



Eda's news

EduArt Nurseries and Preschools Newsletter
1/2023

Dear parents,

I hope you have enjoyed the Christmas holidays and New Year celebrations surrounded with all your beloved ones and above all - in good health.

Because all over Prague a very high incidence of **respiratory diseases** had occurred before Christmas, I would like to focus on the prevention of these diseases in the editorial.

We really want our kindergartens to be full of children who will be able to fully enjoy the program that we are carefully preparing for them. We apply strict hygiene measures at our branches, in particular daily and continuous cleaning, disinfection and regular hand washing. We also aim to detect sick children in time and send them home if necessary symptoms of the disease. Our goal is to prevent the spread of diseases among children and also to prevent the transfer to our most important workers - teachers.

Half-empty kindergartens do not make us happy at all, therefore you will find tips on **what kind of preventive measures can be taken and how to strengthen your children's immunity.**

Here are expert recommendations to prevent infection and the spread of disease:

- Make sure children get used to washing their hands. Encourage and motivate them. Use disinfectant gel if necessary.
- Prevent children from putting hands in their mouth or nose.
- Encourage children to cover their mouths and noses with their forearms when coughing and sneezing.
- In case of symptoms of fever, cough, fatigue, sore throat, headache or runny nose, see a doctor and leave the child at home according to his instructions.
- When visiting the doctor, the child should wear a respirator in the waiting room.

You can contribute to the prevention and strengthening of immunity by taking the following steps:

- Give children fruits and vegetables rich in vitamin C.
- Make sure that children have a movement activity daily and spend time with them in the fresh air.
- Include salt or mineral water inhalations.
- You can regularly harden up (brave:-) children with cold water, foot baths also help.
- Practice breathing exercises with the children.
- Staying in overheated rooms also reduces the body's resistance - set the temperature at 18-22 degrees and monitor the air humidity, which should be at least 40%.
- Do not dress children too warmly, you can make them more susceptible to colds by this.
- With very severe chronic problems visit the immunologist. Doctors also sometimes recommend a more radical solution in the form of removing the nasal/throat tonsils.

We hope that you find some of these tips useful and that in January we will again meet with all our children in good health.

Ida Smékalová



January in Vinohrady Kindergarten

EVENT CALENDAR

4.1. House of Reading - Winter (Blue Class)
5.1. Library - The Mole and Winter (green class)
6.1. Three Kings Children's Theater from the Green Class
12.1. Hanging feeders - Grébovka
18.1. Project day - Winter in kindergarten
23.1. Individual speech therapy
24.1. National Technical Museum: Time Exhibition (Green Class)
25.1. Project "Between us" - retirement home (Green class)
26.1. National Technical Museum: Exposition of Time (Blue Class)
27.1. FAIRYTALE NIGHT
Grandma Emilka reading every Thursday / Every Friday TJ Sokol

WEEKLY TOPICS

- Game path
- What do animals do in winter?
- Beauty of winter landscape
- How time goes by



In the first week of the new year, we will present a new book for this month: Hravocesta by Tereza Vostradovská. We will look into other libraries that are near us. Green Class is going to visit to the Library and the program: Mole and Winter. The blue class will go to the Reading House, where we are going to search for beautiful books about winter and animals. At the end of this week, Sokol awaits us again, this time with a theatrical performance by children from the blue and green classes: Three Kings. Let's talk more about this tradition, where it came from and what we associate with it today.

In the second week, we will take even closer look at the animal world in winter. We will find out what the animals do during the winter and how they survive it. Various stories about animals await us. We are going to learn who and how helps the animals in winter. And of course we will help the animals too - with making a feeder that we will hang with the children in Grébovce.

In the third week of January the theme "Mrs. Winter" is planned. Together we will focus on the topic of winter to find out where winter comes from. How is it that we are cold when the sun warms us? How is it possible that they don't have winter somewhere? During the project day, experiments with water await us. We will discover that water does not have to be only liquid, but that it also has other forms. Let's take a closer look at frost and its beautiful art.

The last week of January we will focus on time. Let's try how long a second, minute or hour is. Through days and weeks we get to months and years. We will review what it is that we change seasons. And we look beyond our globe to find that it is actually still going round and round. During this week we will go to the technical museum for the "Exposure of Time". The green class will visit the home for the elderly again.



January in Hlobětín Kindergarten

EVENT CALENDAR

16.1. Three Kings
13.1. A visit to the library
17.1. Project Day - About the water drop
19.1. Puk Theater - Dog and Cat
24.1. Ecocenter PRALES - programs
Fluffy sheep + Four seasons
24.1. OPEN DAY
27.1. Fairytale night



We will welcome the arrival of the new year still full of Christmas spirit and experiences that will be shared together. Christmas itself ends with the Feast of the Three Kings. We are going to talk about these three wise men from a faraway land and even play on them. Our parade of kings will pass through the entire kindergarten to the accompaniment of the well-known song Tři králové, wishing everyone a happy new year. In the first week, Eda will still have time to introduce us to the new book Hravocesta by Tereza Vostrahovská, which will accompany us throughout the month.

The second week we can look forward to a magical winter spectacle. The mysterious world of water opens up to us. We will discover that water can have different states and that amazing experiments can be done with water. The culmination of the week will be the joint project About drops of water, which will help us understand not only the water cycle as in nature even in ordinary city life, but it will teach us how to manage water properly. At the end of the week, we will visit our library in Hlobětín, where we will complete the book program with a new book and at the same time bring back the borrowed books.

In the third week, we will focus on the life of animals in winter. We will learn which animals hibernate in autumn or flew to warm regions. But mainly we will see how the other animals survive the winter, we will find out how we can help them and together we will make feeders that we will hang around the nursery. We are also going to see a piece by Puk theater- Dog and Cat.

In the last week of January, our focus will be time. We will grasp the concepts of day and night, learn the names of the days of the week and the names of the months of the year. In order to be able to orientate ourselves in this cycle of time, together, accompanied by the song of the Moon, we put together our own calendar. We also have a trip to the PRALES Ecocentre.



WEEKLY TOPICS

- Game path
- Beauty of winter landscape
- What do animals do in winter?
- How time goes by

January in Libuš Kindergarten

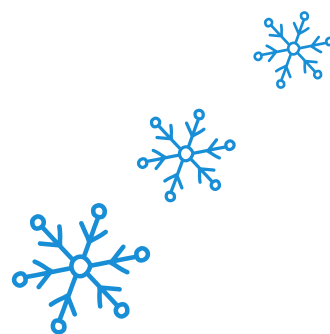
EVENT CALENDAR



- 3.1. Visit to the Bethlehem in Modřany
- 12.1. Salt Cave
- 13.1. Fairytale night
- 16.1. Feeding animals in the forest
- 18.1. Visiting the Alzheimer Home
- 25.1. Puk Theater (About a dog and a cat)

WEEKLY TOPICS

- Three Kings
- Seven Ravens
- Birds and animals in winter
- Clothes



In the first week of the new year, the theme of the Three Kings awaits us. Together with the children, we will talk about these historical figures and learn what the abbreviation K+M+B means and symbolizes. Together we will discuss the meaning of the gift giving and talk about what gifts the Three Kings brought to baby Jesus in Bethlehem. In order to connect the newly acquired theoretical knowledge with a practical demonstration, we will go to the nearby Modřany church to look at the model of the Bethlemlen that is displayed there.

In the following week, we can look forward to another fairy tale theme from our annual project "Journey to a fairy tale". This time we will take a closer look at the Seven Crows fairy tale. As always, we read the fairy tale, identify the main characters and practice the plot sequence. We will try to simply dramatize it and determine what message it carries. We will practice counting to seven. On Wednesday we will go to a salt cave to relax.

In the third week of January, we will focus on birds and forest animals in winter. Children will learn which animals sleep in winter and which ones are active even when it is snowing and freezing outside. We will talk about how birds and animals survive the winter and how they find food. Together with the children, we will visit the nearby Kamýcký forest, where we will bring something for the animals to eat and pour grain into the bird feeder in our garden. On Wednesday, the children of the Green Class will once again visit the elderly in the Alzheimer Home in Modřany.

In the last full week of January, we will focus on the topic of Clothing. Children will learn to recognize different categories of clothing and will know what season and weather the given pieces of clothing are suitable for. We will talk about the differences in dressing at home, during sleep or at a social event. Older children will learn how and from what materials clothes are made. On Wednesday, the Puk theater will visit our kindergarten with a performance "About a dog and a cat".

January in Vinohrady Nursery

EVENT CALENDAR

- 3.1. Three kings
- 5.1. Color day - Blue
- 26.1. Canistherapy



WEEKLY TOPICS

- Colorful week - BLUE
- Animals in winter
- White everywhere
- Eda and time



With the arrival of the new year, we also have a bunch of interesting topics for each week. Christmas Day when the children received their presents has already ended, but we will not end Christmas itself until the Feast of the Three Kings.

In the first week of January, we have an event called Colorful Thursday on January 5th, when we will come to the nursery dressed entirely in blue. We will learn for which things from our surroundings is the blue color typical and we will include blue in our creations.

The second week will be marked by a project week on the topic "Animals in winter". We will talk about which animals we can see in the forest and which of them hibernate. We will incorporate them into our creations and thereby develop children's relationship with nature.

In the third week, the children will explore the white winter landscape that, as we firmly believe, will surround us. This week, there will be a lot of creative activities and snow fun during outdoor activities, which are always enthusiastically welcomed by the children.

At the end of January, the children are going to focus on the topic "Eda and Time". We will teach children to recognize day and night based on their own experience, we will try to orientate children in terms of time as it is important for children to realize that the world has a certain time system that facilitates their daily functioning of society.

Our new colleagues in Prague 9

NADA REBAI teacher



I work with children from a young age - from babysitting and teaching foreign languages to organizing children's events. I gained these experiences mainly during my studies at the school of pedagogy in Prague. My hobbies include traveling and getting to know new cultures - that's why I decided to go abroad as an au-pair. My priority is to approach children individually and be part of their world. I am well aware of the responsibility I have as a teacher of the little ones, and therefore I try to continue to educate myself in my field. I believe that I found myself in EduArt kindergarten and that working with children will fulfill me for a long time.



ERIKA DUDENGEFER teaching assistant

Pedagogical activity fulfills me since I can remember. I enjoy watching the progress and I am happy from the small and big successes in the little ones lives. Regarding my education, I studied at the Faculty of Pedagogy of the Charles University in Prague. I have many years of experience with children - I look after children in families and I also worked as an organizer and teacher in adaptation groups, in which I took care of children of preschool age. My hobbies include tutoring the Czech language. In my free time I look for travelling, reading books, learning foreign languages and swimming.

