

# KIOTA SCHOOL

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## newsletter

# I AM A WINNER!



Winners of a Relay Race pose with Harambee Stars' Allan Wanga at Primary's Sports Day.

*Dear parents,*

With the August holidays around the corner, our second term has come to an end. We had a fully loaded term that was packed with activities for the whole family. Children have progressed as expected in their academic work and shown individual progress throughout the term. They enjoyed class trips and other outdoor learning experiences.

Children displayed this growth and confidence through Showcases and Research project presentations. This is what the Competency Based Curriculum stands for and we are having a marvellous time celebrating each child's competency in various areas. At Primary, Grade

3 children are going to undergo a National Assessment in September 2019 (next term).

All children are to be registered on a Kenya Early Years Assessment portal (KEYA) and national registration is currently ongoing. The assessment is not an exam rather than a means to provide a large-scale feedback on learning outcomes at formative stages for decision making nationwide. Children will not be graded and this will not affect their advancement to the next level. It will also be overseen by their teachers so no external examiners will undertake the exercise.

The Assessment will cover all the learning areas and children will engage in certain assignments including those that will require parent involvement. One of the assignments that are being carried out is a Market Clean-Up exercise and our Grade 3 children participated in cleaning up the market on Dennis Pritt Road.

Both the Kindergarten and Primary held their Sports Days which were superb and included parent and staff participation that was well applauded.

Our Caregivers received 1st Aid training and they also gave positive feedback regarding what they learned. Our Parents' Breakfasts were unique and equally beneficial not to mention lots of fun! The staff also have had their various trainings during the term. It is safe to say that the term has been successful. We are wishing everyone a peaceful and restful break. We await your return in September positive that next term will also be great.

See you soon!

# AUGUST HOLIDAY CAMPS

HOLIDAY CAMPS AT THE PRIMARY SECTION  
NYANGUMI ROAD (12TH AUGUST 2019 - 16TH  
AUGUST 2019)



During the School break, there are Holiday Camps running concurrently in both campuses from **Monday 12th August 2019 - Friday 16th August 2019 at 9am-12pm** as follows:

## KINDERGARTEN HOLIDAY BIBLE CAMP- THEME: 'ARMOR OF GOD' (Charges are 5000/- ages 2-6 yrs)

**Day 1. 'Dance like David'.** A dance filled morning with aerobics, Zumba, musical chairs and dance competition.

**Day 2. 'Foodies delights'.** Fun cooking session with a nutritional awareness session.

**Day 3. 'Peek-a-boo!' Scavenger Hunt.** Children will flex their investigative muscles as they search for treasure.

**Day 4. 'Making of the Armor'.** Children will explore parts of the Armor of God and also have fun creating them.

**Day 5. 'Sports Mania.** Children will engage in lots of physical activities both indoors and outdoors.

## 1. Football Camp - Charges are 5000/- ages 3-10 yrs.

- Children to wear sports clothes, football shoes and shin guards. Carry a healthy snack and drink.

## 2. Coding Camp - Charges are 6000/- ages 4-10 yrs

Activities include:

**Day 1. Bug-a-Who?** Introduction to coding.

**Day 2. Round - Square.** Thinking from different perspectives and anticipating different scenarios.

**Day 3. Bits and Blocks.** Giving clear instructions for code

**Day 4. Tynkering About.** Decomposition- Breaking down tasks and looping

**Day 5. Hacker Friday.** Beginning with end in mind. Putting everything into practice

## 3. Art Camp - Charges are 6000/- ages 4-10 yrs

**Day 1. Colorful Landscapes.** Children will create beautiful paintings.

**Day 2. Photo Me Frameworks.** Photography exploration and making of a photograph frame

**Day 3. Coding pendants.** Through beading, children will have fun making pendant necklaces.

**Day 4. Maxed up yarns.** Children will learn all about weaving and be able to make Table mats.

**Day 5. Garden patch work.** Mosaic creations galore! Children will create images of birds.

## Trivia zone:

Q: At Primary, what colour is 'Tausi House'?

A: Red

Q: What does 'CBC' stand for?

A: Competency Based Curriculum

## Inspirational Quote of the month

'Relying on God has to begin  
all over again every day as if  
nothing had yet been done.'  
**C.S. Lewis**

## Smart+ Learners Zone

Fun Apps to download:

- Go to [www.parents.com](http://www.parents.com) for a selection of recommended children's Apps.

# 1st term activities



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# SCHOOL ACTIVITIES

## Co-curricular activities

**Swimming:** *Tuesdays*- Playgroup, *Wednesdays*- Parrots (AM), Eagle 1 & Class 02(PM) Grade 1 (PM) *Thursday*- Penguins (AM) Eagle 2 and Class 01(PM) *Fridays* - Grade 2 & 3 (PM)

**Ballet:** Mondays (Kindergarten) Thursday (Primary)

**French:** Thursdays (Kindergarten) Mondays (Primary)

**Roller skating:** Tuesdays - Kindergarten (AM) Primary (PM)

**Tae Kwon Do:** Wednesdays (Kindergarten) Mondays (Primary)

**Monkeynastix:** Fridays (Kindergarten) Thursdays (Primary)

**Little Einstein Science Club:** Mondays (PM) Both schools

**Musical Instrument:** Wednesdays (Kindergarten) Fridays (Primary)

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

1. KS Parrot Trip to Kenya Metrological Department
2. KS Eagles Swimming Jamboree
3. KS Trip to the National Museum
4. KS scouts trip to Tree House children's Home in Lucky summer
5. KS Robin Trip to Karen Blixen
6. KS grade three trip to Britania
7. Biz wiz Club members at the Kilimani Street Festival
8. KS Skating Team during Sports Day
9. KS ArKIDtechure club visit to Design Source
10. KS Grade 2 Research Presentation
11. KS Kindergarten Sports Day 2019

# Supporting Children's Learning Abilities

In this day and age where we often unfortunately burden young children with high expectations when it comes to school work, learning new things or mastering skills, here are some highlights of the 10 ways you can enhance a child's learning abilities:

## 1. Singing

Singing apart from being fun, is important to children's learning. On a physical level, singing "energizes" the brain, as it promotes deep breathing, increasing oxygen intake which makes children more alert and enhances memory. Singing also helps children make transitions, from one activity to another, or moving from one space to another, readying their brains to learn something new. And the lyrics and rhyming words boost literacy.

## 2. Ensure Emotional Safety

Just as a child can't learn when she is hungry, cold, sick, or tired, a child who doesn't feel safe and secure cannot learn. An atmosphere of threats and punishments will shut down learning; conversely, an environment of trust in which a child feels cared for and nurtured readies his brain to absorb new information.

## 3. Use Calming Strategies

For very young children, the majority of each day's experience can feel new and potentially overwhelming. So, calming strategies are a key to learning potential. Simple exercises such as deep breathing as 'pretend to smell a flower...now pretend to blow out a candle...' can help young children diffuse any stress.

## 4. Keep It Simple

Less is more! Busy, cluttered rooms and classrooms can feel overwhelming. Better to cut down on visual clutter and limit a child's choice of activities or toys to two or three options, in order to make a more thoughtful, less stressed decision. Less is more for early learners.

## 5. Pay Attention to Attention Span

According to research, a child's initial attention span is about one minute per year of age. So a 3-year-old starts with a three-minute attention span. The average for adults is 20 minutes, before our minds begin to wander. Experts say that we can boost this ability, with practice, to three times that amount. In other words, 3x3 is a nine-minute span for a 3-year-old. Similarly, for adults, 3x20 minutes, or an hour, is generally the limit. This has obvious implications for learning. Once attention span is exhausted, the brain can hold merely 20% of what's

being conveyed. In other words, for young children, break learning down into short pieces.

## 6. Focus and Reflect

For little ones, it's critical to first focus their attention, convey the learning, and then reflect on what's been learned. It is important to invite children to think about what they've just learned. This is because the brain needs time to process new things. Letting a child reflect by speaking is critical, since the spoken word helps them cement what's been learned.

## 7. Laughing

Include laughter in learning, as a joyful brain processes learning much better, and humor reduces stress, enhances emotional safety, and increases the brain's production of endorphins (chemicals that produce a euphoric feeling). Funny books, like those of Dr. Seuss, are great. So is the use of a puppet to make kids laugh.

## 8. Use Colors and Aromas

Children are very sensitive to color and aroma than adults. And the optimum color for learning is yellow! Yellow puts children in a more alert state and helps them to focus. (Think School Buses in Kenya 😊) Cool colors such as blue, green, and purple calm us down. Scents such as peppermint and cinnamon also boost alertness, while lavender and rose are calming. Wearing a dash of bright color, using yellow paper, putting color into play dough, can be effective strategies. Though, keep it varied so colors and aromas aren't simply repeated, as kids will start to ignore them.

## 9. Provide Repetition/Practice

Repetition "strengthens neural connections" in the brain. And when a new skill or information isn't practiced, the brain won't think it's needed and will "wash it away." Asking a child, "What did we learn yesterday?" is one simple way to repeat and learn. Allowing them to practice as many times as possible is very important in their growth or learning process.

## 10. Windows of Opportunity

Based on research, early child development needs to be "wired" in a fundamental way during critical "windows" of time or 'Sensitive Periods'. Once established in a positive way, these skills can be continually enhanced as a child grows. However, if the window is missed, the enhancement may never catch up. For example, if a baby is in an uncaring, untrustworthy environment, that child may never fully believe he can trust anyone. Similarly, a child who isn't spoken or read to, they will be well behind other children who had that "wiring" opportunity.



## 3<sup>rd</sup> TERM DATES

**Opening Day** - Playgroup - Wednesday 4th September. Rest of the school - Tuesday 3rd September 2019

**Half Term** - Friday 4th October 2019 - Monday 7th October 2019

**Closing Day** - Wednesday 6th November 2019

**PTC** - Friday 8th November 2019

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KIOTA SCHOOL  
APP ON ANDROID