



# 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 II 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**

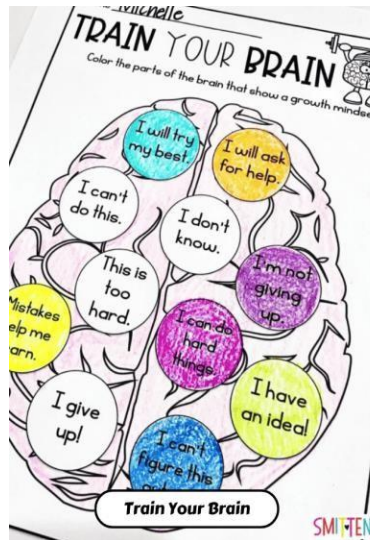
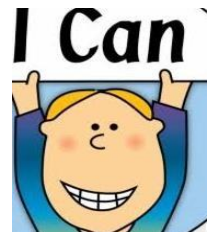


**Air and Water in Daily Life**

**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



## SYLLABUS OF THE MONTH

### ENGLISH –

#### Literature

Ch-8 Plants

Poem - After the rain

#### Grammar

Conjunction

Action words

### MATHS –

Chapter 10 Measurement

Chapter 11 Time

### EVS –

Ch-13 Our Universe

Ch-14 Time

### HINDI-

#### हिंदी साहित्य -

पाठ 13- बहादुर भीम

#### हिंदी व्याकरण -

अपठित बोध -अपठित गद्यांश

पाठ 7- क्रिया

**G.K-** Chapter 31 to 35

### COMPUTER-

Ch-8 Introduction to paint 2D

### PROGRAMMING-

Level 3- Data Processing

3.1- Representing information

3.2- Decoding

### BOOK LOVERS-

Gajapati Kulpati

The Knight Monster

Activity book



CO-CURRICULAR ACTIVITIES

## **MUSIC**

### **Vocal**

Chargun.

Aaroh-- SaSa, SasSa, RerRe,ReRe , GaGaGaGa, MaMaMaMa, papa papa, DhaDhaDhaDha, NiNiNiNi,SaSaSaSa.

Abroh-- SaSaSaSa, NiNiNiNi, DhaDhaDhaDha, 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)

## **PHYSICALEDUCATION-**

**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.

### **Taekwondo:**

#### **1. Poomsae**

- \* Oreum seogi
- \* Narangi seogi
- \* Joochoom seogi

#### **2. Kyorugi**

- \* Nareyo chagi
- \* Dollyeo chagi
- \* Kicking on pads
- \* Combinations of kicks



## ACTIVITIES OF THE MONTH

### **Maths-**

- *Making Clock*
- *Measuring Units*

### **EVS-**

- *Solar system*
- *Clock*

### **English-**

- *Crossword puzzle*
- *Rhyme Recitation*

### **Hindi-**

- कहो कहानी
- क्रिया संबंधित चित्र बनाइए

## TEST SCHEDULE FOR THE MONTH

**G.K**—To be held on **Dec 27 ,2023**

Chapter 20 Differently Abled

Chapter-21 Splendid Structures

Chapter-22 Countries and Currencies

Chapter-23 Story Time

Chapter-24 Name Game

**Comp**—To be held on **Dec 29 ,2023**

Ch-4 Introduction to IPO

Ch-5 Keyboard

Ch-6 More on Tux Paint

## Ingredients

- 1cupwholewheator multigrain flour
- 1/4cupgreenMethi leaves -Washed,chopped andslightly fried
- 1/4cupcarrotgrated
- 2tablespooncorianderleaves finelycho
- 1/4teaspoonajwain(carromseeds)
- 1/4teaspoonturmericpowder
- 2tablespoonoil or gheeto makeparathas
- salttotaste

## Instructions

1. In a bowl takegrated carrot, fried methi leaves,coriander leaves, ajwain, turmericpowder,ginger,wheatflour,andsalt.Mixwell.Add somewaterto makeadough.Putsomeoilonthe dough andletitrest foronly5mins.
2. Makeballsfromthedough.
3. Rolltheparathassemi-thick/ thinbydusting themwithsomedryflour.
4. HeataTawa/skiletonmediumheatandplacetheparathaandletitcook.Onceyouseebubbles,flip onto theotherside and drizzlesomegheeoroilon top.
5. Flipagainanddrizzleoilorgheeontheothersideaswelltilltheyhavenicegoldenspotsonbothside s.
6. Keep theseMethi,carrot paratha with thick boondi, raita,ketchup or any gravy of yourchoice.

## Notes

- Prefertousegheeorbutterinst eadofoil(Forgoodnutrition).
- Youcanchangethequanti tyofmethileavesaccordin gtoyourkidschoice.



## MENU OF THE MONTH - BON APPETITE

DAY	MENU	HOW DOES IT HELP IN WELL BEING OF THE CHILD
Day 1 Monday	<p><b>Veg sandwich &amp; Ghee roasted makhana (lotus seeds)</b></p> <p>Aneasy 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>
Day 2 Tuesday	<p><b>Roti, Paneer butter masala or Any other paneer recipe, Cucumber salad and 1 handful of mixed nuts</b> (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><b>Pav Bhaji, plain or jaggery-coated dry fruits</b> 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 bun too.</p>	<p>{With this, kids will get - Carbs, protein, fat, Vitamins, and fibers -}</p>
Day 4 Thursday	<p><b>Channapula or chole -- Rice, Apples, or fruits salad</b> 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 kid too!!</p>	<p>{With this kids will get -- carbs, protein, vitamins, minerals and fibers}</p>
Day 5 Friday	<p><b>Any fermented dish, -- Idli and sambhar, dhokla, uttapam and coconut chutni 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 lunch box 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 lunch box planning—** It is an inspiring way for them to learn and try about new foods.
- **Bento Box—** Using bento-style STAINLESS steel lunch boxes with compartments is a 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/buttermilk:** 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-

**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, surprised delights including crackers, chips, homemade cakes, cookies, savory snacks, or sweets some days
- **Prevent food from getting soggy:** prefer cooking food just before packing lunch box. 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 leftover that will work as a cold lunch—pizza, pasta, soups, dips, etc.

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

## MEALPLAN-


**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 be a disruption.

### Healthy Options For Fruit Break—

S. No.	Type	Ingredients	Quantity	Look at Me
1.	Healthy Roasted Seed Mix	1 cup (150gms) sunflower seeds + 1 cup (150gms) pumpkin seeds + 1 cup (150gms) flax seeds + 1/2 cup (75gms) white sesame seeds + 1/2 cup (75gms) sesame seeds	1.5 Servingspoons	
2.	Dry Fruit Mix	Cashew nuts + Almonds + pistachios + dates + Raisins + any other dry fruit	2 Servingspoons	
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 mix of available fruits	1 big Bowl or 3 Servingspoons	
4.	Sprouts	2 spoon of sprouts of Moong + 2 spoons of Boiled chickpeas + few drops of Lemon + black salt + sesame seeds	3 to 4 servingspoons	
5.	Salad	1/2 tomato + 1/2 onion + 1/4 cucumber + 2 tsp chopped Coriander + 3 tsp Chopped Spinach + 2 TSP Beet Root + 1 tsp olive oil + 1 tsp flax seeds	3 to 4 servingspoons	

6.	Soaked blackgram or dryroastedchana +Gud or Jaggery	3 tsp Black Lentil or dry roastedchana+2TspJaggery	2 Serving spoonsfullofmix	
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## ACTIVITIES

<i>Day/Date</i>	<i>Events</i>
<i>Saturday,December02, 2023</i>	<i>6<sup>th</sup>AnnualDayCelebration</i>
<i>Saturday,December23, 2023</i>	<i>ChristmasCelebration(Nurseryto class2nd)</i>

## IMPORTANT DAYS OF THE MONTH

1<sup>st</sup> -December-2023:WorldAIDSDay.

2<sup>nd</sup> -December2023:NationalPollutionControl.

3<sup>rd</sup> -December2023:WorldDayoftheHandicapped.

4<sup>th</sup> -December-2023:Indian NavyDay.

7<sup>th</sup>-December

2023:IndianArmedForcesFlagDay.10<sup>th</sup>-December-

2023:HumanRightsDay.

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 letters 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.**



## WHYWEDOTHIS

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 DIFFERENCES

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**