



# KG1

## Classroom Newsletter

### September 2017

#### Reminders

Kindly make sure to label your child's school bag, lunch bags, and water bottles.

Sending extra clothes for your child will be greatly appreciated.

Healthy snacks are encouraged so please avoid sending any chocolates, chips, or any unhealthy food.

#### Dear Parents

Welcome back to a new school year. We trust that you had a happy and joyful summer.

For the first two weeks of school the students will be focusing on getting to know the class and the classroom rules, name recognition, sharing, respecting property of others as well as taking turns.

Starting on the last week of September, students will be introduced to phonics and letter recognition of the upper and lower case letters, as well as the letter formation.





# KG1 Classroom Newsletter September 2017

## Math

Week 2- Settling In

Week 3- Setting In

Week 4- Number 1

## Shapes & Colors

Week 4 -

Circle & Triangle  
Shapes  
Color White

## English

Week 2- Settling In

Week 3- Setting In

Week 4- The Letter Ss

Vocabulary Words:

Sun, seal, star, shark, sheep and ship

## P.E. Schedule

Kindly dress your child in the Ahlia School  
Sport uniform on the following days.

KG1A - Sunday & Monday

KG1B - Monday & Wednesday

KG1C - Sunday & Thursday

KG1D - Tuesday & Wednesday

KG1E - Sunday & Thursday







## Ahlia Preschool 2017-2018

### Useful Information and Procedures for Parents

We would like to welcome you and your family to Ahlia Preschool. It is our continuous aim to provide a stimulating, caring environment for your child to grow socially, emotionally and intellectually. Here is some useful information to enable you to work closely with the school and teacher to support your child.

**Newsletters:** In order to maintain good communication with the parents of our children a monthly class newsletter will be sent out by the class teacher. **To reduce paper waste we will be sending all newsletters by email from now on**, a hard copy will be posted on the classroom notice board to let you know the activities and themes being covered and keep you informed of special events such as National Day, Sport's Day or classroom events etc. Please make sure that we have all your contact details, if you change your **email address or phone number** we need to know as we also use **SMS** to inform you of important events.

**PTC:** We invite parents into school for Parents Teacher Conference (PTC) to review your child's progress. A full report will be given at the end of each semester.

**Timings:** Teachers are ready to receive children from **7:00 a.m.** and picked up promptly by **12:30pm**. **Parents are asked to pick up their children on time.**

**Policy for New Joiners at the beginning of the year (the first 2 weeks):** Especially, **Prenursery & Nursery Classes**, we ask you to pick the children up early for the first few sessions, to help them adjust. We will be extending the length of time they attend to become more comfortable. Our main aim is to settle the youngest children and make them feel comfortable and happy to be at Pre-school.

**Afterschool activities:** There will be a variety of interesting afterschool activities which will be available from the beginning of October. The activities will run on a monthly basis from 12:45p.m. to 2:00p.m. each day. The activities will include: Construction Games, Art Projects, Music & Movement, Math Blast!, Science Club, French and Arabic Classes, Playdough Club and Interactive Story time in English. There will be an additional charge for these activities.

**Snacks:** As we encourage healthy eating habits, please send a healthy snack such as a sandwich, plain biscuits, or other healthy snack, a piece of fruit, a drink and water bottle with spout. Lunch boxes, bottles and clothes should be **clearly labelled** with your child's name. **Unhealthy food** such as chocolate, sweets, chewing gum,

nuts, lollipops or fizzy drinks are not allowed and **will be sent back home**. Please do not send in any type of treat or candy which may be a choking hazard to our students. Also note, preschool children will not be able to buy food from the Cafeteria.

**NO NUTS POLICY:** Parents must not send in any food or treats, such as birthday cake or cupcakes that contain NUTS; including peanuts, tree nuts and peanut butter.

**Allergies:** If your child has a food allergy or food preferences, please let us know on their registration form and also write this on their lunch box. Parents must notify teachers of any known or suspected allergy to nuts and provide all needed information.

**Nappies:** We would ask parents to ensure that the child is changed at the latest possible time before being brought to the Preschool and that spare nappies, wipes, any creams/lotions and a change of clothing are provided (labelled with your child's name).

**Personal items:** We discourage the children from bringing in toys, jewellery or money from home as they may get lost, damaged or become a **choking hazard**. If there is a need to send money, the parent should put in an envelope sealed and stapled in the diary.

**Ahlia Preschool Uniform:** Children are expected to wear their school uniform everyday. Parents must ensure all uniform, PE clothing and school bags are **clearly labelled** with the pupil's name. PE uniform should only be worn into school if children have a scheduled PE lesson. No nail polish or jewelry is allowed at school. Girls are allowed simple post earrings.

**Uniform Suppliers:**

- Georgia Uniforms/ Budaiya Road
- House of Uniforms / Al Aali Mall

**Sickness:** If your child is sick and unable to attend school please let us know. Please do not send your child to school if he/she has a fever, diarrhea, a rash or is on medication that may affect their behavior. Should your child become sick at school we will contact you immediately. If you have given your child Panadol/Brufen for fever in the morning, keep your child home.

**Medication:** Not to be put into bags of children. If your child has to take any medicines contact the School Nurse Department.

**Discipline:** It is our policy to correct a child's behavior using positive language naming the action as inappropriate and **not** the child as "naughty". Should an argument involve two children we would inform the parents of both children and



record the incident in our files. No adult, parent or teacher will administer physical punishment to any child at Ahlia Preschool.

**Accidents:** If a child has an injury at school they will be given appropriate first aid and the parents will be informed by phone and through the child's diary.

**School Diary:** Please check your child's diary daily and make sure it is sent on a daily basis back to school.

**Stationery:** Parents are encouraged to purchase stationery suppliers for their children. The supplies will be shared among all of the students in the class, so there is no need to write your child's name on anything except the lunch back, drinking bottle/containers, notebooks, folders and envelope files.

We are looking forward to a wonderful year of exploring and learning with your child.

Thank you.

Prepared by:

Ms. Joanna Szymanska

Preschool Coordinator

Date: 24<sup>th</sup> August 2017



Approved by:

Ms. Wafa Albuflasa

School Principal

A handwritten signature in blue ink, likely belonging to Ms. Wafa Albuflasa, the School Principal.

Cc: Dr. Mohammed Ali Habib / Acting Director General



## Ahlia Preschool

### Healthy Eating Policy and Procedure 2017/2018

#### Statement

A balanced diet is essential for the maintenance and protection of health, to ensure that full mental and physical potential is reached each day and to optimise growth and development. Developing a healthy diet and good eating habits early in life will lay the foundations for future health.

#### Aim

We aim to help children to develop a positive and healthy attitude towards food and their diet, raising awareness of the difference between nutritious and non-nutritious food. A good balanced diet is vital for children to develop healthily along with fresh air and regular exercise. Food and eating can be a wonderful source of learning for children therefore our main aims are:

- To make snack times a pleasurable and safe experience;
- To support children and their families, creating an awareness of healthy eating and promoting as appropriate;
- Within the school setting, to provide opportunities and experiences to develop children's knowledge and understanding of healthy eating concepts. Ahlia School tries to make a positive safe experience by:

Encouraging parents and children to pack a healthy snack that varies, such as:

- A sandwich on brown bread
- Cheese cubes
- Fruit scone (grapes should be cut into halves or quarters to prevent choking)
- Plain biscuits
- Pasta salad
- Vegetable sticks (chopped properly)
- Dried fruits such as dates, sultanas, etc
- Yoghurt

**A juice and bottle of water with a spout LABELLED WITH THE CHILD'S NAME.**

### Food we **do not** encourage

- Fried foods, doughnuts and any other that may be a choking hazard
- We do not allow chewing gum, sweets, chocolate, lollipops
- Nuts or products containing nuts
- Glass bottled and carbonated drinks

Please send plastic spoons and NO SHARP CUTLERY

**If inappropriate foods are sent in then it will be sent back home with a note from the homeroom teacher.**

### Procedure Environment

- Parents are given a copy of the packed lunch policy and asked to adhere to it. Staff promotes healthy eating by monitoring the contents of the packed lunches.
- Children sit together to enjoy their snack. A member of staff is always on hand to ensure that good table manners are used and to encourage conversation between the children.
- The staff at the setting aim to make snack and lunch time a relaxing and sociable time for the children, whilst encouraging the children to use good table manners.

### Food Hygiene

Children are always reminded about the importance of hand washing. When working with food, children are encouraged to follow basic hygiene routines –washing hands before and after snack time.

### Oral Health

The use of dummies is discouraged in the setting. Should a child require a dummy (for comfort reasons) staff will work with parents to reduce reliance on a dummy as quickly as possible.

### Links to Children's learning

- Growing fruit and vegetables in the nursery allotment.
- Through links to stories.
- Children have the opportunity to sample foods from different cultural and ethnic backgrounds.



### Themed Days

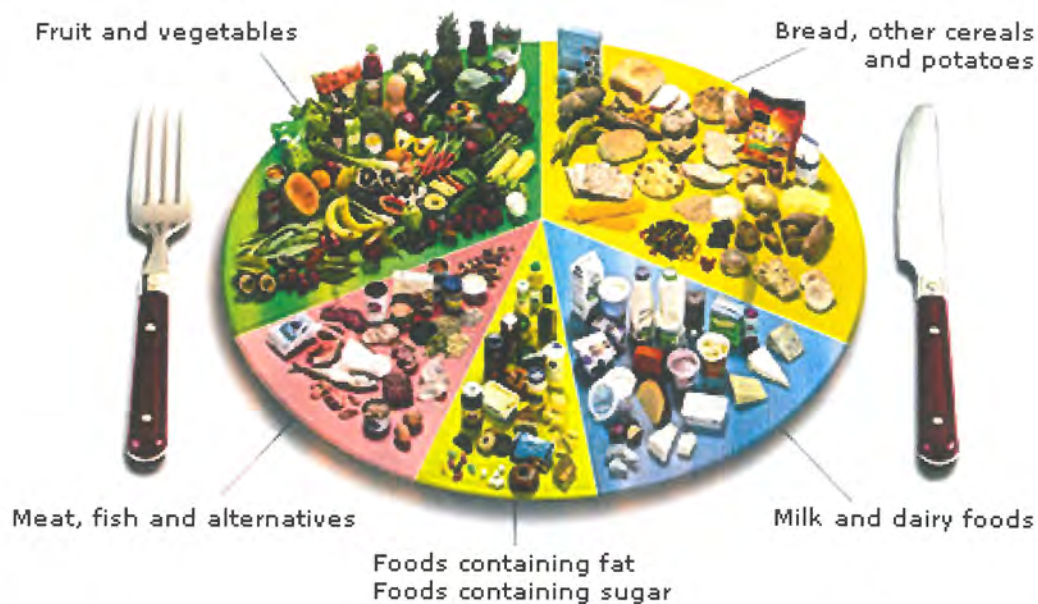
For themed events and special occasion parties, parents provide food related to the theme, e.g. Earth Day will be green food or National Day Party will be traditional Bahraini food.

### Birthday Celebrations

On a child's birthday parent can send in a small individual cupcakes to share with their children. Large birthday cakes are not encouraged.

### The 'Eat Well Plate'

Use the 'Eat Well Plate' to help you get the balance right. It shows how much of what you eat should come from each food group. Always keep trying to introduce new healthy foods. Teach your children to learn to like and prefer healthy food.



Prepared by:

Ms. Joanna Szymanska

Preschool Coordinator

Date: 24<sup>th</sup> August 2017

Approved by:

Ms. Wafa Albuflasa

School Principal

CC: Dr. Mohammed Ali Habib / Acting Director General





## Healthy Snack Chart

| Main Snack<br>✓   | Side Snack<br>✓  | Vegetables<br>✓  | Sweet Treats<br>✓   | Fruits<br>✓   | Drinks<br>✓   | Not Allowed<br>X  |
|---|--|--|---|---|---|---|
| <b>Brown bread sandwich</b><br><br>(sliced bread or Lebanese bread) with choice of filling, such as: cheese, eggs, turkey slices sugar-free jam, honey,<br><br><br><br><b>Pasta dry or with sauce such as pesto sauce</b><br><br><br><br><b>Boiled egg</b><br><br><br><br><b>Mini chicken or meat kebab</b><br><br> | <b>Rice cakes (plain or flavoured)</b><br><br><b>Wholewheat crackers</b><br><br><b>Bread sticks, Mini pretzels, Pitted Olives</b><br><br><br><br><b>Beans</b><br><br><br><br><b>Yoghurt</b><br><br> | <b>Carrot Sticks</b><br><br><br><br><b>Cucumber Sticks</b><br><br><br><br><b>Broccoli, Cauliflower</b><br><br><b>Mushrooms</b><br><br><b>Sweet Corn</b><br><br><br><br><b>Green Peas</b><br><br> | <b>Pitted Dates</b><br><br><br><br><b>Raisins</b><br><br><br><br><b>Healthy fruit bar</b><br><br><b>Dried cranberries or other dried fruits</b><br><br><b>Naturally sweetened cookies or muffins</b><br><br><br><br> | <b>Any fruit in season</b><br><br><br><br><br><br><br><br> | <b>Water</b><br><br><br><br><b>LABEL WITH YOUR CHILD'S NAME</b><br><br><b>Fruit juice unsweetened</b><br><br> | <b>Fizzy Drinks</b><br><br><br><br><b>Fast Food/Fried foods</b><br><br>(Chicken nuggets, beef burger etc)<br><br><br><br><b>Chips</b><br><br><br><br><b>Nuts</b><br><br><br><br><b>Sweets and Chocolates</b><br><br> |

Please label all bags, snack boxes and bottle containers.

Approved by: Dr Mohamed Ali Habib/ Acting Director General

Parent can include a small ice pack in their child's bag in hot weather





## School uniform 2016/2017

Date: 2/7/2017

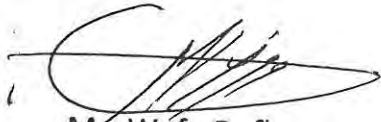
Students' adherence to the school uniform is an evidence of their respect to the school rules and disciplines. The following are some of the general standards that must be observed in the school uniform:

- Please adhere to the official Ahlia School uniform with the School logo.
- Boys: beige trousers and white shirt with logo
- Girls: beige skirt/trousers and white shirt with logo. Head scarf should be white for those who wear one.
- PE: PE t-shirt, navy blue shorts/sports trousers, white socks, black or white trainers.
- **PE shoes must be navy blue, black or white. Most preferably without laces.**
- Football shoes with studded soles are not allowed.

In addition we ask all parents to pay particular attention to the following:

- Sandals and slip-on shoes are not allowed
- Shoes must be of black leather. They should not have high heels, or high platforms.
- Girls may wear one pair of ear studs, but no other jewelry, nail varnish or make-up is allowed. Long or loop earrings will be confiscated by the Social Counselors Department as they pose risk to your child's safety.
- Hair should be neat and tidy and long hair should be tied back, boys should have short trimmed hair.
- **Hair Ties must be navy blue, black or white.**

Cc: Mohammed Habib  
Acting Director General



Ms. Wafa Buflasa  
School Principal





AHLIA  
SCHOOL

## Pre-School (Prenursery to KG2)



Girls: Plaid dress

Boys: White shirt with plaid shorts/ long trousers(for winter)





## Ahlia Preschool Birthday Celebrations Policy 2017-2018

Dear Preschool Parents,

This notice is to inform you that Ahlia Preschool implemented new "Class Birthday Party" guidelines for new academic year 2017-18 due to food allergies, and in an attempt to reduce the amount of sugary treats provided to our students as part of our Healthy Eating School Policy. We appreciate the support of our parents in this endeavor.

At Ahlia Preschool, we know how important and special your child's birthday is! We love to celebrate your child's birthday at school, if you choose to do this let the teacher know and tell her your plans.

Here are our requirements should you choose to celebrate your child's birthday at school: Please take some time to review the following information about our "Ahlia Birthday Celebrations Policy":

1. Celebrations at school need to be simple. Teachers and children will acknowledge birthdays by signing "Happy Birthday" to the birthday child and might provide a birthday crown, hat or sticker to help make the birthday child feel extra special.
2. Birthdays are celebrated during Preschool Second Break (11:40am – 12:00pm) on the day closest to the student's birthday.
3. Parents may send in or bring in, a cake or other treat to celebrate with the class on the day closest to the child's birthday.
4. Ahlia Preschool is a **Nut-Free school**. We are committed to not offering any foods that contain nuts; including peanuts, tree nuts and peanut butter.
5. Please do not send in any type of treat or candy which may be a choking hazard to our students.
6. If your treat requires utensils, please provide those for the class.
7. If a child does not like or is allergic to the birthday treat, the regular classroom snack will be available.
8. Private birthday parties (outside of the school) and invitations to birthday parties are NOT part of the classroom. Any invitations, announcements, etc. need to be handled by the child's parent outside of the school environment. Please do not send invitations to school for teachers to pass out.

Thank you for your understanding and cooperation.

Prepared by:

Ms. Joanna Szymanska

Preschool Coordinator

Date: 23<sup>rd</sup> August 2017

CC: Dr. Mohammed Ali Habib / Acting Director General

Approved by:

Ms. Wafa Abuflasa

School Principal





## Observation and Photography Release Form 2017-2018

As part of our commitment to provide for the individual needs of your child we will observe all areas of development, and in partnership with you, record progress in those areas in order to plan appropriate activities within the School and Classroom.

These observations and records will be available for Ministry inspections & visits, otherwise they will be confidential and available only to you and those staff involved in planning the early learning for your child.

Any photographs taken of your child by the School may be used in Preschool Displays, School Newsletters, Classroom Displays, and the Schools Official Social Media Platforms including the school website & Marketing Channels.

**In addition, from time to time**, photographers or the local press may be invited to take photographs of the School events to feature in the local newspaper and magazines.

Please consider the above, and return the separate completed permission slip and submit it to the Homeroom Teacher

Prepared by:  
Ms. Sara Shabib  
Preschool Administrative Officer  
Date: 27<sup>th</sup> August 2017

Approved by:  
Ms. Wafa Albuflasa  
School Principal

CC: Dr. Mohammed Habib/Acting Director General

### Permission Slip

Please fill in the slip and return it to the homeroom teacher

Child's Name: \_\_\_\_\_

Class: \_\_\_\_\_

☐ I **DO** give permission for my child's photograph to be taken and be used as described above.

☐ I **DO NOT** give permission for my child's photograph to be taken and be used as described above.

Parent's Name: \_\_\_\_\_

Parents  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Ahlia Preschool 2017-2018 KG1 Supply List



Dear KG1 Families,

We are so excited and looking forward to working with you and your child during 2017-2018 school year. KG1 is such a fun year where your child will be learning and growing so much! In order to succeed and thrive there are some things your child will need:



| Supply                            | Quantity | Supply                                    | Quantity |
|-----------------------------------|----------|---|----------|
| Passport Size Photos              | 4        | Plastic Envelope File                     | 4        |
| Crayons (Faber Castell) Chunky    | 1        | A4 size copy paper                        | 1 pkt    |
| Glue Sticks                       | 5        | Colored Crepe Paper (assorted colors )    | 5        |
| UHU Liquid Glue                   | 2        | Colored Paper A4                          | 1        |
| Water Color Paint set             | 1        | Colored Paper A3                          | 1        |
| Pencil                            | 5        | Glitter Foam Sheets                       | 1        |
| Eraser                            | 2        | Foam Colored Sheets (sticker on the back) | 2        |
| Sharpener                         | 1        | Small White Board                         | 1        |
| Colored Pencils (Faber Castell)   | 1pkts    | Washable White Board Markers              | 2 pkts   |
| Plain Name Labels                 | 1 pkt    | White Board Eraser                        | 1        |
| Paint brushes                     | 2        | Wet Wipes                                 | 3        |
| Lined Notebook (Arabic & Islamic) | 2        | Hand Sanitizer (big bottle)               | 1        |
| 2" Ring Binder (box file)         | 3        | Tissue Box                                | 2        |



With your support and help, we can make this year wonderful and successful. The supplies will be shared among all of the students, so there is no need to write your child's name on anything *except the lunch back, drinking bottle/containers, folders, notebooks and envelope files.*

Thank you in advance for your cooperation and supplying our classroom with these necessities! This is going to be a wonderful year!

Prepared by: Ms. Joanna Szymanska / Preschool Coordinator  
Approved by: Ms. Wafa Albuflasa / School Principal

