



Every Child Deserves
A Champion

2017
Issue 2

Building Relationships



HEART

A Good Head-Start, Begins With The Heart

HOME Feeling At Home With MY World

HAVEN Safe Learning Environments,
Lifetime Explorations

HAPPENINGS

Things To Do, Places To Go, Champions To Be

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A GOOD HEAD-START,
BEGINS WITH THE HEART



FEELING AT HOME WITH
MY WORLD



SAFE LEARNING
ENVIRONMENTS,
LIFETIME EXPLORATIONS



THINGS TO DO, PLACES TO
GO, CHAMPIONS TO BE

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Issue 2, 2017 | MCI (P) 022/06/2016

Printed by Yung Shung Printrade Pte Ltd (L014/05/2017)

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EDITOR'S NOTE

Living Fully, Connecting Deeply



Dear MY World Family & Friends,

Thank you for making MY World an important part of you and your child's world.

As MY World continues to expand into new neighbourhoods, we look forward to connecting with many new families on this exciting journey of nurturing each child, so that they can reach their full God-given potential.

One of the key elements which MY World genuinely focuses on is building positive relationships with our children. This is because we believe that relationships founded on strong grounds can help our children engage fully with life in good times, and weather through difficulties during tough times.

As such, within the Heart segment of this issue, we offer tips on how parents can build positive relationships with their child by understanding and learning what his or her primary love language is and speaking it frequently to fill up his or her love tank.

Positive relationships between a child and her teacher can also make a big difference in the way a child develops. One of our children's parents, Mrs Choo, recently witnessed how her daughter had blossomed holistically, because of a nurturing relationship with a teacher at MY World. We are heartened to share her testimony in the Home segment.

Besides positive human relationships, connecting well with our environment is also integral to the well-being of children. In our Haven segment, we feature recent learning experiences through meaningful interactions with the environment. These experiences guide our children in confident exploration, creative thinking, curiosity and compassion, all of which are important for navigating their vast world.

With MY World expanding into Punggol, we also bring to you information about our new centre MY World @ Waterway Sundew. If you've been looking for a suitable preschool for your little champ or know of someone who is, this could be the best environment for the child.

Finally, we all know how children often thrive on activities which are engaging and which strengthen family bonds. In the Happenings segment, you will be able to find suggested activities that do just that, while nurturing your children's growth in healthy ways. There's even an activity that's great for celebrating Mother's Day!

Indeed, there is plenty we can do together to build positive relationships in our child's life and we hope we have suggested useful ways to do so. After all, our children need more of our presence than our presents!

Phyllis Tan

Director, MY World Preschool
ED & CEO, Metropolitan YMCA



HEART

A GOOD HEAD-START,
BEGINS WITH THE HEART



A GOOD HEAD-START, BEGINS WITH THE HEART

How Love Makes MY World Go Round

Have you ever given a gift to a friend only to receive a weak smile in return?

Or hugged someone who instinctively recoiled?

If you've any of these experiences, hey, you're in good company! We've all been there before.

These happen because we're all different in how we give and receive love.

Well, children are just like us, but a lot more emotional in how they view the world.

Gary Chapman, author of *The Five Love Languages of Children*, says that to build positive relationships with our children, they must first feel loved. >>

Now that we know about the love languages, how can we figure out our child's primary love language?

Start by asking:

- How does my child express love?
- What does my child request for most often?
- What does my child frequently complain about?
- What does my child frequently choose when given options?

Then, speak the child's primary love language often.

Oh, keep in mind that he or she can benefit from the other four love languages as well!

Above all, we just have to do our best to make them feel loved.

And go easy on ourselves when we fail (which happens to everyone). Truly, parenting is one of the toughest jobs on the planet.

Thankfully, we'll always be the best parent for our children no matter what.

To do that, we need to speak their primary love language.

In his book, he shares five such languages:

Words of affirmation

For children who enjoy praise, compliments that focus especially on personality, accomplishments, efforts and more can mean a lot.

Acts of service

Does your child appreciate you more when you help him or her with homework or when you serve your child in other ways? If so, perform these as often as you can.

Gifts

Giving your child a gift can be a very tangible expression of love. Thankfully, our gift does not necessarily need to be expensive. It can be as simple as a packet of stickers.

Quality time

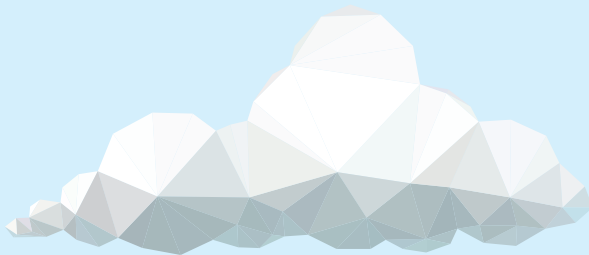
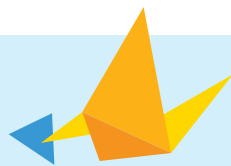
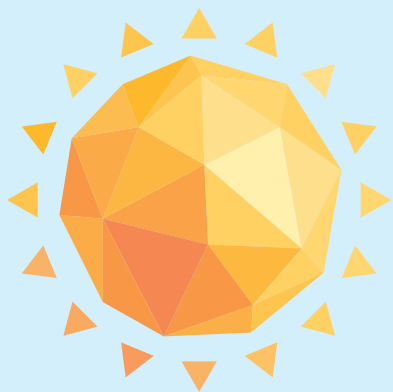
Children who speak this love language seek quality attention. Your child needs to know that he or she is worthy of your undivided time.

Physical touch

For children who enjoy physical affection, a touch on the arm, a pat on the back, a hug and more could make him or her literally feel your love.



To learn more about the **five love languages**, you can check out <http://www.5lovelanguages.com/resource/the-five-love-languages-of-children/>



HOME

FEELING AT HOME WITH MY WORLD





FEELING AT HOME WITH MY WORLD

Bonds That Make A Difference To MY World



Feeling blessed with the family

MY World believes in building relationships with children that extend beyond the classroom. That's why we love joining hands with our children's parents to construct bridges between the classroom and home. One of our parents at MY World @ Tiong Bahru shares a refreshing account on how her children have been transformed by MY World childhood educators.



Mrs Choo's Story:

Every parent wants the best for his or her child, and my husband and I are no exception. We know the importance of having a strong preschool education, which lays the essential foundation for sound character development and success in life. And we have high expectations of the quality of our children's learning environment and their early childhood educators, in particular whether there is genuine love and concern for children.

As we went through the enrolment process for both our children, Crystal Faith and Ryan, we could not help but harbour some skepticism at the back of our minds. We had bad experiences with childcare centres in the past and MY World would be our daughter's fourth childcare centre.

When we first met 惠老师 in November 2015 during the centre visit, she shared matter-of-factly about her emphasis on discipline. We were uncertain if our daughter, who already did not enjoy Chinese, would have difficulty connecting with her.

Thankfully, during Crystal Faith's first three days at MY World, I was able to observe how 惠老师 conducted lessons. She was completely vivid and engaging, and even brought her own props to make her lessons come alive! Subconsciously, I found that even I was drawn to her lesson.



It is heartwarming to know how 惠老师 prepares her students not just for school, but for life.



惠老师 using a prop to engage Crystal Faith's curiosity

After a year at MY World, Crystal Faith started reciting Tang poems and carried out occasional conversations in Mandarin at home. This was a huge contrast to how she would often respond in English even when we spoke to her in Mandarin. Recently, Crystal Faith amazed me when she initiated writing Chinese characters at home.

惠老师 has truly inspired a positive switch in her attitude towards the Chinese language.

惠老师 encourages parents to let her know if we've spotted inappropriate behaviours at home, as she believes in collaborating with us to reiterate what is right, while doing so anonymously and tastefully so that the child's feelings are not hurt. At the same time, she manages to turn such experiences into teaching moments, so that her entire class benefits. What's more, she willingly shares whenever we seek her advice on learning and parenting challenges.

Lately, 惠老师's lesson of life was on how Nick Vujicic rose above his physical limitations. It left such

a deep impression on Crystal Faith that, on her own accord, she used her allocated "cartoon time" in the evening to find out more about Nick.

In fact, we were so amazed by 惠老师's natural style and flair for teaching preschoolers, that we found it hard to believe that her official work in the early childhood education sector begun only a mere three years ago. Her decision then to do a mid-career switch will definitely touch and nurture many more young lives in the future.



While Crystal Faith settled down quickly at MY World, Ryan's integration into MY World was a stressful period for me, particularly because I was unwell then. I can still recall how his cries on the first day at the playgroup reverberated from one end of the centre to the other in spite of my presence.

Jane, the centre's principal, spent a fair amount of time with Ryan on a one-to-one level during his initial days at MY World to calm his fears and anxiety. Beyond the first few days, she continued to look out for him from the moment he arrived, engaging him through play and gradually integrating him into the class. Her actions provided me with much assurance and gave me the peace of mind to head to work after dropping him off at MY World.

As the centre was still new then, not all the teaching vacancies were filled. I noticed how Jane was able to occupy the teaching roles with ease across different levels whenever there was a shortage of staff. Despite being the centre's principal, she

remained connected to the ground and lent support whenever an extra pair of hands were needed. She still does that today.

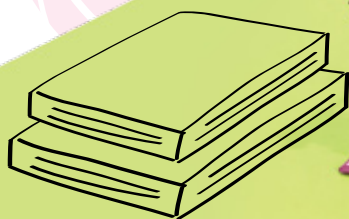
Just like 惠老师, Jane is always forthcoming whenever we approach her for tips and resources on effective learning engagement for my little tots.

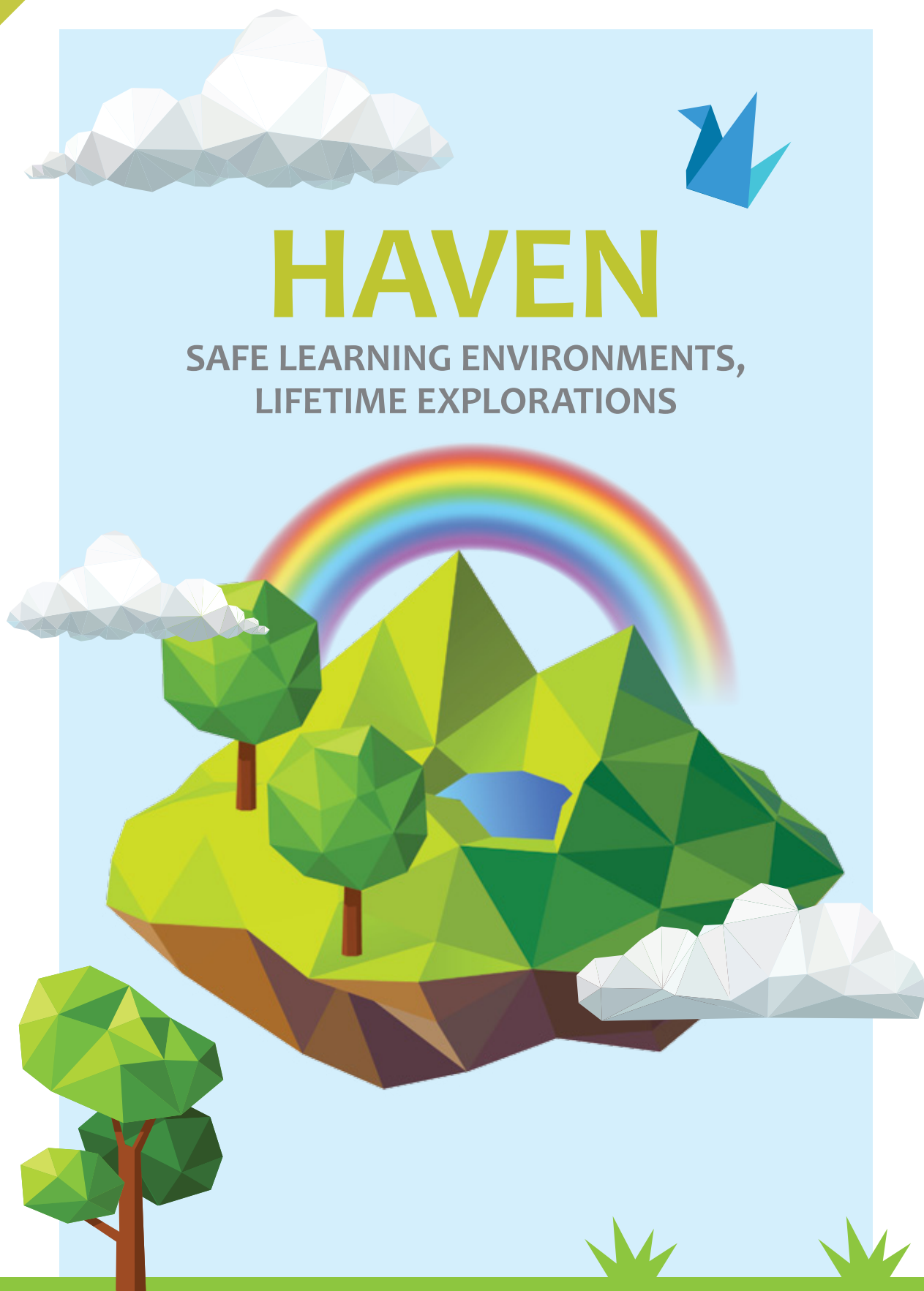


“We feel blessed that both our children have benefited through early childhood practitioners who truly care at MY World.”

Do you feel at home with MY World too? How about sharing your joy with other parents by sending in your story to ccadmin@myworld.org.sg.

Reading a pop-up book that brings Chinese characters to life







SAFE LEARNING ENVIRONMENTS, LIFETIME EXPLORATIONS

Work and Play Go Together: MY World @ Pasir Ris

Recently, as part of our People In My Community series, MY World @ Pasir Ris explored the theme of work with our K1 and K2 children. And we decided to do this with a fun “on-the-job training” at KidZania on 9 February 2017!

KidZania is an interactive indoor theme park at Sentosa that combines inspiration, fun and learning through realistic role-play for children aged 4 to 17.

Through role-play, our K1 children put themselves into the shoes of different occupations and community helpers as they collaborated as a team and “earned their keep”.

This event was meaningful as it gave them a rare opportunity to understand the operations at a chicken restaurant, and the social responsibilities of firemen and policemen.

 **Some of our children were also able to take on the roles of pilots, surgeons, bakers and more.**



Little chefs making pizzas

Our pilots giving us a peak into the cockpit



Patrolling the streets as little police officers



The experience opened the way for an insightful discussion and reflection about “My Ambition”.

Finally, it culminated in our parents creating 3D representations of the places in the community and discussing with their children about the roles of the community helpers.

Our K2 children also had the opportunity to explore experientially, and with a greater depth.

Before the fieldtrip, they were asked to share their initial thoughts about work. And upon arriving at KidZania, they refined their thoughts by experiencing various occupations.

Finally, when they returned to the classroom, they shared their discoveries through drawings and written reflections. Our K2 children then worked on a take-home project with their parents on the theme: My Ambition.

Zooming into work at a micro level gave both our K1 and K2 children a meaningful take on the purpose behind various occupations. At the end of the day, they learned how to explore different occupations, express their insights and draw their own conclusions.

These skillsets and discoveries of their interests and strength will serve to empower them as they decide on their vocational paths in the future.



A Taste for Learning: MY World @ Woodlands



Beyond the academic route, there are many routes to success.

If you love cooking, you could be a chef. If you're innovative and love doing your own thing, you could be an entrepreneur.

And if you love both, hey, you could forge a life like Mr Alex Teo's.

Mr Teo is the head chef and owner at Angels N' Cowboys, a restaurant that envisions casual dining as non-intimidating and affordable. Its specialty is in bringing innovative menus and casual dining closer to the reach of many.

Mr Teo opened Angels N' Cowboys in August 2016 after gaining a distinction from his early chef training at Sarawak. From there, he travelled & trained under the best in the world in various kitchens.

As a master of the fine and classical cooking style, he has received various accolades and awards, including a silver and a gold award under the FHA Culinary Challenge (FCC), which is widely recognised as the region's most prestigious international culinary competition with a strong emphasis on the promotion of culinary excellence.

Amazing, isn't he?

Well, Mr Alex Teo also happens to be the proud parent of Teo Kai Xuan, one of our K2 children.

As part of MY World @ Woodlands' series on People In My Community, we wanted our K1 children to come face to face with successful people who had discovered their passions, developed their skills and found a way to served their community using their abilities.

Real life examples on how to find success with your interests and skills make a world of a difference for our children.

So, on 17 March 2017, we invited Mr Alex Teo to share about his work. It was an eye-opening experience for the children and us to participate in how pizza was made right before our eyes.

Children, curious learners that they are, ask the smartest questions.

Such as, "Are you happy cooking food for other people?", which really points to a kind of joy that emerges from serving others.

Yes, the kind we find when we do our most fulfilling work.

What we can do is to help them to construct their hypotheses about the world in healthy ways.

And then, stand back as they discover their answers on their own.



Putting the right ingredients into the process

“We also opened the floor up for children who had burning questions that had been cooking in their minds.”



Mr Alex Teo sharing his responses to our children's questions



Happy children and teacher posing with our star chef

Little Children, Big Hearts



We're never too young to care. And we always have something to give. These timeless lessons were what our children at two of our centres learned recently.

MY World @ Sims

It's common to see elderly folks showering young children with love.

But, what if it was the other way?

We wanted to explore this question together with our children at MY World @ Sims.

Putting our hands to work, we made cookies, sold them and raised funds to buy basic necessities for the old folks at Green Avenue Elderly Home.



Making cookies can be fun!

The exploration did not stop there.

We then visited the old folks during Chinese New Year on 2 February 2017.

During the visit, our children put up the amazing performances that they had practised hard for, and presented goodie bags and red packets to the elderly.



An engaging performance for the elderly



Heartfelt moments as our children present their gifts to the elderly

At the end of the event, we caught glimpses of our children's lively expressions, as well as joyful expressions by the old folks.

Like our children, we are filled with joy at this experience of truth – that no matter how young or old we are, we can all receive and experience love.

MY World @ Ang Mo Kio

Parents who care for the vulnerable are like superheroes to us.

In March this year, many of our children's parents at MY World @ Ang Mo Kio transformed into giving heroes by contributing essential items to less privileged communities in Singapore.

To distribute these items, our centre joined forces with MY Manna, a programme of MY Child Cares project that is managed by Community Services Department of Metropolitan. It is a food distribution programme with more than 600 beneficiaries who have been referred to MYMCA by the Government and Social Services Agencies.

Our teachers, always alert to teaching moments, seized the opportunity to discuss the virtues of kindness with our children.

It was not just talk, though.

The children later transformed themselves into active givers by participating in their parents' decision-making process; helping to select and purchase essential items with their parents.



Our children working hard to sort out essential items

At the end of the day, our giving heroes donated so much and our K2 children helped to sort out these items.

These acts of compassion can only be marks of true heroes!



Embracing the joy of giving through serving together

All in all, we discovered that giving could actually be a fun family activity.

"Yes, the world is a better place now because of our heroes."

Families That Play Together Stick Together: MY World @ Ang Mo Kio Central

“Yes, we are that serious about play.”



Father and son playing a game that “sticks” them together!

At MY World, we find many ways to bond with our children and their families.

One of the ways we do this is through playing together.

Plato, the Greek philosopher, once said, “You can discover more about a person in an hour of play than in a year of conversation.”

Did you know that playing is a child’s natural form of communication. Through play, they reveal their personalities, aspirations, interests and even fears to us. These are necessary elements for building great relationships.

Families that play together find ways to collaborate, compete and empathise with one another in natural and healthy settings. It’s also a great way to keep fit together!

Such skillsets and habits are essential, especially when it’s time for our children to explore the world.

That’s why, on 16 February 2017, MY World @ Ang Mo Kio Central gathered our families for a fun day of bonding, active lifestyle and healthy eating.

We chose to gather at Bishan-Ang Mo Kio Park, which happens to be one of the biggest and most popular parks in Singapore. It has some of the best relaxation spots for picnics and family gatherings.

Our morning was spent working out at the park. Then we had an exhilarating tele-match which included parents and children.

Some of the games had competitive elements that depended on great teamwork.

And amidst this competitive environment, it was heart-warming to see some parents volunteering to help other children whose parents could not make it in time for the games.

Though fast-paced and heart-pumping in nature, these games were just warm-ups to our next activity – Zumba dance.

This was a lot more intense.

Grooving to fast Latin-inspired beats, our families willed their bodies to move to the high-energy, uplifting and fun aerobic workout.

At long last, the calories were burned and lunch was earned!

We ended the day with a healthy picnic lunch, prepared by our families.

This calorie-burning day left us slightly thinner, but thicker with happiness.

Humorously, this proved to us that families that play together – through thick or thin – really do stick together!



Having a well-earned lunch

New Centre: Looking For A Preschool For Junior?

If you're a parent of a preschooler residing at Punggol or know someone who is, do check out our newest centre, MY World @ Waterway Sundew!

Located at the eastern end of the waterway, it welcomes the awakening sun, as well as the refreshing dew that forms on the development's lush landscape every morning.

Like its name, our centre believes in greeting the day well!

Beyond that, we believe in greeting a life well.

Our new centre, which started on 16th March 2017, aspires to be the foundational platform on which all our children grow into independent, respectful, caring, responsible and honest individuals.

We believe in empowering our children to serve as team members, to be reflective inquirers, independent problem solvers, effective communicators and resilient individuals.

As children learn by modelling adults, our teachers become crucial models for them.

During daily classroom facilitation, our teachers engage in uplifting language, healthy habits, and positive learning characters and character traits.

It is such a precious responsibility to work with children. And our teachers work hard to develop their personal integrity, so that they can do their best to motivate learning in our children.

For example, a teacher may show appreciation for a child's artwork by praising and encouraging him or her. Our teachers also intentionally affirm children who do the right thing, because we believe in "catching them" when they do good.

Sometimes, learning can become very overwhelming when the information is too chunky. That's why, we are careful to scaffold our lessons. Our children may not need to know all the right answers, but it is important for them to find learning accessible and to develop the muscles of lifelong learning.

To further inspire their learning, we work hand in hand with parents on theme-based mini-projects at the end of each term (like using recycling materials to create an artefact), as we believe that learning activities can be engaging platforms to build stronger relationships. Our children's parents are also invited to join us during our field trips or learning journeys.

In fact, we believe so much in building good relationships with our children's parents, that we have an open-door communication platform where parents can ask our teachers and staff about their child any time during school operating hours. We've also developed a communication book that parents and teachers can refer to on any matters concerning the child's well-being and development.

Relationships lie at the heart of everything we do. Our children need to know that we care for them, that they're safe and that they are treated with respect. This is essential to their emotional and social growth.

So, if you're looking for a preschool that will share your heart for your child, well, we'd be glad to show you around our learning environments.

Visit us at Blk 661B, Edgedale Plains #01-616 or read more about MY World @ Waterway Sundew through our website <https://www.myworld.org.sg/>, Facebook, notice boards around the neighbourhood or even through word of mouth from parents staying around the vicinity!





HAPPENINGS

THINGS TO DO, PLACES TO GO,
CHAMPIONS TO BE



HAPPENINGS THINGS TO DO, PLACES TO GO, CHAMPIONS TO BE



Fun Selections For Family Connections

Family interactions are crucial for bringing out our children's potential. Here, we've selected some activities that you can do together as a family, while nurturing your little champ!

eXplorerkid @ Downtown East

Children learn about the possibilities and limitations of their bodies and minds through exploration. That's how confidence grows. eXplorerkid @ Downtown East, one of the largest indoor playground in Singapore, encourages children to explore educational elements through play. There are fun and challenging play stations for kids, and relaxation facilities for parents and guardians.

For more information, visit <https://www.explorerkid.com>



PLAY @ National Museum of Singapore

The topic of museums may come across as dry to some, but not at Singapore's oldest museum. The National Museum of Singapore has opened up a new area for kids. PLAY @ National Museum of Singapore gives kids the opportunity to get curious about museums in a fun and interesting way, and learn about the lives of Singapore families and culture through many interactive exhibits and cool activities.

For more information, visit www.nationalmuseum.sg



Alive Museum

We can develop creativity in our children by exposing them to great art when they're young! Alive Museum is a 4D Museum, which promises an immersive experience for your family. Filled with optical illusions, it allows guests to pose as part of a masterpiece. Come ready with a camera in hand and let your child's creativity run wild with ideas on how to create memorable photos with family and friends!

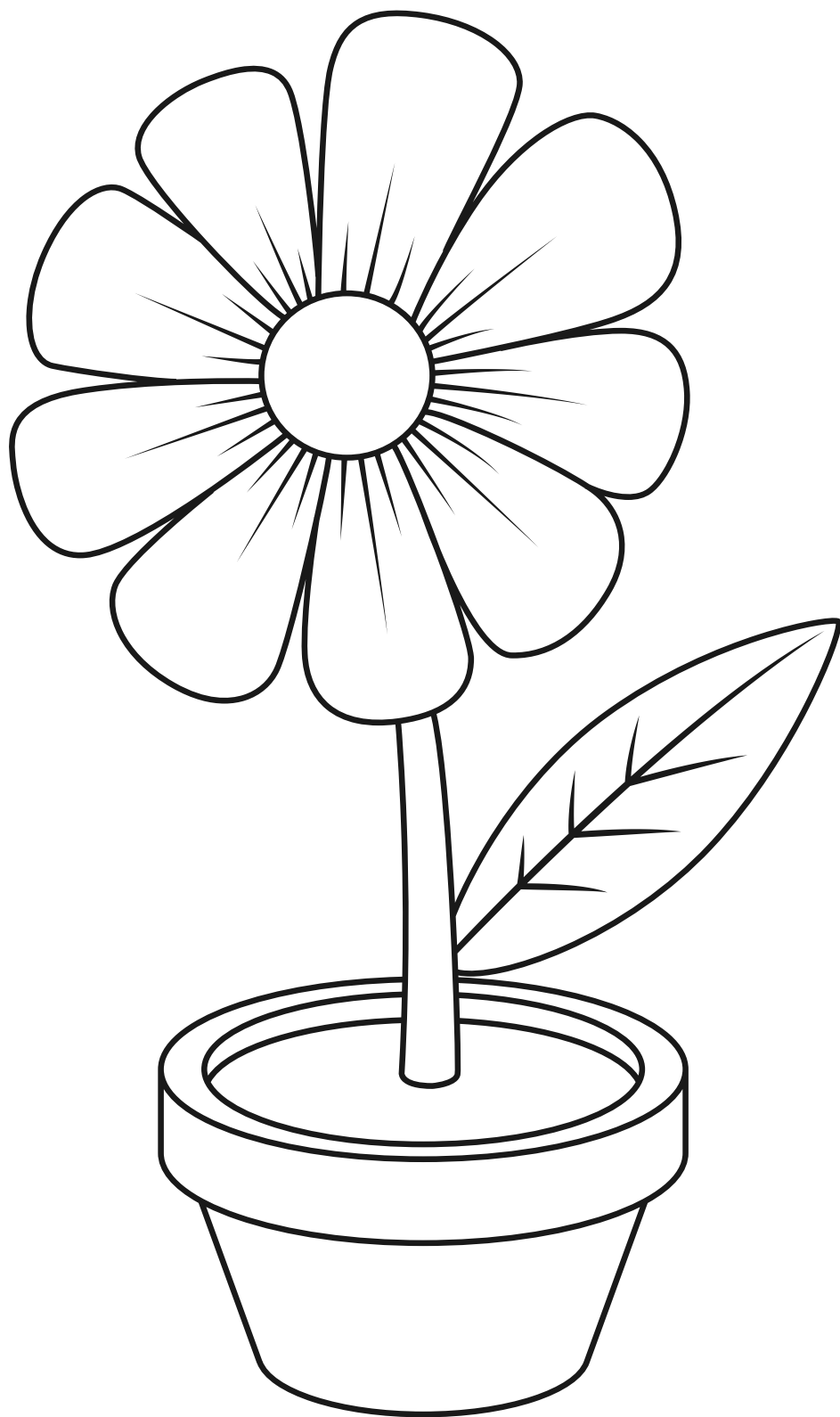
For more information, visit <http://alivemuseum.sg/news-events/new-zones>



Album of Love

Not all family activities need to be spent outdoors. And this one is great as a Mother's Day activity – Dads, feel free to take the lead! To celebrate this wonderful occasion, your child and you could create a heartfelt photo album of happy family moments to present to Mom. In the process, you could use the album to remind your child that there are many people in the family who care for him or her. This could be a great opportunity to share about how we can always give love to others and the importance of building great relationships in your family. Moms, you can join in! Though this won't be a surprise, it will definitely be memorable.





Fun Activity: Colour Your Flower

Parents, how about getting your child involved in a sweet gesture for Mother's Day? Your child could use this interactive drawing and colouring activity to express his or her love for Mom, while having fun!



Dearest Mummy,

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## MY WORLD CENTRES

Admiralty • Ang Mo Kio • Ang Mo Kio Central • Bishan • Boon Keng • Bukit Panjang • Canberra • Compassvale  
 Ancilla • Hougang • Hougang Dewcourt • Kang Ching • Leng Kee • Pasir Ris • Punggol Edge • Sembawang  
 Drive • Simei • Sims • Stevens • St George's • Tampines Central • Tampines Changkat • Tampines North • Teban  
 Gardens • Tiong Bahru View • Upper Serangoon View • Waterway Sundew • Woodlands • Woodlands Circle •  
 Yishun • Yishun Northland



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60 Stevens Road Singapore 257854  
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