



DELHI PUBLIC SCHOOL, FIROZABAD

Under the Aegis of Delhi Public School Society, New Delhi

(Senior Secondary)

Affiliated to CBSE New Delhi (Code: 2133064)

NEWS LETTER CLASS- I OCTOBER 2023

Dear Parents and Guardians,

We hope this newsletter finds you and your little ones in good health and high spirits. October is upon us, and it's a month full of excitement and learning for our kids . We have some exciting updates and events to share with you, so let's dive right in!

The theme of the Month: "Learning with culture "

This October, we will be exploring the wonderful Indian festive culture by celebrating Navratri and Dussehra. Our students will learn about the beautiful transformations in nature with the colors of the festivals.

Expect to see some wonderful arts and crafts creations inspired by the season!

We believe that outdoor experiences are essential for a child's development. Our little explorers are going for an educational excursion to collect the hidden treasures of life, As we all know personal experience has its own significance in the process of learning.

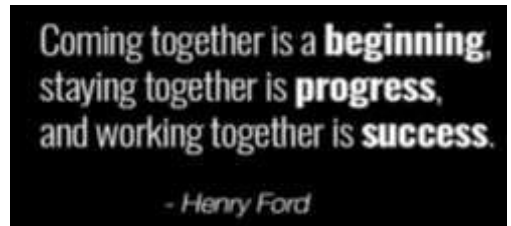
We are fortunate that our Grandparents who are the blessing of the divine are here to guide us, & protect us. we are privileged to show our gratitude and love to them by celebrating Grand parents Day. Other than regular academic activities We have scheduled a Parent-Teacher Meeting this month. It's a wonderful opportunity to discuss our child's progress, share any concerns, and collaborate on their educational journey.

Don't forget to check and empty your child's backpack daily for important notes and artwork.

We love to celebrate the achievements of our young learners! If your child accomplishes something special outside of school, please share it with us, so we can celebrate their success together.

Thank you for entrusting us with your child's education and growth. We look forward to a fantastic month of learning and fun ahead! If you have any questions or concerns, please do not hesitate to reach out to us.

Warm regards,



VALUE OF THE MONTH- TEAMWORK CREATES WONDERS.

One of the most challenging things to teach children is teamwork.

Team spirit is a wonderful example of teamwork; therefore we are organizing several group activities in class to reinforce the concept. We aim to focus on these values through stories and rhymes. Children will be told stories like:

The little red hen

The Enormous Turnip

Moral Stories from Panchtantra

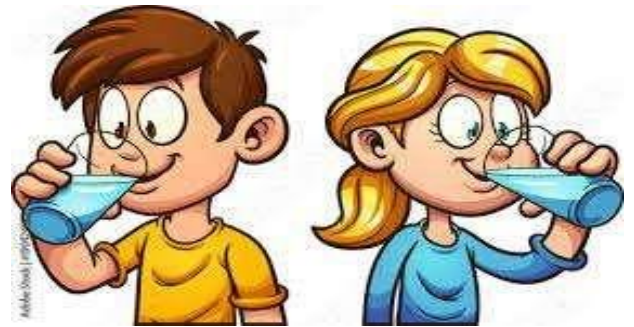


THEME OF THE MONTH - WATER & AIR



Fresh Air
Clean Water

Making Your Environment Cleaner And Our Environment Greener



IMPORTANT DAYS OF THE MONTH

2nd October ----- International Day Of Non-Violence

6th October -----World Smile Day

11th October -----International Girl Child Day

15th October ----- Global Handwriting Day

31st October -----Ekta Diwas



SYLLABUS OF THE MONTH

ENGLISH –

Literature
Ch- 6 Dogs
Grammar
Use of has /have
Animal sounds

MATHS –

Ch-5 Numbers upto 100
Ch-6 Adding Greater Numbers

EVS –

Ch-9 Houses we live in
Ch-10 Clothes we wear

HINDI-

ओ की मात्रा (होली)
औ की मात्रा (मौसा - मौसी आए)

COMPUTER-

Ch-6 Data and Memory

PROGRAMMING-

Level 3 : Chap 3.1, 3.2 and 3.3

BOOK LOVERS-

Annual Hair cut day
Balu's basket
Activity book



Global Handwashing Day :: 15th of October
"Our hands, our future!"

CO-CURRICULAR ACTIVITIES

ART AND CRAFT-

1. Draw the two object with colouring.
2. Colouring the book.
3. One Craft
4. Revision of drawing.

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.

Aarti Jai Ganesha Deva

DANCE-

Abhyas of namaskar

Hast mudra

Bhao

Counting on hand

Song

Theory :- ch- 7

Old revision (song,hast mudra)

PHYSICAL EDUCATION-

Athletics: Acquire a range of motor skills to participate in a variety of physical activities.

Running:

(i) Sprint from a standing start with sustained effort over a distance of 30 to 40 meters, with finishing techniques.

(ii) Run in a pair relay to pass a baton using the visual pass.

(iii) Run a distance of 40 meters over evenly spaced obstacles of approximately 12 inches hurdles.

Jumping:

(i) Jump for distance and height while standing.

(ii) Jump for distance using a single-foot take-off with a short approach (taking 3 to 4 steps).

(iii) Jump for height using a single-foot take-off over obstacles of approximately 12 inches in height using a short approach (taking 3 to 4 steps).

Throwing :

(I) Throw using the overhand throw from a standing position approximately projectile-like object, aiming for height & distance.

*** _Tekwondo_ ***

1. *Poomsae*

* Oreum seogi

* Narangi seogi

* Joochoom seogi

2. *Kyorugi*

* Nareyo chagi

* Dollyeo chagi

* Kicking on pads

ACTIVITIES OF THE MONTH

Maths-

- Draw and colour
- Ganit mala activity

EVS-

- Making kuchcha and pucca house
- Touch and feel the fabric

English-

- Follow directions
- Rhyme Recitation

Hindi-

- शब्द - सीढ़ी
- अक्षर जाल

TEST SCHEDULE FOR THE MONTH

Maths –To be held on 27 Oct ,2023

Ch-4 Shapes and Patterns

Ch-5 Numbers upto 100

Hindi –To be held on 30 Oct ,2023

ए की मात्रा (खेत ही खेत)

ऐ की मात्रा (बैलगाड़ी की सैर)

एक अनेक शब्द , चित्र-वर्णन

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 extending 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.

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 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 to **COMPLETE MISSED WORK** if any.

• **IF THE CHILD IS NOT WELL PLEASE DO NOT SEND HIM/HER TO SCHOOL (NOTWITH ANY MEDICINE ALSO), GIVE THEM PROPER REST, LOVE, AND CARE AT HOME, AND SEND WHEN THEY FEEL COMPLETELY FIT.**

MENU OF THE MONTH-BON APPETITE

DAY	MENU	HOW DOES IT HELP IN WELL BEING OF THE CHILD
Day 1 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 Superfood makhana is rich in proteins and fibre. Makhana is a very good source of calcium. etc..}</p>
Day 2 Tuesday:	<p>Roti, Paneer butter masala or Any other paneer recipe, Cucumber salad and 1 handful of mix nuts (Pistachios Dates Cashew nuts Almonds Walnuts Raisins) Paneer with rich buttery gravy goes well with the soft rotis, that will be 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 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 also.</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 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>
Day 5 Friday:	<p>Any fermented dish,--Idli and sambhar, dhokla, uttapam, and coconut chatni and 1 slicer of banana bread etc..</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 boxes, water bottles should be cleaned daily with soap and warm water.

MAKE LUNCH BOX -HEALTHY & YUMMY

PALAK CHAPATI (SPINACH CHAPATI) + JEERA ALOO + ORANGE



Ingredients

Measuring cup (1 cup = 250 ml)

- 1 cup whole wheat or multigrain flour
- ½ cup-balanced palak (spinach) puree (used 2.5 cups of spinach)
- ½ teaspoon [garam masala powder](#)
- [salt to taste](#)
- 1 teaspoon [oil or ghee](#)
- 1 to 2 tbsp water to blend palak (optional)

Instructions

1. Mix well with wheat flour, salt, and spinach puree in a bowl. If you like you can add some MALAI OR GHEE in puree while adding it in the flour to make the chapatti more crispy and soft
2. Knead together to make a dough. Generally, extra water isn't required to knead as spinach puree was sufficient to make a soft dough.
3. Now apply oil over the dough and let it rest for at least 15 minutes.
4. Divide the dough into equal portions and roll it to make a chapatti. You can cut it into desired shapes to make it more attractive.
5. Cook it on both sides on a hot tawa and spread some ghee on top

How to Make Spinach Puree

1. Wash spinach and put them in boiling water for 2-3 minutes and blanch them. Then take out the spinach and run it under cold water (This retains the green color of the spinach). Blend together with 1-2 tablespoons of water to make spinach puree.

NOTE—WITH THE SAME DOUGH YOU CAN MAKE PARATHA OR POORI according to your child's liking.







Keep these in the tiffin with jeera aloo and orange.

MEALPLAN-

Eat healthy, feel healthy & keep your 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 abruption.

Healthy Fruits Break Options—

S. No.	Type	Ingredients	Quantity	Look at Me
1.	Healthy Roasted Seed Mix	1cup(150gms)sunflowerseeds+1cup(150gms)pumpkinseeds+1cup(150gms)flax seeds+1/2cup(75gms)white ,sesameseeds+1/2cup(75gms)black sesame seeds	1.5 Serving spoon	
2.	Dry Fruit Mix	Cashew + Almonds+ pistachio +dates+Raisins+ any other dry fruit	2 Serving spoon	
3.	Fruit mix or any seasonal fruit	¼ Cup Apple +1/4 +Banana+ ¼ cuppapaya+½tspsoakedchiaseedsOrmix of fruits available	1 big Bowl or3Serving spoon	
4.	Sprouts	2 spoon of sprouts of Moong +2 spoon of Gram Boiled chic peas +few drops of Lemon +black salt+ sesame seeds	3 to 4serving spoon	
5.	Salad	½ tomato + 1/2 onion+ ¼ cucumber+ 2tsp chopped Coriander + 3 tsp Chopped Spinach+ 2 TSP Beet Root +1tsp oliveoil+1 tsp flex seeds	3 to 4serving spo n	
6.	Soaked black gram or dry roasted chana + Gud or Jaggry	3 tsp Black Lentil or dry roastedchana+2 Tsp Jaggry	2 Servings poon fullof mix	

ACTIVITIES

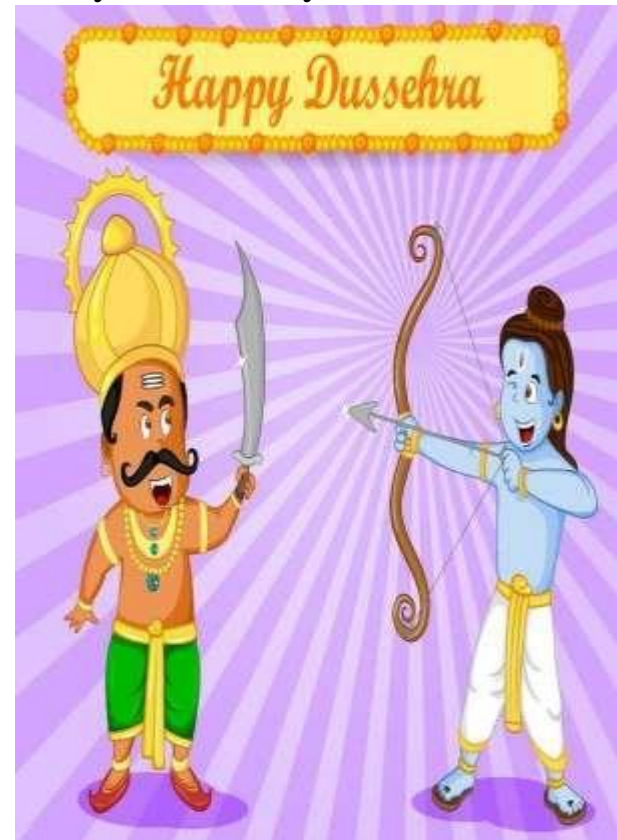
Day/ Date	Events
Monday, October 2,2023	Gandhi Jayanti
Tuesday, October 3,2023	Red Day(Nursery to UKG)
Saturday, October 7,2023	PTM-3
Friday, October 13,2023	Grandparents Day & Incredible India
Friday, October 20,2023	Dussehra Celebration & Mask Making
Friday, October 27,2023	Skipping Jump(Nursery to 2 nd)

WHY WE DO THIS

We celebrate Dussehra because it's like a big superhero day! It's the day when we remember a brave prince named Rama who fought against a really, really bad guy named Ravana. So, Dussehra is a special day when we celebrate the victory of good over evil. It's like a big day of celebration.

A long time ago, there was a very kind and brave prince named Shri Rama. But there was a very proud and scary demon king named Ravana who wanted to do bad things. He took Rama's wife, Mata Sita, away.

Shri Rama, Laxman and Hanuman(who could fly and had a big tail) with Vanar sena fought really hard to rescue Mata Sita. And guess what? They won! They defeated the bad Ravana and rescued Sita.



So, Dussehra is the day when we remember how Shri Rama, with the help of Hanuman and his friends, defeated the Ravana. It's a day to celebrate being good and brave and to be happy with our friends and family. We even have big parades and sometimes burn big effigies (like giant dolls) of Ravana to show that good always wins over evil.

And of course, there are yummy sweets and fun games to enjoy too! It's a happy day to remind us to be kind and stand up for what's right.

FUN CORNER

FIND 5 DIFFERENCES



WORD PUZZLE

Find the given word –

Mahatma Gandhi

B O G Q K I S D V U L E C A I U O
E A T F W C G A N D H I L M I K Z
C H B X H N M B R O Y X M T F I I
N I Z G J B W D G F J N A X W N C
E H E C N E L O I V N O N C T D W
D I K S W B P L A P N L N Y K I D
N D M L Z T I D A Q S O H U A A D
E J Z Y U C H B T W Z C A C M N I
P R J M H W S Z J R V A R O A A S
E P E Y K G R A L X Y R D W M C S
D R W V G S O U C W L E G E T T X
N A N N E X W S H E E A U T A I D
I Y Y P T R F N A R P M J K H V K
M E A T D G F D F V G G L V A I O
M R U Z J D E U V P E A C E M S I
C I X T C R D R M H V B Y H U T P
Q R B B A V A U N Q J A Q F R C T

Freedom
Indian Activist
Prayer
Mahatma

Independence
Worship
Peace

Leader
Nonviolence
Gandhi

Signature of Class Teacher

Signature of Coordinator

Signature of Principal