



2019
Issue 1

IN THIS ISSUE

**Learn about the 3 Benefits
of Character Building**

**Explore our Centre Activities
to build Strong Kids, Strong Families
& Strong Communities**



**Every Child Deserves
A Champion**

CONTENTS

DIRECTOR'S MESSAGE	3
PARENTING TIPS	4
The Lifelong Benefits of Character Building		
CENTRE ACTIVITES	5
Visting the Elderly		
We Can Bake!		
Books! Books! And more Books!		
Chinese New Year Celebrations		
Staying Active and Healthy		
Baker for A Day		
STAFF FOCUS	8
Senior Educator Ms Lim Su Ling		
FAMILY FUN TIME!	10
My Healthy Plate		

DIRECTOR'S MESSAGE



To begin, I would like to extend warm greetings to all parents, students and educators at MY World! We hope 2019 will be a fruitful and happy for one and all.

The start of the New Year is often filled with new resolutions and a positive outlook for the year ahead. Similarly at MY World, we look forward to reaching new heights in our curriculum and in the activities we have planned for the children.

In this issue, we look into the benefits of character building in our *Parenting Tips* section. We encourage activities that help children develop character traits like being peace-loving, patient, kind and resilient.

Equipping our young ones and helping them understand the meaning of these values, will serve them well later in their adult lives.

A good example of this would be respect for the elderly. Our feature story in the *Centre Activites* section follows our children at MY World @ Yishun Northland on their visit to the St Luke's Eldercare. We were heartened to see our children embrace our core values of Caring and Respect during their field trip.

They interacted well and entertained the senior citizens through songs and play. This trip will remind the children that it is important to respect our elders, make time for them, treasure all these precious moments with them.

Under the *Family Fun Time* section, we would like to focus more on the MY World curriculum and how the themes support our children's learning journey. Do get your children involved, and work together with them on the activity. Parent-child bonding is equally important, and these are precious moments to be cherished!

Finally, we would like to show gratitude towards our dedicated staff who work tirelessly to make the learning journey for our children a smooth, happy and exciting one! We have included a new section called *Staff Focus*, where we will feature members of staff who have gone beyond the call of duty.

We sincerely hope you enjoy the first edition of our MY World magazine for 2019, and I look forward to sharing more great stories and ideas we have planned for the second quarter.

Phyllis Tan
 Director, MY World Preschool
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PARENTING TIPS

The Lifelong Benefits of Character Building

A child's character is molded by their decisions and affects every aspect of their current and future life. As parents and teachers, we are responsible for their upbringing, and we play a vital role in helping children develop their full potential.



Three Benefits of Character Building

1

Character development is the basis for personal growth.

As children practise skills that promote character development, they build a reservoir of strength that they can draw on throughout their lives. Self-esteem, confidence, courage, resilience, integrity, and forgiveness are examples of traits that can sustain children at home, at school, and in the community.

2

Character development is the foundation for lifelong learning.

Schools that teach character education report increased academic performance and attendance. Children appreciate the safe environment that occurs when their peers are also learning about respect, honesty, and compassion. Teachers also find it easier to teach when children are learning to exhibit habits of patience, diligence, and self-control in the classroom.

3

Character is the bedrock that solid relationships are built on.

Our children will be happier, more caring, more forgiving, and more responsible as they are taught to think about the needs of others. Cooperation, tolerance, and teamwork are examples of social skills that can be experienced first-hand when children are given the tools and opportunities.

Schools and homes are ideal settings for children to practice communicating, sharing, and getting along. Speaking of how relationships and character are intertwined, Woodrow Wilson said, "If you will think about what you ought to do for other people, your character will take care of itself."

Developing a respectful and responsible character is a skill every child needs in order to thrive, find fulfillment, and be an influence for good in society.



CENTRE ACTIVITIES

Centre Activities



Visiting the Elderly

There's nothing more special than a moment where the young and the old come together.

During this field trip, it was obvious the elderly folks enjoyed having the children around. Each class performed a song and interacted with the elderly after their performance.

The objectives of the visit were to teach children empathy and the importance of respecting their elders.

Centre principal, Ms Grace Vijayan was pleased to have received a lot of encouragement and support from parents. They were happy with the school for providing a platform for their children to play and interact with the senior citizens.

(MY World @ Yishun Northland)

We Can Bake!

Children love eating Pineapple Tarts during the festive New Year season.

Mrs Chua, the mother of Belle Chua, was very pleased to be given the opportunity to guide the K1 class in baking pineapple tarts with her.

The children followed her instructions closely and eagerly participated in adding the ingredients, pouring in the flour, mixing the batter, smashing and rolling the dough.

"This is so fun, it's like playing with Play Dough!", said Javen Teo.

"Can we make them in unicorn shapes?", asked Xu Xingmeng excitedly.

After the tarts were made, the kids eagerly shared it with all their friends during tea break.

The objective of this exercise was to foster social integration among children from diverse backgrounds as they learn, play and grow together. Mission accomplished!

(MY World @ Bishan)



Books! Books! And more Books!

A trip to the library is a multisensory experience that encourages our children to become good readers.

During the orientation, the librarian showed the children how to use their library cards and how to borrow books from the e-kiosk. They listened attentively and enjoyed the stories read by the librarian.

"Can I borrow more books and videos please, Teacher Alicia?"

Clearly the little book worms enjoyed their trip!

(MY World @ Boon Keng)

Chinese New Year Celebrations

The children came to school in their traditional outfits for Chinese New Year celebrations at school.

They also enjoyed performing familiar songs such as "Gong Xi Gong Xi" with their teachers. The opportunity to learn more about the music and art of lion dance, was a thrill for them as they got to create and perform one of their own.

They were also taught the importance of learning how to interact respectfully with their friends when exchanging festive oranges. They also enjoyed learning about Chinese New Year-related idioms and guessing Chinese riddles.

(MY World @ Waterway Sundew)



Staying Active and Healthy

In conjunction with our theme for "Healthy Lifestyle & Healthy Living," parents were invited to this Zumba event to learn about fun ways to stay healthy. The Zumba class was taught by our PG, N2 and K1 teachers.

Our teachers shared the tips with our children on how to stay healthy and active, such as:

- taking part in physical/outdoor activities regularly
- consuming healthy foods such as fruits and vegetables
- choosing healthier food choices (those with the healthier choice logo)

The children also learnt about Yoga and its benefits, and how to make healthy snacks like fruit salad.

Let's start eating right and exercising more now!

(MY World @ Tampines Central)



Baker for a Day

Our children were taken out for an engaging and interactive hands-on baking class at City Square Mall.

The children were given the opportunity to bake chocolate teddy buns from scratch. Sean Teo was so excited, he proclaimed, "I want to be a baker when I grow up!"

The professional yet friendly team of instructors kept the session interactive and engaging, such as passing the ingredients around for kids to touch and smell, asking them simple questions and entertaining their hilarious replies. There was lots of laughter throughout the demo.

The children were eager to bring home their creations to share with their families. What a sweet treat of a day it was!

(MY World @ Matilda Court)



Staff Focus

We met up with Ms Lim Su Ling, Senior Educator from MY World @ Ang Mo Kio Central who most recently won the Distinction Award for MY Champions* in 2018. She reflects on her journey in early childhood education, her passion for helping young children and watching them reach their learning milestones:

Q: Share with us your teaching and learning approach at MY World.

I strongly believe in the inquiry-based learning approach advocated by MY World Preschool, as children are curious, active and competent learners. They possess an innate desire to find out how things work and why things happen.

As a facilitator to support and extend children's own attempts at understanding, I often ask my children open-ended questions like: "How can we do it better?", "What else can we try?" to prompt them to think deeper.

I 'let' rather than 'make' children learn by making lessons interactive, and inquiry-based so that they can enjoy the process of discovering, building their own knowledge and not being afraid to make mistakes.

The advanced learners are also encouraged to partner with the less confident learners during learning activities, so that peer learning can take place and learning can be personalized and reinforced.

Q: Tell us what interests you most about early childhood education?

I have been in the early childhood education for almost 4 years and I made a career switch in 2015 to pursue my passion to teach young children. I feel energized when I interact with them and derive great satisfaction when I observe how quickly they pick up new knowledge and skills.

I strongly believe that the early childhood years are the most important years for a child, as these are the years that the child learns the most quickly. Hence, it is crucial that we influence them in a positive manner and give them every opportunity to help them develop into positive and confident young learners.

I am always learning new ways to help young children in my work and I find it meaningful that I can impart skills or values that will stay with the children throughout their lives.

Q: What are your aspirations for MY World Preschool?

I hope that MY World Preschool will be a childcare of choice that is known for having professional, passionate and dedicated educators.

My wish for MY World is that we continue to be a nurturing place where children create endearing memories, where learning and fun experiences are shared every day!

**MY Champions is a title awarded to MY World Preschool professionals who have been exemplary role models. Besides showing attributes of being a proficient childcare professional, a lifelong learner, a team player and a role model, our MY Champions are recognized to live out our core values such as Caring, Honesty, Respect and Responsibility.*

Senior Educator Ms Lim Su Ling,
MY World @ Ang Mo Kio Central



FAMILY FUN TIME!



Family Fun Time!

My Healthy Plate

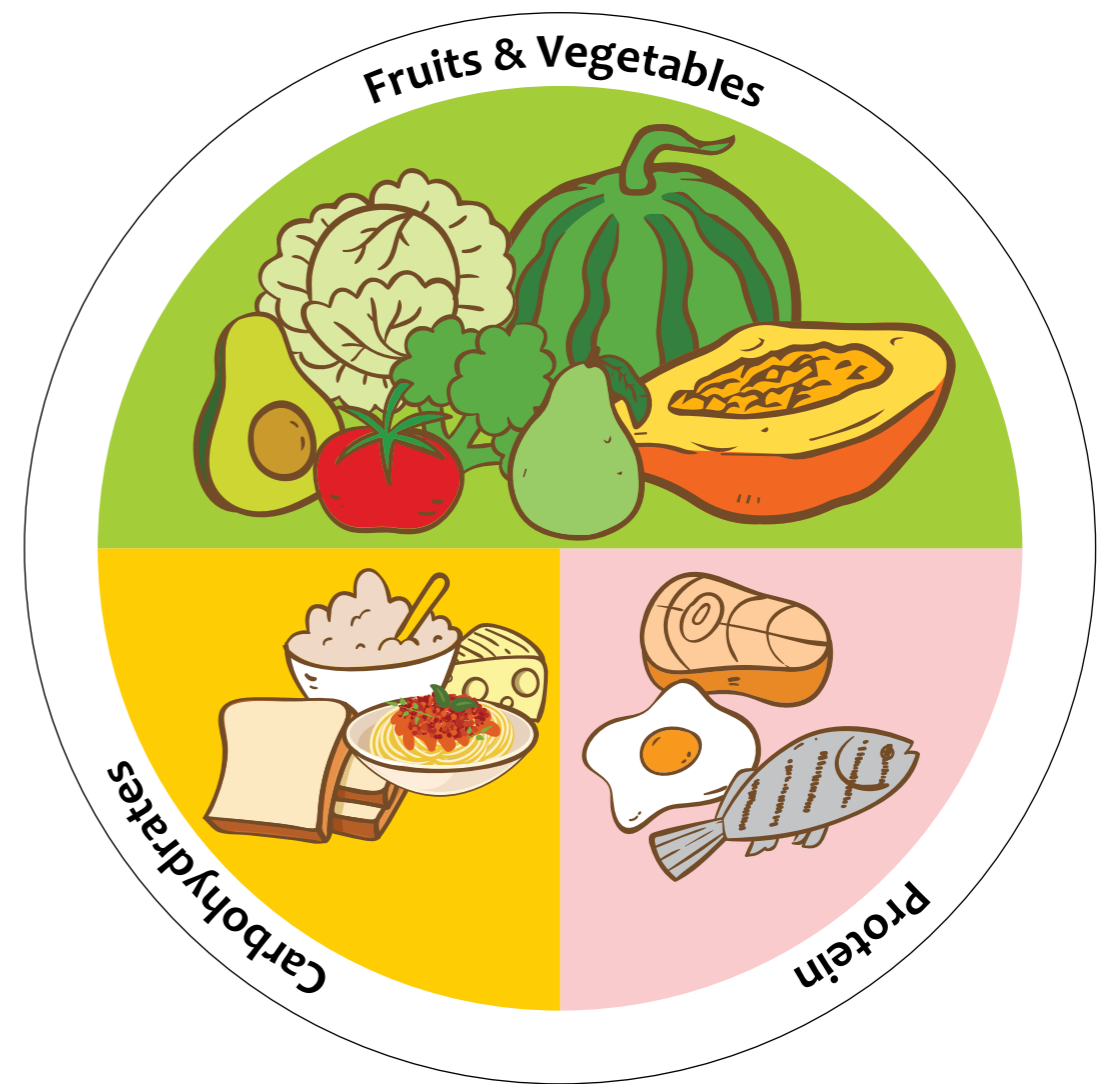
Your child's meal should be well-balanced with

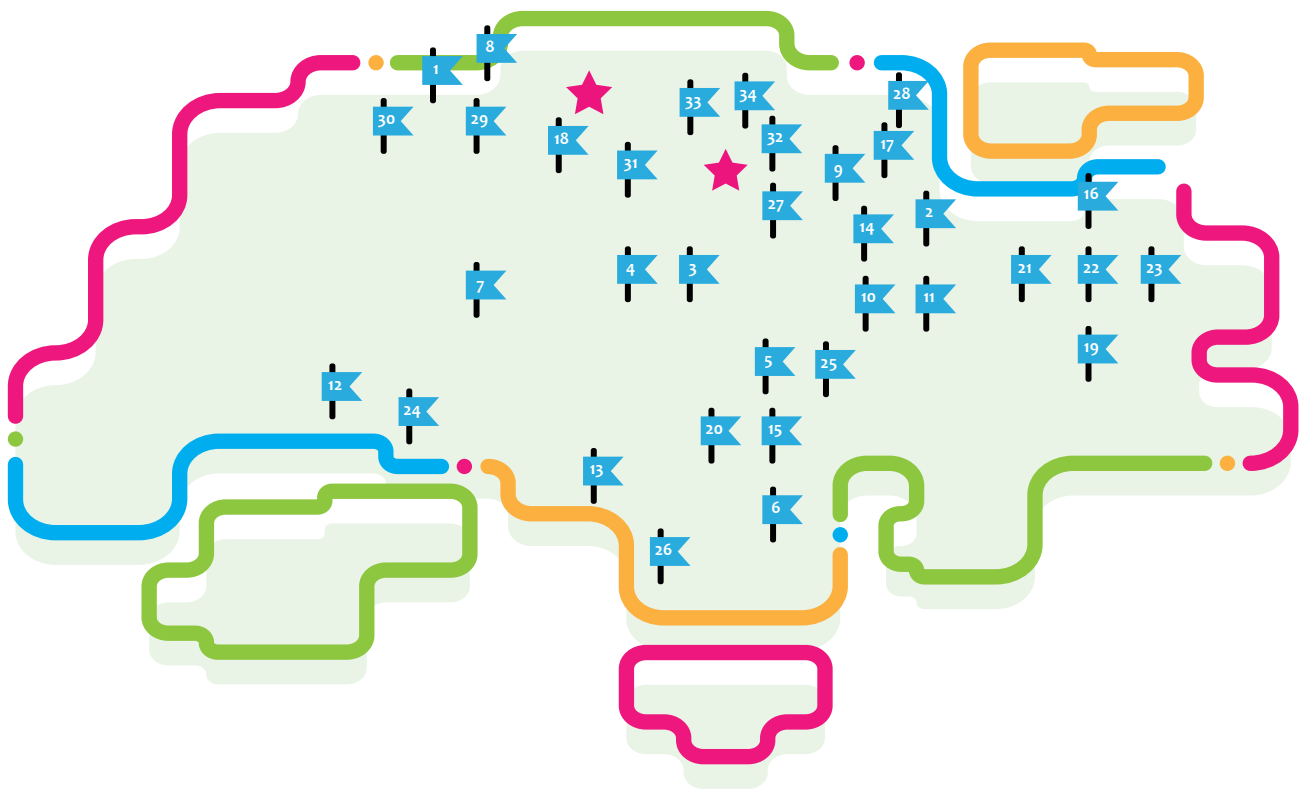
- fruits
- vegetables
- protein
- carbohydrates

Help your child understand what a "Healthy Plate" is.

Divide the plate into two halves. Label the first half as fruits and vegetables. Divide the second half into 2 parts, for carbohydrates and protein.

Find pictures of fruits, vegetables, food containing protein and carbohydrates from newspaper or magazines, and have your child select their favourite food to create their own "Healthy Plate".





★ NEW CENTRES

🚩 EXISTING CENTRES

1. Admiralty* 2. Anchorvale Parkview 3. Ang Mo Kio* 4. Ang Mo Kio Central*
5. Bishan* 6. Boon Keng* 7. Bukit Panjang* 8. Canberra*
9. Compassvale Ancilla* 10. Hougang* 11. Hougang DewCourt* 12. Kang Ching*
13. Leng Kee 14. Matilda Court 15. McNair Towers 16. Pasir Ris*
17. Punggol Edge 18. Sembawang Drive* 19. Simei* 20. St George's*
21. Tampines Central* 22. Tampines Changkat* 23. Tampines North*
24. Teban Gardens* 25. Tenteram Peak* 26. Tiong Bahru View*
27. Upper Serangoon View* 28. Waterway Sundew 29. Woodlands*
30. Woodlands Circle* 31. Yishun* 32. Yishun Fern Grove 33. Yishun Northland*
34. Yishun Palm Breeze 35. Marsiling Greenview 36. Sun Natura

* SPARK-certified centres



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