

Newsletter

Happy New Year!



Dear parents,

We are delighted to be in 2020. A year that has begun in a robust way and which saw us open a new Primary section for the Grade 1 & 2 at Kasuku Road, Kilimani and also a new Branch located in Karen. The weeks have literally flown by and we are at the half way mark of our term. Our activities have been full of excitement and as usual there is never a dull moment at the Nest. We welcomed many new families; children, parents and staff this year and to you we say - 'Karibu Kiota!' We are committed to creating happy memories for all who join and do hope that you will indeed have a great experience with us. February is the month of love, kindness and respect and fits in well with our theme for the year - 'Invaluable Values'. In addition to

our academic life, we seek to infuse a culture of values into all who are part of the family. We will therefore include lots of activities that will allow us to exercise kindness and respect among us. We have had successful interactions already such as during the recent Curriculum evenings/ morning and also the various swimming and Football tournaments that some of our children have participated in. We thank you for all your participation and attendance and look forward to many more. We encourage you to continue engaging with us whenever we invite you and to update us with your current contact details so that you don't miss out on any communication. We are wishing all of you a pleasant half term break and hope to resume our activities when you return. Happy Valentines to you all!

Learning Zone

Our Bible Theme: CREATION

Memory Verse is: Genesis 1:1 - 'In the beginning God created the heavens and the earth'

Our General Theme: 'INVALUABLE VALUES'

CLASS THEMES:

Playgroup Theme: Myself-Children will learn about themselves and their body parts. They will have lots of picture reading, crafts, colouring, News telling, singing, dancing, explore numbers, colours and shapes. Independent skills: etiquette (Table manners), washroom routines, tidying up, dressing.

Penguins Theme: At the market-What you find at the Market, Types and characteristics of fruits and vegetables, Preparation of fruits and vegetables for eating after buying, Cookery session: making fruit salads and vegetable sandwiches. Number work: Counting, number recognition, value and sequencing. Shapes and colours Language: Sounds and letter recognition. General goals: Independence, care of self, hygiene practices, sharing, being part of a group.

Parrots Theme: 'At home' -Foods we eat, 'healthy me' Clothes we wear, Utensils we use, Our family members. Number work: Counting, sequencing, number writing, shapes. Language: Simple word building, naming and drawing pictures and reading. (Readers: Lady bird level 1a – 2 (ideally) Ginn books level 1) General goals: Working independently, tidying up, care of self, concentration.

Eagles Theme: 'Under the sea'-Sea Animals, Sea Food, Sea Plants, Sea Sport, Sea transport Number work: Addition, subtraction, Time, Shapes, mental sums. Language: Reading, writing. Readers: Ladybird level 3a - 4, Ginn books level 2-3 (ideally) General goals: Working independently, concentration, care of self, sharing and taking turns.

Grade O1 Theme: 'Houses from around the world' Will research and explore different types of houses found in different countries.

Grade 02 Theme: 'Our world' Will learn about various aspects of countries such as flags, continents, fun facts about countries and the world in general.

Grade 03 Theme: 'Up in the sky' Will explore things found in the sky such as aeroplanes, birds, weather patterns.

Grade 04 Theme: 'Mini Beasts' Will explore various small animals including learning their species, habitats, food they eat, physical features and other interesting facts.

Class 05 Theme: 'Ancient Empires' Will learn about Historical and Ancient places, people and Landmarks.

SUBJECTS:

English & Literacy - Refining listening, speaking, reading and writing skills. Ginn Book Reader levels 6

Numeracy - Number counting, grouping, recognition, reading and writing, addition, subtraction, measuring, money.

Hands on Science - Observe, explore the environment, develop critical thinking, learn how to research, problem solving skills. **Environmental –** Learn about surrounding, observe nature and identify different resources found in the environment

Kiswahili - Kusikiliza, kuongea, kusoma na kuandika.

Creative arts - Enhance creativity. Talent, performance skills.

C.R.E - Learn about Godly values, develop awareness on Traditional African Religious heritage.

Life Skills & Hygiene - Skills about care of self, independence and making good choices.

ICT - Data, digital media, creating and publishing

Home Science (Grade 4) - Learn about healthy living, consumer education, food and nutrition and clothing

Science & Technology (Grade 4&5) - Learn about living things, the environment, digital technology, Matter, Force & energy, Earth and Space.

Social Studies (Grade 4&5) - Learn about Citizenship, History and Geography.

Agriculture (Grade4) - Learn about conserving our environment, domestic animals and gardening practices.

1st TERM CLUBS AT PRIMARY

- 1. Bead work
- Expressive Arts (Music, Dance & Drama)
- 3. Debate
- 4. Journalism/Photography



Trivia zone:

- Q: Where do our Primary School children go for Swimming?
- A: Methodist Guest House
- Q: Which Campus has Grade 1 & 2?
- A: Kasuku Road campus

Inspirational Quote of the month

"Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver."

Barbara De Angelis



Fun Apps to download:

- Freekidsbooks.org
- Go to www.parents.com for a selection of recommended children's Apps.

1st term activities















SCHOOL ACTIVITIES

Swimming: Tuesdays - Playgroup (AM) Grade 1Beta & 1Gamma, Karen Campus. Wednesdays - Parrots (AM), Eagle 1&4 (PM) Grade 1Alpha (AM) Grade 02 (PM) Thursday-Penguins (AM) Eagle 2&3 (PM) Fridays - Grade 3 (AM) 4&5 (PM)

Ballet: Mondays (Kindergarten) Friday (Primary) Friday Karen campus

French: Thursdays (Kindergarten) Monday Karen Campus

Roller skating: Tuesdays -Kindergarten (AM) Primary (PM) Friday Karen Campus

Tae Kwon Do: Wednesdays (Kindergarten) Thursday (Primary) Monday Karen Campus

Monkeynastix: Fridays (Kindergarten) Thursdays (Primary) Thursday Karen campus

Little Einstein Science Club: Mondays (PM) All schoolsWednesday Karen Campus

Musical Instrument: Wednesdays (Kindergarten) Individual time slots (Primary)

Robotics: Mondays (PM) Primary

Tennis: Tuesdays (PM) Primary

P.E: Kindly refer to your child's Time









- Robitics club demonstration at Kasuku Campus
- 2. First Day of School
- 3. Fun Day during opening of Karen Campus
- 4. Art class for Parrots
- 5. Penguin ICT Class

- Grade 3 and 4 during Compliment Day
- 7. Little Einstein session at Karen Campus
- 8. Compliment Day at Kasuku Campus
- 9. Grade 1 trip to Bomas of Kenya
- O. A guest at one of the Curriculum Evenings Sessions

BE KIND

Being kind not only has a direct effect on others, but it has a positive impact on yourself as well. Everybody can use a little bit of kindness in their life. Kindness starts with you and can be contagious if shared intentionally.

Of course, being kind is pretty



Be Kind

self-explanatory, but there are a variety of ways that you can express it. Whether it is opening a door for someone or helping out a stranger, kindness can have a greater impact than you think. It is one of the greatest attributes that someone can have.

Below are some of its benefits:

- Kindness has many benefits including increased happiness and a healthy heart. It slows down the aging process and improves relationships and connections, which indirectly boosts your health.
- People believe kindness is particular to those of religious faith because of their moral vows. Kindness does not require you to be of religious faith or even

- spiritual. Demonstrations of kindness are observed in man's best friend, the dog. Cats also show kindness and are treasured for their emotional connection.
- Kindness broadens your life's frame of reference and is a symbol of respect to value the receiver. It influences the giver more than the receiver and has correlations with enhanced mental, emotional and physical well-being.
- Incorporate the smallest acts of kindness into your everyday life and notice the ripple effects.
- Children learn how to be kind by observing the adults in their lives - lead by example.

Ask yourself, 'have I been kind today?'

MEET THE PTA



Baba Peter Class Rep Grade 5



Mama Zhane Class Rep Grade 1



Baba Imani Karen Campus Rep



Baba Sean Eagle Nest



Mama Nicholas and Ann Class Rep Parrot Nest



Mama Isaac Class Rep



Baba Nimo Class Rep Robin Nest



Baba Faiza Class Rep



Mama Isaac Class Rep Penguin



Baba Joshua Class Rep Grade 2



Opening Day - Tuesday 7th January 2020 -Tuesday 14th January 2020 (Karen Campus) Half Term - Monday 17th - Friday 21st February **Theme Day -** Saturday 29th February 2020 (Whole school) Closing Day - Wednesday 8th April 2020 PTC- Thursday 9th April 2020































