

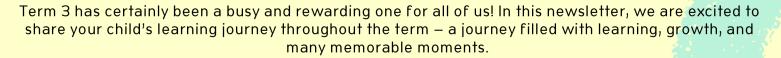




Term 3, 2025 Newsletter

## Message from Principal

Dear parents and guardians,



We would like to take this opportunity to sincerely thank you for the thoughtful Teachers' Day gifts that truly warmed our hearts. Your partnership, ongoing support and involvement are vital in your child's educational journey, and we are deeply grateful for it.

It has been a joy to watch our little ones grow academically, socially, and emotionally and we are so proud of all that they have accomplished thus far. As we enter the final stretch of the year, there is still much to look forward to, and we are definitely excited to share it with you and our little ones.

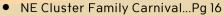
Thank you once again for being such a valued part of our school community.

Let's work together to make this last term a strong and successful one!

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Warm regards, Mdm Ninah

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# T4 CLOSURE DATES

**3 October, Friday:** Children's Day Closure (1 day)

**20 October, Monday:** Deepavali PH (1 day)

**24 October, Friday:**Curriculum Planning Day (1 day)

21 November, Friday: Spring Cleaning (1 day)

**25 December, Thursday:** Christmas Day PH (1 day)











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## Incredible Infants













## BABY CHEF: TEETHING RUSKS

Our infants had a wonderful time exploring teething rusks. As they grasped the rusks, they strengthened their fine motor control and hand-to-mouth coordination. They were curious to experience the different textures, tastes, and smells, noticing how the rusks gradually softened as they chewed. This encouraged early self-feeding skills and independence. Through this simple yet meaningful activity, our infants engaged in rich sensory learning while supporting their growing physical development.











#### SEPTEMBER FOCUS PROJECT: PROJECT KARANG GUNI DISCOVERING UPCYCLING WITH RECYCLABLES

During the September focus project, our infants had the opportunity to explore a variety of clean, everyday recyclables such as bottles, containers, and cardboard. Through touching, shaking, and stacking, they discovered different textures, shapes, and sounds. Some infants were fascinated by the clinking of bottle caps, while others enjoyed rolling and balancing objects. This hands-on experience encouraged curiosity, fine motor development, and sensory awareness, while also introducing the concept of reusing materials in creative play.







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## Terrific Toddlers 👯









#### LITTLE CHEF: STACKING TRIPLE DECK CRACKERS

The toddlers practised their fine motor skills by picking up crackers and strawberry slices to stack them into a little 'triple-deck'. They explored the textures and shapes of the food while focusing on balancing the pieces.

Some of the toddlers were observed to have tried different ways of stacking, while others happily showed their creations to their peers. The activity encouraged coordination, independence, and problem-solving as they enjoyed making their own simple snack.

## SEPTEMBER FOCUS PROJECT: BOTTLE CAP COLLAGE

As part of our September project, the children were given the opportunity to explore and engage with a variety of recyclable materials. Through hands-on crafting, they transformed everyday items into unique and imaginative creations. This project not only nurtured the children's creativity and fine motor skills but also deepened their understanding of sustainability and the importance of reusing materials.











## 华文活动:快乐的雨点

在主题活动《快乐的雨点》中,首先,幼儿聆听儿歌《小雨沙沙》,感受儿歌中雨点的特征,教师引导幼儿说一说雨点的样子。然后,幼儿取纸板,感知纸板的颜色、形状、软硬等。接着,幼儿挑选自己喜欢的颜色的点点笔,在纸板上点一点,点出雨点的样子。最后,幼儿在教师的引导下说一说自己点出的雨点的颜色、形状等。活动锻炼了幼儿的手部精细动作,发展了幼儿的华文表达能力。

#### MERAIKAN BUDAYA DENGAN PAKAIAN TRADISIONAL

Dalam aktiviti ini, murid-murid asuhan telah mempelajari tentang pakaian tradisional kaum India, Cina dan Melayu seperti sari, baju kurung, dan cheongsam. Mereka turut berpeluang mengenakan pakaian-pakaian tradisional tersebut sebagai sebahagian daripada pengalaman pembelajaran mereka.





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## Nimble N1s















Our NI children had a refreshing and engaging activity that was both fun and skill-building! As part of our fine motor development focus, the children used child-safe utensils to cut juicy watermelon into small pieces. They then stirred the fruit into a jug of water to create their very own watermelon-infused drink.

#### SEPTEMBER FOCUS PROJECT: PROJECT KARANG GUNI DISCOVERING UPCYCLING WITH RECYCLABLES

As part of our September project, the children were given the opportunity to explore and engage with a variety of recyclables. Through hands-on crafting, they transformed everyday items into unique and imaginative creations. This project not only nurtured the children's creativity and fine motor skills but also deepened their understanding of sustainability and the importance of reusing materials.















## 华文活动: 跳房子

在主题活动《跳房子》中,首先,幼儿聆听故事《跳房 子》,在故事中了解"跳房子"游戏的规则。然后,幼儿认 知骰子,了解骰子的外形特征和使用方法。幼儿尝试认读 骰子上的华文数字。接着,幼儿将骰子抛到地垫上并认读 正面向上的华文数字,并尝试双腿并拢、开合跳,捡起骰 子转身往回跳。最后,幼儿在教师的引导下分享玩"跳房 子"游戏的感受。活动发展了幼儿的粗大动作,在游戏中提 高了幼儿学习华文的兴趣,锻炼了幼儿的华文表达能力。

#### MARI MENGENALI KOMPANG **DAN GENDANG CINA**

Murid-murid telah mempelajari tentang alat muzik tradisional Melayu dan Cina iaitu kompang dan gendang Cina. Mereka meneroka pelbagai rentak yang dihasilkan daripada kedua-dua alat muzik tersebut. Murid-murid juga diberi peluang untuk mencuba dan bermain dengan alat muzik itu.





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## I CAN SPY! Nature



#### **FEEL THE FLOWERS**

Our infants were invited to explore flowers through touch, sight, and smell. They reached out to feel the soft petals and sturdy stems, showing curiosity as they compared the different textures. Some observed the bright colours with great interest, while others preferred to watch their peers from afar. This sensory experience encouraged exploration, built awareness of the natural environment, and supported fine motor development as the infants grasped and handled the flowers.











#### **FLOWER SOUP**

The toddlers explored nature by picking up and touching flowers, dropping them into water, and mixing them around. These movements helped build their fine motor skills and hand—eye coordination. As they play, they enjoyed feeling the petals and noticing the different colours, giving them a fun way to discover nature.











#### NATURE SENSORY BOTTLE

NI children had a wonderful time creating their very own Nature Sensory Bottles! Using natural materials such as leaves, flowers, twigs, and water, the children explored textures, colours, and scents found in the outdoor environment. As they carefully selected and arranged the items inside their bottles, they developed their fine motor skills and engaged in meaningful sensory play.

















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## **Fantastic Fours**







#### **WORLD CUP CHAMP**

In this activity, the N2s were engaged in a sportsthemed experience, where they dramatised as athletes in a World Cup Championship.

The children participated in various activities such as kicking a football and going through a rope course. These activities encouraged teamwork, coordination and physical development.

#### SEPTEMBER FOCUS PROJECT: SAVE THE WATER GAME

In this activity, the N2s learnt that water can be reused in simple ways. They discovered that it can be collected to water plants or used for cleaning up. This helped them understand that water is precious and should be used wisely. By reusing water, the N2s also started to relate more about caring for the environment around them.







## 华文活动: 小手印画

在主题活动《小手印画》中,首先,幼儿用手掌蘸取颜料,将手印在白纸上,形成手掌的形状。然后,幼儿看一看、说一说自己的手掌像什么。接着,幼儿根据想象用不同的材料装饰手掌。最后,幼儿展示、介绍自己创作的作品。活动发展了幼儿的口语表达能力,提升了幼儿的想象力和艺术表现力。





#### **DUNIA SUKAN**

Sepanjang penggal ini, murid-murid telah menerokai dunia sukan dengan penuh semangat. Mereka diperkenalkan kepada beberapa jenis sukan seperti bola keranjang dan bola sepak, di samping mempelajari fungsi peralatan yang digunakan seperti bola, jaring dan raket. Pendedahan ini bukan sahaja membantu mereka memahami cara permainan dijalankan, malah menanam nilai kerjasama berpasukan, semangat kesukanan dan kepentingan menjaga keselamatan ketika bersukan. Kanak-kanak juga berpeluang mencuba pelbagai pergerakan asas seperti menendang, melontar dan menggolek bola.







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## **Knightly Kls**



#### SHAPE STAMPING

The children eagerly engaged in stamping, using both wooden blocks and shape manipulatives. Their faces lit up with each press, leaving colourful imprints on the paper.

Giggles and excited chatter filled the classroom as they experimented with different shapes and patterns, developing important fine motor skills and spatial reasoning along the way. The activity sparked a sense of joy and accomplishment, evident in the proud displays of their finished artwork.













#### SEPTEMBER FOCUS PROJECT

As part of our sustainability project closure, our Kl children were thrilled to install a self-watering can and a bug hotel in the Bloom Garden. This hands-on activity was a pivotal moment, allowing them to transition from learning about environmental stewardship to becoming active custodians of their own garden.

The children beamed with pride and excitement as they placed each element, understanding that they were making a tangible difference for local pollinators and contributing to the health of our ecosystem. This experience has not only cemented their learning but has also fostered a profound and lasting connection to the natural world.



Sepanjang penggal ini, murid-murid telah meraikan Hari Kebangsaan Singapura dengan penuh kemeriahan. Mereka menyanyikan lagu-lagu rakyat bersama-sama sambil menghayati irama dan lirik yang mencerminkan semangat kebangsaan. Dalam aktiviti ini, kanak-kanak bergerak mengelilingi kelas untuk mencari barang-barang yang boleh menghasilkan bunyi, manakala seorang rakan di hadapan kelas menyanyi menggunakan mikrofon.

Aktiviti ini bukan sahaja menjadikan suasana lebih menyeronokkan, malah membantu murid-murid memupuk keberanian untuk tampil di hadapan rakan-rakan, serta mengukuhkan semangat kebersamaan ketika meraikan perayaan kebangsaan.











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## Kindred K2

## BUILDING WORDS WITH 'AR' AND 'OR' USING PLAYDOUGH

The K2s had a hands-on literacy activity where they practised blending letter sounds to read simple 'ar' and 'or' words. Using playdough, the children carefully shaped the letters on word cards to form words like car, star, and fork. This fun, tactile activity not only strengthened their reading skills but also made learning engaging as they used their creativity and fine motor skills to 'build' their words.









## SEPTEMBER FOCUS PROJECT: 'LITTLE SEEDS, BIG MOVEMENTS'

Our children had a wonderful time singing and dancing to the 'Grow Like a Plant' action song. They pretended to be little seeds stretching, bending, and swaying as they grew into tall, strong plants. The activity was filled with joy and laughter, giving the children a fun way to express themselves through music and movement.

#### PROJEK KEMBARA NUSANTARA

Dalam projek Kembara Nusantara, murid-murid berpeluang mengikuti lawatan sambil belajar ke Taman Haiwan Singapura. Mereka teruja melihat pelbagai jenis haiwan secara dekat, termasuk harimau, gajah, orangutan, dan kancil.

Murid-murid berbincang tentang bentuk badan, makanan serta 'habitat' setiap haiwan, sambil mengaitkannya dengan cerita rakyat Melayu yang pernah mereka dengar. Melalui pengalaman ini, mereka belajar menghargai kepelbagaian alam dan menzahirkan rasa ingin tahu dengan bertanya soalan serta berkongsi pemerhatian bersama rakan-rakan dan guru.













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## **Nature Magnified**



## NURSERY 2: MAKING SUNCATCHER

The children collected different flowers and leaves that had fallen to the ground. They excitedly brought their treasures back to the centre, where they took time to look at the shapes, colours, and patterns of what they had found. Each child then carefully chose their favourite flowers and leaves to design their own suncatcher.













#### KINDERGARTEN 1: FLOWERS AROUND US!

The KI children embarked on a super fun adventure to explore the beautiful flowers around them! When they found a flower, they stopped and used magnifying glasses to examine all the tiny details. They examined the petals, stem, and even the leaves closely. The teacher asked prompting questions such as, "What was your favourite flower that you saw today, and why did you like it so much?" This activity encouraged the children to develop their observation skills, appreciate the beauty of nature, and express their personal preferences.

#### KINDERGARTEN 2: COLOUR-CHANGING FLOWERS

Our K2 children became little scientists as they explored how flowers can change colour. Using white flowers, cups of water and food colouring, the children observed how the petals slowly absorbed the coloured water and transformed into bright shades. Their curiosity and excitement filled the room—Hannani exclaimed, "Wow! The flower is drinking the red water!" while Qadiriin reflected, "It's magic... no, it's science!" Khairi pointed proudly, "Look! Mine is turning blue!" and Esmeralda added with excitement, "I want to try all the colours!"

This fun and hands-on activity not only introduced the children to the simple science concept of absorption but also sparked wonder, discovery, and joyful learning.















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## Warisan Budaya 'Khazanah Warisan Kita'



#### Toddler & Nursery 1: Ukiran Rehal

Dalam aktiviti ini, murid-murid menggunakan deria mereka untuk meneroka rehal dan keunikan seninya. Mereka menggunakan krayon untuk membuat teknik gesekan di atas sehelai kertas yang diletakkan di permukaan rehal untuk menghasilkan corak ukiran yang menarik.









## Nursery 2: Alas Cawan Mengkuang

Murid-murid mempelajari tentang tikar mengkuang dengan menonton video dan juga berbincang bersama guru tentang teknik tradisional anyaman. Kemudian, murid-murid menggunakan jalur kertas berwarna yang telah dipotong untuk mencuba teknik anyaman 'masuk-keluar'.

#### Kindergaten 1: Seni Keris

Murid-murid diperkenalkan kepada keris, termasuk penggunaannya sebagai senjata pada zaman dahulu serta sebagai bahan pameran atau aksesori pengantin pada masa kini. Seterusnya, mereka menghasilkan kraf keris menggunakan bahan yang telah disediakan. Aktiviti ini diakhiri dengan lakonan peranan di mana murid-murid menggunakan keris buatan mereka seolah-olah berada pada zaman dahulu.













## Kind<mark>ergarten 2:</mark> Ru<mark>mah</mark> Kampung

Murid-murid mendalami salah satu khazanah warisan Melayu, iaitu rumah kampung. Mereka didedahkan kepada kewujudan rumah kampung yang masih terdapat di Singapura. Secara berkumpulan, mereka menggunakan bahan kitar semula untuk membina model rumah kampung, sekaligus memupuk semangat kerjasama serta kesedaran terhadap kepentingan memelihara warisan budaya Melayu.







reative learning begins Kidz Meadow Childcare @ Buangkok (Blk 986C)

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## WenHua YiChan "文化遗产"

#### Toddler 滚珠青花瓷

在文化遗产活动《滚珠<mark>青花瓷》中,首先,</mark>幼儿触摸滚珠,感知滚珠的外形特征和玩法。然后,幼儿触摸颜料袋,认知颜色——蓝色、白色。接着,幼儿观察蘸取颜色的滚珠在白纸上的活动轨迹,了解"滚一滚"游戏的规则。最后,幼儿尝试自己摇晃篮子的规则。最后,幼儿尝试自己摇晃篮子长高时代一起推拉篮子的方法,使滚珠在纸条窗出青花瓷的纹路。活动促进了幼儿的人种感官的发展,增长了幼儿对颜色的认知,发展了幼儿的上肢力量和同伴交往能力。





## Nursery 1 多变的蓝白色





在文化遗产活动《多变<mark>的蓝白色》中</mark>,首先,幼儿观看图片,了解青花瓷器皿的外形特征,观察其花纹。然后,幼儿尝试说一说青花瓷的颜色——蓝色、白色。接着,幼儿将白色和蓝色的黏土混合,搓一搓、捏一捏,尝试捏出碗和碟子的形状。最后,幼儿搓小圆子,并将其放入自己制作的青花瓷器皿中。活动巩固了幼儿对颜色的认知,锻炼了幼儿的手部精细动作,发展了幼儿的口语表达能力。

## Nursery 2 青花瓷花瓶

在文化遗产活动《青花瓷花瓶》中,首先,幼儿观察青花瓷花瓶的形状,探索用青花瓷镂空图创作的方式。然后,幼儿运用纸团蘸取蓝色颜料在白纸上拓印青花瓷,并能说出华文"蓝色"。接着,幼儿用手指点涂出绿色的花茎,并能说出华文"绿色"。之后,幼儿用笔刷在花茎上点出颜料,说出华文"白色"、"红色"、"黄色",使用棉签用划圈的方式点涂出花朵。最后,幼儿向同伴展示、介绍自己的作品。活动发展了幼儿的手部精细动作和艺术创造力,同时发展了幼儿的华文表达能力。











## **Preschool News**



Kidz Meadow Childcare @ Buangkok (Blk 986C)

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## **Racial Harmony** Celebration

















The children celebrated Racial Harmony Day with a fun-filled, meaningful day of cultural exploration! They visited special booths to enjoy traditional games, crafts, and sensory activities. They explored nasi lemak, and played 5 Stones and Teng Teng at the Malay booth, made dumpling crafts and played a Chopstick Relay at the Chinese booth, and tried thosai pretend play and Lagori at the Indian booth. At the Filipino booth, they played Tumbang Preso and enjoyed a sensory Halo-Halo experience. The children also created vibrant Harmony Fans, symbolising unity and friendship among all races in Singapore.



## Superkinder Camp















On 25 and 26 July, the K1 and K2 children embarked on a memorable two-day Superkinder Camp, filled with a diverse range of engaging activities. The first day was a whirlwind of creativity and exploration. Excitedly, the children decorated their tents before heading to the sand play area, which transformed into a paleontology dig. Carefully brushing away the sand to unearth hidden 'bones', they sparked their curiosity while learning patience and discovery.



Next, the children crafted colourful kites, learning about aerodynamics and coordination as their creations danced in the wind. As dusk settled, they gathered for bedtime stories, mesmerised by hand shadow puppets flickering against the tent walls, fostering imagination and a love for storytelling.



The following day was dedicated to outdoor adventures, with teachers providing specially prepared games that encouraged teamwork, physical activity, and problem-solving skills, all while allowing the children to revel in the joy of the outdoors. The Superkinder Camp offered a unique opportunity for these young children to develop essential life skills in a fun and engaging environment. Camping nurtures independence, resilience, and a deeper connection with nature, laying the foundation for lifelong learning and adventure.







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# National Day Celebration: SG60 Special

#### **LET'S GET DOWN TO OUR ROOTS!**

Our SG60 National Day celebration turned into an unforgettable Sports Day as children, parents, and teachers joined forces in games inspired by Singapore's rich culture. From the Sweet Treat Relay to the Balance & Guess balloon challenge with local landmarks, and the Plating Perfection food race — every station was filled with laughter, teamwork, and national pride.

Here's to cherishing our Little Red Dot and building precious memories.



















## NATIONAL OBSERVANCE CEREMONY & CARNIVAL

Mr Victor Lye, Member of Parliament (MP) for the Buangkok-Fernvale South division of Ang Mo Kio Group Representation Constituency (GRC) dropped by Kidz Meadow Buangkok Ridge to extend his invitation to all KMBR staff and families to the National Observance Ceremony & Carnival at Institute of Mental Health on 9 August 2025.



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## International Friendship Day

#### LEARNING AND GROWING TOGETHER IN FRIENDSHIP











Our children, from infants to K2, marked International Friendship Day with a lively celebration of culture and creativity. The day started with outdoor music and movement, where children joyfully danced to traditional tunes from Arabia, Mexico, and the Philippines. They then took part in a craft activity, expressing their ideas through colourful cultural artworks. In the afternoon, a Gallery Walk gave them the chance to admire and reflect on the creations made by themselves and their peers.



# T3 Disposition Day 'Honesty Begins with Me'

#### CELEBRATING HONESTY THE FUN WAY!













The children celebrated the value of honesty through fun and meaningful activities. The infants to NI children explored honesty with sensory play, puppets, and music and movement, while N2 to K2 children joined the Honest Movement Challenge and Honest Counting Adventure. As a highlight, all children created a My Truthful Heart Necklace in Mother Tongue Languages—a sweet reminder to always speak and act truthfully.







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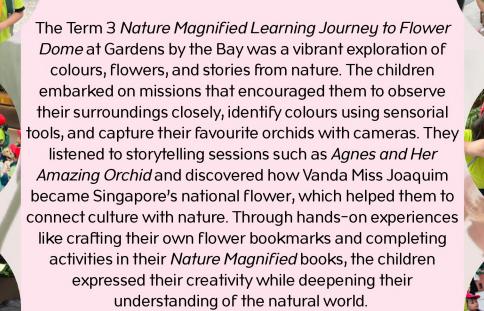


# Learning Journey to Flower Dome (Nature Magnified)



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The journey concluded with a reflective sharing session, where the children used a toy microphone to talk about their feelings and experiences, before enjoying a special activity of making edible flower jellies. This immersive experience not only sparked curiosity and wonder, but also provided opportunities for teamwork, discovery, and an appreciation for Singapore's floral heritage.







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## Teachers' Day Celebration

Our little ones celebrated Teachers' Day with a heartwarming bash on 3 September as they came together for a heartwarming celebration in honour of our dedicated teachers. Held at the Infant Bay, the event was filled with surprises, creativity, and joyful moments.

The day kicked off with an announcement sent via our communication platform, inviting all teachers to the celebration. This was followed by a touching song dedicated to the teachers, setting the tone for the day. The children then delighted everyone with a lively performance of *Soda Pop*, showcasing their enthusiasm and appreciation.

To add to the festive spirit, the children handed out small gifts to their beloved teachers. Afterwards, they embarked on a fun shopping trip to the nearby supermarket to gather snacks and supplies in preparation for a cosy afternoon *Movie Marathon*. The excitement continued at the *Art Corner*, where children and teachers teamed up to dress their selected child models using recyclable materials. The day concluded with a cheerful Fashion Parade, where everyone showcased their creative outfits. The energy, laughter, and teamwork made it a memorable end to a celebration of gratitude and fun.















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## **NE Cluster Family Carnival**





















## **Preschool News**



Kidz Meadow Childcare @ Buangkok (Blk 986C)

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# Ang Mo Kio Town Council Tree Planting Activity @Buangkok - Fernvale South

As part of our ongoing commitment to sustainability and environmental education, our children participated in Planting Day at Ang Mo Kio, where they engaged in meaningful hands-on planting activities. The event was graced by the MP for Buangkok-Fernvale South division of Ang Mo Kio GRC, Mr. Victor Lye, who inspired everyone with his message on the importance of community involvement and caring for our shared environment.

Through this collaborative experience, the children not only planted trees, but also gained a deeper understanding of sustainable practices, teamwork, and the vital role we all play in protecting nature. It was a wonderful day of learning, growth, and green action — instilling in our young learners the values of responsibility, respect for nature, and a collective effort in building a sustainable future.

















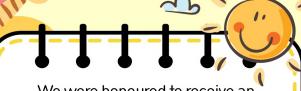






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# Children's Day Celebration organised by People's Association at Conrad Marina Bay



We were honoured to receive an invitation from the People's Association to celebrate Children's Day together, and were delighted to have Mr. Victor Lye, the MP for Buangkok–Fernvale South division of Ang Mo Kio GRC, as the Guest of Honour at the event.

The children had a wonderful time taking part in interactive activities and engaging in hands-on upcycling crafts. They also enjoyed live performances, and were entertained by a magic show. Light refreshments were also served, adding to the joy of the celebration.

























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## Sustainable Learning Journey To Palawan Beach Collaboration with Preschool Market & Singapore Pools

















The children were proud to be a part of a meaningful collaboration with Preschool Market and Singapore Pools. As part of their learning journey, the children took part in a beach clean-up at Palawan Beach, where they picked up trash and learnt the importance of caring for the environment. They also enjoyed a storytelling session and a fun craft activity, both centred on the theme of sustainability. This initiative ties in with our Nature Ambassdors' project, *Project Karang Guni*, and was a good opportunity for the children to not only have fun, but also discover how small actions can make a big difference to our world.







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# Parents LESTIMONIALE



## Parents of Raigal (N2)

"We are very pleased with the wonderful progress our child, Raiqal Bin Ridhwan, has made since joining Kidz Meadow @ Buangkok Ridge. Over the past few months, we have observed noticeable growth in both his confidence and learning ability. Our child has become more independent, enjoys participating in class activities, and looks forward to school each day. We are especially happy to see improvements in language, social interaction, and problem-solving skills. The nurturing environment, dedicated teachers, and engaging curriculum have played an important role in encouraging curiosity and building a strong foundation for future learning. We are grateful to the teachers for their patience, care, and commitment to the children's development. It is heartwarming to see our child thriving and developing a genuine love for learning."





## Parents of Qadiriin (K2)

"Kidz Meadow has given Qadiriin a lot of confidence in writing, talking and expressing his feelings. Qadiriin has shown improvement in reading as well. Activities with parents' involvement are amazing too. I wish there are some excursions that can have family involved with minimal fee. Thank you teachers!"







Where fun & creative learning begins

Kidz Meadow Childcare @ Buangkok (Blk 986C)

Term 3, 2025 Newsletter



## 'M's to Cultivate Healthy Screen Use in Children



- Consider the needs of your child when setting boundaries of screen use as a family. Discuss with your child where necessary.
- Have a plan that balances screen use with other activities.



## Healthy Media Habits

- Review your own media habits.
- Encourage daily 'screen-free' times, especially during family meals or when interacting with one another.



- Make sure your child is watching content appropriate for their age.
- Discuss with your child about what they are viewing.

## Things to note:

### < 18 months



No screen use unless it is used for interactive video chatting.

X Turn on the TV in the background

## 1.5 to 6 years



- Less than 1 hour of screen time use a day outside school.
- Choose educational and ageappropriate content.
- Watch content together and discuss the content with your child.

#### DO NOT:

- X Use screens during meals and one hour before bedtime.
- X Use screens just to occupy or distract your child.
- X Turn on the TV in the background.

## 7 to 12 years



- Less than 2 hours of screen time unless related to school work.
- Agree on a screen use plan or timetable.
- Use parental control settings and check content ratings to ensure content is age-appropriate.
- Talk to your child often on what they are viewing online. Offer advice regularly.

#### Do NOT:

- X Use screens during meals and one hour before bedtime.
- X Allow access to social media services.
- X Give your child mobile devices with unrestricted access to the internet and applications.

www.healthhub.sg/programmes/parent-hub/baby-toddler/screen-use







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# Staff Wellness: KM Heritage Trails











## Staff Retreat: Teachers' Appreciation Day





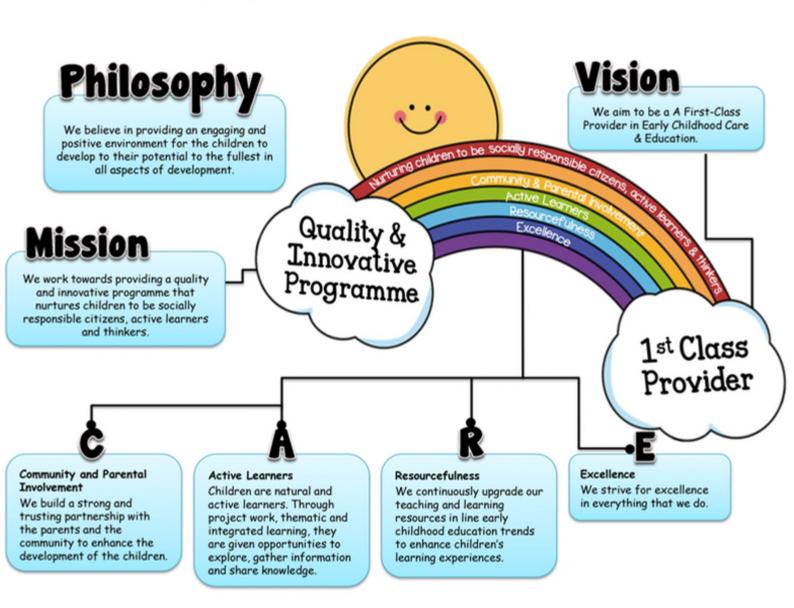






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# Our PMVV (Philosophy, Mission, Vision & Values)



## 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

