



We had a very busy June with our theme 'Moving On'. The children learnt about moving houses, schools, countries. We had Special Guest **Stefanie Opitz** reading 'Friendship is about Dubai' the story sums up what children go through when they move on. We also had our 1st Graduation Ceremony for Ms Irene's Pre school Eager Elephants, which was very successful. Have a restful summer and enjoy the Eid break see you all on 1st September 2014.

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SUMMER CAMP ACTIVITIES

Summer Camp has been very creative, our theme last week around the world, we made globes with continents from balloons, sombrero hats, kangaroos, boomerangs, pancakes with maple sauce, flags from around the world and a passport to travel. This week we will look at fairy tales Cinderella, The Gingerbread man, Goldilocks and the 3 bears, The Billy Goats Gruff and 'A dress up in fairy tale' day optional for Thursday.

'Making Global'



Summer Health Reminders

Summer Health Reminders

When the season changes to summer, children are most likely get affected with some health problems like asthma and common skin problems like eczema and ring worm. However, if you take the right precautions, you can prevent these from happening. Read on to know more about these problems and how to prevent them.



Asthma is a chronic lung condition. Inflammation, increased mucus, and muscle tightening causing the airways to narrow and as a result, air can't move through the lungs as well as it should, which makes it difficult to breathe.

If your child suffers from asthma, you need to know the signs, symptoms and the treatments for the best action plan. Asthma can't be cured, but you and your child can reduce the symptoms and the flare-ups. It varies in its severity. Some people experience asthma symptoms continuously while others experience symptoms only if exposed to triggers. Regardless of the severity, typical asthma symptoms include:

- Chest pain, tightness or discomfort
- Coughing, particularly at night
- Shortness of breath or difficulty breathing
- Wheezing.

Since most asthma attacks in children are caused by an allergic reaction, there's a lot that parents and adults can do to prevent or reduce asthma symptoms by limiting the child's exposure to allergens. Here are the four major steps:

1. Limit the exposure to extreme temperature (going out in a very hot weather or very cold weather)
2. Limit dust exposure.
3. Protect your child from cigarette or tobacco smoke.
4. Reduce or eliminate the pet factor.

It is important to note that when your child shows symptoms of asthma, it is better to take him to his pediatrician right away because early treatment will help ease symptoms and prevent a mild asthma flare-up from progressing to a severe asthma attack.

For parents who have children with asthma, please be reminded to see me (Nurse Florian) and show me your child's asthma medications with a prescription from his pediatrician and to notify me of any allergens that may cause your child's asthma attack. I am always at your service to avoid these attacks from happening and to help your child if such cases arise while they are in Little Pandas ELC.

ECZEMA



Eczema, or atopic dermatitis, is a non-contagious inflammation of the skin, characterized chiefly by redness, itching and the outbreak of lesions that may discharge serous matter and become encrusted and scaly.

During summer season, there are high incidences of eczema for both adults and children. During this season, the triggers can include:

- Frequent bathing in chlorinated water which dries out the skin
- Exposure to the sun
- Certain sunscreens
- Changes in humidity

Eczema is thought to have hereditary factors, and has higher incidences in children whose parents have seasonal allergies. It can be made worse by dietary factors, such as too much protein in the diet.

The basic treatment for eczema:

- Avoid factors that you have noticed make your child's condition worse
- Keep skin gently cleansed and hydrated with moisturizers
- Spot treat breakouts with a prescribed hydrocortisone cream
- Natural treatment: oatmeal baths, tea baths, primrose oil
- Simple trip to the beach may help clear up the skin as well

If your child has a very mild case of dry skin and you know there is a tendency to eczema in the family, you may be able to head off the problem before it starts. If the problem advances to include scaly, itchy red skin, then I advise you to take him to his pediatrician. He may prescribe a corticosteroid or give you a referral to a pediatric dermatologist.



Ringworm is a common fungal infection of the skin seen most often on the scalp, body, feet (“athlete’s foot”), or groin (“jock itch”). Ringworm actually isn’t a worm at all. Its name comes from how it looks, like a red ring or group of rings with clear centers.

Signs and symptoms:

On the skin:

- Starts as a red, scaly patch or bump
- Itching
- Discomfort
- Circular pattern with raised, bumpy, borders (often with a scaly center)

On the scalp:

- May start as a round, reddish, pimple-like sore
- Becomes patchy, flaky, scaly, or crusty (may first be mistaken for dandruff)
- Causes swelling, tenderness, redness, bald patches (usually circular) and broken hairs

What to do:

- Call your doctor if you think a child has symptoms of ringworm
- Follow the doctor’s treatment instructions carefully. Depending on the type and site of the infection, these may include using over-the-counter or prescription fungal cream for the skin or prescription oral medications for the scalp.
- Discourage the child from picking at the infected area since this could cause another infection.
- Contact your doctor if increasing redness, swelling, or pus is noted.

Prevention:

Prevent ringworm by encouraging your whole family to:

- Avoid sharing combs, brushes, hair accessories, pillows, and hats
- Wash clothing regularly especially those that your child uses for playing

- Shower after sports or extreme playing
- Wash hands well and often.

To avoid these skin diseases from happening to your child, I would like to ask for your cooperation to keep your child's skin hydrated because severe dryness of skin is the number one enemy of eczema and ring worm. I advise that you use gentle, fragrance-free cleansers and soaps when giving bath to your child; apply liberal amounts of moisturizer after bathing and initiate early sun-protection behaviors like applying suitable sunscreen for your child and wear protective clothing against the sun's rays. Remember that the sun's rays are strongest between 10am to 2pm. We assure you here at Little Pandas ELC that we constantly protect your child's skin by keeping them under shaded areas of the school during the time where the sun's rays are at its peak. We also teach our children the importance of keeping the skin clean by constantly showing and reminding them of the proper way of hand washing because our hands can spread the germs to the skin on other parts of the body.

With joint forces of you, parents and of the Little Pandas ELC staff, we will be able to combat these summer skin diseases!

Happy summer everyone!

Yours truly,

Florian Garcia

Nurse- Little Pandas Early Learning Center



Giggling Giraffes

June has been a busy month we had lots of fun making suitcases for traveling, transport to travel on holiday bus, boats, airplanes, Children have enjoyed making their own passports and stamping them in the role play area. They made their own train spontaneously with chairs during role play their journey was around the UAE.

Spontaneous Train



Group Painting



Our Display

The children watched the rehearsals for Graduation Ceremony, and then sat in the audience to watch their friends perform. Their behavior was fabulous. I'm very proud of them all for supporting their friends. We finished the term with an end of year party where games, dancing and singing took place. Joshua N and Joshua T celebrated Birthdays and we said farewell to some children who will leave the country or start at a school. Good luck Joshua T, Rehana, Riya and Muhammed we will miss you. We Celebrated Father's day making cards.



Have a Great Holiday
Everyone. See you all in
September



Warm Regards

Ms Lisa, Ms Juliet, Ms Cecilia





Blossoming Butterflies



The theme "Moving On" exactly matched the exciting activities during the month of June, most noticeably during the last few days before the school term ended. Some of the children were anticipating the holiday as their parents were busy preparing for their planned trips overseas, as well as for local travels. Other children were also given awareness on moving to a higher grade level in the coming school term.

During the first and second week, the children were also engrossed in doing various activities. During circle time, they familiarized themselves with the letter 'g', the number '10' and 'cylinder' shape by painting, colouring and gluing. Almost everyone shows their attentiveness during story-telling time and everybody enjoyed singing and dancing.



To give emphasis on celebrating "Father's Day", they were taught on how to prepare a simple card with their footprints as their design.



During the last day of the class, we had a party where everyone enjoyed the food they brought.



HAPPY HOLIDAY!!!!!! See you in September.....

**For those who will be with us during Summer Term, see you in our
" Summer Camp"**

Lots of love, Ms Florian and Ms Rose



NEWS FROM EAGER ELEPHANTS CLASSROOM



Dear Parents,

This was very busy month for all of us. We were learning about holidays and moving on to the big school. We dedicated most of the time preparing for the Graduation ceremony. We were busy rehearsing and painting decorations for our classroom. We hope you all enjoyed our program.



During the month of June we celebrated Talea's and Aaliyah's birthdays. Both parties were wonderful!

We finished the school year with a big party. All the children enjoyed dancing, singing and playing games. Special thanks to all the parents for delicious food.

This is the last newsletter of 2013 and the time to wish everyone wonderful holiday and also say goodbye to my preschool class who are moving to the "big school". To all their families thank you for entrusting your precious children to us. It's a huge privilege to have been part of their lives. We hope we have given them wings. So off you go and fly...

Lots of love,
Ms Irena and Ms Marie