Edík's News

Vinohrady	Libuš	Hloubětín



Interactive board in Prague 9

We are pleased to announce that since September, our kindergarten in Prague 9 has enriched the educational program with a new interactive board, which serves as an additional element in guided activities. The introduction of this modern technology supports current trends in education and is fully in line with the new Framework Program for Preschool Education.

The interactive board allows children to learn naturally, through touch, movement, sound and significant visual stimulation. Thanks to this, their attention, memory, logical thinking, but also the ability to cooperate in a group are being developed. We use it, for example, in language games, the development of pre-mathematical ideas and logical reasoning, learning about the real world around us or in speech therapy activities.

The goal of including digital technologies in education is for children to gradually master working with modern tools and be better prepared for entering primary school, where teaching is increasingly focused on digital competences. These are not just "tablet games". Teachers carefully consider the content of the activities and choose applications and programs that match the age, intellectual abilities and skills of the children - for example, they use the Canva application to create worksheets or other educational programs that support meaningful learning.

Each class works with it once a week as part of a guided activity that follows the current weekly theme. The board is not a replacement for traditional activities, but a fun and meaningful addition to them, which brings children joy and motivation to learn. We believe that this innovation will significantly enrich the educational environment of all children.

Edík's December Adventures

Prague 2

St. Nicholas in kindergarten	1.12.
Theatre "U Hasičů"	3.12.
Library visit	8.12.
Project day "Charity"	9.12.
Christmas caroling on Jiřího z Poděbrad Square	11.12.
Halo therapy playroom	17.12.
Baby Jesus in kindergarten	18.12.

Every Friday morning - sports in Sokol



Prague 4



Meeting with parents of preschoolers	1.12.
St. Nicholas in kindergarten - events with parents	3.12.
Artefiletics "Islands of Friendship"	8.12.
Project day "Christmas markets"	10.12.
Gifts under the Christmas tree	17.12.

Every Tuesday morning - swimming

Prague 9

Blue class

International Day of People with Disabilities	3.12.
Event with parents - St. Nicholas	4.12.
Fairytale night	5.12.
Theatre "Úsměv" in the kindergarten "Christmas"	10.12.
Trip to the Ethnographic Museum "Let's go to Bethlehem together"	18.12.

Yellow class

International Day of People with Disabilities	3.12.
Events with parents - St. Nicholas	4.12.
Fairytale night	5.12.
Trip to the Ethnographic Museum "Let's go to Bethlehem together"	18.12.

Every Tuesday morning - swimming

Red Class

International Day of People with Disabilities	3.12.
Events with Parents - St. Nicholas	4.12.
Fairytale Night	5.12.
Theatre "Úsměv" in Kindergarten "Christmas"	10.12.
Trip to the Ethnographic Museum "Let's Go to Bethlehem Together"	17.12.

Orange and Green Class

International Day of People with Disabilities	3.12.
Events with Parents -St. Nicholas	4.12.
Fairytale Night	5.12.
Theatre "Úsměv" in Kindergarten "Christmas"	10.12.

Edík's Around-the-World Adventure

St. Nicholas in Prague 9

We cordially invite you to the St. Nicholas Afternoon, which will take place on Wednesday, December 4th from 3:30 PM. Come and experience a pleasant pre-Christmas atmosphere full of lights, carols and festive refreshments. We will sing together, create something beautiful
in thematic workshops and in addition, there will be a small Christmas surprise prepared for you from our team. We will also exceptionally welcome a small tasting of homemade sweets. We will be especially pleased if they are healthier options. In our kindergarten, the Devil, St. Nicholas and the Angel are not about scaring,
but about reminding the tradition in a kind and playful way. Our goal is to motivate children to do good deeds, support their perception of goodness and deepen their understanding of Christmas customs. We are very much looking forward to enjoying this pre-Christmas time with you.



Shadowing in the autumn months

Two inspiring shadowings took place as part of the Erasmus program. In October, a teacher from Prague 9 visited a Montessori kindergarten in Porto, where she observed the methods of leading children and looked for new elements to enrich our pedagogy. At the end of November, the director of the Hlubětín kindergarten spent a day in a Viennese kindergarten, where she observed work with preschoolers, their preparation for primary school, the method of evaluation and the use of modern IT technologies. We look forward to incorporating the innovations we have learned into our everyday work with children.

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Shoe boxes - collection summary

Thank you for joining us again in a beautiful pre-Christmas tradition called Shoe Boxes (www.krabiceodbot.cz). This collection helps children from families who are struggling with financial or social problems. Donors pack toys, school supplies, cosmetics and other small items into boxes. Each box is then delivered to where it will bring the most joy, with the help of social workers. This year we managed to collect an amazing number of 71 boxes, which are already on their way to the collection point.



Sweet traps: how (not) to sweeten for children

Children love sweets! And it’s no coincidence. We are “programmed” to have a sweet taste from birth. The first thing a baby tastes is breast milk or infant formula – both of which are naturally sweet. Since ancient times, the sweet taste has signaled to us that food is safe, energetic and will help us survive.
But while sweet energy was once a scarce resource, today we live in a time of abundance. Food is available everywhere, often in attractive, colorful packaging. It’s no wonder that many parents are looking for “healthier snacks” or alternative sweeteners for their children. But not everything that sounds like a better choice actually is.



White, cane, coconut... the differences are less obvious than they might seem

As for sweeteners, you can choose from classic white sugar, cane sugar, date or maple syrup, or, for example, xylitol and chicory syrup. You might be surprised to find that most sweeteners have a very similar composition. They consist mainly of glucose and fructose. White beet sugar, or sucrose, consists of one half of glucose and the other half of fructose. It does nothing and is simply there to sweeten our lives. In contrast, its brown "natural" variant often carries the reputation of a superhero full of minerals and vitamins. It is followed by cane or coconut sugar. This may be your first disappointment, but the golden color of sugar does not make it a hero. The content of minerals, which marketing usually boasts, is in such trace amounts that they are insignificant for us and in order to feel their benefits, we would have to significantly increase our sugar consumption. But there the negative impact of excessive sugar intake would outweigh the benefits.

Then there is a group of syrups such as maple, date or agave syrup. These syrups seem healthier than regular sugars, especially because they carry the label "natural". However, they are a very concentrated natural source of energy, which must be used wisely. So here too, we cannot shoot consumption to the heights.



What about honey?

Honey has almost the same composition as regular sugar. To benefit from the enzymes, vitamins, and minerals it contains, we would have to consume kilograms of it.

Sugar alcohols

An interesting sweet group are sugar alcohols – erythritol, xylitol, sorbitol, maltitol and isomalt. Although they have “alcohols” in their name, you don’t have to worry about children getting drunk after using them. Their advantage is that there is a negligible increase in blood sugar levels after consumption, and they don’t contribute to tooth decay. Do we have a winner? Not really.
You can include sugar alcohols in your diet in limited quantities, but they can have a laxative effect if consumed in excess. And children can be a little more sensitive than adults, so be careful with them.

Sweet traps: how (not) to sweeten for children

Medalist in sweetening

The imaginary sweet winner, however, is chicory syrup. Chicory root syrup, consisting of sweet soluble fiber, has a low glycemic index and low energy value. It tastes sweet, while feeding our beneficial intestinal bacteria. It is especially suitable for cold dishes, because when added to baking dough, it makes the resulting dessert stiff. But even here, we cannot use chicory syrup unlimitedly. Why? Fiber can cause bloating, so it is always advisable to increase the amount used in the diet gradually.

What exactly are sugars?

Sugars are among the carbohydrates – one of the three basic sources of energy.

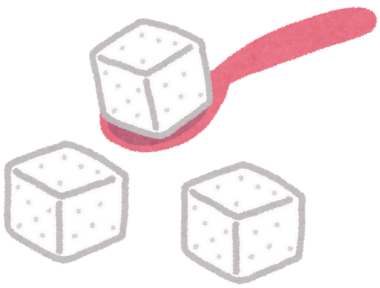
Complex carbohydrates:

- cereals, rice, pasta, oatmeal, etc.
- release energy gradually.

Simple sugars:

- sugar, honey, syrups
- provide energy quickly and immediately.

Quick energy is useful, for example, during sports, but the basis of a regular diet should be complex carbohydrates. It is good to save on simple sugars – if we take in more energy than the body uses, it stores it “for worse times” in the form of fat.



Do you know that...

Sugars can also be found naturally in fruit or, for example, in milk. However, these sources are part of the whole food along with other nutrients, vitamins or fibre and are very desirable in the diet.

We need to think about the amount of concentrated sugar sources and foods with added sugar such as sweets, bars, lollipops or sweet lemonades and juices.

Sweet recipe for children

Apple waffles with chia jam



- 2 apples
- 2 eggs
- 150 g yoghurt
- (e.g. Hollandia)
- 150 g barley flour
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 tbsp rapeseed oil

Waffle procedure:

Grate the apples on a coarse grater and add all the remaining ingredients. Mix the dough. Fill the hot waffle iron with the dough. If it has a high-quality non-stick surface, there is no need to grease the plates with oil. If the dough sticks, gently grease it with rapeseed oil with a butter knife. Serve with yogurt and chia jam.

Chia jam

- 150 g frozen forest fruits
- 2 tbsp water
- 2 tbsp chia seeds

Chia jam procedure:

Put the fruit and water in a saucepan and bring to a boil. Boil briefly and add the chia seeds and stir. Boil for another 2 minutes and remove from the heat. You can use the jam on waffles, pancakes or in yoghurt. The jam will solidify after cooling and is not suitable for long-term storage.

Bon appetite!