

# Eda's News

Newsletter of EduArt Nurseries  
and Preschools 11/2021

Dear parents, dear colleagues,

November is often a month that most people are not looking forward to. The days are getting shorter and it is getting dark quite early. The weather is mostly cold, rainy, and unpleasantly windy, and we know that there are a few months, at the earliest, until we put away our warm jackets and sweatshirts.

This year, however, because we've been overwhelmed with negative things lately, let's try to look on the bright side! Look out the window. Outside, there are beautifully colored trees and the leaves are flying wherever the wind pleases. With the children you can collect chestnuts, some of them still in their prickly pulp, and make animals from them, or just hide them in pockets where you can accidentally find them later and remember a nice autumn walk. When the sun shines, nature in and out of the city is perfect for a beautiful photograph. Make a funny kite together at home and go test how it flies. Make coffee or spicy tea, which smell fills the whole apartment, and bake a pumpkin pie. Take your favorite book or our Newsletter and relax.

As always, you will find here a presentation of the program for both of the kindergartens, our Vinohrady branch and Libuš. Children can look forward to interesting autumn topics, trips, and events. Our kindergarten in Libuš is home to a one eared member of the EduArt team, to whom an article in this issue is dedicated. If you want to know more about it, read on.

Let's try to fully enjoy this November.

Adéla Stejskalová  
director EduArt Praha 4



# November in Vinohrady

## EVENT CALENDAR

1-5.11. Project Week "Forests"

4.11. Riegrový sady (trees)

9.11. Folimanka Park (birds)

12.11. Fairytale Night "Rabbits in the Hat"

16.11. Angels in Fur

18.11. Sady Bratří Čapků

11/23. Heroldovy sady



The third part of our year-round project will focus on the topic "Forests". This week, we will explore everything about forests from their appearance to who dwells within them.

With the children, we will focus on the characteristics of forest animals and plants. We will learn about the importance of the forest for mental health, i.e. relaxation, but also from the global point of view in the form of water storage in nature. We will not miss the topic of how to behave in the forest.

In the second week, we will keep with the nature theme and see how nature prepares itself for winter. We will be talking about changes in colors, weather, and temperature. Related to this is the emphasis on dressing appropriately for cold and damp weather. Autumnal nature has many by-products that can be used for crafts, and we will happily use them in our preschool.

The third week will be marked by celebrations for the arrival of the first snow. According to legend, the snow is brought by St. Martin, so he will be the main topic for this week. Children will learn about this legend and the traditions it brings. The focus will be on the social aspect and the perception of the needs of others and discussing how we can help one another.

The last week of November is thematically focused on health and strengthening immunity. With children, we will learn about vitamins, their importance for immunity and how our body can obtain them. We will also look deeply at the concept of health in explaining the word "immunity." We will also look at what a healthy lifestyle entails, such as enough sleep, daily exercise, a healthy diet, and avoiding harmful things such as smoking or drinking alcohol.

Weekly topics:

- Forests
- Nature is preparing for winter
- Feast of the dead / Saint Martin
- Strengthening my immunity, My health

# November in Libuš

In November we will end Edík's pilgrimage through autumn nature. In the first week, we will focus on one of the most important components of the human psyche - our emotions. We will learn to recognize six basic emotions - joy, sadness, anger, disgust, surprise and fear. We will also commemorate all the dead souls this month.

In the second week of November, one of the most popular activities of autumn awaits us - the creation and flying of kites. We will show you all kinds of colors and shapes that kites can be and how to build them correctly to fly beautifully in the wind. We won't forget to mention the legend of St. Martin and his white steed.

In the third week, we will pause for our annual project "Continents" and look at the beauties and specifics of nature in North and South America. We can also look forward to a trip to the Zoopark Zájezd to see animals.

Going into hibernation is an important part of some animals in the animal kingdom. This time, we will focus on the realm of insects and help beetles build warm houses in which they will survive the winter season. We can also look forward to a Canistherapy dog coming to visit the kindergarten.

The first pre-Christmas theme awaits us at the cusp of November-December - St. Nicholas. We can look forward to the production of the legendary characters Nicholas, the Devil and the Angel and their arrival on Friday. If we're nice, maybe Nicholas will bring us some presents.

## Weekly topics:

- Our emotions
- Flying kites
- Nature of North and South America
- Helping beetles hibernate
- Saint Nicholas

## EVENT CALENDAR

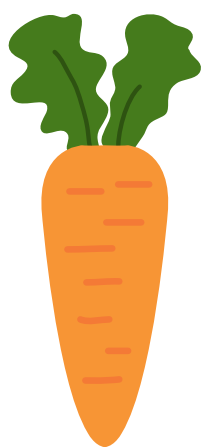
- 2.11. Feast of the dead
- 11.11. The legend of St. Martin
- 15. - 19. - Zoopark Zájezd
- 22. - 26. Canistherapy
- 3.12. St. Nicholas visit





# Our bunny Ouško

He is the only one who can call the EduArt kindergarten his permanent home. He lives on the first floor of the house at K Hájovně 13. He has a large enclosure where he can move freely and which comes with several beds and a climbing frame. Exercise is one of the most important parts of a daily routine for rabbits.



Depending on the way he jumps, we can determine how he is feeling and whether he is happy. Ouško is currently 7 months old, he was born on March 10, 2021, which makes him a Pisces. A rabbit reaches adulthood around 6 months of age and normally lives 6 to 8 years. With proper breeding, a rabbit can live up to 10 years, so it is important to know how to take care of them properly. A rabbit cannot live without a constant supply of hay and water. Hay is important to them because of the natural tumbling of teeth, which rodents grow their whole lives. In our rabbit buffet, however, we also have other goodies for him, such as healthy vegetable mixes and treats specially designed for dwarf rabbits.

Once a day, our rabbit should receive a handful of vegetables. He can eat fruit, but only sporadically in the form of a reward, because it is quite caloric for him. Our bunny is a sable-colored dwarf rabbit. We can distinguish it from other types of rabbits because it's a lop-eared bunny. This it does not mean that he is sad! The rabbit is a social creature, so it needs the closeness of others and cuddling often. We teach children how to pet a rabbit so that it is pleasant and not scary for either party. Physical contact with an animal is a very effective form of therapy. It is scientifically proven that zootherapy helps anxiety and calms the nerves overall.



# New Faces

## Kateřina Tyburcová

We are thrilled to introduce our new colleague from Prague 4, Katka. You can find her in the nursery, with the youngest children, at our branch in Prague 4. With her calming presence and empathy she quickly became their close companion and friend. In the following paragraphs Katka told us a bit about herself.

My name is Kateřina and I've spent my whole life in Prague. While growing up, I always had the tendency to take care of others. Thanks to my specialization, I've acquired education and experience in health, nutritional, and social care for children in preschool and for the elderly. I was previously involved in organizing activities for families with children and worked as a movement trainer for children. Especially, I enjoy helping the development of locomotor skills in young children.

I had a unique opportunity to work in the Czech-Vietnamese educational center for several years, as part of the integration of children into Czech society.

The desire to work more closely with children led me to personal development and professional qualifications in the field of education.

Children are an important part of my life and seeing joy in their eyes is the most beautiful reward.

I like to invent rhymes and songs with dance and movement. I try to connect creation with natural materials.

I am a big fan of land-art, which develops the imagination and creativity of young children, and also because it is primarily an experience.

I spend my free time with my family. Together, we use every season for sports, hiking, or relaxing at home. We like to explore monuments and nature.





Presenting a new member of our team in Prague 2 - Dominika. She started with us as an intern, but her attitude, communicativeness, and understanding of children's souls, persuaded us to invite her for a full-time cooperation. More about her below.

I come from a large family and since I was a child I've had the opportunity to spend time with children and gain valuable experience. After my daughter's birth and caring for her reminded me again that the children's world brings great meaning and joy to my life. During my maternity leave, I joined a forest club and helped create outdoor activities for children. Thanks to this experience, I got acquainted with children's yoga and started to pay more attention to it.

I'm a certified nanny as well as a yoga teacher for adults and children. I'm constantly educating myself in working with children. I've taken courses in the methodology of exercises with children, a teaching assistant course and a course in non-violent communication. Me, my husband, and our daughter traveled around the world, which taught me a great respect for cultural differences. That is reflected in my openness to children, individual approach and work with the uniqueness of each. For me, time spent with children is synonymous with creativity, creation and positive energy.

