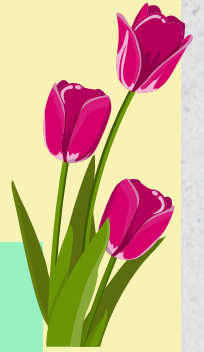




Eda's News



Newsletter of EduArt Nurseries and Preschools
3/2024

Dear parents,

This time, I, the school psychologist, greet you from the pages of the kindergarten newsletter. Before you jump into reading about what awaits your children in the month of March, I would like to share with you some knowledge and recommendations on the **issue of children's access to the Internet** and the content they may come across on it.

CHILDREN AND DIGITAL TECHNOLOGY

Even our generation often does not use technology optimally, but as adults we know what to expect in the online world and how to deal with it subsequently. Children do not know this world and approach it with their own curiosity. There are a lot of attractive things in it, which children can be interested in, including colors, effects, and fast changing of shots, but also by the fact that they are somewhat controversial.



Young children do not yet have the ability to reliably distinguish what is appropriate for them, and so, just as at home or outdoors, they investigate things that may not be appropriate for investigation. Just as we wouldn't let small children be alone on city streets, we shouldn't leave them alone in the online world either. The most important rule of digital education is to be a guide to the online world for children and not leave them alone. There is a lot of useful stuff on the Internet, and even games, YouTube, and social networks are not bad in principle. The goal is to help them get their bearings, so that they can use the benefits of these conveniences. Some of the following rules can help you in this purpose:

- **Being in the online world with children:** If you browse content with children, you can see what they are looking at and what they are interested in. You can assess how the given content affects you, and if the children do see something inappropriate, you can react adequately to it - pay attention to emotions, determine that the character's behavior was wrong, talk about what you would do in the character's place, etc. Even if you are not directly in front of the screen with your children, take an interest in their time spent with technology. If you show interest without criticizing, children will have more confidence to turn to you if they need it. If you ask children how the given game affects them, how they feel after watching the given videos, etc., over time they will figure out for themselves what is not good for them and what is beneficial.





- **Adapt the content to the age of the child:** Age limits for films, games, etc. are rather indicative, but justified - they are based on recommendations of what is suitable for the given age category, based on the content of violence, aggression, sexual subtext, etc. It is always better to watch the content yourself and assess whether you perceive it as suitable for your child or watch together with the child. Age-inappropriate content can lead to strong emotional reactions, for example. It will also help to focus on the content in terms of quality - can it bring something to the child?

- **Set age-appropriate limits:** Children under 2 have been found to retain more information from the real world than from screens. So watching monitors until this age is actually pointless. After this age, it is advisable to limit access to technology, gradually discuss the limits with older children, and allow them more freedom. Limits can include setting a specific time, screen-free time (before bed, during meals, when spending time together, etc.), the number of games currently played (to force children to make critical choices), etc.



- **Approach adapted to the situation and individuality of the child:**
Ask about the child's motives, why he/she watches the given content, and what it brings him/her. Watch when he/she reaches for technology. Technology is not meant to be a patch for boredom or to cope with unpleasant feelings. The child then does not learn how to work with the given emotions or boredom. He/she has no incentive to look for other strategies. He/she thus obtains a universal recipe: I'm not feeling well - I will reach for my mobile phone. Technologies should not take time away from other important activities - sleeping, eating, physical activities, socializing, etc. Last but not least, it is important to monitor how the given content specifically affects your child and helps him/her build sensitivity to himself.

If you have any questions on the topic, or would like to share anything with the members of the EduArt team, they are available for you.

Michaela Teplá, school psychologist



EVENT CALENDAR

- 14.3. - Botanical Garden - Green Class
- 22.3. - Canistherapy
- 26.3. - Theater (Divadlo u Hasičů) - O neposlušné pomlázce
- 26.3. - Easter community event for parents
- 28.3. - Easter markets - Náměstí Míru

Every even Tuesday - Speech therapy

Every Wednesday - Swimming



We will start trips to history in March. In the first week, we will travel with Eda to the stone, bronze and iron ages. Then, we will fly to ancient Egypt.

The second week will bring knowledge of history from ancient times to the present. We will talk about art, inventions and in general why knowing our history is important.

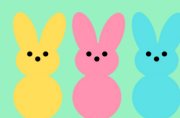
In the second half of the month, we will switch to spring celebrations, and we will start talking about life in nature, in the garden, and in the meadow. What flowers do we start to see in nature and what animals start to wake up with the arrival of the sun?

In the last week of March, we will dedicate ourselves to the Easter celebrations, and we will also have an Easter celebration with our parents.



WEEKLY THEMES

- From dinosaurs to ancient times
- From the Middle Ages to today
- In the garden
- On a meadow
- Easter





EVENT CALENDAR

- 6.3. Messed up day
- 7.3. A birthday celebration of the rabbit friend, Ouško
- 13.3. Purple day
- 14.3. Alzheimer Home (Green class)
- 18.3. Canistherapy
- 20.3. Bringing out Morana
- 21.3. Planting seeds in the garden (Yellow class)
- 21.3. Feeding ducklings (Green class)
- 22.3. Easter Fairytale night
- 27.3. Easter in the kindergarten - coloring eggs and baking a lamb



Every even Tuesday - Speech therapy

We will start the first week of March with the theme of clothes. Together with the children, we will celebrate the birthday of our rabbit friend, Oušek, and experience a confused day of opposites, where the children will have the task of coming in the most confused clothes. In the second week of March, as part of the annual project, we will focus on another color - this time, purple. We will talk about flowers, animals and things with this color, and we will also traditionally experience a purple day full of games and fun together. As every month, the children from the green class will visit the elderly at the Alzheimer Home. In the third week, we will wake up nature together and say goodbye to winter by bringing out Morana. The children from the yellow class will plant plant seeds in the nursery garden, while the children from the green class will go to the nearby pond to feed the ducklings. In the last week of March, preparations for Easter begin in the kindergarten. We will talk about the origin and celebrations of this holiday. Last but not least, we will dye eggs, bake lamb and try other different traditions connected to this holiday.



WEEKLY THEMES

- Clothes
- Nature is waking up
- Purple flowers
- Easter





March in Hloubětín Kindergarten



EVENT CALENDAR

Red Class

- 7.3. Canistherapy with dog, Freky
- 11.3. Trip to Pony Park Měšice
- 15.3. Visit to the Hloubětín Library
- 21.3. Dentist Program - Project Republic without Cavities
- 22.3. Project Day Water Day
- 26.3. Easter Market

Blue Class

- 8.3. Visit to the Hloubětín Library
- 14.3. Canistherapy with dog, Freky
- 21.3. Dentist Program - Project Republic without Cavities
- 22.3. Project Day Water Day
- 25.3. Visit to the senior home - Easter baking
- 26.3. Easter Market

Green Class and Orange Class

- 7.3. Canistherapy with dog, Freky
- 21.3. Dentist Program - Project Republic without Cavities
- 22.3. Project Day Water Day
- 26.3. Easter Market

Yellow Class

- 11.3. Trip to Pony Park Měšice
- 14.3. Canistherapy with dog, Freky
- 21.3. Dentist Program - Project Republic without Cavities
- 22.3. Project Day Water Day
- 26.3. Easter Market



Every Tuesday - Swimming
 Every Wednesday - Speech therapy
 22.3. Fairytale Night - Wall - E

Together with Eda this month, we will welcome spring. In the project week, we will introduce another profession, a florist, where it will start to smell like blooming flowers in Edík's realm. We will try to tie a bouquet, we will talk about how flowers grow and how nature awakens. We will also welcome birds returning from warm countries and other animals waking up from their winter sleep. In the penultimate week, Easter and its traditions await us, and we will also enjoy Easter creations.

WEEKLY THEMES

- About the seed
- Spring is here!
- Easter
- "The florist, or about the awakening spring"





March in Vinohrady Nursery



Spring is here and with it, comes new adventures! We welcome the sun's rays to warm our faces and watch nature come to life around us. We will look forward to pleasant walks, where we will be able to admire the spring flowers that are slowly waking up from their winter sleep. But that's not all! Additionally, we will go to the mountains together for the "Animals in the Mountains" project week. We will look forward to expeditions to discover life in these fascinating areas. During this time, we will learn a lot of interesting things about the animal inhabitants of the mountains and their natural environment. As the end of the month approaches, we have something to look forward to - Easter is just around the corner! We will devote ourselves to discovering the traditional customs associated with this holiday both in our country and in the world. Whether we are decorating eggs, creating Easter decorations, or painting our own Easter pictures, these will be moments full of happiness and creativity.



WEEKLY THEMES

- We are flying against spring
- Project week: Animals in the mountains
- A journey to discover Easter



18.3. *Coni*stherapy

