

# LET'S Talk

Julia Gabriel  
EDUCATION

TERMS 2 & 3 2020



**Post-MCO: Back in Centre**  
Safe Management Measures in  
response to COVID-19

**JULIA GABRIEL CENTRE**  
e-Open Day in September 2020

**Dramatically Different Conversation**  
Coping with Motherhood



# BACK TO CENTRE



Safe **A**ccess



Safe **C**lassrooms



Safe **B**ehaviours

## COVID-Safe ABCs

Safeguarding the school community against the risk of COVID-19

Since our recommencement of physical classes at both of our **Bangsar** and **CITTA Mall** centres on 1st July 2020 for Chiltern House and on 3rd August for Julia Gabriel Centre, the children and even our teachers and staff have been adapting comfortably to the practices of the new norm.

Our stringent set of **Safe Management Measures** in place are continuously updated following the latest developments to help keep our school community safe while strengthening our health awareness among students, teachers and families to build a culture of **COVID-Safe habits**. With constant updates from the Ministry of Health, our Singapore partners and their communication with Singapore's Early Childhood Development Agency (ECDA), we aim to give you the latest information on the precautionary measures and our expectations, as a school, for our parents, staff and visitors to help mitigate the risk of COVID-19 infection.

### New practices in place

Face masks or face shields on, regular handwashing habits, frequent cleaning and disinfecting practices from our Safe Management Team, daily disinfectant fogging at each centre after school hours, and safe distancing on top of our existing health checks and temperature screening routine are now new norms for Julia Gabriel Centre and Chiltern House Preschool, Kuala Lumpur.

Not even the teachers with their new appearance complete with a set of face shield and face mask could get in the way for such enthusiastic participation from the children in class after months of hiatus from physical school. Due credit to the children for taking on the challenge of this new routine with such gusto and for responsibly adhering to the new health measures.



## ON THE COVER



**COVID-19 Safe Management Measures** are implemented at both centres as means to protect the health and well-being of our school community.

**WATCH on YouTube:**  
[www.bit.ly/CH-SOP](http://www.bit.ly/CH-SOP)

With keen support from our parents as partners and collaborative effort from our team of educators in adhering to our Safe Management Measures, we believe that the children will be able to enjoy uninterrupted learning in the programmes they are enrolled in and will continue to reap the desired benefits from our **EduDrama®** methodology.

**Welcome back** to the centre, and for new families who have just joined our Julia Gabriel family, we are ecstatic to kick start our dramatically different learning journey with you!

# INTRODUCING

Julia Gabriel Centre's **new line-up of online programmes!**

These online programmes were first adapted from their respective physical formats by our team of curriculum specialists during the period of school closure due to the Covid-19 pandemic. They have since been carefully redeveloped and meticulously designed to cater to wide demands from students from all over. With a combination of live sessions (face-to-face videotime) where they

will meet their teachers, and offline activities that they can complete at their own pace, our team of specialist educators have been leading these online sessions with that same outstanding quality and delightful passion you will expect to find in their physical classes. We have been receiving hugely positive feedback from families on our interactive and highly engaging online format which has been captivating young minds for months.



## Online PlayClub

For toddlers 18 months - 3 years

Twice a week live sessions, drama and music video performances, complete with fun home-based creativity packs



## Online Speech & Drama

For children aged 3 - 10 years

Once a week live session, with home-based activities you can work on at your own convenience



## Online Readers & Writers

For children aged 3 - 6 years

Once a week live session, with home-based activities you can work on at your own convenience

## JULIA GABRIEL CENTRE'S e-OPEN DAY

SEPTEMBER 2020

We are excited to invite you to join us for our very first e-Open Day featuring our Julia Gabriel Centre programmes this September!

Throughout three consecutive Saturdays **beginning 5th September 2020**, Head of Julia Gabriel Centre Programmes, Shoby and her passionate team of specialist educators will be meeting up with you and your children over LIVE sessions on screen to introduce you to our dramatically different **Early Learning, Speech & Drama**, and **Readers & Writers** programmes - currently available in both physical and online formats.

And don't miss the special promo that comes along with participating in our Open Day! Register your space today.

**LEARN MORE:** [www.juliagabriel.com.my](http://www.juliagabriel.com.my)





# DRAMATICALLY DIFFERENT CONVERSATION



by Shoby

Head of Julia Gabriel Centre Programmes

## Coping with Motherhood

Shoby, Julia Gabriel Centre's Head of Programmes writes about being a mother in the modern day – and how the values of Julia Gabriel Centres and her children have helped her in this journey.

(First published in [www.happygokl.com](http://www.happygokl.com) in April 2019)

The truth is, nothing truly prepares you for the journey that awaits when one becomes a parent. Today, we are dealing with children who have evolved. Our children are now able to do so much more, accomplish feats, capable of thinking in so many ways - a lot more than what children used to be able to do 10 or even 20 years back. Children today are a lot faster in action and thoughts! It's definitely only going to get harder keeping up with them - that's a certainty.

The societal pressure is a whole lot more these days too, parenting standards and expectations have risen – no thanks to unrealistic portrayals of motherhood messing with our sense of self. What am I doing wrong? Mothers are expected to be fully prepared, equipped in every way possible to anticipate challenges and situations that the modern world has to offer. We get criticised for the choices we make in our life for our children, down to the messy living room at home. It can be downright stressful dealing with the challenges of being a mother today.

In the midst of all these, I consider myself tremendously fortunate being thrust into my current circumstance. Working at Julia Gabriel and having children studying at Julia Gabriel have - unknowingly for me - eased that burden. Believing in the values we stand for in early childhood education has helped me more than I could have hoped for in coping with the struggles and frustrations of motherhood.

**Here are some values from Julia Gabriel that I've been holding on strongly to and I believe could be helpful to you in coping with motherhood**

### We believe in individuality.

We believe when a child is given the right environment and education – he or she can discover and master the skills and deliver at his or her best. Being an educator requires us to identify and bring out the best in each of our children – focusing on their individual strength and ability.

Likewise, at home, I have come to realize that both of my children are very much two different individuals who have very different strengths. As a mother, it is important for me to recognise and to help them discover their unique voices, to support them so it helps me focus on their strength and work on areas they may be struggling with. In a way, this also helps me with managing my own expectations – both as a parent, and of my children. I have come to understand my children better, because I have learned to believe in their capabilities.

### We believe in expressing our thoughts confidently.

My children have been blessed to be part of the Julia Gabriel family right from infancy. They have experienced the full range of Julia Gabriel Centre's programmes even Chiltern House Preschool, and are now in Julia Gabriel Centre's Speech and Drama, and Readers and Writers programmes. Ever since young, their teachers have consistently strived to cultivate confidence in them to express how they feel. And that helps me as a mother. I need not worry about what could be running in their minds because it has become natural for them to be very open with me. From frustrations to new ideas and wants, my children have gained the aptitude to communicate their feelings and thoughts confidently.

So as parents, learn to empower your children to communicate their thoughts. Respect their voices. Never discount their feelings because a person's a person, no matter how small. Most of all, share your feelings with them, just as how you would like to encourage them to open their channel of communication with you.

### We believe in critical thinking.

Through drama, a main component in Julia Gabriel's EduDrama philosophy, my children were exposed to an established fact that there will always be problems, obstacles in our way – what we would need to do is to collaborate and find ways to solve a problem. They often found themselves in a variety of circumstances that they have become comfortable with adapting to change.

Each time we are faced with a challenge or a situation at home, the immediate thought that comes to everyone's mind is to suggest what we should do. We approach the problem, and we task ourselves to resolve it through proper discussion and weighing every pros and cons, before a decision is made – and the problem is solved. I don't wish for my children to grow up thinking that there is only one right path in life. I want them to know that there are many right paths out there, it's for them to discover and to make it their own.

I'm neither a perfect mother, *nor* are my children perfect. We have a long way to go, but what I've realized is as we continue this journey of life and parenting, we learn along the way. I've learned so much from my children and I believe they are learning from me as well. Being open to learning through our children, I would say, is an important fact that parents of today need to accept and know. My children have taught me that anything is possible. They have taught me that we can look at situations and still be calm and positive and not give in to our first instincts to react negatively.

Just as how I am thankful for the work I do in Julia Gabriel, I'm equally thankful I have my two 'little Shobys' that consistently support me as a mother – they check on how I'm doing every day, how my classes were, they make me laugh with their stories and they let me know every now and then on how much they love me. *These*, to me, are what keeps me going.

**Julia Gabriel Centre**

[www.juliagabriel.com.my](http://www.juliagabriel.com.my)

**Chiltern House Preschool**

[www.chilternhouse.com.my](http://www.chilternhouse.com.my)

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