



# DELHI PUBLIC SCHOOL, FIROZABAD

*Under the Aegis of Delhi Public School Society, New Delhi*

(Senior Secondary)

Affiliated to CBSE New Delhi (Code: 2133064)

## NEWSLETTER CLASS I DECEMBER 2023

**“Attitude Is A Little Thing That Makes A Big Difference”**

**- WINSTON CHURCHILL**

Dear Parents and Guardians,

Greetings! “Winter is not a season, it’s a celebration.” As we step into the festive month of December, we are excited to share the latest happenings and upcoming events at Delhi Public School Firozabad Pre-Primary / Primary wing. It's a joyous time filled with celebrations, learning, and fun activities for our little ones.

Special assemblies are a great learning experience for young ones. Class Nursery, LkG & UkG will be performing their assemblies as assigned in annual pursuit.



We are delighted to announce that our much-awaited Annual Function is just around the corner! The theme for this year is **“The Legendary Rani”** and our Pre-primary/ Primary stars have been working hard to bring you a memorable performance. Save the date for the grand event [02-11-2023, 4.30 pm onwards ], where our little performers will take the stage to showcase their talents. Stay tuned for more details and updates.

Christmas is a time of joy, love and togetherness and we are thrilled to celebrate this festive season with our little ones. The school will be adorned with festive decorations and our students will engage in various Christmas-themed activities.

We hope you enjoy a restful and joyful holiday season with your little ones.

Our classrooms continue to be a hub of learning and creativity. The teachers are working diligently to create a nurturing environment that fosters both academic and personal growth. Please feel free to reach out to your child's teacher for any updates or concerns.

We value the partnership between parents and teachers in a child's education and holistic development. We will be organizing a PTM this month, where you will have the opportunity to discuss your child's progress with their respective teachers.

- Kindly ensure that your child is dressed warmly for the winter season.
- Label your child's belongings to avoid mix-ups.
- Stay connected with us through our school app for instant updates.

Thank you for your continuous support in making Delhi Public School Firozabad’s Pre-Primary / Primary wing a vibrant and enriching learning environment. Wishing you and your family a festive and joyful December!

Thank You



**THEME OF THE MONTH- AIR & WATER**



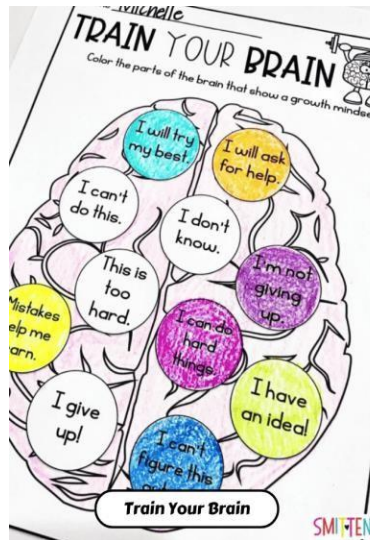
**Air and Water in Daily Life**

**VALUE OF THE MONTH-- POSITIVE ATTITUDE**

We will help our kids to be positive about everything, and always think that "I CAN"  
 Teachers will tell them to think

Instead of--  
 I can't  
 This is too hard

Think like--  
 I try  
 It will take some more effort



## ENGLISH –

### Literature

Ch-8 Directions

Poem -Wake at Cockcrow

### Grammar

Opposite words

Action words

## MATHS –

Ch- 8 Measurement

Ch- 9 Time

## EVS –

Ch-13 Healthy Habits and Safety first

Ch-12 Air and weather

## HINDI-

पाठ - ऋषि का आश्रम

तारे ( कविता )

पाठ - कितना बड़ा पहाड़

## G.K-

Ch-31 Sports

Ch-32 Indoor Games

Ch- 33 Outdoor Games

Ch- 34 Indian Movie stars

## COMPUTER-

Ch-7 Fun with Tux Paint ( Practical)

## PROGRAMMING-

Level - 4 : Algorithmic intelligence

4.1 - Simple instructions

4.2 - Decision Making : yes or no

4.3 - Loops : Repetition

## BOOK LOVERS-

Annual Hair cut day

Balu's basket

Activity book



## CO-CURRICULAR ACTIVITIES

### MUSIC

Vocal.  
Chargun.  
Aaroh-- SaSa, SasSa, RerRe,ReRe , GaGaGaGa, MaMaMaMa, papa papa, Dha Dha Dha Dha, NiNi NiNi,SaSaSaSa.  
Abroh-- SaSaSaSa, NiNiNiNi, Dha Dha Dha Dha, papa papa, MaMaMaMa, GaGaGaGa, ReReReRe, SaSaSaSa.  
Instrumental.  
Congo  
#1#1, #2#2, #3#3, #4#4  
Synthesizer.  
1 hand practice

### ART & CRAFT –

1. Draw the three object with colouring.
2. Coloring in 2 to 3 pages of drawing book
3. One Craft for Christmas day

### DANCE –

Abhyas of namaskar  
Hast mudra  
Bhao  
Counting on hand  
Song  
Theory :- ch- 8  
Old revision (song,hast mudra)

### PHYSICAL EDUCATION –

#### Taekwondo

1. \*Poomsae\*
  - \* Oreum seogi
  - \* Narangi seogi
2. \*Kyorugi\*
  - \* Stepping movement
  - \* Shuffling
  - \* Combination of kicks

#### Soccer

1. Development of acceleration speed and agility
  - \* Games
  - \* Shuttle runs
  - \* Relays
  - \* Sprints
2. Passing the ball
  - \* The push pass
  - \* The inside of foot pass



## ACTIVITIES OF THE MONTH

### **Maths-**

- *Make a scale*
- *Make a clock*

### **EVS-**

- *Rhyme recitation*
- *Balloon activity*

### **English-**

- *Connect the numbers*
- *Rhyme Recitation*

### **Hindi-**

- शब्द बनाओ
- कविता

## TEST SCHEDULE FOR THE MONTH

**G.K**—To be held on Wednesday, Dec 27,2023  
Ch- 13 , 16 , 17 , 18 , 24 , 30

**Comp**—To be held on Friday,Dec 29,2023  
Ch-5 Using the keyboard  
Ch-6 Data and memory  
Ch-7 Fun with Tux Paint

## MAKE LUNCH BOX -HEALTHY & YUMMY

### Ingredients

- 1 cup whole wheat or multigrain flour
- 1/4 cup green Methi leaves - Washed, chopped and slightly fried
- 1/4 cup carrot grated
- 2 tablespoon coriander leaves finely cho
- ¼ teaspoon [ajwain \(carrom seeds\)](#)
- ¼ teaspoon [turmeric powder](#)
- 2 tablespoon [oil or ghee](#) to make parathas
- [salt](#) to taste

### Instructions

1. In a bowl take grated carrot, fried methi leaves, coriander leaves, ajwain, turmeric powder, ginger, wheat flour, and salt. Mix well. Add some water to make a dough. Put some oil on the dough and let it rest for only 5 mins.
2. Make balls from the dough.
3. Roll the parathas semi-thick/ thin by dusting them with some dry flour.
4. Heat a Tawa/skillet on medium heat and place the paratha and let it cook. Once you see bubbles, flip onto the other side and drizzle some ghee or oil on top.
5. Flip again and drizzle oil or ghee on the other side as well till they have nice golden spots on both sides.
6. Keep these Methi, carrot paratha with thick boondi, raita ,ketchup or any gravy of your choice.

### Notes

- Prefer to use ghee or butter instead of oil (For good nutrition) .
- You can change the quantity of methi leaves according to your kids choice.



## MENU OF THE MONTH-BON APPETITE

<b>DAY</b>	<b>MENU</b>	<b>HOW DOES IT HELP IN WELL BEING OF THE CHILD</b>
<b>Day 1 Monday</b>	<p><b>Veg sandwich &amp; Ghee roasted makhana (lotus seeds)</b></p> <p>An easy sandwich, that kids would love with cheese and vegetables. Choose fiber-rich bread and roasted makhana for a healthier choice. You can choose any sandwich spread also like Mayonnaise or peanut butter also, of your kid's liking.</p>	<p>{With this kids will get - -Carbs, protein, green vegetables, and fibers Superfood makhana is rich in proteins and fiber. Makhanas are a very good source of calcium. etc..}</p>
<b>Day 2 Tuesday</b>	<p><b>Roti, Paneer butter masala or Any other paneer recipe, Cucumber salad and 1 handful of mixed nuts (Pistachios, Dates, Cashew nuts, Almonds, Walnuts, Raisins) Paneer with rich buttery gravy goes well with the soft rotis, that will be a kid's favorite!</b></p>	<p>{With this, Kids will get Carbs, protein, fat, Vitamins, iron, and fibers-}</p>
<b>Day 3 Wednesday</b>	<p><b>Pav Bhaji, plain or jaggery-coated dry fruits</b></p> <p>Mixed veggies cooked with masalas and topped with butter chopped onion, and lemon juice with pillow-soft buns! You can chop the veggies the day before and use burger buns too.</p>	<p>{With this, kids will get- Carbs, protein, fat, Vitamins, and fibers-}</p>
<b>Day 4 Thursday</b>	<p><b>Channa pulao or chole--Rice, Apples, or fruit salad</b></p> <p>Soak basmati rice and chana overnight and morning you can make this pulao easily! With a little bit prior preparation you can make chole-rice as well. Healthy for your kids too!!</p>	<p>{With this kids will get-- carbs, protein, vitamins , minerals and fibers }</p>
<b>Day 5 Friday</b>	<p><b>Any fermented dish,--Idli and sambhar, dhokla, uttapam and coconut chatni and 1 slice of banana bread etc..</b></p>	<p>{With this kids will get-- carbs, protein, vitamins, minerals and fibers}</p>

## TIPS FOR PACKING SCHOOL LUNCH

- **Plan your lunchbox in advance:** For example - make the dosa batter, chapati dough, filling for paratha, sandwich, cool it completely, and refrigerate. You can also chop some veggies, fruits and store them in the fridge.
- **Get your kids involved in lunchbox planning** – It is an inspiring way for them to learn and try about new foods.
- **Bento Box** -Using bento-style **STAINLESS** steel lunchboxes with compartments is good choice to pack a variety of food items separately.
- **Thermos:** You can pack hot soups and pasta in a thermos to keep the food warm and retain its consistency on a chilly or rainy day.
- **Water/ Juices /butter milk :** Filtered water, occasionally send fresh homemade juice and coconut water or buttermilk specially in summers.
- **Balanced Meal:** Pack a well-balanced meal with fruits, vegetables, whole grains, unprocessed foods, carbs, protein, and dairy. Consider the below nutrient-dense foods.

**1. Fruits:** Always try to pack fresh, colorful, organic seasonal fruits for your child.

**2. Vegetables:** Try to include a variety of fresh, low-sodium frozen vegetables, including colored, dark green leafy greens.

**3. Whole Grains:** Choose whole grains, such as whole-wheat bread, quinoa, rice, whole-wheat pasta, and millets.

**4. Protein:** Choose paneer (cottage cheese), Greek yogurt, Tofu, lentils, beans, peas, unsalted nuts, and seeds.

**5. Dairy:** Try to include dairy products, such as milk, plain yogurt, and cheese.

• **Switch things up:** Repeated lunches can be boring, so try to change the menu weekly by switching things up, be it in main lunch, snacks, veggies, or fruits. Also put, surprise delights including crackers, chips, homemade cakes, cookies, savory snacks, or sweets some days

• **Prevent food from getting soggy:** prefer cooking food just before packing lunchbox. However, hot food, when packed in the steel lunch boxes, causes condensation and makes the food soggy. To avoid it, allow the food like paratha, grilled sandwich to cool completely before packing. Utilize leftovers – make sure to use any leftovers that will work as a cold lunch – pizza, pasta, soups, dips, etc.

**Note-**Always pack lunch in properly washed and dried box, water bottle should be cleaned daily with soap and warm water.









## MEAL PLAN-

### Eat healthy, feel healthy & keep yourself healthy

**Crunch & Sip is a set time in preprimary & primary wings for students to 'refuel' on vegetables, salad, and fruit and 'rehydrate' with water. Students who are not hungry and are well hydrated perform better in the classroom, showing concentration and are less likely to abruption.**

### Healthy Options For Fruit Break—

S. No.	Type	Ingredients	Quantity	Look at Me
1.	Healthy Roasted Seed Mix	1cup(150gms) sunflower seeds+1cup (150gms) pumpkin seeds+1cup(150gms) flaxseeds+1/2cup(75gms)white sesame seeds + 1/2cup (75gms) sesame seeds	1.5 Serving spoons	
2.	Dry Fruit Mix	Cashew nuts + Almonds + pistachios + dates +Raisins + any other dry fruit	2 Serving spoons	
3.	Fruit mix or any seasonal fruit	¼ Cup Apple +1/4 + Banana + ¼ cup papaya + ½ tsp soaked chia seeds Or mix of available fruits	1 big Bowl or 3Serving spoons	
4.	Sprouts	2 spoon of sprouts of Moong +2 spoons of Boiled chick peas +few drops of Lemon + black salt + sesame seeds	3 to 4 serving spoons	
5.	Salad	½ tomato + 1/2 onion+ ¼ cucumber+ 2 tsp chopped Coriander + 3 tsp Chopped Spinach+ 2 TSP Beet Root +1 tsp olive oil+1 tsp flex seeds	3 to 4 serving spoons	
6.	Soaked black gram or dry roasted chana + Gud or Jaggery	3 tsp Black Lentil or dry roasted chana+2 Tsp Jaggery	2 Serving spoons full of mix	

## ACTIVITIES

<i>Day/ Date</i>	<i>Events</i>
<i>Saturday, December 02, 2023</i>	<i>6<sup>th</sup> Annual Day Celebration</i>
<i>Saturday, December 23, 2023</i>	<i>Christmas Celebration (Nursery to class2nd)</i>

## IMPORTANT DAYS OF THE MONTH

- 1<sup>st</sup> -December-2023: World AIDS Day.  
2<sup>nd</sup> -December 2023: National Pollution Control.  
3<sup>rd</sup> -December 2023: World Day of the Handicapped.  
4<sup>th</sup> -December-2023: *Indian Navy Day.*
- 7<sup>th</sup> -December 2023: Indian Armed Forces Flag Day.  
10<sup>th</sup> -December-2023: Human Rights Day.  
16<sup>th</sup> - December 2023 –Vijay Diwas



## COMMUNICATION

▣ We would like to draw your attention towards a few important points that can help to imbibe a sense of responsibility, discipline, and regularity in your ward.

▣ Please go through the first few pages of the **almanac** as these pages provide a lot of handy information that you would find useful for the whole year. Kindly ensure that the student **information pages** in the almanac are duly filled. The photograph of the child must be in school uniform (summer uniform).

▣ The **almanac** is an important link between the school and home. It must be **brought to school every day**. Go through it daily for any message for you. **Remarks** put down in the almanac should be seen and **countersigned regularly**.

▣ In case of the child's absence from school, kindly ensure to fill in the leave record in the child's almanac. Please get the leave sanctioned well in advance if your ward is required to take leave on any working day. In case of medical reasons, leave should be extended to three or more working days must be supported with a medical certificate.

▣ The child must carry an extra set of dresses in his /her bag every day or you can deposit one set in class.

## IMPORTANT INSTRUCTIONS

**KINDLY ENSURE ALL YOUR CHILD'S BELONGINGS INCLUDING - SHOES, SOCKS, BAGS WATER BOTTLES, BOOKS, AND STATIONERY ITEMS ARE LABELLED PROPERLY**

- Students must wear their **Identity Card** to school daily.
- If you wish to communicate with the school, the letter should be addressed to the Principal. Mention your **child's name, class, and section admission number, address, and phone number**, clearly on an A-4 size sheet
- All students are expected to **wear neat, clean, and proper school uniforms** as specified.
- Please go through your child's notebooks/books daily and help them to keep them in **GOOD CONDITION** and **COMPLETE MISSED WORK** if any.
- **IF THE CHILD IS NOT WELL PLEASE DO NOT SEND HIM/HER TO SCHOOL (NOT WITH ANY MEDICINE ALSO ), GIVE THEM PROPER REST, LOVE, AND CARE AT HOME, AND SEND WHEN THEY FEEL COMPLETELY FIT.**



## WHY WE DO THIS

The most common story around Christmas observation was when Mary, the mother of Jesus, was told that she would be having a special child from the Lord. It is said that Mother Mary got this prediction on March 25 and nine months later on December 25 Jesus was born.

The festival is filled with joy and merriment. We celebrate Christmas by exchanging presents with neighbors and friends. We get a beautiful Christmas tree at home and decorate it with lights and ornaments. Many people also dress up as Santa Claus to distribute sweets and presents, especially to kids.



## FUN CORNER--FIND 5 DIFFERENCE

Find and circle 5 differences.



The last bauble needs to be put on the Christmas tree, but which path should you use?



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**Signature of Class Teacher**

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**Signature of Coordinator**

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**Signature of Principal**