



DELHI PUBLIC SCHOOL, FIROZABAD

Under the Aegis of Delhi Public School Society, East of Kailash New Delhi
(Senior Secondary) Affiliated to CBSE New Delhi. (Code: 2133064)

News Letter Class I - September 2024

Hello, Little Explorers!

Welcome to September! We are excited to start this new month with many fun activities, learning, and adventures!

Let's see what we have planned for you!

We are waiting for all of you with our hearts filled with love and arms spread on Teacher's Day. Be present and don't forget to give us a big HUG. This month begins with the blessings of lord Ganesha. We will welcome our beloved lord Ganesha and worship him with Riddhi Siddhi to be blessed. This month, we have planned Declamations and Show Tell for our little learners, it is required to convey a message with clarity, emotion, and persuasiveness and to eliminate the fear of public speaking.

Hindi Diwas is also planned to show our respect for our mother tongue. Storytime Adventures  something most welcomed by kids We have some wonderful stories to share this month. Story time will be so much fun with puppets and props! Creative Arts and Crafts  your paintbrushes ready! We'll make handprint art, fun collages, and even craft something amazing in your scrapbook.

Grandparents Day Celebration with Music and Movement 'J We'll be singing new songs, dancing, and even learning some new moves with melodious pieces devoted to our Grandparents, a day to create lifelong memories on its way. Nature Walks, Outdoor Play, and PE Events are aligned as the weather cools down, and we'll enjoy more time outside. We'll go on nature walks around the school and explore the beautiful changes as fall begins!

Let's welcome an amazing month!

Thank You!



AS WE LOOK FORWARD..... HELPFUL HINTS--

BEING READY-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 you need. **Remarks** put down in the almanac should be seen and **countersigned regularly**.

☑️ In case of the child's absence from school, kindly ensure that the leave record is filled in 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 extending to three or more working days must be supported with a medical certificate.

☑️ **Parents are requested to send an extra set of their child's clothes in case they get wet or something else..**

PARENTS, SOMETHING TO REMEMBER

Go through your child's Almanac every day, as there may be some important information.

Circulars sent by the school may be printed or sent through email, WhatsApp, or the Coradius app. Kindly send the notebooks/textbooks covered and labeled.



FEW POINTS TO REMEMBER

KINDLY ENSURE THAT ALL THE BELONGINGS OF YOUR CHILD INCLUDING - SHOES, SOCKS, BAGS WATER BOTTLE BOOKS, AND STATIONERY ITEMS ARE LABELLED PROPERLY

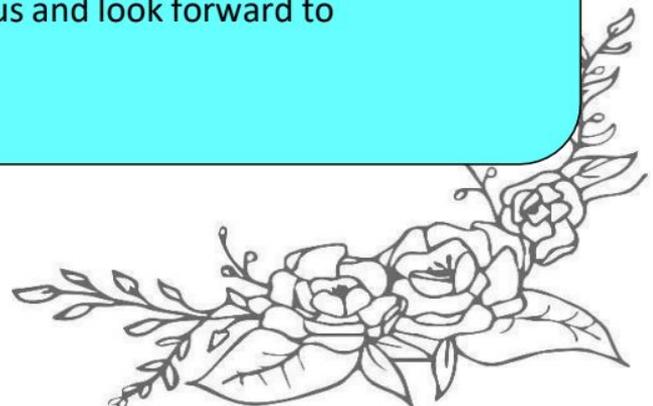
- Students must wear their **Identity Cards** to school daily.
- If you wish to communicate with the school, the letter should be . . addressed to the Principal. Mention your **child's name, class, and section admission number, address, and phone number,** clearly on an A-4 size sheet
- All students 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, INCOMPLETE 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.**
- Please **do not call teachers or message them during KIDS STUDY hours.** In case of any emergency please leave a message at the front desk.
- Send **healthy food and enough water** with a small hand towel the lunch box .

No wristwatches, gold ornaments or additional accessories to be worn by the students.

Please send 8 latest passport-size photographs of your child in uniform for various activities being done throughout the year. This could be sent in a sealed envelope with your child's name, class and section written on it.

For quick queries and questions, feel free to email or message the - coordinator. If you require a longer discussion, please arrange for an appointment with the coordinator or teacher.

We greatly appreciate your co-operation with us and look forward to experiencing the same throughout the year.



SYLLABUS OF THE MONTH

English –

Literature

Ch-5 The Rabbit and the Turtle

Grammar

Pronouns

Maths-

Chapter-4 Shapes and Patterns

Evs-

Chapter-7 My Body

Chapter-8 Food we eat

Hindi-

ऊ की मात्रा (कालू चाट वाला)

ऋ की मात्रा (नृप का महल)

ए की मात्रा (खेत ही खेत)

ऐ की मात्रा (बैलगाड़ी की सैर)

G.K

Chapter-17 My Country

Chapter-18 Celebrations in India

Chapter-19 Our Monuments

Chapter-20 Freedom Fighters

Chapter-21 Holy Places

Computer-

Chapter-5 Using the Keyboard

Programming-

Level 2

Book lovers-

Where is Amma?

Activity Book

CO-CURRICULAR ACTIVITIES

Dance

Introduction
Namaskaar
Hast Mudra
Pataka
Tripataka
Ardhpataka
Western songs
Full Revision

Music

Vocal..
Introduction for Swar
Aaroh
Sa, re, ga, ma, pa,dha,ni,sa
Abroh
Sa,ni,dha,pa,ma,ga,re,
sa
Rhymes
God's love it's so wonderdrful
Introduction
Instrumental.
Congo
Dhin, ta, dhin, chik, ta
Synthesizer.
1 hand practice
A,G,F ,
A AA A#,G

Art and Craft

1. Coloring in 4 to 5 pages of drawing book
2. One September month craft.
3. Draw the two object with colouring.

Physical Education

Teaching Aquatics Skills - Learn to Swim.
Games and Activities to teach Basic Skills of Aquatics.

Water Femilirization :

- (i) Sit on the poolside without hesitation .
- (ii) Safely entry in the pool
- (iii) Safely exit from the pool
- (iv) Floating

Aquatics Skills:

- (i) Sit on the edge of the pool and kick with your feet in the water.
- (ii) Bubbling
- (iii) Back Floating with tubes
- (iv) Submerges into water



ACTIVITIES OF THE MONTH

Maths-

- *Cut and paste shapes*
- *Making pictures with Rangometric patterns*

EVS-

- *Prepare meal of your choice*
- *Thumb print Activity*

English-

- *Art Integrated learning*
- *Paste clouds and write pronouns*

Hindi-

- छुक छुक रेल (कविता)
- कविता गाओ (मैया री मैया)

TEST SCHEDULE OF THE MONTH

English –To be held on **Sep 23,2024**

Ch-3 Fun in the Playground
Ch-4 Sharing is Caring
(Including all book exercises and notebook work)

Evs–To be held on **Sep 25,2024**

Ch-4 My School
Ch-5 Plants around us
Ch-6 Animals around us
(Including all book exercises and notebook work)

Programming –To be held on **Sep 27,2024**

Level -1



MY TEACHER

Teacher, teacher,
Where are you?
I've made a card
Just for you.
Pretty flowers
In red and blue.
To thank you for
All you do.



MENU OF THE MONTH-BONAPPETITE

DAY	MENU	HOW DOES IT HELP IN WELL BEING OF THE CHILD
Day1 Monday	<p>Veg sandwich & Ghee roasted makhana(lotus seeds)</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 Super food makhana is rich in proteins and fiber. Makhana is a very good source of calcium. etc..}</p>
Day2 Tuesday	<p>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!</p>	<p>{With this, Kids will get Carbs, protein, fat, Vitamins, iron, and fibers-}</p>
Day 3 Wednesday	<p>Pav Bhaji, plain or jaggery-coated dry fruits Mixed veggies cooked with masala 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>
Day 4 Thursday	<p>Channa pulao or chole--Rice, Apples, or fruit salad</p> <p>Soak basmati rice and chana over night and morning you can make this pulao easily! With a little bit of 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>
Day 5 Friday	<p>Any fermented dish,--Idli, Sambhar, dhokla, uttapam and coconut chutney and 1 slice of banana bread etc..</p>	<p>{With this kids will get-- carbs, protein, vitamins, minerals and fibers}</p>

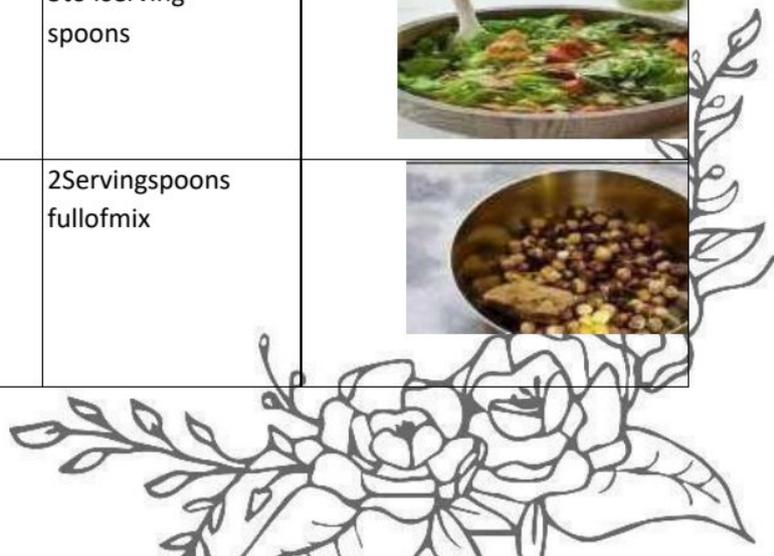
MEAL PLAN-

Eat healthy, feel healthy & keep our self 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 be abrupt.

Healthy Options For Fruit Break—

SN	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	Cashewnuts+ Almonds +pistachios +dates +Raisins + any other dry fruit	2 Serving spoons	
3.	Fruit mix Or any Seasonal fruit	1/4 Cup Apple + 1/4 Banana + 1/4 cup papaya + 1/2 tsp soaked chia seeds Or a mix of Available fruits	1 big Bowl or 3 Serving spoons	
4.	Sprouts	2 spoon of sprouts of Moong + 2 spoons Of Boiled chickpeas + few drops of Lemon + black salt + sesame seeds	3 to 4 serving spoons	
5.	Salad	1/2 tomato + 1/2 onion + 1/4 cucumber + 2 tsp chopped Coriander + 3 tsp Chopped Spinach + 2 TSP beetroot + 1 tsp olive oil + 1 tsp flax seeds	3 to 4 serving spoons	
6.	Soaked black gram or chana + Gud jaggery	3 tsp Black Lentil or dry roasted chana + 2 Tsp Jaggery	2 Serving spoons full of mix	



MAKE LUNCH BOX-HEALTHY & YUMMY-

Onion Rice+ Fried Potato+ Orange

tomato, cubed

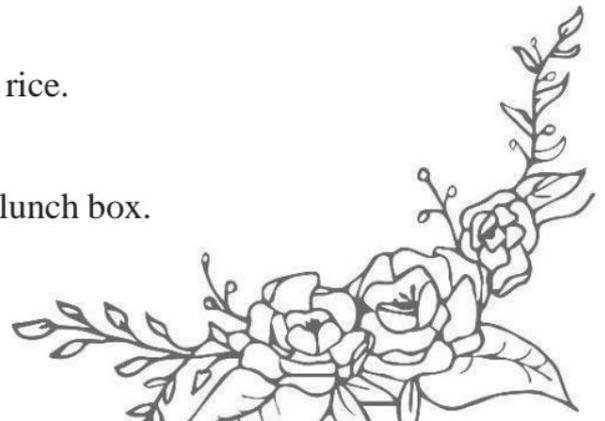
- 1 red chilli
- 5 cloves garlic
- 1 inch ginger
- for onion rice:
 - 2 tbsp oil
 - 1 tsp cumin
 - 1 bay leaf
 - 5 onion sliced
 - ½ tsp turmeric
 - ½ tsp coriander powder
 - ½ tsp cumin powder
 - ½ tsp [garam masala](#)
 - 4 cup cooked rice
 - ½ tsp salt
 - 2 tbsp coriander, finely chopped



INSTRUCTIONS

firstly, in a mixer jar take 1 tomato, 1 dried red chilli (optional), 5 cloves garlic and 1 inch ginger.

- grind to fine paste. masala paste is ready. keep aside.
- in a pan heat 2 tbsp oil. splutter 1 tsp cumin and 1 bay leaf.
- add 5 onion shallots and sauté until it turns golden brown.
- further add ½ tsp turmeric, ½ tsp coriander powder, ½ tsp cumin powder, ½ tsp garam masala.
- sauté on low flame until the spices turn aromatic.
- now add 4 cup cooked rice and ½ tsp salt.
- mix well making sure all the masala is coated well with rice.
- add in 2 tbsp coriander and mix well.
- finally, enjoy Onion Rice Recipe with aloo fry for your lunch box.



EVENTS OF THE MONTH

Day and Date	Events
Thursday, September 5, 2024	Teacher's Day (Nursery to II)
Friday, September 6, 2024	Ganpati Sthapana
Friday, September 14, 2024	Hindi Diwas (I & II)
Wednesday, September 25, 2024	Hurdle Race (Nursery to II)
Saturday, September 28, 2024	Grandparents Day (Nursery to II)

- **THE ACTIVITIES ARE SUBJECT TO CHANGE.**

IMPORTANT DAYS OF THE MONTH

5 September - Teachers' Day (India)
5th TO 17th September - Onam
7 September - Ganesh Chaturthi
11 September - World First Aid Day
13 September - International Chocolate Day

16 September - Eid Milad-Un-Nabi
27 September World Tourism Day
29 September - World Heart Day



Celebrate An Ecofriendly Ganesh Chaturthi

- ❖ .Eco-Friendly Ganpati Decorations.
- ❖ .Use **Biodegradable Plates** for Prasad.
- ❖ .Use **Chemically Free** Rangoli Colours.
- ❖ .**Restrict Music** to Reduce Noise Pollution.

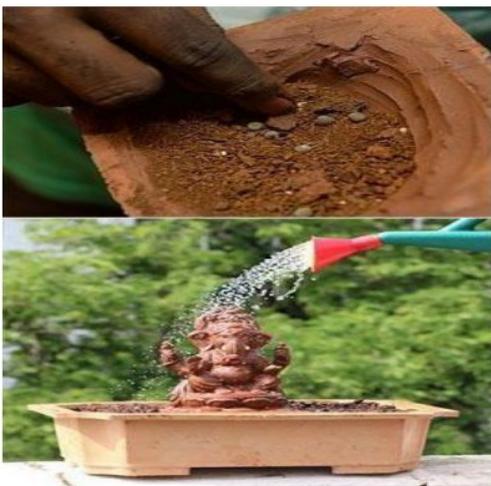
Eco Friendly Ganpati Visarjan...

The celebration of the festival takes place on a huge scale that is leading to several environmental issues. The immersion of the Ganesh idols and other material required to perform rituals lead to cause water pollution whereas the huge loudspeakers played during the whole festival increases noise pollution.

The **eco-friendly Plant Ganesha** is one of the best ways to give back some goodness to Mother Nature. The idols are made entirely from clay and **plant seeds are placed inside**.

The immersion (**visarjan**) of this idol is done in a pot and within a few

days of immersion, the **seeds start to spring**. Isn't that the best way to stay bless.



Signature of Class teacher

Signature of Coordinator

Signature of Principal



