elephant

MEMORY
- ESP games (psychometry) feel the paper with your left hand
- ESP games (clairvoyance) see the animals through the barn
- Let's memorize "Greek alphabet "
- Memorizing the MEP song " Gas Properties"
- Memorizing the MEP song " human body- Eyes and ears"

2 to 3 Year Old

LITERACY
- Let's learn polite language
- Let's play word chain
- Find the animals that begin with same letter
- Matching words (of color) to the object with same color

KNOWLEDGE
- Good and bad behavior
- Let's learn about idioms
- Let's learn about our 5 senses

NUMERACY
- Drawing triangle by connecting dots
- Which is heavier (comparing 2 different object to find which one is heaviest and lightest)

lets make various shapes from origami paper
- Find smaller number than 5

MOTOR SKILLS
- Put the small string to straw
- Folding origami and make a fish
- Folding origami and make rat
- Let's fold origami paper and make elephant

MEMORY
- ESP games (psychometry) feel the paper with your left hand
- ESP games (clairvoyance) see the animals through the barn
- Let's memorize "Greek alphabet "
- Memorizing the MEP song " Gas Properties"
- Memorizing the MEP song " human body- Eyes and ears"

4 to 6 Year Old

LITERACY
- Describing one picture with 2 sentences
- Write the words of the picture
- Let's learn about synonym

KNOWLEDGE
- Find your own strength at least 3 (ex. I am good at counting)
- Let's learn about good and bad behavior
- Categorizing mammals and fishes

NUMERACY
- Let's learn about animal's speed
- Let's learn a concept of half and quarter
- Let' memorize peg memory 1-50
- Let's learn concept of small, medium and large
- Finding number greater than 5

MOTOR SKILLS
- Jump over the rope (30cm from your feet)
- Run zigzag (provide the line)
- Put the small string to straw
- Folding origami and make a fish
- Folding origami and make rat
- Let's fold origami paper and make elephant

MEMORY
- ESP games (psychometry) feel the paper with your left hand
- ESP games (clairvoyance) see the animals through the barn
- Let's memorize "Greek alphabet "
- Memorizing the MEP song " Gas Properties"
- Memorizing the MEP song " human body- Eyes and ears"

Calendar of the Month

April 2020

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

10 April 2020	Good Friday
12 April 2020	Easter 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"