



Message from Principal



Dear Parents,

I would like to extend my heartfelt gratitude for your continued support and active involvement in your child's learning journey. Your dedication and commitment are invaluable in creating a positive, caring, and enriching environment where every child can thrive.

I am pleased to share that our centre has attained the 36-month license by ECDA. We have also been received the Healthy Meals in Preschool Programme - Enduring Excellence Award by the Health Promotion Board (HPB).

Thank you for your unwavering support, cooperation, and trust. We deeply value our partnership and look forward to continuing our shared commitment to nurturing the growth, learning and well-being of every child.

- Mdm Hidah

Closure Dates

National Day (in lieu)
Monday, 10 August

Staff Welfare (PM)
Thursday, 3 September

Teachers' Day
Friday, 4 September

Upcoming Events

Racial Harmony Day
Friday, 17 July

Racial Harmony Day
Tuesday, 21 July

National Day
Friday, 7 August

Teachers' Day (AM)
Thursday, 3 September



Healthy
Pre-School

I CAN SPY! Nature



Let's Explore the Leaves

Our children engaged their senses during their outdoor walk as they collected different kinds of leaves to observe, compare and discover along with their friends.

Little Nature Explorers

As part of their outdoor learning experience, the children had a wonderful time exploring the neighbourhood, and managed to gather natural elements such as leaves and pebbles.

Watering the Plants!

The children had a fun time watering the plants in our garden. This enjoyable hands-on activity helped them understand the importance of caring for plants and nature.



Nature Magnified



WALL-E Movie

After watching the movie, WALL-E, our children had fun using the 3D pen to create a plant they had seen in the movie.

Learning About Recycling Bins

Our children took a walk to the recycling bin to place recyclable items in it, such as plastic bottles and cardboard pieces. They also created their own recycling bin when they were back at the centre.



Plastic Xylophone

A fun experiment involving plastic bottles and different water levels had the children excitedly participating and enjoying a musically good time!

Tech Tools



hydroponics

recorder

camera

3D pen

Our children had a wonderful time trying out a variety of technology tools during our Nature Magnified lesson. They enthusiastically experimented with children's cameras, voice recorders, hydroponics equipment, and 3D pens. This hands-on experience ignited their curiosity and allowed them to discover how technology can be used to observe, create, and learn about the natural world.

Warisan Budaya

Asuhan & Tajaka 1

Tajaka 2



Tadika 1



Tadika 2



Murid-murid telah mempelajari seni mempertahankan diri tradisional Melayu iaitu silat. Mereka seronok mencuba gerakan silat bersama rakan-rakan mereka.



N2

文化遗产

K1

K2



N2-K2幼儿在学习中华武术，N2幼儿在练习打坐的基本要领，K1幼儿学习太极的基本动作，并跟着音乐进行练习，K2幼儿了解功夫的简单动作，和同伴跟着音乐练习功夫。



TOD 幼儿以不同的武术姿态，练习跳跳梅花桩，N1幼儿观察模仿练习太极。



Singapore Red Cross



Our children had an enriching experience participating in the Singapore Red Cross programme held at our centre. They enthusiastically learnt basic first aid skills, including how to apply bandages correctly with the support of their friends.

Through various hands-on activities, the children gained a better understanding of the importance of staying calm during emergencies, and learnt who they should approach for help when someone is injured or feeling unwell.

The session was both educational and enjoyable for all. It fostered confidence, teamwork, empathy, and a sense of responsibility in the children, while equipping them with valuable life skills that could make a difference in an emergency.





Hari Raya Celebration



Hari Raya was meaningfully celebrated by our little ones as they played interactive games and shared delicious traditional kuih with their parents and the seniors from NTUC Health Active Ageing Centre (Care) (Bedok North). They also put on a performance that was full of heart. Many precious memories were made across generations on that day! 🌙✨



Earth Day



Our children celebrated Earth Day with purpose and much joy! They created colourful Earth Day posters and proudly handed them to neighbours to spread awareness about caring for our planet.

In class, the children danced to the 'Go Green, Let's Make the Earth Clean' song, listened to stories about protecting the Earth, and explored different recyclable materials. They also viewed a recycled art project exhibit made by parents and children, where they saw creative ways to reuse materials.





Start Small Dream Big Launch

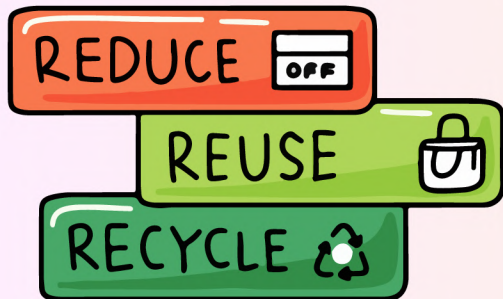


Our N2 to K2 children had an exciting time during the SSDB Launch where we celebrated this year's theme, 'With Every Child, We Shape Tomorrow'! The event began with a short presentation where we shared our commitment to working closely with community partners and organising events aligned with the SSDB initiative. This was followed by performances by our wonderfully confident children, and a meaningful prize presentation, making it a memorable celebration for all.

Term 2 Learning Journey



The children had a wonderful time at the Sustainable Singapore Gallery! They learnt that Singapore has four special water sources - rain water, water from Malaysia, NEWater and sea water. The children had an opportunity to practise sorting rubbish into the correct recycling bins, and made pouches by reusing old clothes. They also tried their hand at the Virtual Planting Activity where they had a lot of fun!





Term 2 Disposition Day

Our children participated in our Disposition Day activities centred around the theme 'Together We Care, Together We Grow'. Through a variety of hands-on experiences, discussions, and role-playing opportunities, the children explored what it means to care for themselves, others, animals, and the environment.



Kampong Chai Chee Community Centre: Chingay



It was a colourful and vibrant experience for our children as they were given an opportunity to be a part of Chingay celebrations. With great enthusiasm and confidence, they delivered a stellar performance on the stage to celebrate the occasion.

Heartbeat@Bedok: Mother's Day Celebration



During the Mother's Day celebration, our KI children gave a heartwarming dance presentation on stage. With confident steps, they moved to the music and smiled at the audience. The children's proud and happy expressions showed how much they enjoyed performing for their moms!





Craft Session



Recycling Arts Intergenerational Session



Our children had a meaningful and enriching experience during the Recycling Arts Intergenerational Session with the seniors at NTUC Health Active Ageing Centre (Care) (Bedok North). Through creative recycling activities, the children explored the importance of sustainability while building friendships across generations. The session encouraged teamwork, communication, and respect as both young and old learnt, shared, and created together.





Tips for Parents

Healthy Eating



28 Healthy Snacks Your Kids Will Love

Children often experience hunger between meals, but many packaged snacks contain unhealthy ingredients such as refined flour, added sugars, and artificial additives. As a parent, snack time offers an excellent opportunity to increase your child's nutrient intake. Rather than relying on highly processed snacks, opt for whole foods that provide both energy and nutrition. Here is a list of kid-friendly snacks that are both healthy and delicious:

Sliced apples with peanut butter

<https://www.healthline.com/nutrition/healthy-snacks-for-kids#peanut-butter-dip>

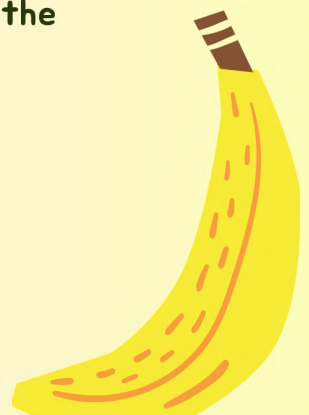
Carrot sticks with hummus

<https://www.healthline.com/nutrition/healthy-snacks-for-kids#carrot-sticks-and-hummus>

Yogurt

<https://www.healthline.com/nutrition/healthy-snacks-for-kids#yogurt>

These snacks are sure to satisfy your child's hunger and provide the essential nutrients they need to grow and thrive.





Tips for Parents

Reinforcing Values and Self-Care Practices at Home

The preschool years are an important time for children to develop positive values and self-care habits. Here are some simple ways parents can support learning at home:

♥ Reinforcing Positive Values

- Model kindness and respect through your daily interactions. Children learn best by observing adults.
- Encourage your child to use polite words such as 'please', 'thank you', and 'excuse me'.
- Praise positive behaviours such as sharing, helping others, taking turns, and showing empathy.
- Read stories together and discuss the values demonstrated by the characters.



🧠 Encouraging Self-Care Practices

- Establish consistent routines for handwashing, brushing teeth, bathing, and dressing independently.
- Give your child opportunities to practise self-help skills such as packing their school bag, tidying toys, and putting on their shoes.
- Encourage healthy eating habits by involving your child in simple meal preparation and making healthy food choices.
- Ensure your child gets adequate sleep and rest to support their growth, learning, and well-being.

Remember, small daily habits and positive role modelling help children develop confidence, responsibility, and independence that will benefit them throughout their lives.





Preschool News



Kidz Meadow Childcare @ Bedok North

Term 2, 2026 Newsletter

VMCV

VISION

We aim to be A First-class Provider in Early Childhood Care & Education

MISSION

We work towards providing a quality and innovative programme that nurtures children to be socially responsible citizens, active learners and thinkers.

PHILOSOPHY

We believe in providing an engaging and positive environment for the children to develop to the fullest potential in all aspects of development.

CORE VALUES

C: Community & Parental Involvement

We build a strong and trusting partnership with the parents and the community to enhance the development of the children

A: Active Learners

Children are natural and active learners. Through project work, thematic and integrated learning, they are given opportunities to explore, gather information and share knowledge.

R: Resourcefulness

We continuously upgrade our teaching and learning resources in line with early childhood education trends to enhance children's learning experiences.

E: Excellence

We strive for excellence in everything that we do.

KIDZ MEADOW EARLY CHILDHOOD & DEVELOPMENT CENTRES

Bedok North 6917 0692 | **Buangkok (979C)** 6489 8670 | **Buangkok (986C)** 6570 1560
Eunos 6748 1553 | **Hougang** 6282 7632 | **Jurong West** 6316 5103 | **Pasir Ris** 6583 3522
Punggol 6951 7541 | **Woodlands** 6368 9634 | **Yew Tee** 6763 8770 | **Yishun** 6759 5117