

Parent Points

家长快报

An information newsletter promoting full family learning at The Family Learning House.

一份为家育苑所有家庭成员提供学习的信息指南。

Firehouse Visit



To finish off our month long theme of transportation, Family Learning House children visited a local firehouse where they observed demonstrations and could even climb into the cab of a fire truck. We send our special thanks to Fire Chief and all of his hardworking crew for making time in their busy schedules for our very special visit!

参观消防站

在以交通工具为主题的十二月份即将结束时，家育苑幼儿园参观了一所本地消防站，在那里，孩子们观摩了消防员的演习并登上消防车上的驾驶座。我们向消防队长及他的全体队员们致以特别的感谢，感谢他们在百忙之中抽出时间对我们给与特别的接待。



POTLUCKY!

More than 70 family members attended our December 15 family pot luck. Great food and a great time was had by everyone who attended. Look for details about upcoming family events in the next issue of Parent Points.

家庭聚餐

70多位家庭成员参加了于12月15日在学校举办的家庭聚餐。每一位到场的成员都在此享用了美味食品并度过了一段愉快的时光。关于下一次家庭活动的安排请留意下一期的家长快报。

January 22, 2007
2007年01月22日

Calendar Points

January 24, 2007
Parent Learning Workshop
4 - 6 PM
Topic "Moral Education"

January 26, 2007
WINTER FUN DAY
Half Day for all Children

January 29 - February 2, 2007
Parent Teacher Consultations
By appointment (see Renee)

EVERY THURSDAY
9AM - 10:30AM
Parent's Support Meeting

EVERY FRIDAY
9 - 11AM
Ayi Training Workshop



The Family Learning House
家育苑

Phone / 电话: 84302547
www.thefamilylearninghouse.com

Virtue of the Week

本周美德



本周美德

我们的美德课程每两周集中学习一种不同的美德。

请抽出几分钟时间来阅读下段，以帮助我们在生活中体现出本周所涉及的美德。请记住，教导孩子最好的方式就是我们自己的行为为楷模来引导孩子，以使其变成我们所期望的。

服从

服从是去做正确的事并按规则行事。服从是听从父母和其他的权威人士并尽一切努力忠实地去遵循。随着你的成长和成熟，服从意味着听从你的内心世界，它会告诉你什么是真理。服从的目的在于指引你并保护你。当你服从时，你遵守法律，即使没有人在监督你。做到服从也就是做到值得信任。

在下列情景中我练习服从...

- 遵守规定，即使你想忽视他们。
- 做正确的事情，即使没有人监督。
- 需要质疑权威时，采取尊重的态度。
- 如果违反了规定，甘愿承担后果，然后改过自新。
- 听从你内心的权威。

我很服从。我按规定行事。我有面对公正的惩罚和改过自新的勇气。我做正确的事情。

Virtue of the Week

Every two weeks our character education program brings a different virtue into focus. Please take a minute to review the following information to help demonstrate the place our virtue of the week has in your life.

Remember, the best way we can guide our children is to model the behavior we expect to see in them.

OBEDIENCE

Obedience is following what is right and playing by the rules. It is listening to what your parents and others in authority have to say and doing it as faithfully as you can. As you grow and mature, obedience means listening to yourself – the place of truth within you that knows what is truly right. The purpose of obedience is to guide you and protect you. When you are obedient, you obey the law even when no one is watching. To be obedient is to be trustworthy.

I am practicing obedience when I . . .

- Follow the rules, even when I feel like ignoring them.
- Do what is right even when no one is watching.
- Question authority respectfully.
- If I break a rule, accept the consequences— then get a fresh start.
- Listen to my inner authority.

I am obedient. I play by the rules. I have the courage to face a just consequence and make a new start. I do what is right.



100 Years Montessori



Kate and Terry attended a very special Montessori conference in Rome, Italy during the December break.

January 6, 2007 marked the 100 year anniversary of the opening of the first Montessori school in San Lorenzo, Rome. In recognition of this centenary, Association Montessori Internationale and Opera Nazionale Montessori held a 2 day conference in Rome, Italy. More than 1200 Montessorians from over 55 countries attended the conference focusing on revealing the science behind Montessori principals and Peace Education.

蒙氏教育100年

Kate和Terry于12月的冬季假期在意大利罗马参加了一个非常特别的蒙台梭利会议。

2007年1月6日，是蒙台梭利在罗马的圣罗兰佐开办的第一所学校的一百周年纪念日。为了回顾这富有意义的一天，蒙台梭利国际协会和蒙特梭利福利会在意大利罗马联合举办了一个为期两天的会议。1200多名来自于55个国家的蒙氏教育者参加了这一会议，会议主题着重于揭开蒙氏教育主旨及其和谐的教育方式所隐含的科学性。





Kate's Corner

COLD SEASON

Many people call winter the cold season, not just because it is cold outside but because that's when we get colds. It is important that we work with our children to stay well in this season and throughout the year. Here are some tips that we use in the classroom that can be implemented at home:

- Show children how to blow their own nose. Giving them this independence allows them to clean their nose and leaves you free from these germs.
- After your child blows his nose or sneezes encourage him to wash his hands with soap or use a disinfectant lotion like cutecura.
- Every time your child coughs have them cover their mouth with their elbow or armpit.
- Ensure that your child receives a balanced diet, high in vegetables and vitamin C.
- Go outside, ensuring your child gets adequate sunlight which will increase her immunities
- Water – ensure your child drinks lots of water, staying hydrated without sugary drinks will help any cough or cold
- Sleep – develop a consistent sleep routine that allows your child enough sleep.
- Give lots of love and understanding. Children's frustration level and anxiety increases when they are sick. Letting them know that you know they aren't feeling well and relieving some of their burden by allowing more time for relaxing activities lets them know you are there to support them.

When your child has a cough or cold it is important that they have the above skills and support to get through the illness. Children can still attend school unless they have a fever or some kind of illness that keeps them in bed. At school we try to contain the spread of the cold and it is important for other children to develop the immunities that come from being around different germs.

很多人都管冬天叫做寒冷的季节，不仅仅因为外面很冷，还因为这是一个我们得感冒的时节。与孩子们一同工作，在这个季节及全年保持良好的身体状况非常重要。下面是我们在课堂里用的一些小贴士，也可以在家里执行：

当孩子们流鼻涕时，教孩子们独立去擦洗鼻子，使你避免被细菌感染。当孩子抽鼻子或打喷嚏后，鼓励他们去用肥皂或是用类似cutecura这样的消毒水去洗手。
当孩子咳嗽时，请让他们用手臂遮挡嘴巴。
确保你的孩子得到均衡的饮食，多食蔬菜，并摄取足够量的维生素C。
去户外，确保你的孩子得到足够量的阳光，以增强其免疫力。
水，确保你的孩子喝足够量的水，使身体保持水分，不含糖分的饮料有利于咳嗽和感冒的尽快恢复。

睡眠，形成有规律的作息时间表，保证你的孩子有足够的睡眠。
给孩子很多的爱和理解。当孩子们生病时，他们的痛苦和焦虑随之增长。让他们知道你了解他们的不适并允许他们用更多地时间做一些轻松的活动来帮助他们释放压力，让他们知道你随时都在给与他们支持。
当你的孩子咳嗽或感冒时，注意到以上几点很重要，帮助他们度过疾病。孩子们仍旧可以来上学，除非他发烧或是由于得了某种病而必须在病床上。在学校我们尽量防止感冒的扩散，重要的是其它的孩子要加强自身的免疫力以对抗周围环境中不同的细菌。

ADULT WELLNESS

I often complain of various sicknesses that I receive from working in the classroom. Often all the children and adults will be affected by the same cold. When working with children or when around your own children keep the following in mind:

- Be very conscious of the children's hands, nose and mouth. If they are touching their hands to their nose or mouth and then shake your hand, make sure you are washing directly after. Ask them to do the same!
- Give hugs. When hugging your clothes are what touches the child, eliminating transmitting germs from hand to hand.
- Get lots of sleep. When sick, eliminate extras in your life, you will feel better faster.
- Up your vitamin C in take. I take 2000mg a day when sick. Dr. Hong Yan recommends taking 10,000mg.

成人健康

在课堂里工作时，我经常被感染到不同的疾病，对此我感到很头痛。通常所有的成人和孩子都会被同一感冒所传染。当与孩子们一起工作或是与您自己的孩子在一起时，请记住以下几点：请特别注意孩子的手，鼻子和嘴巴。如果他们用手碰了他们的鼻子或嘴巴，然后又去握你的手，请确保在此以后要及时去洗手。请让他们自己也这样做！

给他们拥抱。当拥抱他们时，接触孩子的是你们的衣服，这样可以避免通过手来传播细菌。多睡觉，当生病时，避免生活超负荷，你会恢复得很快。

服用维生素C，当我生病时我每天服用2000mg的维生素C，而洪岩医生建议服用10000mg。