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Editor: Mr Silvio Ruprah

In this Issue

Welcome to the first issue of our school newsletter. The newsletter is to enhance the communication between the parents and the school. You will find articles on a wide variety of topics, including parenting tips on dealing with children's back to school anxiety, highlights of our Hawaiian and Mid-autumn party, reminder on upcoming events, introduction of our teaching team and the Principal's message. We hope you will enjoy reading it!

Message from the Principal

Dear Parents and Guardians,

Welcome back to our new school year. It is the 4th school year since we founded MASS in 2013. I am glad to see that the school has matured and our curriculum is well in place. Last year, we introduced nature education to our curriculum because we have a small garden now in our new campus. Through the nature education, children understand the circle of life and the importance of protecting our environment. This year, our school has participated in the 15th Hong Kong Green School Award. We will enhance environmental awareness, develop an environmental-friendly attitude and promote green practices among students and their families. Therefore, I would like to enlist your support. In the coming months, we will roll out a series of activities or policy. Your support and keen participation will be highly appreciated.

This October, we will be participating in the Community Planting Day at the Victoria Park. Hope you can join with your child in this meaningful event. After that, we will have a week of mid-term break from 11th to 14th October. If possible, please make use of this short break and enjoy the nature with your family. You and your child will be amazed to find out how beautiful Hong Kong is!

Kind regards,
Adriana



Mark Your Diary

1. Community Planting Day

Date: 7- Oct - 2016

Venue: Victoria Park

Class: K1, K2 and K3

2. Reading week

No class for PN - K3

3. Oct Birthday cum Halloween Party

Date: 31 - Oct - 2016

Class: All

4. Field trip to Yakult Factory

Date: 7 - Nov - 2016

Venue: Yakult Factory, Taipo

Class: K1 - K3

5. School Picnic

Date: 11 - Nov - 2016

Venue: Tai Tong Organic

Ecopark

Class: All

6. Nov Birthday Party

Date: 25 - Nov - 2016

Class: All

MASS Team Members!



Adriana Chan
Principal



Sharon Lloyd
Vice Principal



Lam Ching
Vice Principal



Aretha Tsang
Vice Principal



Kate Abbott
Eng Teacher



Silvio Ruprah
Eng Teacher



Josie Condron
Eng Teacher



Nacho Gavilan
Esp Teacher



Jackie Choi
Chin Teacher



Freya Lu
Chin Teacher



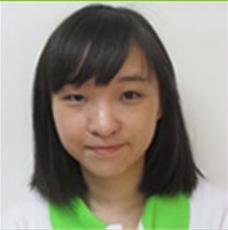
Lillian Kang
Chin Teacher



Sonia Yeung
Admin Officer



Niki Zhong
C.C. Teacher



Pheobe Tsang
C.C. Teacher



Sindy Shao
C.C. Teacher



Jo Chan
C.C. Teacher



Kuang Min
Sr. Janitor



Wu Nga Yan
Janitor



Becky Cheung
Janitor



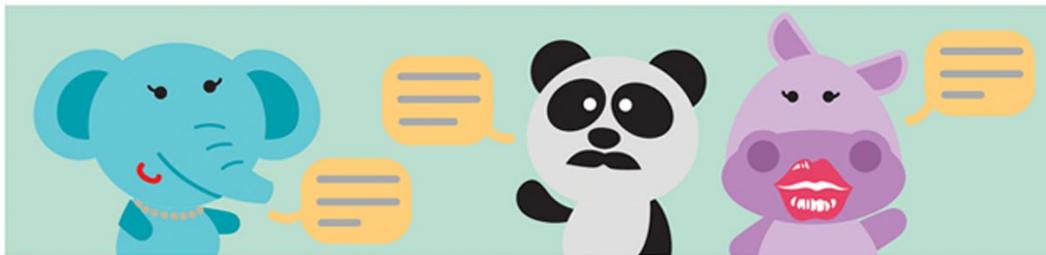
Suzuki Tsoi
Admin Officer

August Birthday Party Hawaii Theme!

Our school transformed into a tropical beach and the students got to play with sand and water! We even set up some traditional Hawaiian games like Hula Hoops and the Limbo!



Parents' Corner



Helping Your Child Cope with Back-to-School Anxiety

Anxious feelings are normal and expected during times of transition or change. This is especially true for children and teens going back to school, or for first-timers starting kindergarten. This transition can be stressful and disruptive for the entire family! Prior to the first day of school, your anxious child may cling, cry, have temper tantrums, complain of headaches or stomach pains, withdraw, and become sullen or irritable.

Worries are Common. Anxious children and teens worry about many different school-related issues, such as teachers, friends, fitting in, and/or being away from their parents.

Although it is normal for your child to have worries, it is crucial to make your child attend school. Avoidance of school will only increase and reinforce your child's fears over the long-term, and make it increasingly more difficult to attend. Besides missing school work, children and teens who stay home because of anxiety miss:

- valuable opportunities to develop and practice social skills
- important chances for success and mastery
- being acknowledged and praised for talents
- fostering close friendships with classmates

Most importantly, anxious children and teens who miss school cannot gather evidence that challenges their unrealistic and catastrophic fears!

How To Deal With Back-to-School Worries!

Below are some general strategies parents can use to deal with back-to-school worries, followed by a schedule leading up to the first day of school.

Look after the basics.

Nobody copes well when they are tired or hungry. Anxious children often forget to eat, don't feel hungry, and don't get enough sleep. Provide frequent and nutritious snacks for your child. During this time, you also need to build in regular routines, so that life is more predictable for your child. These routines can involve the morning and bedtime habits, as well as eating schedules.

Encourage your child to share his or her fears.

Ask your child what is making him or her worried. Tell your child that it is normal to have concerns. Before and during the first few weeks of school, set up a regular time and place to talk. Some children feel most comfortable in a private space with your undivided attention (such as right before bed, or during mealtime). Teens often welcome some sort of distraction to cut the intensity of their worries and feelings (such as driving in the car, or taking a walk).

Avoid giving reassurance...instead, problem-solve and plan!

Children often seek reassurance that bad things won't happen in order to reduce their worry. Do not assure them with "Don't worry!" or "Everything will be fine!" Instead, encourage your child to think of ways to solve his or her problem. For example, "If (the worst) happens, what could you do?" or "Let's think of some ways you could handle that situation." This gives you the opportunity to coach your child on how to cope with (and interpret) both real and imagined scary situations. You will also be giving your child the tools he or she needs to cope with an unexpected situation that might arise.

Role-play with your child.

Sometimes role-playing a certain situation with your child can help him or her make a plan, and feel more confident that he or she will be able to handle the situation. For example, let your child play the part of the demanding teacher or bullying classmate. Then, model appropriate responses and coping techniques for your child, to help them calm down.

Focus on the positive aspects!

Encourage your child to re-direct attention away from the worries, and towards the positives. Ask your child, "What are three things that you are most excited about on your first day of school?" Most kids can think of something good, even if it's just eating a special snack or going home at the end of the day. Chances are that the fun aspects are simply getting overlooked by repetitive worries.

Pay attention to your own behavior.

It can be anxiety-provoking for parents to hand over care and responsibility of their child to teachers. Children take cues from their parents, so the more confidence and comfort you can model, the more your child will understand there is no reason to be afraid. Be supportive yet firm. When saying goodbye in the morning, say it cheerfully – once! Ensure you don't reward your child's protests, crying, or tantrums by allowing him or her to avoid going to school. Instead, in a calm tone, say: "I can see that going to school is making you scared, but you still have to go. Tell me what you are worried about, so we can talk about it." Chances are, your child is anxious about something that requires a little problem-solving, role-playing, planning, and/or involvement from the teacher.

Timeline Leading Up to the First Day of School

(You may not need to take all of these steps)

At least one week before:

- Start your child on a school-day routine – waking up, eating, and going to bed at regular times. Explain that everyone in the family needs to adjust to the new schedule, so he or she doesn't feel alone with these changes.
- For older children who having troubles getting up and out of bed, give them a "big person" alarm clock, and let them practice using it.
- Ask your child to help plan school lunches for the first week.
- Create a list of school supplies together and plan a fun shopping trip.
- Teach and practice coping skills to use when feeling nervous, such as How to Do Calm Breathing and Developing and Using Cognitive Coping Cards

A couple days before school:

- Go to school several times – walking, driving, or taking the bus. For young children taking the school bus, describe and draw out the bus route, including where the bus goes and how long it takes to get to school. Talk about bus safety.
- For new students, take a tour of the school. Show your child the classrooms, the cafeteria, and the bathrooms. If possible, meet your child's teacher with your child present.
- Ask your child to help choose the outfits for the first week of school. Let your child wear his or her favorite outfit on the first day.
- Together with your child, pack up the schoolbag the night before, including treats.
- For younger children who are nervous about separating, suggest taking a special object to school that reminds him of home. A reassuring note in a child's lunch can also help ease separation anxiety.

The first day of school:

- Have your child go to school with a friend for the first couple of days.
- Tell the teacher that your child is having some separation anxiety – most teachers are experts in this area, and have years of experience!
- Most importantly, praise and reward your child for brave behavior!

Mid-Autumn Festival



Congratulations to this year's Lantern Competition winners!



MASS Values

At MASS, we endeavour to uphold our values. We are committed to passing on these values to the children in our care. We take pride in providing the very best of education to our students.

Love

Unity

Respect

Happiness

Responsibility

Impartiality

Morality

Honesty



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