

Rain Tree Mail

October 2021 Newsletter

二零二一年十月 通讯



★ A message from us 学校的话 ★

Dear parents,

Happy Children's Day to all Rain Tree children! **Children's Day** is a special day celebrated annually in honor of the children. We celebrated the occasion in school on 8 October 2021, Friday, with activities that the students would enjoy like a movie screening.

October marked another event as well. That is, **Halloween**. We introduced the celebration in school on 29 October 2021, Friday, through a class discussion, songs, and craft work.

This month the Early Childhood Development Agency (ECDA) reviewed safe management measures again, which required an update on our existing measures and a strict compliance to safeguard the health and wellbeing of our children and staff.

In line with the Multi-Ministry Taskforce's extension of the Stabilisation Phase, ECDA also continues to encourage work-from-home parents to keep children at home, where possible. Thank you for your understanding and cooperation. We are in this together – and we will get through this, together.

If you have not done so,

follow us on social media:



@rtmschoolhouse



Rain Tree Montessori Schoolhouse

Sincerely, RTM Team



Hooray, it's
your birthday!
生日快乐!



Upcoming events 学校活动

★ Deepavali:
3 Nov,
Wednesday

★ Centre closure:
- 4 Nov, Thursday
(Deepavali)

- 19 Nov, Friday
(Teacher's training)



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School event highlights 学校活动亮点

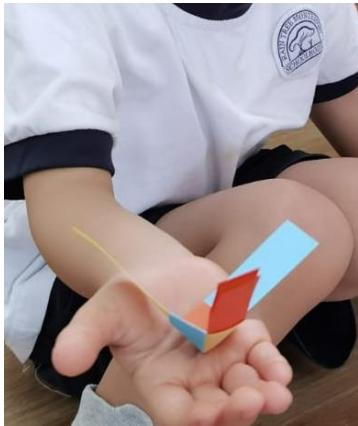


Children's Day 8 October

2021 儿童节 2021 年 10 月 8 日



In the afternoon, we spent time making and flying some paper aeroplanes.



We celebrated Children's Day through a whole day of fun! We had a special movie screening of "Dr Seuss The Lorax" in the morning.

A person's
a PERSON,
no matter
how SMALL!

-- Dr. Seuss



Happy Children's
Day Rain Tree kids!
儿童节快乐 Rain
Tree 小朋友们!

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School event highlights 学校活动亮点

Halloween 29 October 2021

万圣节 2021 年 10 月 29 日

Happy Halloween! Children were introduced to the celebration through a discussion, songs, and a craft (to make a 'spooky' incy wincy spider or pumpkin face).



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Rain Tree Sharing 学校分享

Keeping healthy can be easy as 1, 2 and 3

保持健康就像 1、2 和 3 一样简单

The daily community cases suggest the virus that causes Covid-19 is here to stay for now. We need to learn to live with Covid-19 and to be in the pink of health is more important given the current situation. Here are some tips you can follow to keep you and your family healthy. They are as easy as 1,2 and 3!

1 Have healthier, balanced meals. Adopt My Healthy Plate.

Eating healthily helps to manage body weight and ward off chronic diseases. My Healthy Plate's **Quarter** (wholegrains), **Quarter** (protein), **Half** (fruits and vegetables) is an easy way to remember the right balance of each food group to have for every meal.

Read more on My Healthy Plate here: www.healthhub.sg/programmes/55/my-healthy-plate

2 Choose food products with Healthier Choice Symbols.

Food is fuel for the body and the right choices help to maintain good health. The next time you go grocery shopping, look out for the **Healthier Choice Symbol (HCS)** on packaged food products to tell which food products are healthier than others.

Read more on HCS here: [www.healthhub.sg/live-healthy/211/make_healthier_choice](http://www.healthhub.sg/live-healthy/211/make-healthier-choice)

3 Move anywhere, anytime. Just MOVE IT!

Regular physical activity boost self-esteem, mood, sleep quality and energy. Need ideas to get moving? Get started with **Health Promotion Board's (HPB) physical activity programmes: MOVE IT**. From video workout guides to family activity recommendations, the movements vary in intensity levels for all age groups to enjoy.

Read more on MOVE IT here: www.hpb.gov.sg/healthy-living/physical-activity/move-it