



PLANNER
2022

Dear Early Childhood Educators,

Thank you for ensuring a safe learning environment, while providing quality care and education for our young ones, despite the ongoing challenges in the past year.

As we step into 2022, we hope that this planner will inspire your professional and personal growth. As you continue to give your best to nurture the children under your charge, always remember to set aside time to care for yourself too!

Check out the following resources and programmes which may be useful for your professional and career development:

CPD ROADMAP AND PROSPECTUS

Plan for your professional development using the CPD Roadmap and Prospectus. Sign up for CPD courses via ONE@ECDA!



SKILLS FRAMEWORK

Find out more about skills development and professional growth through the revised Skills Framework.



GROW ME

Take charge of your learning and chart the progression of your professional milestones with the **GROW ME Professional Development Resource and Colouring Book!**



Professional Development Programme

Explore the following Professional Programmes!



Be nominated for the Professional Development Programme (PDP), a 3-year programme to support your professional development so that you can take on larger job roles in your organisation.

ECDA Fellows Programme



Aspire to be an ECDA Fellow and drive quality improvements in the EC sector as a pinnacle leader.

ECDA Scholarship



Strive for the ECDA Scholarship which nurtures outstanding in-service EC educators in their academic aspirations and pursuits for professional mastery.

Start Small Dream Big



Be a part of a community that inculcates good values in our children and encourages them to give back to society. Join the President's Challenge 'Start Small Dream Big' movement!



Help your little ones to Start Small, Dream Big

Be in the know through the following platforms!



GROW@Beanstalk



Visit the Grow@Beanstalk portal for inspirational stories, practical tips and useful resources for the early childhood sector!



Beanstalk 



'Like' the @BeanstalkSingapore Facebook page to connect with the early childhood community, and receive regular updates, stories and resources!



 Beanstalk



'Follow' the BeanstalkSingapore Instagram page to get a sneak peek of exciting happenings and exclusive content from the early childhood sector!



 YouTube

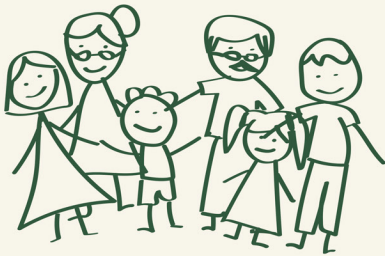


Check out the ECDA Singapore YouTube channel for playlists on inspiring stories from the sector, early childhood resources and event highlights!



"Family is life. It transcends whatever we do in our life ... be it our jobs or who we become."

*- Mr Ishak Ismail, Chairman,
Families for Life Council*



Talking About Family



In the past year, the pandemic has amplified the need for stronger collaboration between the home and school in order to create a conducive environment for our children to grow and flourish. As educators, your role in supporting children and families is pivotal.

Families For Life (FFL) hopes to support educators in having intentional conversations about the family with our children through a thoughtfully-curated repository of content based on Singapore's national family values. Find out more about these resources at <https://go.gov.sg/ffl-fve-activities> or by scanning the QR code below.



Hi, I'm Becky Bunny! Let me introduce you to the 4 core family values of LOVE, CARE AND CONCERN, COMMITMENT and RESPECT, with COMMUNICATION as an enabler.



**FAMILIES
FOR
LIFE**

✦ FAMILY VALUES ✦

LOVE • CARE & CONCERN • COMMITMENT • RESPECT

NOTES

A series of horizontal dotted lines for writing notes.

JANUARY 2022

Monday	Tuesday	Wednesday
27	28	29
3	4	5
10	11	12
17	18	19
24	25	26
31	1	2



Thursday

Friday

Saturday

Sunday

30	31	1 New Year's Day	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30
3	4	5	6

DEC 2021 - JAN 2022

27 MON

28 TUE

29 WED

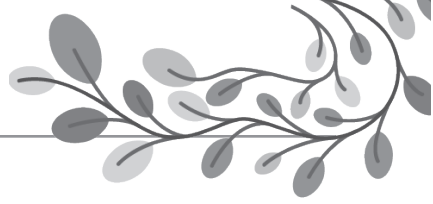
30 THU

31 FRI

1 SAT
January

2 SUN

New Year's Day



3 MON

4 TUE

5 WED

6 THU

7 FRI

8 SAT

9 SUN

JAN 2022

10 MON

11 TUE

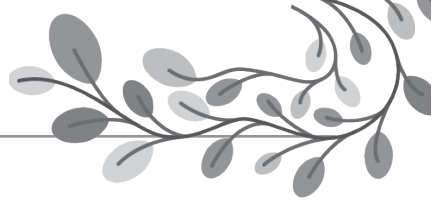
12 WED

13 THU

14 FRI

15 SAT

16 SUN



17 MON

18 TUE

19 WED

20 THU

21 FRI

22 SAT

23 SUN

JAN 2022

24 MON

25 TUE

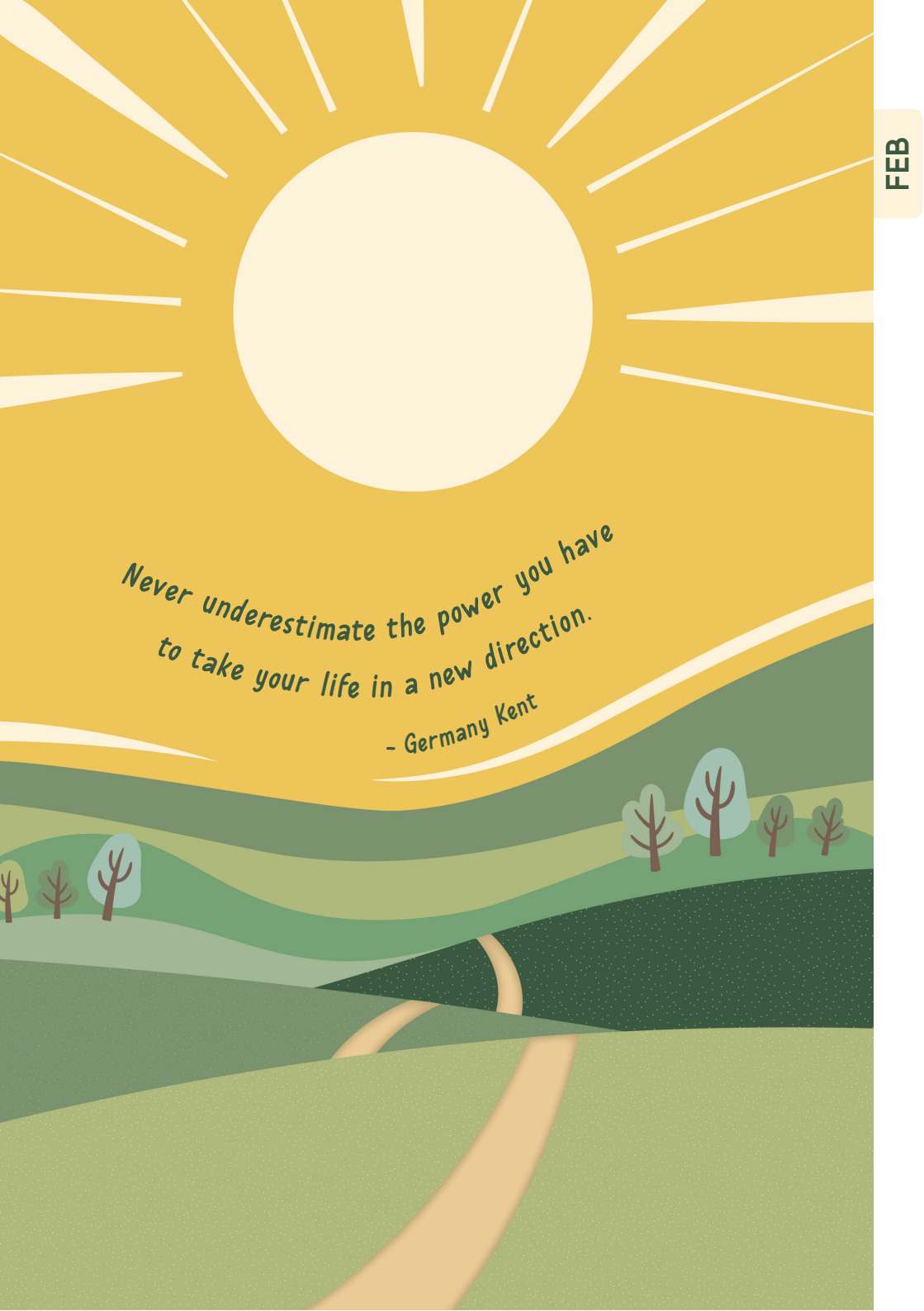
26 WED

27 THU

28 FRI

29 SAT

30 SUN



*Never underestimate the power you have
to take your life in a new direction.*

- Germany Kent



Professional Development Programme for Educators

A key professional development programme specially curated to prepare early years or infant educators to work with children from a wider age range, by enhancing their professional skills and competencies.



Ms Ke Caiyun
2017 PDP(E) Participant
Senior Infant Educarer
PCF Sparkletots @ Radin Mas

The flexibility of PDP(E) allows me to choose courses to strengthen specific skills which I feel inadequate in and provides a platform to learn and share useful teaching practices with my peers in the sector. Attending these courses has expanded my knowledge and skillset and enabled me to adapt newly inspired teaching methods to benefit my infants' holistic development.

Attending PDP(E) has made Caiyun more confident and more open to new ideas. She has benefitted from the variety of professional development opportunities, evident in her ability to modify and adapt activities to cater to different needs of our infants. She was promoted to Senior Infant Educarer and has been mentoring others since.



Ms Sally Yeah
Nominator
Lead Principal
PCF Sparkletots @ Radin Mas

Scan the QR code for more info and look out for the nomination period in Feb!

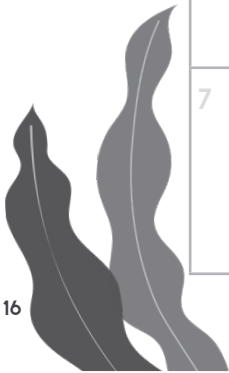


NOTES

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FEBRUARY 2022

Monday	Tuesday	Wednesday
31	1 Chinese New Year	2 Chinese New Year
7	8	9
14	15	16
21	22	23
28	1	2
7	8	9



Thursday

Friday

Saturday

Sunday

3

4

5

6

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13

JAN - FEB 2022

31 MON

1 TUE
February

Chinese New Year

2 WED

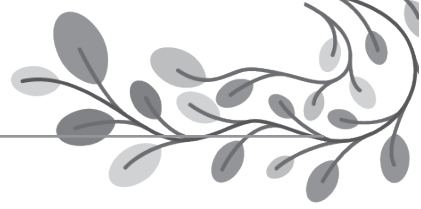
Chinese New Year

3 THU

4 FRI

5 SAT

6 SUN



7 MON

8 TUE

9 WED

10 THU

11 FRI

12 SAT

13 SUN

FEB 2022

14 MON

15 TUE

16 WED

17 THU

18 FRI

19 SAT

20 SUN



21 MON

22 TUE

23 WED

24 THU

25 FRI

26 SAT

27 SUN

GOAL SETTING

Committing to improve yourself not only deepens your capacity and competencies, but also opens vast areas of possibilities when new skills and insights are gained. We encourage you to pursue every opportunity in living out your calling. The "GROW ME" resource, together with the CPD Prospectus and Skills Framework can be used to support your career planning and professional development.



Set your goals for the year!

1. _____

2. _____

3. _____



Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort.

- Deborah Day

Giving Back to the Community



Ask your children about different groups in the community they wish to help or show appreciation for. As a class, come up with a list of possible activities that you can embark on to give back to society.

- 1 Write appreciation cards or gift care packs to our frontline and essential workers



"No one can do everything, but everyone can do something."

- 2 Use communication technologies to connect with seniors or persons with disabilities



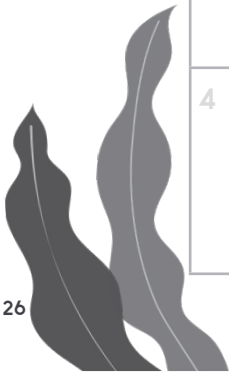
- 3 Pack & donate food items for families in need

NOTES

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MARCH 2022

Monday	Tuesday	Wednesday
28	1	2
7	8	9
14	15	16
21	22	23
28	29	30
4	5	6



Thursday

Friday

Saturday

Sunday

3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31	1	2	3
7	8	9	10

FEB - MAR 2022

28 MON

1 TUE
March

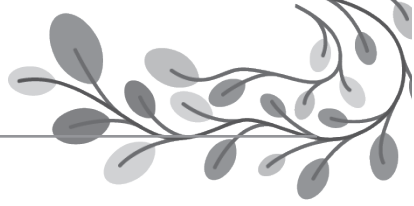
2 WED

3 THU

4 FRI

5 SAT

6 SUN



7 MON

8 TUE

9 WED

10 THU

11 FRI

12 SAT

13 SUN

MAR 2022

14 MON

15 TUE

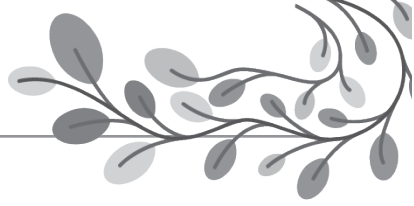
16 WED

17 THU

18 FRI

19 SAT

20 SUN



21 MON

22 TUE

23 WED

24 THU

25 FRI

26 SAT

27 SUN

MAR - APR 2022

28 MON

29 TUE

30 WED

31 THU

1 FRI
April

2 SAT

3 SUN



*Great things are
done by a series of small things
brought together.*

– Vincent Van Gogh

The ECDA Fellows are a select group of exemplary early childhood professionals with high levels of leadership and professional expertise. They work with ECDA to drive quality improvements in the sector and contribute to the professional growth of our current and future early childhood leaders.

ECDA Fellows welcome 4 new members into their fraternity!



"I am thankful for my mentors who have provided me with opportunities to grow and become a better teacher and leader throughout my years in the sector. This has inspired me to share my experiences with fellow educators to uplift the quality of Singapore's early childhood education."

Mrs G. Padmavathi Rajendran
Senior Tamil Language Specialist, PCF Sparkletots

"Having worked as an early childhood educator over a span of 30 years, my cherished goal in life is to work with children from different backgrounds and abilities, and help them reach their treasured aims and fulfil their hopes and aspirations."

Ms N. Kannigadevi
*Assistant Director, Capability Support & Special Needs Mentor,
Presbyterian Community Services*



"As an educator, I wish for the children in my care to have a love for nature and experience the same sense of security and wonder I had in my idyllic childhood. All children have the right to learn in the great outdoors, allowing them to relate their learnings in the classroom with the real world outside!"

Ms Kathryn Goy
Executive Principal, PCF Sparkletots

"I believe in the importance of developing sound systems and structures, investing in life-long learning, building soft-skills and leadership skills in EC professionals, and collaborating with parents, the local and global community, to curate memorable learning experiences for children and enrich the experiences of all stakeholders."

Ms Stella Pereira
Cluster Director, The Little Skool-House International



Scan the QR code to
find out more about
our 24 ECDA Fellows!

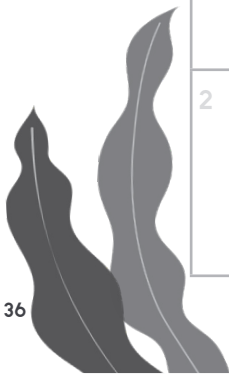


NOTES

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APRIL 2022

Monday	Tuesday	Wednesday
28	29	30
4	5	6
11	12	13
18	19	20
25	26	27
2	3	4



Thursday

Friday

Saturday

Sunday

31	1	2	3
7	8	9	10
14	15 Good Friday	16	17
21	22	23	24
28	29	30	1
5	6	7	8

APR 2022

4 MON

5 TUE

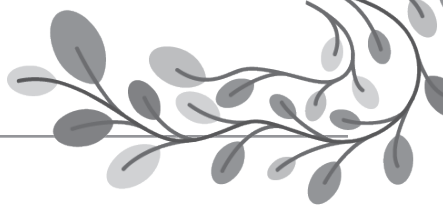
6 WED

7 THU

8 FRI

9 SAT

10 SUN



11 MON

12 TUE

13 WED

14 THU

15 FRI

Good Friday

16 SAT

17 SUN

APR - MAY 2022

18 MON

19 TUE

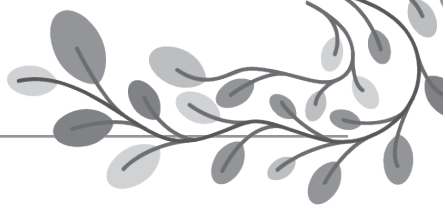
20 WED

21 THU

22 FRI

23 SAT

24 SUN



25 MON

26 TUE

27 WED

28 THU

29 FRI

30 SAT

1 SUN
May

Labour Day

Earth Day

Care for the earth while indulging in self-care activities!



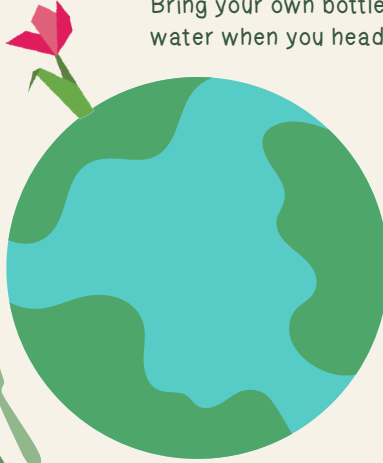
Grow your own garden of edibles

(e.g. herbs and spice)
Use them in your home cooked food



Bring your own reusable containers and cutlery

Avoid using disposable packaging when you take-away from your favourite eateries



Stay hydrated

Bring your own bottle of water when you head out



Get your daily dose of exercise

Walk or cycle to your destinations



Support sustainability

Declutter your space and prepare items to be donated for recycling

Take a picture to show us how you engaged in self-care while caring for the Earth and stand a chance to win some attractive prizes!

Submit your entries by scanning the QR code, complete the form with your contact details and upload the picture by 30 April 2022. Winners will be contacted via email.





*The art of teaching is the
art of assisting discovery.*

- Mark Van Doren

Mother's Day Activity

Teach your children to make their own "bouquet of service" to show appreciation to their mum this Mother's Day!

Materials:



Steps:

1. Fold the paper at the bottom edges inward to form a simple bouquet holder and decorate it.
2. Draw 3-4 flowers using a pencil and cut out the flowers.
3. Write down acts of service you would like to shower mummy with, on the front of the cut-out, e.g., 'wash dishes', 'clean the floor', 'make my bed' etc.
4. Colour and decorate the flowers with crayons or sequins.
5. Attach a straw / ice-cream stick to the back of the flowers, securing it with glue or tape and fit into the the bouquet holder.

Proposed tip: Reinforce learning of the four family values by writing the values Love, Care & Concern, Commitment and Respect on the flower petals



The Families for Life (FFL) website is filled with rich content centered on family. Celebrate Mother's Day with us at <https://go.gov.sg/ffl-celebratemom> or scan the QR code.



NOTES

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MAY 2022

Monday	Tuesday	Wednesday
25	26	27
2 Hari Raya Puasa	3	4
9	10	11
16	17	18
23	24	25
30	31	1



Thursday

Friday

Saturday

Sunday

28	29	30	1 Labour Day
5	6	7	8
12	13	14	15 Vesak Day
19	20	21	22
26	27	28	29
2	3	4	5

MAY 2022

2 MON

Hari Raya Puasa

3 TUE

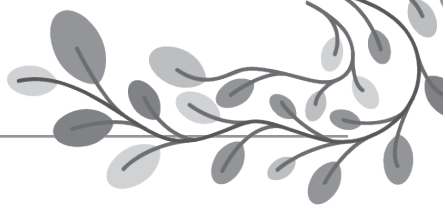
4 WED

5 THU

6 FRI

7 SAT

8 SUN



9 MON

10 TUE

11 WED

12 THU

13 FRI

14 SAT

15 SUN

Vesak Day

MAY 2022

16 MON

17 TUE

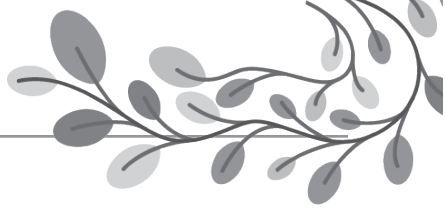
18 WED

19 THU

20 FRI

21 SAT

22 SUN



23 MON

24 TUE

25 WED

26 THU

27 FRI

28 SAT

29 SUN

MAY - JUN 2022

30 MON

31 TUE

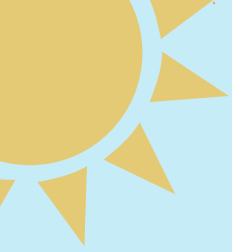
1 WED
June

2 THU

3 FRI

4 SAT

5 SUN



*When we give ourselves
permission to fail, we, at
the same time, give ourselves
permission to excel.*

- Eloise Ristad



Father's Day Activity

Teach the children to create their own fry-box to appreciate their Dad this Father's Day!

Materials:



1x A5 red paper



1x A4 yellow paper



Markers or colour pencils



Glue



Scissors

Steps:

1. For the fry box, fold the red paper into half crosswise.
2. With the folded side on the bottom, cut out the corners diagonally to make the shape of the fry box. Cut out a semi circle on one side of the unfolded edge.
3. Glue the edges together and write the words "Dad, You Are..." on the semi circle edge. Decorate the box as you wish.
4. For the french fries, cut out a few strips of yellow paper. Write out different traits of your dad that you love, and slot them into the box.

Proposed tip: Reinforce learning of the four family values by including the traits "Loving", "Caring", "Committed" and "Respectful."



The Families for Life (FFL) website is filled with rich content centered on family. Celebrate Father's Day with us at go.gov.sg/ffl-celebratedad or scan the QR code.

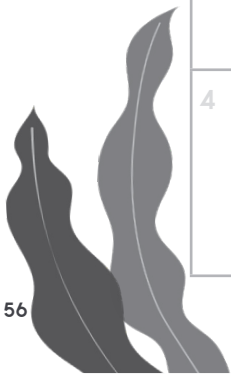


NOTES

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JUNE 2022

Monday	Tuesday	Wednesday
30	31	1
6	7	8
13	14	15
20	21	22
27	28	29
4	5	6



Thursday

Friday

Saturday

Sunday

2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	1	2	3
7	8	9	10

JUN 2022

6 MON

7 TUE

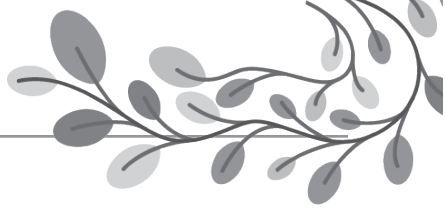
8 WED

9 THU

10 FRI

11 SAT

12 SUN



13 MON

14 TUE

15 WED

16 THU

17 FRI

18 SAT

19 SUN

JUN - JUL 2022

20 MON

21 TUE

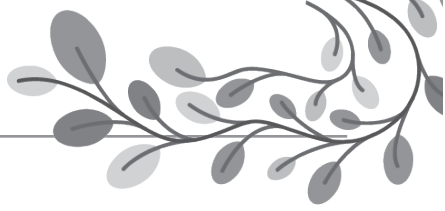
22 WED

23 THU

24 FRI

25 SAT

26 SUN



27 MON

28 TUE

29 WED

30 THU

1 FRI
July

2 SAT

3 SUN

Mid-year Check In

You are officially halfway through the year! Let's check in on your progress in both your work and personal life 😊

4. Maintaining work-life balance

Did I set aside time to relax and recharge? What else can I do moving forward?

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.....

3. Areas of Improvement

What mistakes have I made and how can I do better?

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2. Learning

What opportunities to learn new knowledge have I tapped on?
What other skills do I want to improve on?

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1. Goals

How far have I progressed towards my goals set at the start of the year?

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*The purpose of learning is growth,
and our minds, unlike our bodies, can
continue growing as we continue to live.*

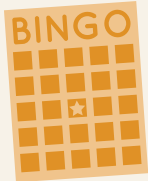
- Mortimer Adler



Racial Harmony Day Activity

Help your children learn about the cultures in Singapore through a game of human bingo!

Materials:



Bingo template



Photos of traditional costumes, games and snacks from the 4 ethnic groups in Singapore



A few A4 paper



Colouring materials

Steps:

1. Show students photos of traditional costumes, games and snacks.
2. Talk about unique elements of each culture's traditional costumes, snacks and games.
3. Get the children to interact and share their experiences with their classmates using the Bingo template!

Find someone who ...

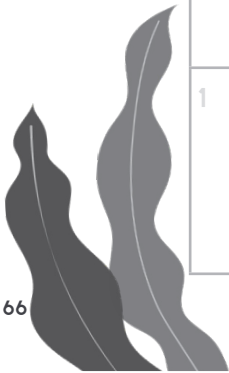
Can write their name in another language	Has worn a traditional costume	Has eaten a traditional snack
	Knows how to play a traditional game	
Knows how to say "hello" in a different language		Can sing a song in another language

NOTES

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JULY 2022

Monday	Tuesday	Wednesday
27	28	29
4	5	6
11	12	13
18	19	20
25	26	27
1	2	3



Thursday

Friday

Saturday

Sunday

30	1	2	3
7	8	9 Hari Raya Haji	10
14	15	16	17
21	22	23	24
28	29	30	31
4	5	6	7

JUL 2022

4 MON

5 TUE

6 WED

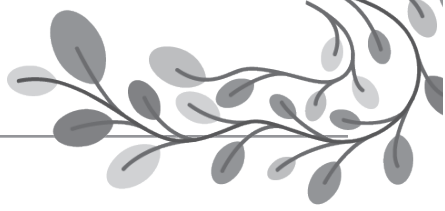
7 THU

8 FRI

9 SAT

10 SUN

Hari Raya Haji



11 MON

12 TUE

13 WED

14 THU

15 FRI

16 SAT

17 SUN

JUL 2022

18 MON

19 TUE

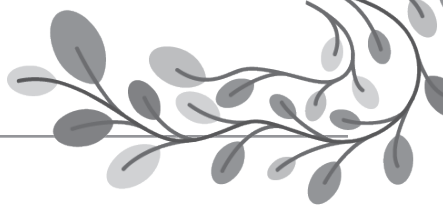
20 WED

21 THU

22 FRI

23 SAT

24 SUN



25 MON

26 TUE

27 WED

28 THU

29 FRI

30 SAT

31 SUN

DID YOU KNOW?

The Employee Life Cycle outlines 5 stages to achieve successful engagement with the centre or organization that you are a part of.

The Skills Framework for ECCE can support your career progression at each stage in the following ways:

1. Recruitment and Selection

⇒ Gain clarity on skills required on the job as found in the job description & interview questions.

2. Onboarding

⇒ Assimilate well into your new working environment and clarify job expectations using the staff handbook and through induction programmes.

3. Performance Management

⇒ Review and track my progress and performance as found in the performance appraisal system (e.g. performance indicators)

4. Learning & Development

⇒ Plan and evaluate CPD activities, Identify skill gaps and relevant training programmes to be equipped with the required skills through upgrading and deepening of existing skills

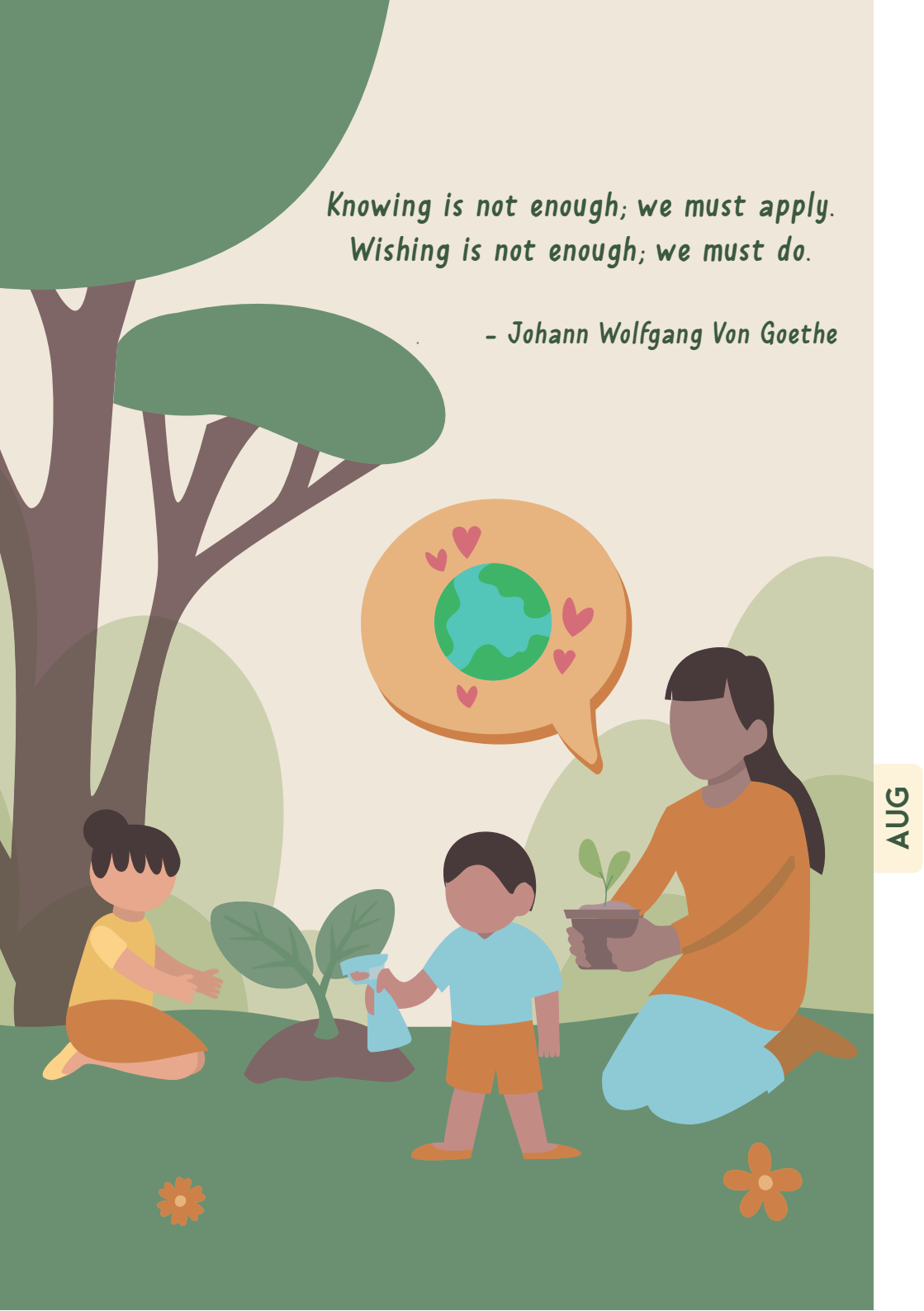
⇒ Resources include the centre's training road map and the Individual Development Map (IPDM)

5. Career Management

⇒ Get acquainted with progression opportunities in the sector, identify career aspirations and skills of your desired job role and plan for career development as found in the various career pathways.

*Knowing is not enough; we must apply.
Wishing is not enough; we must do.*

- Johann Wolfgang Von Goethe



ECDA
Scholarship

The ECDA Scholarship nurtures and supports outstanding in-service educators in their academic pursuits as they strive for professional mastery.



Lim Jun Hao (Shane)
ECDA Scholarship Recipient
Child Care Teacher, Little Mighty Me Pte Ltd
Currently pursuing Bachelor of
Early Childhood Education with Minor at SUSS

I am very thankful to be awarded the ECDA Scholarship to pursue my early childhood studies. It also helps broaden my horizon and stay relevant as I have the chance to go for learning journeys to observe good teaching and learning practices in the sector, as well as attend professional development and networking events organised by ECDA.

As I gain more knowledge through my studies, I hope to improve my centre's practices by giving fresh perspectives and ideas. I also aspire to pay-it-forward and mentor new educators in future.

As a recipient of this prestigious Scholarship, I feel recognised for my achievements and a strong sense of empowerment which encourages me to uphold quality teaching practices.

The ECDA Scholarship has allowed me to network and share good practices with the fraternity of EC educators and leaders. Last August, I was given an opportunity to share my teaching experiences in the 'new normal', which was featured in "#LetsMeet" content series on MSF's social media platforms. This uplifted my spirits and propelled me to become a better teacher and leader.



A Sankari
ECDA Scholarship Recipient
Child Care Teacher,
My First Skool - Woodlands 1
Currently pursuing Master of Education
(Early Childhood) at NIE

Scan the QR code for more info and look out for the application period in Feb and Aug!

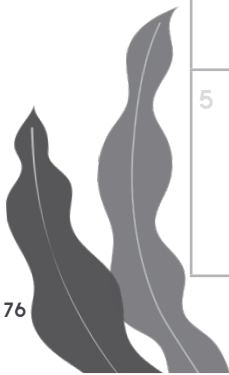


NOTES

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AUGUST 2022

Monday	Tuesday	Wednesday
1	2	3
8	9 National Day	10
15	16	17
22	23	24
29	30	31
5	6	7



Thursday

Friday

Saturday

Sunday

4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28
1	2	3	4
8	9	10	11

AUG 2022

1 MON
August

2 TUE

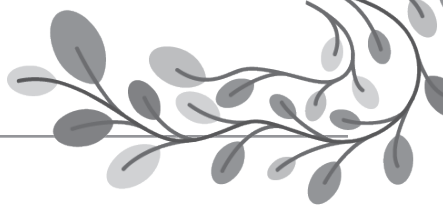
3 WED

4 THU

5 FRI

6 SAT

7 SUN



8 MON

9 TUE

National Day

10 WED

11 THU

12 FRI

13 SAT

14 SUN

AUG 2022

15 MON

16 TUE

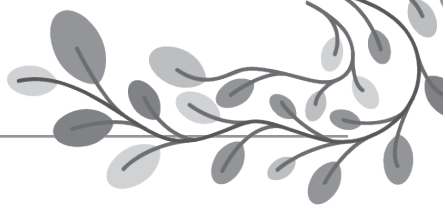
17 WED

18 THU

19 FRI

20 SAT

21 SUN



22 MON

23 TUE

24 WED

25 THU

26 FRI

27 SAT

28 SUN

AUG - SEP 2022

29 MON

30 TUE

31 WED

1 THU
September

2 FRI

Teachers' Day

3 SAT

4 SUN

*Teaching is more than imparting
knowledge; it is inspiring change.*

- William Arthur Ward

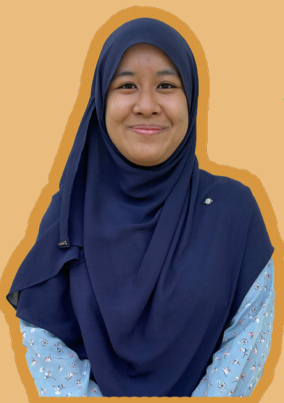




**PROFESSIONAL
DEVELOPMENT
PROGRAMME**
For Teachers

Professional Development Programme for Teachers

A key professional development programme specially designed to support preschool educators with potential to take on larger job roles in their organization, through deepening of their professional knowledge and competencies.



The compulsory module in Year 1 got me thinking about personal leadership values which I strive to uphold and prepared me for a meaningful 3-year journey. PDP(T) has given me the confidence to take up larger job roles, such as overseeing the centre's curriculum and guiding new colleagues in teaching and learning practices.

Ms Nuaimah Binte Mohamed Sari

2018 PDP(T) Participant

Preschool Teacher

Carpe Diem @ Hilltop Pte. Ltd.

The PDP(T) has helped our centre to retain outstanding teachers. I strongly encourage more organisations to nominate their eligible teachers as PDP(T) offers great opportunities to groom teachers to become reflective practitioners!



Ms Joyce Lim

Nominator

Centre Principal

Carpe Diem @ Hilltop Pte. Ltd.

Scan the QR code for more info and look out for the nomination period in Sep!

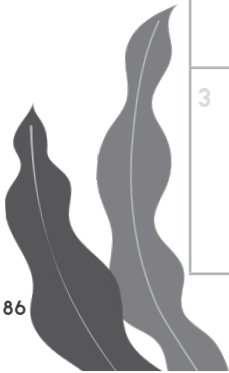


NOTES

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SEPTEMBER 2022

Monday	Tuesday	Wednesday
29	30	31
5	6	7
12	13	14
19	20	21
26	27	28
3	4	5



Thursday

Friday

Saturday

Sunday

1	2 Teachers' Day	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	1	2
6	7	8	9

SEP 2022

5 MON

6 TUE

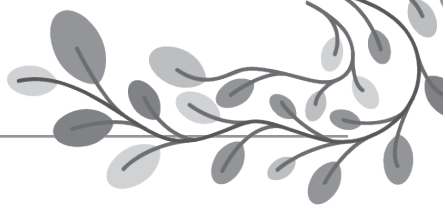
7 WED

8 THU

9 FRI

10 SAT

11 SUN



12 MON

13 TUE

14 WED

15 THU

16 FRI

17 SAT

18 SUN

SEP - OCT 2022

19 MON

20 TUE

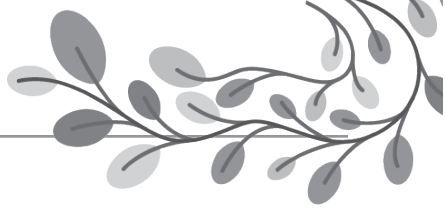
21 WED

22 THU

23 FRI

24 SAT

25 SUN



26 MON

27 TUE

28 WED

29 THU

30 FRI

1 SAT
October

2 SUN

Happy Teachers' Day!

This Teachers' Day, we would like to thank you for all your hard work and dedication towards providing quality education to our children in a safe and conducive learning environment. Thank you for playing such an important role in shaping the lives of our young ones. We hope you enjoy your special day off!

Be it a simple note, a picture capturing good times together or a care pack, take this opportunity to express your gratitude and remind a fellow educator how amazing they are!



Is there a fellow educator that inspires you to be a better teacher to the little ones? Share his or her story with us and stand to win a mystery gift for the both of you!

Submit your entries by scanning the QR code! Complete the form with your story and contact details by 30 September 2022. Winners will be contacted via email.





*Take rest; a field that has
rested gives a bountiful crop.*

- Ovid





Professional Development Programme for Leaders

A key professional development programme specially tailored to support leaders' career aspirations and provide opportunities to broaden perspectives, deepen knowledge and hone leadership skills in areas of professional interest.



Ms Sharon Teo
2018 PDP(L) Participant
Head of Operations and Cluster Principal
at Star Learners Group

I am very heartened to find a community of like-minded industry leaders who share my beliefs, insights and expertise in our sector. This exposure has expanded my perspectives and kept me abreast of the latest EC trends. I urge all other leaders to make good use of programmes like the PDP(L) to raise the quality of early childhood leadership and provision in Singapore!



I am very proud of Sharon and have seen her grow over the years in our organisation. Through PDP(L), I am confident that she will contribute greatly to the organization's development, as well as the growth of other EC leaders and educators.



Mr Poh Soon Tat
Nominator
Head of Business Strategy and IT
at Star Learners Group

Scan the QR code for more info and look out for the nomination period in Oct!



NOTES

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OCTOBER 2022

Monday	Tuesday	Wednesday
26	27	28
3	4	5
10	11	12
17	18	19
24	25	26
Deepavali		
31	1	2



Thursday

Friday

Saturday

Sunday

29	30	1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30
3	4	5	6

OCT 2022

3 MON

4 TUE

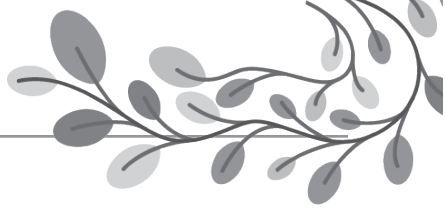
5 WED

6 THU

7 FRI

8 SAT

9 SUN



10 MON

11 TUE

12 WED

13 THU

14 FRI

15 SAT

16 SUN

OCT 2022

17 MON

18 TUE

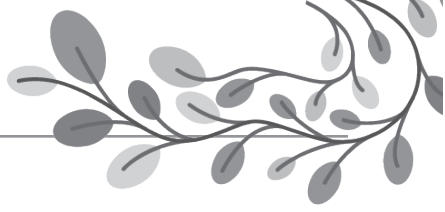
19 WED

20 THU

21 FRI

22 SAT

23 SUN



24 MON

Deepavali

25 TUE

26 WED

27 THU

28 FRI

29 SAT

30 SUN

OCT - NOV 2022

31 MON

1 TUE

November

2 WED

3 THU

4 FRI

5 SAT

6 SUN



Play is the highest expression of human development in childhood, for it alone is the free expression of what is in a child's soul.

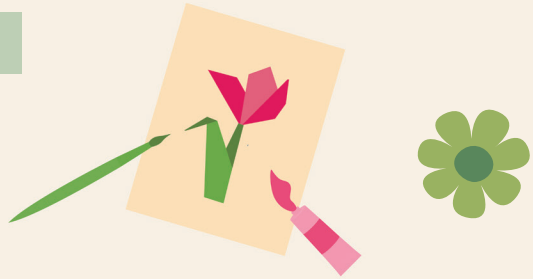
- Friedrich Froebel



Mental Wellness

Maintaining our mental well-being positively impacts how we feel, think and behave every day. Hence, it is important to always set aside time for self-care.

1. Take time to de-stress



2. Practice mindfulness

3. Connect with loved ones



Do you have helpful self-care tips to share with your fellow preschool teachers? Send them to us and stand a chance to win a prize!

Submit your self-care tips by scanning the QR code! Complete the form with your contact details by 30 November 2022. Winners will be contacted via email.

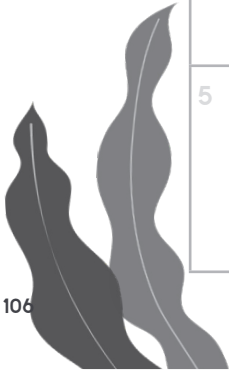


NOTES

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NOVEMBER 2022

Monday	Tuesday	Wednesday
31	1	2
7	8	9
14	15	16
21	22	23
28	29	30
5	6	7



Thursday

Friday

Saturday

Sunday

3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
1	2	3	4
8	9	10	11

NOV 2022

7 MON

8 TUE

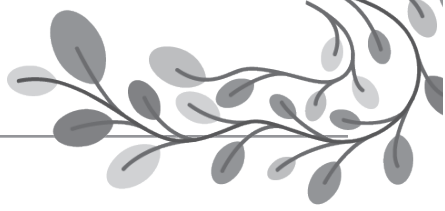
9 WED

10 THU

11 FRI

12 SAT

13 SUN



14 MON

15 TUE

16 WED

17 THU

18 FRI

19 SAT

20 SUN

NOV - DEC 2022

21 MON

22 TUE

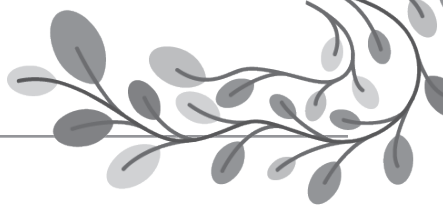
23 WED

24 THU

25 FRI

26 SAT

27 SUN



28 MON

29 TUE

30 WED

1 THU
December

2 FRI

3 SAT

4 SUN

November Classroom Activity

Teach your children about family values through button letter art

Materials:



4x A4 foam board



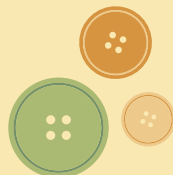
4x A4 white paper



Glue stick



White glue

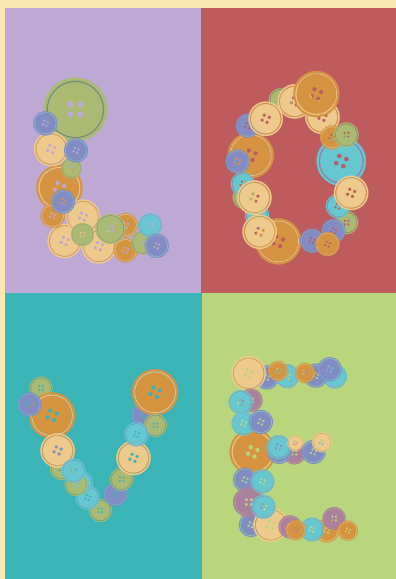


Buttons of different sizes and textures

Steps:


1. Print each of the 4 letters L, O, V and E on an A4 sized paper.
2. Cut out each letter and paste it onto an A4 sized foamboard.
3. Lay out buttons on top of the letters to find the best fit to cover the whole letter. Use different sizes, colours and shapes to add dynamism and variety.
4. Start gluing the buttons on top of the letters using the white glue.
5. Once the board is dry, frame it and encourage your students to take it home to display in their family's favourite room!

For an extra challenge, vary and repeat the steps above for each of the other three values - Care & Concern, Commitment and Respect, to create your very own family values button letter art!



Craft contributed by Families for Life. The Families for Life (FFL) website is filled with rich content centered on family. Visit us at go.gov.sg/ffl-kidsplay or scan the QR code to check out more activities for children.



The background features several stylized hands in various colors (light skin, dark skin, brown skin) holding bright pink hearts. Some hands are pointing, some are open, and some are clasped together. The overall theme is one of love, gratitude, and human connection.

*Showing gratitude is
one of the simplest
yet most powerful
things humans can do
for each other.*

- Randy Pausch

Self-care Activity

Pamper your skin with your very own homemade honey sugar scrub!

You will need:



1 cup
sugar



Juice of 1 lemon



1/3 cup raw
honey



Airtight container
(about 230ml)

Instructions:

1. Add sugar and the juice from 1 lemon to a small mixing bowl.
2. Add honey and stir until thoroughly combined.
3. Use scrub on lips, face, body, etc. and follow up with any kind of moisturizer after exfoliating.
4. Store scrub in airtight container in fridge for up to three days.

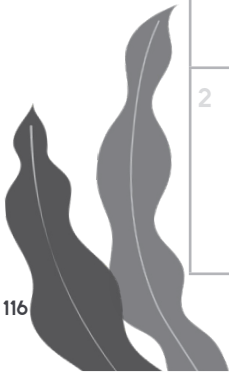


NOTES

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DECEMBER 2022

Monday	Tuesday	Wednesday
28	29	30
5	6	7
12	13	14
19	20	21
26	27	28
2	3	4



Thursday

Friday

Saturday

Sunday

1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25 Christmas Day
29	30	31	1
5	6	7	8

DEC 2022

5 MON

6 TUE

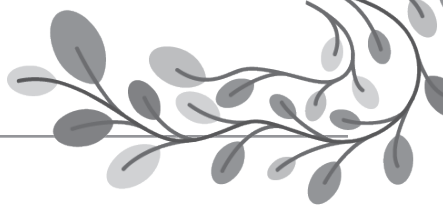
7 WED

8 THU

9 FRI

10 SAT

11 SUN



12 MON

13 TUE

14 WED

15 THU

16 FRI

17 SAT

18 SUN

DEC 2022 - JAN 2023

19 MON

20 TUE

21 WED

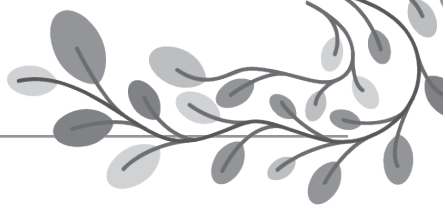
22 THU

23 FRI

24 SAT

25 SUN

Christmas Day



26 MON

27 TUE

28 WED

29 THU

30 FRI

31 SAT

1 SUN
January

NOTES

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Check out these stickers on Instagram @beantalksingapore

*“Take pride in how far you’ve come.
Have faith in how far you can go.
But don’t forget to enjoy the journey.”*

- Michael Josephson



