

PARENT NEWSLETTER

LETTER FROM THE PRINCIPAL

Greetings Families!

I hope you are enjoying the last few fall days we have left here in Beijing. As we move well into the first term of the school year, I am happy to announce that we are progressing in many different areas here at 3e. The children are settled into their classrooms and have adjusted to their daily routines. Teachers have also settled into their classrooms and are concentrating on delivering curriculum based on the needs of the children and the Administration is working diligently to constantly improve things such as communication, policies and procedures and providing sup-

port to both families and staffs.

For families we continue to offer monthly newsletters, email reminders, updates on our parent website and have parent representation as presented in our Parent Council. For staffs, we continue to offer professional development for both full group and individual needs. Additionally, we are fortunate to have the support of our Curriculum Consultant, Prof. Anne K. Soderman joining us for the next month.

We are dedicated to practicing ongoing growth and de-

velopment in quality education and care for your children. We could use your support in this endeavor by providing us periodic feedback through use of email, meetings, our anonymous suggestion box or participating in parent council. Your participation is greatly appreciated.

With warm regards,

Nadia Perez

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OCTOBER 2008

UPCOMING EVENTS:

- *October Morning Coffee: Friday, October 31 @ 9AM*
- *November Morning Coffee: Wednesday, November 12 @ 9AM*
- *Parent-Teacher Conferences: Friday, November 21 by appointment*
- *Scholastic book orders due November 14*
- *Curriculum Night: November 13 @ 6PM-7PM*

OCTOBER COFFEE

Our October Coffee will be held this Friday at 9AM in the Teacher Training room. Professor Anne K. Soderman will discuss the research happening at 3e and share information about previous findings in relation to the language acquisition study.

Anne K. Soderman is Profes-

sor Emeritus of Early Childhood Education in the Department of Family and Child Ecology at Michigan State University. She received her Ph.D. in Family Ecology with an emphasis on Child Development in 1979 from Michigan State University. From 2000-2002 and 2004-2006, she served as Acting Chair of the Depart-

ment. Her most recent research endeavor is serving as on-site academic consultant to 3e International in Beijing, China, where she is conducting research on second language acquisition in young children.

NOVEMBER COFFEE

Our November Coffee will be held on Wednesday, November 12 at 9AM. We will have Mario Labelle from Eurest, our catering company, presenting information on food sanitation, preparation and supplies.

INSIDE THIS ISSUE:

HEALTH AND SAFETY	2
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READING SUPPORT	2
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OCTOBER/NOVEMBER BIRTHDAYS	3
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PROGRAM UPDATES	4
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FEEDING KIDS RIGHT DURING COLD AND FLU SEASON

Does what your kids eat have anything to do with whether or not they come down with a cold or the flu? It may seem to you that one infection follows another, no matter what they eat, especially during cold and flu season.

While it may not be a fail-safe way to prevent colds and flu, offering your children a balanced diet rich in fruits, vegetables, and whole grains can help. So can fortified cereals and juices.

These foods are all excellent sources of vitamins and minerals that can help strengthen your child's overall well-being and enhance their ability to fight off viruses like cold and flu.

While all vitamins and minerals are important, here are four that should be on your child's menu every day during cold and flu season:

- Vitamin C, found in strawberries, oranges, potatoes, bell peppers,

and raw leafy vegetables

- Vitamin E, found in milk, sunflower, corn and soybean oils, and avocados
- Beta carotene, found in sweet potatoes, carrots, spinach, cantaloupe and winter squash
- Zinc, found in meat, fish, shellfish, poultry, dairy products, dry beans, nuts and grains

If your child does come down with a cold or flu, be sure to offer plenty of extra fluids and light, easy-to-digest foods such as clear soups, toast, and crackers. You may have heard the old adage, "starve a cold and feed a fever." In fact, neither is true. Increase fluids -- water, juice, and soup -- and feed your child enough to satisfy his appetite. If a sore throat is making swallowing difficult, treat him to easy-to-swallow foods such as apple sauce, pudding, mashed potatoes, cottage cheese, yogurt, and frozen juice popsicles.

Don't force your child to eat when she is recovering from cold or flu. Children who have been sick or had a fever often don't want to eat much -- even as they begin to feel better. If you press your child to eat too much too soon, you may dampen her appetite.

Your child has not forgotten how to eat. Recovering from cold or flu, her body is warning her that she's not ready to go back to her old habits. So give it a few days. Most children's appetites come back with a bang. They'll eat everything in sight for days or even weeks following cold or flu. If your child is over three, she may even demand the specific foods her body craves

http://life.familyeducation.com/illness/infections/36502.html?WT_mc_id=FE_Healthy-Moms_2008-10-24_email&_R=1&for_printing=1&detoured=1

FINDING THE READING MOMENTS

Whether your child is a baby, a preschooler, or old enough to read independently, finding time to read is important to developing literacy skills. And there are many easy and convenient ways to make reading a part of every day — even when it's tough to find time to sit down with a book. Car trips, errands, and waits in checkout lines and the doctor's office are all opportunities for reading. Keep books or magazines in your car, diaper bag, or backpack to pull out whenever you're going to be in one place for a while. Even if you can't finish a book, read a few pages or discuss some of the pictures. Encourage older kids to bring favorite books and magazines along wherever you go. Other reading moments to take advantage of throughout the day: in the morning, before breakfast or getting dressed after dinner, when kids are relaxed at bath time (with plastic, waterproof books) and bedtime.

Reading opportunities are everywhere you go. Read signs aloud to your baby while you're driving. Ask your preschooler to "read" pictures on boxes at the store and tell you about them. And have older kids tell you what's on the shopping list. Even routine tasks around the house, like cooking, can provide reading moments. With younger kids, read recipes aloud; ask older kids to help by telling you how much flour to measure. Give your child a catalog to read while you look at the mail. Ask relatives to send your child letters or e-mail and read them together. Even when you're trying to get things done, you can encourage reading. If your child complains of boredom when you're cleaning, for instance, ask him or her to read aloud from a favorite book to you while you work. Younger kids can tell you about the pictures in their favorite books.

And make sure kids get some time to spend quietly with books, even if it means bypassing or cutting back on other activities, like time in front of the TV or playing video games. Most important, be a reader yourself. Kids who see their parents reading are likely to join them and become readers, too! Reviewed by: Laura L. Bailet, PhD www.kidshealth.org

OCTOBER 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Nur Farzana Hazirah	2 Nicholas Bundscherer Adrian Kleine- Ahlbrandt	3	4
5	6	7	8 Catherine Cai	9	10 Nicole Chen Driver Xing	11
12	13	14 Elizabeth May Chen	15	16	17 Andy Koh	18
19 Cecilia Enci Jia	20	21 Guilia Naccarato Constance Hu	22	23	24	25 Andrew Huang
26 Elijah Tong	27 Colbert Chang Hanna Ellis	28	29 Cisco Ren	30	31	

NOVEMBER 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2 Joshua Falk	3	4 Eli Erik	5 Nicholas Wang	6	7	8
9	10	11	12	13 Vicky Yip	14	15 Eira Korhonen
16	17 Julian Lau Justinian Lau	18	19	20	21	22
23	24 Max Christersson	25 Neng Hui Tsang	26	27	28	29 Centauri Sun
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WE'RE ON THE WEB!

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3e Mission statement

Our mission is to develop critical thinkers and passionate learners who can move confidently and fluidly across cultures.

3e Philosophy

We work from the premise that diverse educational settings offer distinct and valuable advantages for the child's learning experiences. We combine the west-ern styled, child centered, progressive approach to learning with the teacher di-rected, systematic instructional practices of the East. Each approach is inti-mately connected to its respective language, and culture.

Our Principles

We at 3e International strive to fulfill our mission by abiding by our philosophy, employing our approach effectively and living up to our principles. Our staff is committed to decisions and actions that follow these principles:

- All children have the capacity to learn and succeed.
- Children need to have a positive image of themselves as learners, individuals, and community members.
- Diversity of culture and language is a valuable learning resource.
- Community members contribute to the child's positive learning experiences.
- The school environment acts as another teacher as children learn about them-selves and their world.

UPDATES AND REMINDERS

Music & Movement: Due to scheduling conflicts, the toddler Music & Movement class now takes place on Fridays from 3:30-4:15PM in the gym room. 75RMB per session. Parents who are interested in purchasing the Discount Card may sign up for one after the first session. (Discount Card: 700RMB/10 sessions)

Playground Equipment: Our playground equipment has been delivered and is in the process of being constructed. Anticipated date of completion is November 17.

Curriculum: If you are interested in reading more about our curriculum, it can be found on our parent website. Go to "letters from..." and click through previous (3 postings) and you will find both the curriculum and parent handbook in PDF format for you to review. Additionally, there will be a curriculum overview Nov. 13 at 6PM-7PM presented by Nadia Perez and Anne So-dermad

Parent Website: Please remember that to better learn about your child's daily schedule and curricular activities you can find pic-tures, journals and weekly plans located on the parent website. If you should need to be reminded of your login and password please contact us at any time.

Parent/Teacher Conferences: Scheduled for November 21, parent/teacher conferences will be scheduled by your classroom teachers and involve discussions regarding your child's development as seen in the classroom. Look for more information to come.

Parent Council: Meeting every other Thursday morning at 9AM, Parent Council is welcoming any parents who are interested in participating. For more information please attend Nov. 13 and/or Nov. 27 or contact Molly at mollyblloyd@yahoo.com.

Staff Updates: Amy Loveday-Hu, Nursery Lead Teacher, is now also titled as "Academic Support." She is the person to connect with in the event that Principal, Nadia Perez is not available. If you should need assistance while Nadia is out, you can meet with Amy who will support you as needed. Also, Isabelle Wang recently joined the 3e team as Administrative Assistant for our Admin team. Her desk is located in the Marketing/Admissions office next to Vicky Yip.