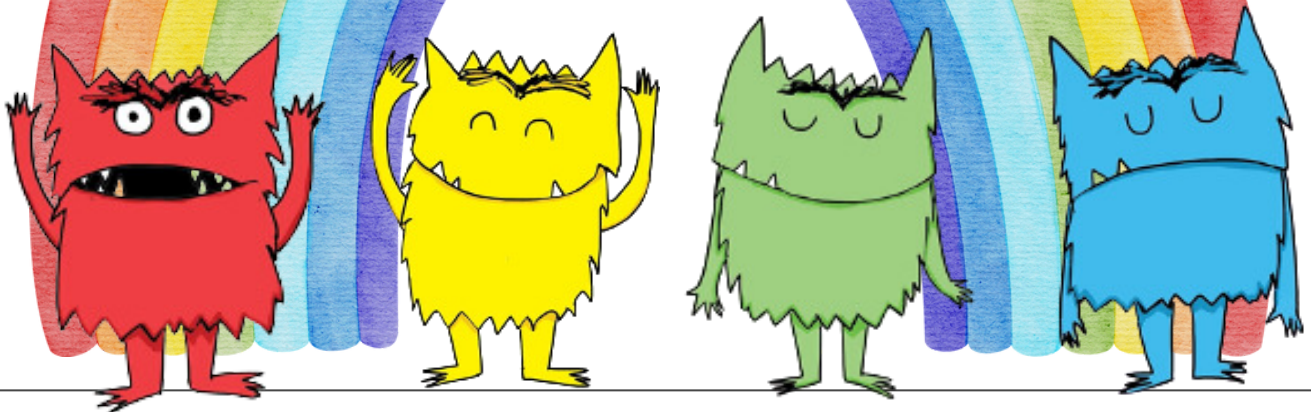


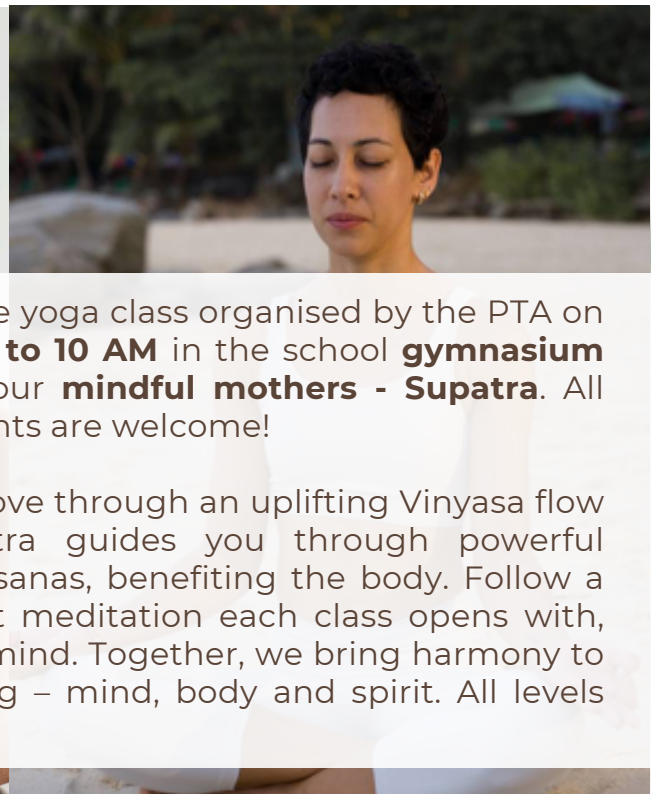
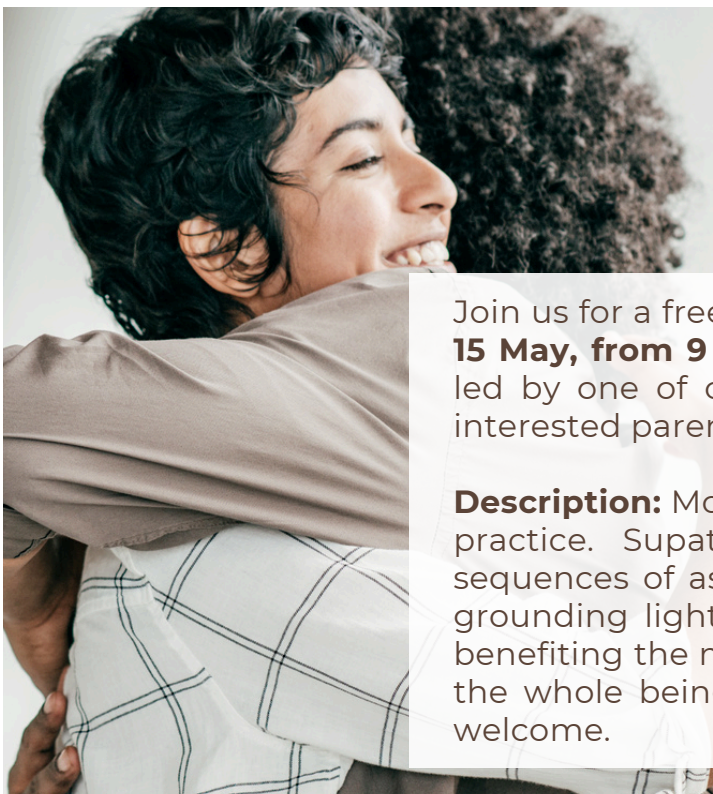


## UPCOMING EVENT

**MENTAL HEALTH WEEK  
13 - 17 MAY**



### **PARENTS YOGA BY PTA**



Join us for a free yoga class organised by the PTA on **15 May, from 9 to 10 AM** in the school **gymnasium** led by one of our **mindful mothers - Supatra**. All interested parents are welcome!

**Description:** Move through an uplifting Vinyasa flow practice. Supatra guides you through powerful sequences of asanas, benefiting the body. Follow a grounding light meditation each class opens with, benefiting the mind. Together, we bring harmony to the whole being – mind, body and spirit. All levels welcome.

## MENTAL HEALTH WEEK FOR STUDENTS



To increase awareness of the importance of mental health, we will organise activities for our students during school hours focusing on emotions, with one emotion explored each day.

Additionally, we're hosting a non-uniform week (13.-17.5.) where students are encouraged to dress in colours representing different emotions. (Let's make sustainable choices by using items from our closets or borrowing from friends—no need to buy anything new!):

- **Monday: Yellow (joy)**
- **Tuesday: Red (anger)**
- **Wednesday: Blue (sadness)**
- **Thursday: Green (calmness)**
- **Friday: Rainbow colours**



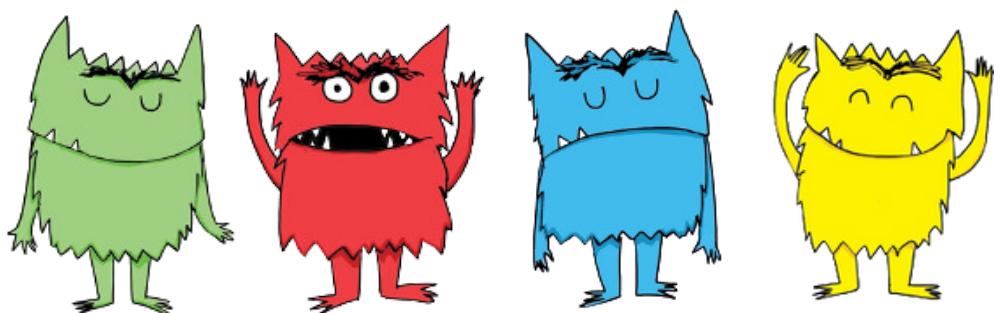
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## EMOTIONS' WEEK FOR STUDENTS

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Please note that these activities are exclusive to students, but we highly encourage discussions and practices regarding mental health at home as well. As a resource, we recommend a book suitable for early learners, which although intended for educators and child health clinics, is equally beneficial for parents [Child's Mind - Mental health promotion in early childhood education - MIELI](#)





## **TRANSITION MEETING: K3 TO GRADE 1**

 **Date:** 10th May  **Time:** 2:30 PM - 3:00 PM  **Location:** Grade 1 Classroom

Dear K3 Finnway Parents,

As we approach the end of the academic year, we understand that transitions can be both exciting and overwhelming, especially for our young learners. To ensure a smooth and successful transition from Kindergarten (K3) to Grade 1, we are delighted to invite you to a special meeting tailored specifically for K3 parents.

**Purpose of the Meeting:** This meeting serves as an invaluable opportunity for parents to gain insights into the transition process from K3 to Grade 1. During the session, our teachers will discuss various aspects of the transition, including academic expectations, changes in the learning environment, and strategies to support your child's adjustment to Grade 1.

### **Agenda:**

- Overview of the Primary School and Grade 1 curriculum
- Introduction to the Grade 1 classroom environment
- Insights into the daily routines and activities in Grade 1
- Tips for supporting your child's social and emotional development during the transition
- Q&A session to address any questions or concerns you may have



**Why Attend?** By attending this meeting, you will:

- Gain a deeper understanding of what to expect as your child transitions to Grade 1.
- Learn practical strategies to support your child's academic and emotional well-being during this critical period.
- Have the opportunity to connect with the Grade 1 teacher and fellow parents, fostering a sense of community and support.

We encourage all K3 parents to join us for this informative session. Your active participation and engagement are key to ensuring a seamless transition for your child as they embark on this exciting new chapter in their educational journey.

We look forward to seeing you on May 10th at 2:30 PM in the Grade 1 classroom.