



FUN FAMILIES

EGGS BAKED IN TOMATO SAUCE

Serves 4

INGREDIENTS

- 4 tbs olive oil
- 1 clove garlic, thinly sliced
- 1 small white onion, finely chopped
- 2 400g cans crushed tomatoes
- 6 eggs
- 6 slices rustic Italian bread, thickly cut
- 75g Parmesan cheese, grated
- Parsley, chopped

METHOD

1. Ask Daddy to preheat the oven to 180 deg C. Then he must heat the olive oil in a large saucepan over medium heat, and saute the garlic and onion until lightly browned, for about 10 minutes. Add the tomatoes and bring to a boil, then lower to a simmer and cook for 20 minutes, until the sauce thickens.
2. Place some of the sauce on a baking dish and then the eggs in the sauce. Bake uncovered for 12 to 15 minutes, until the whites are set and the yolks are still a bit runny.
3. When the eggs are almost done, toast the bread. Watch your fingers!
4. Serve the eggs with Parmesan cheese on top and sprinkle with parsley or sprouts. Serve immediately with the toast.

This simple yet hearty dish will make Mum's day.



PHOTOGRAPHY VEE CHIN ART DIRECTION & STYLING YONG WOEL NA PROPS STYLIST'S OWN

Heartware

What produces good education? The syllabus, the learning environment or the teachers? At Heguru Method@ Fusionopolis, it's all these and more. The full commitment of the teachers adds that something extra to the school. Here, the four educators share about their rigorous training in Japan, and teaching with their heart at the right-brain-training school.



The Heguru@Fusionopolis team with Heguru founders Mr and Mrs Henmi (far left) upon completing their training in Japan last year.

Q: How did you find out about the Heguru method?

"I got interested in right-brain training when I was expecting my first child five years ago. I was impressed by my two-year-old niece's ability to read on her own, her amazing memory and concentration span, thanks to her Heguru training in Australia. I researched about the method and found out that right-brain training can help children achieve superior photographic memory and concentration."

—Mrs Agnes Ng, Principal
Bachelor of Arts & Social Sciences, NUS
Masters of Education in Early Childhood, NIE
(currently pursuing)



Q: What made the four of you decide to leave your cushy corporate jobs for something so new in the local market?

"The golden period of a child's development is from birth to six years of age. My partners and I left our stable 9-to-5 jobs so that we can invest more time in our children during these crucial years. Because of our passion in nurturing the young, our team decided to meet the Heguru founders and evaluate the programme ourselves. For the past 30 years, the founders, Mr and Mrs Henmi, have been refining the curriculum. They teach and share wholeheartedly, and sitting in their classes sealed my confidence in the method."

—Mrs Rachel Pei, Teacher
Bachelor of Accountancy, NTU
Masters in Human Resource Management



Q: How does Heguru teaching bring out the best in children?

"Our curriculum caters to the different phases of cognitive development. The first phase (from birth to three years old) of infant and toddler cognitive development is the critical period where their right brain is dominant. The emphasis of activities is therefore on the right brain. The second phase (from four to six) is during the preschool years, when the left brain starts to develop and our activities are focused on stimulating that part of the brain. The third phase (from seven to 12), for

primary school-going children, will have greater emphasis on the left brain as well as activities to integrate the left- and right-brain development. Our curriculum is designed to draw out the genius ability in every child. —Mrs Agnes Ng, Principal

Q: Tell us more about the training involved for teachers at Heguru@Fusionopolis.

"Teachers at Heguru@Fusionopolis have teaching experience and are trained by Mrs Henmi. During our rigorous and comprehensive two-week course in Japan, we learnt not only the how but also the who, what and why. We learnt how to deliver the programme using different techniques based on pupils' age groups, what makes a good teacher, identifying the differences between right- and left-brain activities, as well as their importance and why the classroom has to be set up a certain way. In addition, each week, Heguru Method@Fusionopolis focuses on honing the skills of all educators to ensure we deliver the best programme to our children."

—Mrs Claire Ng, Teacher, Bachelor of Accountancy, NTU
& Postgraduate Diploma in Education, NIE



Q: As parents and educators, what advice can you give parents who are looking for preschool programmes for their children?

"Such programmes should include training of the heart (moral values, discipline and so forth), skills (like exercise and writing) and knowledge (like reading and maths). Parents should look out for educators who genuinely love children. It's believed that emotionally satisfied kids learn best. A friendly environment where teachers are empowered and treated fairly also brings about happy educators — who, in turn, nurture happy and confident children. I'm proud to say that heart education is what Heguru strongly believes in and upholds." —Mrs Gina Tan, Teacher, Bachelor of Science, NUS
Postgraduate Diploma in Education, NIE



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