



ISM/PRN/259/2021-22

March 26, 2022

CIRCULAR TO PARENTS – PRE-PRIMARY

Dear Parent,

Greetings from Indian School Muscat!

Congratulations on your child's admission / promotion in Kindergarten. As the parent of a KG child you are looking forward enthusiastically to the new academic year 2022-23. In accordance to our school's mission of "integrating development in our children by providing them knowledge, competencies and pathways of excellence in academics and career with values and character for inspired living in a global society", we, the teachers and parents, are partners. Kindergarten is the stepping stone of your child's educational voyage. While you are continuing to nurture the child's overall development, we, the members of Kindergarten, provide a safe, caring and enriching learning experience for your child.

As the child enters into the first stage of formal world of education, we formulate strategies to mould the character, creativity, intellectual abilities and physiological development of the students. In order to achieve the common goal of the child's holistic development, we suggest certain pointers for you to take care of your child.

1. Pointers for nurturing Physical fitness and development.

a) Nutrition

Balanced diet:

Please include the following food groups in adequate amounts in the daily diet of your child with priority in descending order.

- Cereal and grains
- Pulses, legumes, Milk, meat and fish products
- Fruits and vegetables
- Dry fruits and nuts
- Fats and sugar



b) School Snacks:

- Provide healthy snacks, homemade, nutritious food, cut fruits & salad, water, milk, butter milk, fresh juice etc.
- *Precautions:* Avoid junk food, fizzy drinks or artificial flavored drinks, synthetic food colors, preservatives. Please check the expiry date and climatic condition.
- Child's favorite foods may be provided occasionally as reinforcement.

c) Play / Exercise

Encourage activities which enhance both gross and fine motor activities.

- Fine motors activities: play with sand, clay, pebbles. Marbles, beads etc.
- Gross motor activities: running, cycling, hopping, skipping, throw and catch a ball, etc.

2. Pointers for nurturing social skills

- Encourage group activities such as sharing, caring and social sensitivity to develop inter and intra personal skills.
- Acknowledge and appreciate your child's positive behavior / strengths and discourage unhealthy competition.
- Each child is unique, respect the individuality and avoid comparison.

3. Nurturing discipline

Behaviors are learnt. Children learn through observation, so, set an example. Expected behavior for various situations should be explained and demonstrated. Discipline must be consistent. A "No" must remain "No" and a "Yes" must remain "Yes". While you are disciplining your child, both parents should take the common stand and communicate the same message. Avoid having conflicts or confrontations with your spouse in the presence of your child. Talk about your differences out of hearing of the child or she/he will play one parent against the other.

Check your child's bag daily to see if he is bringing back his belongings. In case, he brings things which do not belong to him, please ask him to return it. Teach him to respect the belongings of others. Do not shout at or beat him. Physical punishment does not achieve anything except convey the message to the child that it is acceptable to beat others. The aggressive behaviors then manifest itself in school towards others who are weaker / smaller than him.

4. Things to watch out:

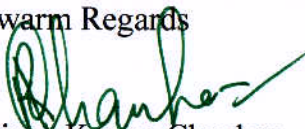
Bed wetting, thumb sucking, stammering, nail biting, constant crying, unnatural fears, frequent accidents while playing, difficulties in toilet training, confusion over hand dominance, speech related issues, unmanageable disobedience and tantrums all these need careful handling. You may require the assistance of a counsellor.

5. Academic skills

- Teaching methods at home must be the same that is followed at school to avoid confusing the child.
- Monitoring by the parent is required while the child is practicing at home.
- Please respond to the teachers call and remarks in the school diary.
- Send items and pictures asked by the teacher
- Be part of your child's education, even in school – please offer to accompany them on picnics, help with concerts, special assemblies, sports and talents etc.
- Let the child see that parents and teachers are working together.
- Check the calendar and bag regularly
- Encourage your child to talk about the happenings at school.
- Believe in your child's ability to carry messages to and from school.

We look forward to your participation and involvement in enriching your child's schooling. Let us be partners in making it a wonderful experience for the child so that she/he will have a positive approach to learning.

With warm Regards


Dr Rajeev Kumar Chauhan
Principal

