



VOL 7, JULY 2020

# J & J INTERNATIONAL PRESCHOOL

THE MONTHLY NEWSLETTER OF J&J PRESCHOOL



## NOTICES:

- SCHOOL RESUMES AS PER USUAL
- FOLLOW US ON FACEBOOK AT TADIKAJACKANDJILL
- WE HAVE INSTAGRAM! FOLLOW US NOW AT @JJPRESCHOOL



We welcome all parents and students back to our preschool as we operate on a new normal basis, following the SOP guidelines and maintaining the highest form of safety. Thank you for your cooperation and support!

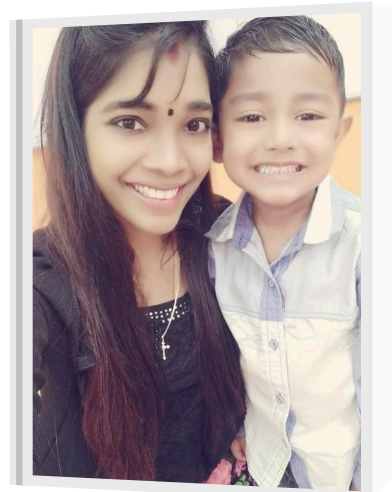
Anyone who does anything to help a child in their life is a hero to me.

- Fred Rogers



## A message from Teacher Durga,

A warm welcome to our beloved parents and guardians. We are glad to see all our students back in school after a long break. We can assure you that our team will always prioritise your child's health and safety. As such, I would like to take this time to share with you about how we are following the Governments SOPs in J&J.



For the morning arrival, there will be 4 teachers on duty to welcome students. Teachers are assigned to check students' temperature, sanitize their bags and bring them to their respective classrooms.

- Children must wash their hands or use hand sanitizers before entering class.
- Children who are taking lunch are required to consume their food and drink in their classroom, using their own bowls or cups.
- Children are required to line up with 1-meter gaps when they go to the toilet.

We are pleased to announce that all our students have been cooperative and obedient!



For the month of July, our thematic topic (fruits and vegetables) was well carried out with many crafts, experiments and lessons. Our children enjoyed this theme as they continued to talk about their favorite fruits and vegetables. They even talked about what their mom cooked today! We conducted many hands-on projects such as fruits yogurt mix, blended fruit juice and organized fruit parties!

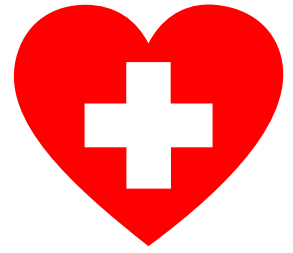
We can see that our children learned about the benefits and importance of eating of vegetables and fruits in their daily life.

We are excited to hear that many students are coming back in August!

Stay safe and take care!

T. Durga

# Hear from Teacher Linah about her god-daughter's recovery!



## DIABETES TYPE 1 .....THE SILENT KILLER

What is Type 1 diabetes ?

- \* previously known as insulin-dependent diabetes mellitus (IDDM) or juvenile-onset diabetes.
- \* most people with Type 1 diabetes are young - children, teenagers and young adults (but it can also affect older people).
- \* In Type 1 diabetes, the pancreas produces little or no insulin at all because the insulin-producing cells in the pancreas have been destroyed.
- \* The onset of symptoms is sudden, with the most common being increased thirst and constant hunger, frequent urination, excessive weight loss and constant tiredness.
- \* Management of type 1 diabetes involves taking insulin injections, following a healthy diet, exercise and regular monitoring of blood glucose.



"It has been 2 months since I admitted my little friend to the ICU ward of Hospital University Malaya. She was immediately diagnosed as Type 1 Diabetes, severe, at blood sugar 30.

The memory of my little friend's weak body being inserted with tubes and needles still gives me chills to this day. At that time, I was going through my own challenges which came in one after another. All my problems paled in comparison to what my little friend went through. The thought of losing my little friend gave me so much pain and agony. She is the little baby that I never had. But through prayers, my little baby, a fighter, gave signs of life the next 24 hours in ICU. It took the next seven days to finally stabilize her blood sugar before she was released from the hospital.

To my little one, Nana thanks you for filling Nana's life with so much joy and happiness! Nana will continue to hold your hand as we journey through our lives together."



# July Star Students

Congratulations to all our students!



3 Grace  
Rishav Sreejith



4 Joy  
Evangeline Mikayla



4 Peace  
Isaac Ang



5 Kindness  
Aephraim Samuel



5 Gentleness  
Keshava Devaraj



6 Faith  
Jonas Kwan



6 Goodness  
Kong Li Xuan



“ Education is the most powerful weapon which you can use to change the world.

- Nelson Mandela ”



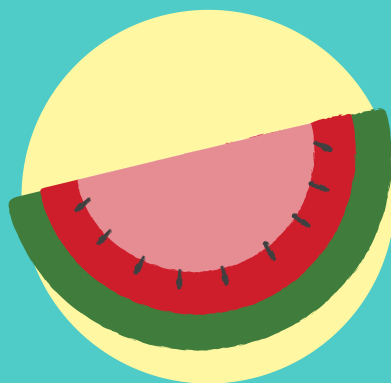
• THEMATIC MONTH •

# THE BENEFITS OF FRUIT & VEGETABLE



## APPLE

Helps improve digestion, prevention of stomach disorders, gallstones, constipation, liver disorders



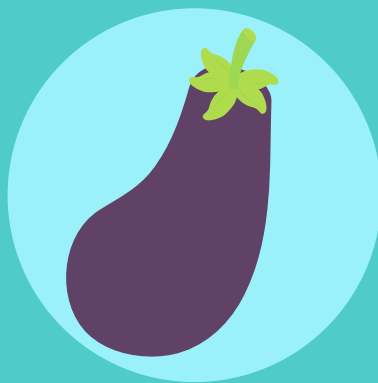
## WATERMELON

Helps prevent kidney disorders, high blood pressure, the prevention of cancer, diabetes



## ORANGE

Boosts immune system function, reduces signs of aging, protects against cancer, and boosts cellular repair



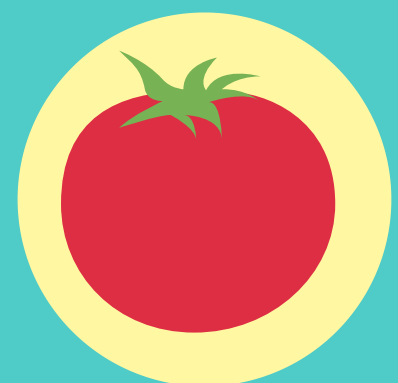
## EGGPLANT

Great source of vitamins and minerals, increases brain function and improves bone health



## CARROT

Boosts eye health, ensures bowel regularity and improves skin and heart health



## TOMATO

Reduces risk of heart disease, full of vitamin C and antioxidants to promote better body functioning

# THEMATIC TOPIC : FRUITS & VEGETABLES

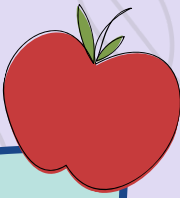
## 3 GRACE



Our 3 years olds learned about fruits and vegetables, and they also made delicious fruit yogurt!



# 4 PEACE & 4 JOY



**Our 4 year olds did a group project on "Where do the plants grow?"**



**They also enjoyed making mixed fruit juice! Yum!**





# 5 GENTLENESS

5 Gentleness discovered "Where do fruits grow on a tree: above the ground or below the ground?"



5 Gentleness also explored fruits. What do the skins of whole fruits and halved fruits look like?



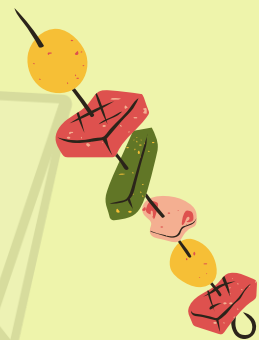
# 5 KINDNESS



Students learned the difference between fruits and vegetables. They coloured and grouped them accordingly!



Our 5 Kindness students made fruit sticks with an array of fruits! Which one do you like?







**Our 6 years old  
children planted  
some seeds and were  
so excited to see it  
sprout!**





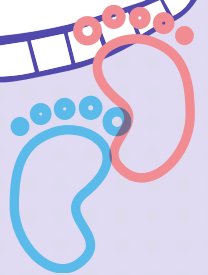
# 6 GOODNESS



# TODDLER TREE

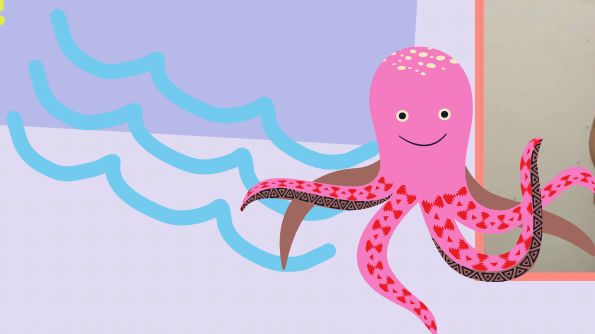


Our toddlers sampled with vegetables and used them for colorful art activities!



## 3 GRACE

Our 3 years old children made an octopus craft using paper plates. How cool!





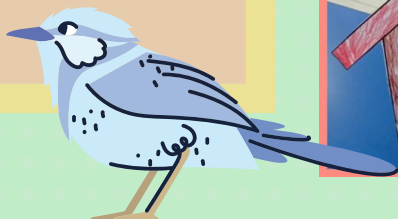
# 4 PEACE & 4 JOY



Did you know  
that 土 means  
soil in mandarin?  
Our students  
learned this by  
using real soil to  
plant little seeds!

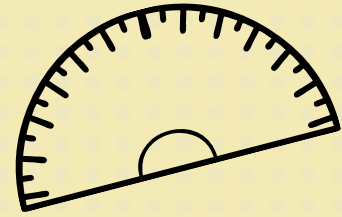


Our 4 year old  
children made a  
cute bird house  
to learn english  
words! Tweet  
tweet!





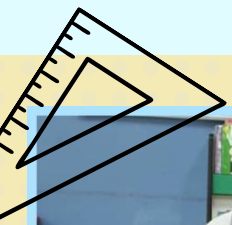
## 5 GENTLENESS



The 5 year old students traced and made clay shapes! A great way to work on fine motor skills!



## 5 KINDNESS





## 6 FAITH



A fun break at our playground, with social distancing measures implemented for everyone's safety!



## 6 GOODNESS

They made cute carrot crafts with orange paper! Creative!

