



Parent-Toddler Program | Just Toddlers Program | Preschool Program | After-School Program

Community Monthly Newsletter

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Creating an Ideal Future: Can It Be Done?

Can we truly live out each of our dreams? Can we bypass life's ups and downs, or its unpredictable twists? These questions have been on my mind as I consider what it means to create a better, perhaps even an ideal, future for our children. Recently, I was listening to a fascinating podcast by Dr. Andrew Huberman featuring an interview with futurist Ari Wallach, where they explored the topic of creating an ideal future.

One of the most powerful insights from this discussion centered around biology. Our biology, they pointed out, grounds us in our human identity, shaping how we evolve as individuals and as a society. Genetic traits pass down through generations, but as our family tree expands—to great-grandchildren and beyond—our biological reach fades. Yet our influence doesn't end there. Even if future generations never meet us, our behaviors—the way we model life, values, and habits—can shape their world.

For example, children often follow behaviors they observe. If we read the newspaper each day, our children are more likely to do the same, passing this habit through generations. Through our everyday actions, we create patterns, influencing values and habits for the future.

Influencing Positive Behavior at Circles & Cycles

At Circles & Cycles, we believe that one of the most important steps in creating a brighter future is to model positive behavior. We've built our preschool around the idea that a nurturing, safe, and positive environment can create a ripple effect, instilling values and practices in young children that can last a lifetime.

Our Mission extends beyond the children to our families. By working in partnership with parents, we hope to create a shared language and approach to positive behavior, fostering a foundation that children can carry with them, regardless of life's circumstances.

Our Vision: We envision Circles & Cycles as more than a preschool. It's a community where children and families come together to learn, grow, and build a better future. Through authentic connections, open dialogue, and a dedication to continuous learning, we aim to shape a legacy of hope, confidence, and kindness that will reach generations we may never meet.

Thank you for being part of our journey.

Warm regards,
Naama Singh
Founder, Circles & Cycles

Letter from our Instructional Coach

Dear Parents,

"The only constant in life is change" - Heraclitus, Greek philosopher.

I wanted to inform you that I will be stepping out of my current role at Circles & Cycles. It has been an incredible and rich learning journey for me and I am grateful for the experience.

I started my role at Circles & Cycles in February of 2024 as an instructional coach. This role quickly evolved into that of an interim manager. It is a role in which I have learnt an immense amount of knowledge and skills, thanks to the mentorship and guidance that I received from Naama, though she herself was experiencing a family emergency.

- I am in deep gratitude to Kinnari, Ketan, Ashish, and all the Didis, who have shown me the ropes and yet been open to my suggestions.
- I am also in awe of each of the facilitators; Marissa, Rachita, Karyn, and Malvika are creative, adaptive, resilient, knowledgeable, and dedicated to forming heartfelt relationships with the children in their care and providing thoughtful learning and social experiences.
- And of course, I had Angela, Pedagogista extraordinaire, cheering me on from the sidelines. Our relationship and friendship has also evolved in these last few months.

Parents, I wanted to thank you for your patience with me, and understanding when I didn't always have the answers immediately. Thank you also for the love, feedback, and suggestions you have for making C&C a better place. Please continue to do this as our goal is to be the best fit second home to your children.

I'd like to introduce some new people to our team. You may already have seen them around.

- **Nisha Ramnathkar** is our new *Executive Coordinator*. She will be assisting Arpita and the facilitators with logistics, communication, and the After School Program
- **Neha Relwani** is our new *Social Media Manager*; she will be in classrooms taking live footage, showcasing the essence of Circles & Cycles on social media platforms, and marketing our after-school program, workshops, and events.

Please welcome Nisha and Neha to our family.
We are growing, and it's a wonderful feeling.

In deep gratitude,
Bindiya
Instructional Coach & Interim Manager at Circles & Cycles



THE LEGACY OF LISTENING: CREATING SAFE AND COMPASSIONATE LEARNING SPACES

By:
Ms. Angela Mee Lee | Pedagoga at C&C

Over the past week, I've found myself reflecting on how the Reggio Emilia approach emerged from the resilience of a community determined to rebuild after the devastation of World War II. At that time, citizens believed that true change would begin with the children, recognizing the immense potential of each child. The foundations laid with the first preschool in 1962, included respect, listening, and the belief that every child is competent, and deserving to be seen and heard.

At Circles and Cycles, we carry this legacy forward, striving every day to honor each child's voice and perspective. By modeling the art of listening, we nurture children who are open to the perspectives of their peers, and confident in their own self-worth. In safe spaces filled with respect, children grow not only as individuals but as thoughtful members of a larger community.

We take our time to design spaces that instill a sense of kindness and tolerance; important traits that form a compassionate society. Children who feel heard and valued carry this strength becoming adults who are empathetic, resilient, and equipped to inspire others in turn. Our spaces at Circle and Cycles strive to offer children ways to develop respect and an open mind for others' perspectives; invaluable attributes to hold as they grow during these unsettling times.

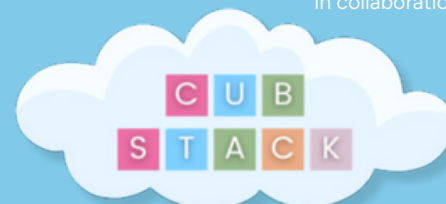
Here are some tips to design safe learning spaces for families at home:

- **Encourage Autonomy and Exploration:** Allow children to explore freely and make choices within a safe environment.
- **Cultivate Emotional Safety:** Acknowledge your child's emotions and help them label and process their feelings. 'I can see you're feeling sad...angry... it's okay to feel these.'
- **Promote Empathy and Active Listening:** Encouraging empathy through modeled listening teaches children to understand and appreciate different perspectives. Invite them to share their ideas without interruption or judgment.
- **Create Inclusive, Adaptable Spaces:** Offer a flexible space with open-ended materials such as blocks, and art supplies to tweak children's curiosities and passions.
- **Encourage Risk-Taking in Learning:** A safe environment includes opportunities for children to try new things and make mistakes without fear. This develops resilience and confidence to overcome challenges.



LESS IS MORE: INTENTIONAL LEARNING AT CIRCLES & CYCLES

By:
Karyn Mendes / *Facilitator at C&C*
(Written alongside ChatGPT)



rent. educate. declutter.

Embarking on my first year as an educator has been a transformative journey, filled with growth, learning, and reflection. It has been a truly humbling experience, as I have had to unlearn many of the “conventional methods” of learning I once held as truth, while embracing a more progressive, child-centric approach to education. A key aspect of this journey, and one that resonates deeply with our practice of the Reggio Emilia philosophy, is the intentional and minimal use of toys in our learning environment.

In line with Reggio Emilia’s principles, we believe that fewer toys can cultivate deeper, sophisticated play, providing children with opportunities to creatively interact with their surroundings. This awareness has reshaped my perspective on early childhood education. At Circles & Cycles, we recognize its transformative impact on how children engage and learn.

- The idea of educational toys is rooted in the belief that they can stimulate learning and skill development. Toys today are marketed as tools to teach children about specific subjects or to help build particular skills. While this holds true for numerous toys, they often fall into the category of being a means to an end. Typically, such toys limit the ways in which children can engage with them, often constraining imagination and creativity.

At Circles & Cycles we provide children with open-ended materials and loose parts, inviting them to not merely play, but engage deeply. This engagement activates their senses and cognitive abilities, prompting them to rely on their innate curiosity and imagination rather than on a toy’s predetermined purpose. When children immerse themselves in such environments, the novelty of learning doesn’t wear off after mastering a single use, as it often does with conventional toys.

- Research supports this approach, showing that environments with fewer toys positively influence children’s neurodevelopment of attention skills. This, in turn, impacts critical areas of cognition, problem-solving, sequencing, and communication skills (Marlies Gramann, Integrated Pediatric Therapies at JCFS).

We have observed at Circles & Cycles that children in such settings demonstrate sustained attention spans, heightened creativity, improved perception and cognition, and enhanced motor coordination.

While the Reggio Emilia approach emphasizes loose parts and open-ended materials to ignite children’s imaginations, we recognize the advantages that certain toys bring to learning environments. We work alongside the Indian education system, respecting the cultural and traditional values many of our families grew up with. Toys can play a valuable role in developing cognitive skills such as memory, attention, visual and auditory processing, as well as self-awareness, self-management, social awareness, relationship-building, and responsible decision-making (NCERT, 2022).

To strike this balance, we have uniquely combined a widely used Toy-Based pedagogy with the Italian Reggio Emilia approach, crafting an enriched educational experience for each child. To this end, we are thrilled to announce our partnership with **Cubstack**, a toy library that will enable us to rotate a carefully curated selection of toys every two weeks. This ensures a thoughtful integration of toys into our pedagogy—few but intentionally chosen.

In conclusion, our aim at Circles & Cycles is to provide children with a nurturing, stimulating environment that blends tradition and innovation. By carefully balancing open-ended exploration with thoughtfully selected toys, we foster an educational experience that nurtures curiosity, creativity, and a love for lifelong learning.



WELCOMING NEW FACES TO THE CIRCLES & CYCLES FAMILY



Nisha Ramnathkar

Executive Co-ordinator | Circles & Cycles

Joined Circles & Cycles, assisting with logistics, communicating & After-School Co-ordination



Neha Relwani

Social Media Manager | Circle & Cycles

Joined Circles & Cycles, to showcase the essence of Circles & Cycles on Social Media

UPCOMING EVENT



PLAYSEUM

Children's Museum

We are happy to announce that we will be having our very first

FIELD TRIP!

Organized for our Just Toddler & Preschool classes.

29th November | 10:00 am onwards

More details will be sent on the Whatsapp groups...



Shazain & Hera exploring CVC words



Maya & Rumi sharing a sensory experience



Our little chef - Kobe



Diwali fun with Preschool & Just Toddlers



Maya & Reyansh enjoying taking turns



Preschool is here, making Sandcastles!



uh-oh time to clean the dirty trucks!



Lock & Keys!



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