

# Let's Talk

Julia Gabriel  
EDUCATION

TERM 4 2019



## **JULIA GABRIEL CENTRE**

Open Day in CITTA Mall

Trinity College London's Young Performers Certificate Assessment

Nov/Dec 2019 Holiday Programmes

## **CHILTERN HOUSE**

Sports Day

# EDITORIAL

Dear Parents,

Now that we have reached the final term of the year, looking back, what an amazing journey it has been! Last term saw solid participation from all of our children, parents and teachers in Chiltern House's annual **Sports Day**. We are absolutely inspired by the grit, and excellent team spirit and sportsmanship on display on that very beautiful morning.

And great work to our Speech and Drama specialist educators for successfully guiding our preschool and Julia Gabriel Centre's Speech and Drama students undertaking **Trinity College London's Young Performers Certificates** to a series of wonderful performances in their assessment. The children have all set foot and walked their unique paths in becoming who they are today, and we are deeply honoured to have been granted the opportunity to make a dramatic difference in their lives as we nurture them to be confident and expressive communicators.

Among the highlights of Term 3 include the introduction of our all-new **Flex Pack** for PlayNest, PlayClub and Bilingual PlayClub during CITTA Mall's recent Open Day. The Flex Pack came as a result of valuable feedback from parents over the years, carefully designed to offer flexibility to families on short visits or even those who are unable to attend our weekly programmes due to work or traveling commitments. We invite you to explore our Flex Pack to see what it's all about!

We have an exciting term with plenty of activities lined up so make sure you save the dates for our upcoming **Picnic of Words** and our highly anticipated year-end **Holiday Programmes!**



**Paulee Wang**  
Centre Director



**JULIA GABRIEL INTERNATIONAL - MALAYSIA**

**Julia Gabriel Centre**  
[www.juliagabriel.com.my](http://www.juliagabriel.com.my)

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Tag us in your photos and stand to be featured!

# EVENTS | NEWS

## Julia Gabriel Centre's November-December 2019 Holiday Programmes

It's back!

Our much raved, highly popular holiday programmes is scheduled to run during our year-end school holidays at both Bangsar and CITTA Mall centre.

Your favourite programmes will be coming your way and we have worked hard to make sure that there will be something special for children across all ages - even our babies!

Follow us closely on our social media platforms and our website, [www.juliagabriel.com.my](http://www.juliagabriel.com.my) for our Early Bird Promo and to register!



## ON THE COVER

### Chiltern House Sports Day

Our annual Sports Day event was held at Sri KDU Schools on 26th July. The event kick-off with our customary warm up song led by our team of Mandarin teachers before moving into the morning's line-up of activities.

Cheers from fellow friends, their parents and teachers filled the air as the children participated zestfully in each segment, overcoming obstacles after obstacles. Parents were also hugely supportive as they raced each other to the finishing line whilst lending a piggyback ride to their children, and collaborated with our team of teachers in a game of limbo rock.

We were all drenched in sweat, high in spirits, and filled with gratitude for yet another successful Sports Day in the books.



## YOUNG PERFORMERS CERTIFICATE ASSESSMENT

Trinity College London's Young Performers Certificate assessment concluded in early August. Julia Gabriel Centre is a registered exam centre where Trinity examiner Allison Rose assessed our Chiltern House and Julia Gabriel Centre students for their Silver and Gold certificates through short group performances.



## OPEN DAY, CITTA MALL

Our Open Day on August 17th featured a stupendous performance of Julia Donaldson's classic children's title, "The Gruffalo" and a closing performance by our favourite PlayClub Bears.

Families who made their way to our Open Day were invited to meet our team of passionate specialist educators and experience our full range of Julia Gabriel Centre programmes including our Early Learning, Speech and Drama, and Readers and Writers.



## MORE FROM SPORTS DAY

*(continued from previous page)*





# DRAMATICALLY DIFFERENT CONVERSATION

## How to Raise an Independent Toddler *by Shoby, Head of Julia Gabriel Centre Programmes*

*(First published in [www.happygokl.com](http://www.happygokl.com))*

I have been teaching for the past 11 years, and children these days are so different from the ones we had a decade ago. Over the years, they are able to do a lot more mentally, physically and socially. But one thing still remains the same - the ability for a child to be independent.

Raising independent children is not just about convenience for their parents. Being independent is part of their social skills, to be self-reliant, to learn how to decide what's right and wrong, and essentially to build confidence. And here's what I have discovered - children then and now, are able to be independent when they are nurtured and encouraged in the right way.

So how do we cultivate independence in a toddler?

### 1. Give them the right to make a choice/decision

Even at a young age, allow children to make simple decisions. This would help them feel empowered and eventually be confident and comfortable in making choices. When we show that we believe in their ability to decide, that is a great surge of confidence and they will begin to believe in themselves.

For example,

In school, when we create an art piece, we will allow the children to choose if they would like to use the green paint or the red paint. What is important here is that we create an avenue where they are given an opportunity to make a decision. And no matter which colour they choose, remember to give appropriate compliments - try, "You did great by choosing the green colour!" instead of "Good job!". This allows them to feel good about making that choice.

*Here's what you could do at home: At home, pick out two t-shirts or shorts, and allow your child to choose what he would want to wear that day. Sure, they might look silly or even mismatched, but let them choose and enjoy the clothes that they have picked. Clothes are a mode of self-expression after all.*

### 2. Allowing creativity and mistakes to happen together

As Picasso would have it, "Every child is an artist, the problem is staying an artist when you grow up". So along the way, if they choose to get creative, give them ample room for it and praise them with an appropriate feedback instead of seeing it as a mistake. Often as adults, we unknowingly stifle our children's creativity when we

immediately say "No" to everything they suggest, when we decide we know it best and take control of their every actions. Likewise, when we choose to say "Yes" to every request suggests that there are no boundaries of any sort. So to the best of your ability, take the middle ground - one that gives children support and structure.

For example,

In class, we would demonstrate how we can make a simple frog puppet. When it is the child's turn to produce that same piece of craft, at times they tend to stick more eyes for the frog, or choose to put the tongue above the nose! Instead of stopping them, give them supportive feedback such as "I love the way you've put the frog's tongue on top of its nose! That's so interesting, Judy." Eventually they will get the learning right - but what's important is to not put them down the moment they make a mistake.

*Here's what you could do at home: Try baking together! Bake a batch of cookies and share some responsibilities by allowing him to do the shaping and decorations. Don't expect the cookies to look perfect but allow him to learn and get creative and praise him for helping you in the kitchen. You may have to do another round of cleaning up after him, but remember, it's the experience that matters.*

### 3. Get them involved in purposeful work

One great way of getting children to be independent is to get them involved in whatever we are doing. Not only do you get an extra hand by doing so, but in the process, you are enabling the toddler to be responsible, capable and comfortable in doing 'work'. As much as he is a toddler, any toddler loves feeling like a 'big' boy when he gets to do what an adult does.

For example,

In class, we get the children to help us clean up - to push the chairs aside, to lay the tables, etc. Children love doing these things. It makes them feel like a part of the team. And you could see their faces swell with pride over their work.

*Here's what you could do at home: At home, get your toddler to help you put his toys away. You can start by role modelling where to put the toys (and for those parents who love having certain toys in certain tubs - go ahead and model it to them). Then get them to do it with you, and if they choose to place the toys in a different tub, remember, encourage them. The whole purpose was to clean up and allow them to do just that. Praise them right after for completing the chore. You can even make it a fun activity by singing his favourite songs together while performing the clean-up.*

### 4. Encourage the child to express himself

Being able to express himself, shows how confident he is in voicing out how he feels. And being able to do this is a sign of independence!

Even if your toddler is just blabbering or not sounding out proper words, respond positively to that and in proper sentences. Avoid blabbering back - as much as we want to acknowledge every sound they make, we also want to teach them standard English (or whichever language you prefer). What is important is to acknowledge their every expression - be it verbal, emotionally or physical. That is the basis to getting them to speaking confidently. Once they are able to utter a few words, get them to start using their words to voice out what they want and what they feel.

*Here's what you could do at home: At home, once in a while, skip preparation of that morning snack and see if your toddler runs up to you to tell you he is hungry, or that he wants his fruits.*

### 5. Expose them to different environments

One danger in keeping a child at home constantly is that he gets too comfortable with the setting and environment that once he is taken out of familiar grounds, he becomes anxious, fearful, and is unable to settle.

Here's my advice, introduce your little ones to different environments and people from a young age. Try participating in different playgroups, and exposing them to meaningful experiences, and even social gatherings that are attended by both children and adults. This way, it would be a lot easier for them to settle and transition into any independent programme.

Even in class, when a child has become so comfortable in a classroom setting, he is exposed to field trips, picnics, and what we love most over at Julia Gabriel Education - our drama time! During drama, children are given the opportunity to meet different characters in different situations and settings. Through this exposure, we have seen children overcome fear!

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Try these few tips at home - and review them to see which allows your toddler to be a lot more independent at home. Remember, enabling a child to be independent starts with us - an enabling parent nurtures an independent child!