



Eda's news

Newsletter of EduArt Nurseries
and Preschools 4/2021

Dear parents, dear friends,

you are just opening the brand new issue of our newsletter, it is already the 20th one. April is another month of the government lockdown. We hear about how covid time is hard all the time. Media brings us continuously the dark numbers of the newly infected and the stories of people hit by pandemic. On page 4 of this issue, we bring you an interesting article on psychohygiene. Among other things, you'll read about how not to let negative thoughts and information control us. One way is to focus on living in the present, on the small everyday pleasures and not letting yourself to be worried constantly.



A sense of fulfilment from meaningful work also contributes to a person's psychological well-being. Although we're closed, that's one of the things that makes EduArt team happy these days. We try to use this time to develop new visions and dreams. We're making new educational plans for the next school year and our thoughts are back with the kids again. We are strengthening our collaboration with the University of New York in Prague, with whom we are working on even deeper implementation of Howard Gardner's Multiple Intelligence Theory in our curriculum. We started a project of wooden, handmade toys with theme of our mascot Eda. You may have already seen some of them in our online lessons. We have big plans for our wooden Eda, and you'll hear about them soon.

Our work simply makes sense to us. I'm happy to be surrounded every day by people looking the same direction.

We believe in a bright future and look forward to welcoming your children again in our EduArt kindergartens.

I am wishing you happy spring days,

Radka Wirthova
co-founder



April in Vinohrady

EVENT CALENDAR

- **Whole-year Project - Deserts**
12.4. - 16.4.
- **Herold Gardens - post Easter egg hunt**
15.4.
- **Bezručovy Gardens**
20.4.
- **Klárov Park**
29.4.



Weekly topics:

- **Easter**
- **Water world**
- **Project "Ecosystems" - DESERTS**
- **International Book Day**
- **"Witch burning" Feast**

At the beginning of April, the Easter holiday celebrations culminate in a series of themed creations in our kindergarten, which will help to support the arrival of spring in your homes as well.

The arrival of spring is accompanied by the so-called April weather, which can change completely several times a day. Sunlight alternates with clouds or water pour from the sky. And it is this water component of spring that we will look at in the second week of April, when the children are going to wander through the water world in all its forms. We are going to look at water as the basis of life, as the home for many animals, in terms of drinking and non-drinking water, but also in connection to ecology.

As part of a year-long ecosystems project, in the third week we are going to visit a very remote area - the desert. We are going to introduce the children to its origins and expansion and show that this seemingly desolate place is a very dynamic environment with its own rhythm.

April is also associated with one of most amazing human inventions ever - the book. This treasure trove of records of knowledge, stories and memoirs will also come to our kindergarten in the form of weekly book topic. We're going to talk about books, look at them and create them, too. All of this is going to culminate on the International Book Day.

In the last week of April, we will travel to the fantasy world of ghosts and celebrate an old czech feast of "witch burning". This habit is linked to the expulsion of evil forces in the form of the witch into which the evil spirit has entered. Its symbolic burning will purge all evil and the coming of a good spirit that will fill us with joy and love.

We are still waiting for the moment when we can open EduArt again.

Therefore, the dates given for events are indicative. Don't worry, in case of kindergarten closure extension, your kids won't miss anything - events will either be moved to other dates or in a slightly different spirit, they will be shifted to the online form and will be part of everyday e-learning.

April in Libuš

At the beginning of April there are fun activities waiting for us, linked to the Spring Festival - Easter. We are going to bake the traditional sweet cake in a shape of a ram and color and decorate eggs.

The following week we are going to have a picnic in a nearby meadow, where we can enjoy the spring sunshine and waking nature. We will perceive nature with all our senses and absorb the energy of sunlight.

The third week of April we are going to focus on animals who are born in the spring. We expect a visit too - a little lamb will come to us and we are going to learn many interesting things about sheep. We'll go to the forest to visit our favourite minizoo to discover if the goats there have little ones.

Since caring for our planet is very important, we'll talk about the importance of ecology next week, learn how to sort our waste, and celebrate Earth Day together.

At the end of the month, we will have fun with the folk custom, associated with the burning of fires and witches.

Týdenní témata:

- Happy Easter
- Spring is coming
- Cubs in the spring
- Ecology
- Witch celebration

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EVENT CALENDAR

- Picnic in the forest
12.4.
- Project Day - Visit of a little lamb
14.4.
- Project Day - Ecology
21.4.
- Fairy Tale Night- "Little Witch"
23.4.
- Witch burning feast
30.4.



TIPS TO SUPPORT PSYCHICAL CONDITION

or

HOW TO STAY SANE

Since each of us is in a difficult situation due to the pandemic, we want to provide you, the parents, with some tips from psychologists on how to keep in good mental health and balance. Below, we offer some recommendations on what to do to feel as comfortable as possible, because when parents feel good, it also has a beneficial effect on their children's well-being.

PHYSICAL ACTIVITY

To stay healthy you should exercise for at least 30 minutes three times a week. Try to set a specific time when you will pay attention only to yourself and on a sports activity that you enjoy. For one it can be yoga, for another walking, running or boxing. In particular, the movement that gives you joy will have the desired cleansing effect. Physical activity promotes positive thinking, energizes a and is a natural antidepressant.

GOOD SLEEP

Most of us need 7 to 9 hours of sleep. Ask yourself if you really do get that much sleep (if your children let you to). When you sleep significantly fewer hours, observe your sleep habits and identify what is wrong. Introduce regularity and try adding an extra half hour to your normal sleep time at first, adding another half hour after this new habit is established. Try to go to bed and get up around the same time.

CREATION, SELF-REALIZATION, UTILITY

A sense of fulfillment about how and where he works contributes to a person's psychological well-being, as well as whether his work gives him space to express himself or whether he contributes in any way to the well-being of other people or society. Try to think about it and discover these aspects in your work and life. If you don't find them, think of it as a positive incentive to innovate, change or to develop your hobbies or even get involved in volunteering.

REGULATION OF NEGATIVE THOUGHTS AS WELL AS INFORMATION

Naturally, the human brain tends to negativity through evolution. Those individuals who were more aware of danger were more successful in the fight for survival. But negative thoughts can take control over you. So focus more on living in the moment than worrying about what will be and thinking about what was wrong in the past. Observe yourself and identify the origin of the negative mood, understanding it will help you get away from it. Writing a diary, for example, is an appropriate tool to clear your mind. Use the present tense in talking to yourself or in writing a diary - I feel, I think, I need, I want. Limit consciously the amount of negative information from the media.

TIME SPENT ONLINE

Another phenomenon that affects us is new media. The time spent on them needs to be regulated as they are addictive and it has been proven that long hours spent on social media can impact negatively a person's mental capacity, self-confidence or positive mindset. Set aside a limited amount of time for them, and definitely don't focus on social media before bedtime because they affect sleep quality. *Ida Směkalová*





Child's speech development is a highly complex matter. Its origin can be traced back to the prenatal period and continues more or less throughout life. However, the period of most dynamic speech development is reported from birth to 6-7 years of age. It is important to follow developments during this time frame and if we find a problem, it needs to be resolved as soon as possible. At the end of this period, this speech "window" will close and one will never be able to compensate for that loss 100%. Speech development is related to more areas than might first appear. It is closely associated with cognitive, sensory, social and movement development. If there is a shortage in one of these fields, speech will certainly be affected. So what is the focus of speech therapy diagnostics?

Anamnesis

For a speech therapist, the overall health and psychological state of the child from birth is important. Many different disorders, illnesses or injuries require specific speech therapy work, for example if a child is born with a cleft palate.

Hearing test

Hearing is the sense that influences the development of speech the most. Unless it is a serious auditory defect, it may not be detected through medical screening and may not show up until pathological speech development. It is therefore important to exclude this option at the start of therapy.

Speech Understanding Examination

If there is a problem in understanding speech and a hearing defect has been ruled out, it is obvious that this is a problem that is localised in the brain and affects the processing of information itself. Speech disorders on this basis require more intensive and longer duration of speech therapy.

Speech Production Examination

This examination monitors both the correct articulation and the amount of vocabulary and use of grammar. It is important here to respect a given gradual development (for example, from a three-year-old, we cannot demand the articulation "r" as it is not yet cognitively or motor-ready to do so) as well as individual specificities.

Motor tests

Both fine and gross motor skills are very closely linked to speech motor development. Motoring works as a whole, which is why many speech defects are manifested in the drawing, for example.

Laterality testing

Laterality should be stabilised around the child's age of 4. The speech therapist also tracks the laterality of the eye and hand. If a child has a laterality crossover, they may have difficulty reading and writing in the future.

Social Environment Review

The child must be adequately stimulated. If there is a lack of appropriate stimuli during his development, it is possible that this will manifest itself, for example, in delayed speech development.

In conclusion, only a speech therapist with adequate diagnostic tools can make a truly correct speech therapy diagnosis. If you are concerned or feel that your child's speech is not progressing as it should, it is always wise to consult a specialist. The key to success is certainly timeliness, and nothing worse can happen than that the child will be given adequate assistance. Don't be afraid to ask for it.)