

Dear Parents,

Cooking with children in schools promotes a lifetime skill of healthy cooking starting at a young age. Young people who lack healthy cooking knowledge may rely on packaged foods or prepared foods containing questionable nutrition value.

The Kindergarten Starters will introduce healthy cooking in school under The Young Chefs' Academy program which will bring the plants that students grow organically using hydroponics and aquaponics to their plates!

Children will be able to try new and healthy foods. Children engaged in tactile experiences, such as handling foods, have greater acceptance of eating a variety of foods.

KGS will provide two kitchens that are fully fitted with resources to enable young students in KG to Grade 1 to cook without heating appliances and one kitchen with hot plates and exhausts to allow older children from Grades 2-5 to engage in creating dishes. Both kitchens will be under the supervision of qualified chefs and supported by the classroom teacher.

A kitchen is a learning lab for children that can involve all of their senses. While kneading, tossing, pouring, smelling, cutting, and feeling foods they have fun and learn without being aware of it.

Some of the benefits of including this on the curriculum are:

- Children who cook indicate a "sense of accomplishment," self-confidence, and feeling of contributing to their families.
- They spend time cooking instead of engaged in screen time at home.
- Children tend to skip less healthy prepared or processed snack foods as they prepare their own food more.
- Recent research indicates that nutrition knowledge may be incomplete without the experiential learning or hands-on activities associated with food preparation that involves handling food and cooking equipment.
- Children learn lifetime skills through practicing basic math skills such as counting, weighing, measuring, tracking time; they also gain social skills by working together and communicating in the kitchen.
- Teaching cooking to children is an opportunity to teach nutrition education such as planning meals and make smarter food choices.
- Cooking can aid children in acceptance of responsibility. Each child has a task to complete to contribute the meal preparation and cleanup.
- Cooking in schools can build positive memories that promote future healthy, enjoyable cooking elsewhere.
- Children ate more fruits and vegetables after participating in culinary classes according to some research studies.
- Many research studies show improved changes in cooking knowledge, food safety behaviors, and cooking self-efficacy.
- Other studies indicate that teaching nutrition education with food preparation in science class is more effective than in nutrition education science classes without food preparation.

At KGS we want to embrace cooking to teach and promote healthier eating. To get started we will be hosting a Healthy Living Event on 22nd April, 2019 and would like to invite parents to attend to learn more about how food will be grown, cooked and eaten by students in a bid to inculcate healthy eating habits. A separate circular will be sent closer to the event.

Nutritionists will provide workshops for students, parents and teachers throughout the year and chefs will create menus along with the teachers. Children will learn how to lay the table and learn etiquettes of fine dining.

We are excited to bring to you a whole new world of learning for our children which will form an integral part of the curriculum for all learners.

The second bit of excitement that will spread across the campus is the introduction of Coding for KG2 to Grade 5 using Micro Bits- a pocket sized computer that allows children to enhance their creativity.

Microbits takes students' coding a step further into their world, by uploading their program into a device outside their computer. Microbits are an inexpensive way to bring coding to life in a makerspace classroom. There are plenty of block coding opportunities online, but Microbits take students' code and turn it into results they can see in real life.

Some of the benefits of Coding are:

Educational Benefits

Coding helps kids to learn the basic inner workings of computers. Kids can feel successful at getting a computer to do what they tell it to do. This foundation can set kids up for a lifetime of successful use and management of the technology in their everyday lives.

Computational Thinking

Computational thinking is a combination of advanced mathematics, algorithm development and logic. The development of computational thinking involves considering a problem and breaking it down into single-action steps. Each of these steps is handled in the most efficient way possible. There is also an element of abstraction in computational thinking, which allows your child to move from a specific solution to a specific problem and generalize it to other situations. The result is a paradigm shift in thinking about how the world works.

Creativity, Thinking Fluidity

Children have creative and fluid minds that allow them to think in a more “out of the box” way. The nearly endless ways of coding and solving problems can inspire kids to grow. Coding is a type of storytelling. There is a logical beginning, progression, and ending to the story and the program. These skills can set kids up for success in written and oral communications in school.

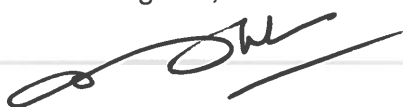
There are a huge range of software platforms and tools that make the micro:bit work as well as it does. Once purchased, the microbit can be used for several years to learn Coding.

We will be inviting parents during the orientations to understand the power of coding using microbits. We would encourage you all to attend the event without fail.

At The Kindergarten Starters we keep the whole child in mind and their development of life skills and technology are carefully planned and delivered to ensure a balanced and progressive curriculum unlike any other in Dubai.

We look forward to welcoming all our learners back for the new term in April.

Thank you.
Warm regards,



Asha Alexander
Principal