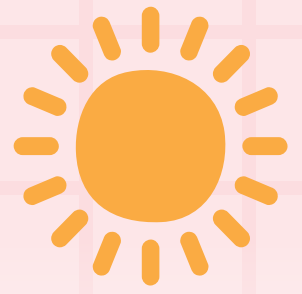




WESTIN
SCHOOL



WESTIN

KINDERGARTEN

MARCH - APRIL 2024



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Caring Learning Integrity Collaboration Kindness

BUILDING STUDENT CHARACTER WITH MORNING ASSEMBLY AND WORSHIPPING GOD

Morning assembly and worshipping god before class has significant benefits. This helps build student discipline by requiring them to attend on time and obey the rules. In addition, morning assembly increases students' enthusiasm for learning by providing motivation and focus at the start of the day. Togetherness among students is also enhanced, creating strong bonds between them. Finally, morning assembly is an effective means of disseminating important information to students.

Morning roll call before class is a common practice in many schools. This activity may seem simple, but it actually has a number of incredible benefits.



WHY SHOULD YOU EAT FRUIT AND VEGETABLES EVERY DAY?



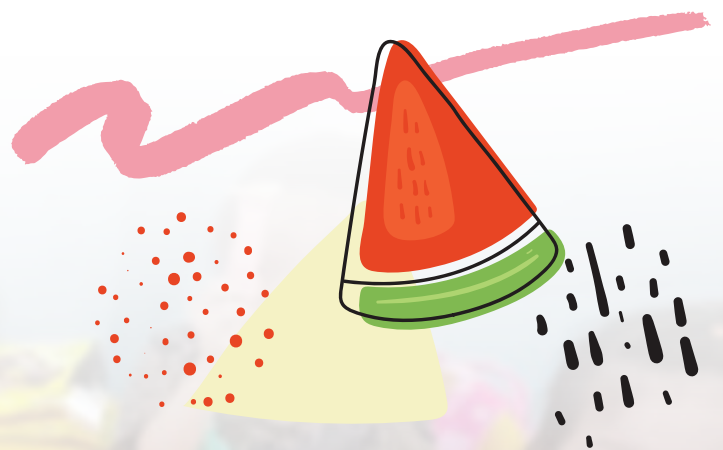
Fruit and vegetables are types of food that are highly recommended to be consumed every day. Unfortunately, there are still some people who don't like vegetables and rarely eat fruit. In fact, eating fruit and vegetables every day is beneficial for health.

Fruit and vegetables are needed by the body as micronutrients and sources of various vitamins, minerals and dietary fiber which are important for growth, development and body health. Some of the vitamins and minerals found in vegetables and fruit function as

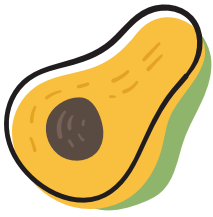
antioxidants so they can reduce the incidence of non-communicable diseases related to nutrition, as a result of excess or lack of nutrition.

The impact of a shortage of fruit and vegetables is not short-term. The content in fruits and vegetables is really needed by the body. Fiber can help slow the absorption of sugar so that sugar levels in the body are not excessive and stable. A lack of vegetables and fruit can cause digestive disorders, namely irregular bowel movements.

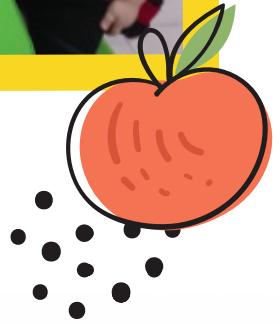
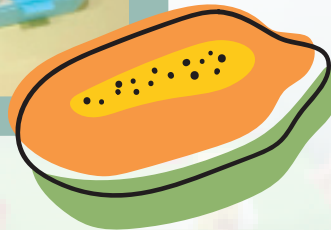
Consuming enough vegetables and fruit is one of the guidelines for balanced nutrition. It is known that fruits and vegetables have very good benefits for body health.



BENEFITS OF EATING FRUIT AND VEGETABLES EVERY DAY



- Helps lower blood pressure,
- Maintain intestinal health,
- Prevent constipation,
- Improves the digestive system,
- Maintain ideal body weight and prevent obesity,
- Protects the body from diabetes, as well
- Reduces the risk of heart disease, stroke and a number of cancers.

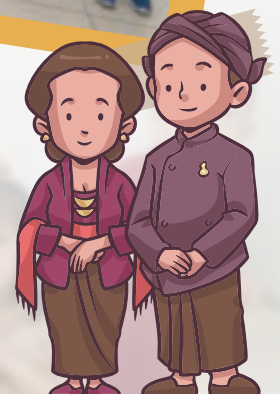




Reading books is crucial for kindergarten children as it helps develop language skills. It sparks imagination and creativity, laying the foundation for a lifelong love of learning. It also enhances cognitive abilities and fosters empathy and understanding of others' perspectives. Additionally, reading together with parents or caregivers strengthens bonds and creates lasting memories.



Kartini's Day is a special day in Indonesia that celebrates the achievements and contributions of Raden Ajeng Kartini, a Javanese noblewoman and pioneer for women's rights and education. For kindergarten children, it's an opportunity to learn about her life and legacy through storytelling, songs, and activities that promote values like equality, education, and empowerment. It's a time to honor Kartini's dedication to girls' education and inspire young minds to pursue their dreams and make a positive impact on society.




The students have understood how to write pinyin and hanzi quite well. they also know how to write the basic of number in mandarin. they also can write well hanzi and pinyin in their book and in whiteboard. the students also know how to read the basic of hanzi quite well without help from the teacher.




What is the benefit PE for kids? The children can learn shape, alfabet, and also motoric to make them can grow well



WATERING PLANTS



Morning assembly and worshipping God before class has significant benefits. This helps build student discipline by requiring them to attend on time and obey the rules. In addition, morning assembly increases students' enthusiasm for learning by providing motivation and focus at the start of the day. Togetherness among students is also enhanced, creating strong bonds between them. Finally, morning assembly is an effective means of disseminating important information to students.



Plants require water and sunlight to survive and grow. They are beneficial to humans as they produce oxygen for breathing and absorb carbon dioxide, which is harmful to human health.



ROLE PLAY "TRAIN DRIVER"

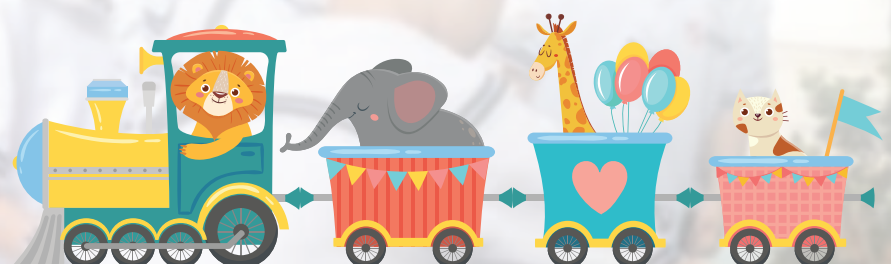
At Westin School, there are various role plays, one of which is the train driver roleplay conducted on March 5, 2024

In this role play, children are taught how to correctly purchase train tickets and introduced to symbols used in railways.



So, at Westin School, learning isn't just about listening to teachers in class, which can make children bored quickly.

Instead, it involves various learning activities such as roleplays. Both children and parents are happy with the inclusion of these roleplays



WHY SHOULD WE CLEAN OURSELVES?

Maintaining personal hygiene is very important, for several crucial health reasons. The most important reason is that maintaining personal hygiene is one of the best ways to keep your body healthy and help reduce the risk of disease transmission to you and your family.



WHAT IS THE IMPORTANCE OF KEEPING YOURSELF CLEAN?

Personal hygiene is the first step to realizing a healthy lifestyle. Having a healthy lifestyle will have an impact on human health. Personal hygiene is self-care carried out to maintain health.



Simple ways to maintain personal hygiene are washing your hands before and after eating, brushing your teeth every day, and etc.

Exploring a new board game together is a great way to spend quality time. Let's hit the park and enjoy some outdoor activities together.



Learning doesn't always happen in the classroom. Children can gain valuable learning experiences by exploring the world around them. Exploring the world can help children broaden their horizons, foster interest in certain fields, and develop social and critical thinking skills.

STUDY TOUR TO KIDZANIA

“Instilling a global-minded character by getting to know various professions more closely”

At kidzania, children have the opportunity to take on adult roles as firefighters, police officers, news reporters, bakers, and many other professions.

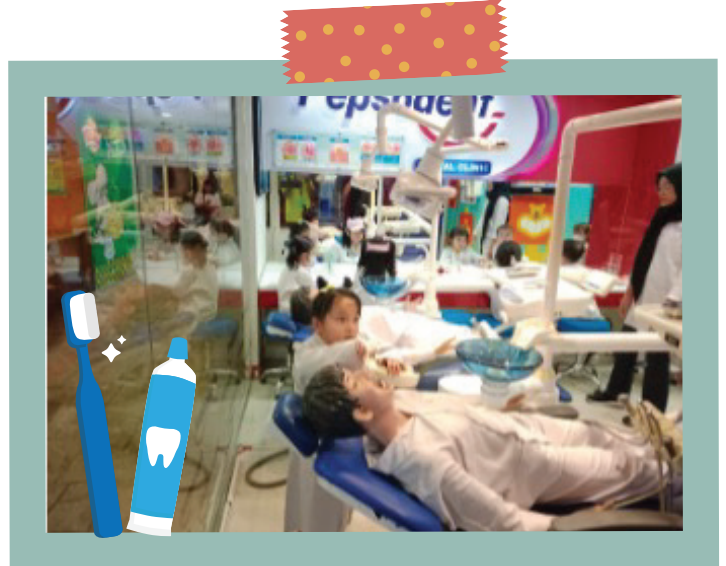


Playing at KidZania is one of the most impressive experiences for Westin Kindergarten students, there students can try various professions that interest them.



FIELD TRIP METHODS IN EARLY CHILDHOOD

The field trip method is a method of learning activities by observing the world in accordance with existing reality directly including humans, animals, plants and other objects that involve the five senses. Through this method, young children can get direct opportunities to observe and study everything directly.



The benefits of this field trip include arousing children's interest in something, expanding children's information acquisition, and enriching the scope of early childhood learning activity programs that cannot be presented in the classroom.

EMPLOYEE DESTINATION

There are several aspects of early childhood development that are suitable for development with learning activity programs through field trips, including the development of physical, cognitive, creative, language, artistic, moral, religious, social emotional, social life, as well as appreciation for the work and services of certain people. The purpose of the field trip also needs to be linked to the themes that have been established in the

early childhood learning activity program. By using the themes contained in the learning curriculum for children aged 3-4 years, the field trip method has fulfilled its function as a tool to achieve appropriate early childhood education goals.

BENEFITS OF THE FIELD TRIP METHOD

- Can stimulate children's interest in something
- Expand the information that has been obtained
- Give children experience of something real
- Can broaden children's insight
- Helps children's social development





Kartini's Day is celebrated in Indonesia on April 21st every year to honor Raden Ajeng Kartini, a prominent figure in the country's



Through interactive debates and group discussions, students enhance their speaking skills while gaining confidence in expressing their ideas.

Schools often hold special programs on Kartini's Day to educate students about her life and achievements.



During circle time, the teacher facilitates engaging discussions and activities to promote social interaction, listening skills, and a sense of community among students.

ENSEMBLE MUSIC

A music ensemble is a group of musicians, dancers, or actors who perform together like an ensemble who have played music together.

A musical ensemble, also known as a music group or musical group, is a group of people who perform instrumental and/or vocal music, with the ensemble typically known by a distinct name.

What are the instruments used in the ensemble?

In rock and pop ensembles, usually called rock bands or pop bands, there are usually guitars and keyboards (piano, electric piano, Hammond organ, synthesizer, ect) one or more singers, and a rhythm section made up of a bass guitar and drums kit, Music ensembles typically have a leader.



Musical instruments, based on their type and groups or family , can be categorized under four different types and groups, and they are as listed:

- String Instruments and Groups
- Percussion Instruments and Groups
- Keyboard Instruments and Groups
- Brass/Wind Instruments and Groups
- Woodwind families and Groups



SPORT

Sport is a planned and structured physical form that involves repetitive body movements and is aimed at improving physical fitness.

Examples of sports activities below are

1. Games and Sports

Games and sports are learning media used in physical education. There are various kinds of games and sports that can be taught to train students' physical abilities.

2. Development Activities

Development activities are activities carried out to develop students' overall physical abilities. This activity covers body mechanics, physical fitness components, body posture, and other activities.

3. Gymnastics

Gymnastics is one of the learning media in physical education. This media is used to improve movement skills and train courage, personal capacity and develop knowledge relevant to physical education.



4. Rhythmic

Rhythmic is an activity that contains a series of human movements carried out in a rhythmic pattern based on changes in tempo. This activity can be described by body movements following musical accompaniment or beats outside of music.



5. Water Activities

Water activities are physical education carried out using water media. This media can be in the form of swimming pools, rivers, lakes and beaches. Education that can be taught in water activities is games, safety, movement skills, swimming, water polo, diving, and the like.

6. Outside Class Education

Education outside the classroom can be done in open fields, forests, nature reserves, museums and zoos. Activities that include physical education outside the classroom include field trips, camping, environmental awareness, exploring, and mountain climbing



GOOD HYGIENE HABITS

BRUSHING TEETH ACTIVITY

At our school, we have a special "Brushing Teeth Activity" Where we gather in the bathroom area with toothbrushes and toothpaste.

We take turns demonstrating how to brush our teeth effectively. Our teachers guide us through the process, ensuring we cover all areas of our mouths and brush for the recommended two minutes. It's not only educational but also a fun way to reinforce the importance of taking care of our teeth. Plus, we get to practice good habits together with our friends, making it a memorable and impactful experience.

And remember, brushing your teeth. It keeps them strong and healthy, so make sure to brush twice a day. So keep up the good work, little brushers!



KARTINI PARADE



Kartini parade for kindergarten students could be a fun and educational way to celebrate Kartini Day, which honors Raden Ajeng Kartini, a prominent figure in the Indonesian women's rights movement. You could organize the parade where kids dress up in traditional Indonesian attire, carry banners with empowering messages, and march through the streets or around a designated area.

