



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- LKG January 2023



Dear Parents and Learners,
Greetings!

December was a special month of reflection and celebration. All that we have experienced, all that we have surpassed together to reach here today and the highlights of the year are etched in our hearts as memories that will reminisce. We are really grateful for your constant support and cooperation.

It's time to welcome the New Year and cheer with new learnings, in a joyful ride planned with meaningful activities for the month. So dear parents and little ones be ready to experience the joy of the first month of the year with a patriotic feel and devotion to our mother nation.

Trust the Magic of a new beginning. January opens the box of the year, brings out the days that are bright and clear, brings out days that are cold and gray it shouts “ come and see what I brought today”

Dear kids, Mastering others is strength but mastering self is the real power! We all should take the resolution that this year we will work on making a new and improved ME because it isn't important that where you come from but where you are heading towards will make a difference We wish for a clear, bright, and shiny path for all our students with full of learning and new experiences, with firm belief and deep-rooted faith in “**service before self**” our motto, we all will lead towards perfection.

Thanks



THEME OF THE MONTH -- SEASONS



VALUE OF THE MONTH -- "Unity in Diversity"

To accomplish this value- **We will help our kids to be positive about everything, and always think that "I CAN"**

Teachers will tell them to think

Unity in diversity is a famous concept that best fits India. It was **Nehruji** who coined the phrase, "Unity In Diversity" to describe the country India. The value reinforcement will be done through circle time discussion, activities like stories, songs, and games ...



SYLLABUS OF THE MONTH

ENGLISH—Oral ,Phonic drill -
Phonic Sounds of letter A-Z ,
Reading skill-
Matching capital and small letters
– A-Z ,a-z

Words related to alphabet Aa-Zz
Story- I can Run and the revision
of the story – fox on the box.

Listening and speaking skills —
short sentences of daily use Sight
Words ,Rhyme – ,Stories– with
moral values

*Writing skill- Revision, Work book
exercises*

- Reading and writing
- प फ ब भ म

Oral

- अ से न पहचान व उच्चारण

ORAL

- Seasons :winter, summer, rainy

WRITING SKILL

- Concept will be reinforce
through worksheet

MATHS

- Oral
- Recognition of numbers 0- 50
- Counting with pictures 1- 50
- Shape-Review.

Writing skill – Writing practice 1-25
Jodo Gyan kit will be used to explain all the
concepts

ART & CRAFT-1. Drawing book
Coloring ,2. Activity and craft
activity book ,3.drawing book -
coloring.,Activity according to
festival

DANCE- Aerobics ,Exercise-
Neck twisting, Shoulder twisting ,
hand Raund, Rist twisting, rock
&roll ,Hast mudra -pataka, Araal ,
One western song

PHYSICAL EDUCATION-

Athletic :-

1. Track Event:- 25m Race & Relay
Race

(i) Stance(standing position),(ii)
Start.

(iii) Run.,(iv) Finishing. (V)Batton
Exchange

2. Field Event , Javelin throw.

(i)Grip. (ii)Start & Carry.
(iii)Delivery. (iv)Follow throw.

MUSIC - Musical Vocal Activities).

INSTRUMENTAL -Congo... Basic
Exercises ,Beats and hand balance.
Keyboard.. Basic elements of music

Winter, Spring, Summer, Fall
(to the tune of "This Old Man")

Winter, Spring,
Summer, Fall
There are seasons,
four in all.

Weather changes,
sun and rain and snow,
Leaves fall down
and flowers grow.

Winter, Spring,
Summer, Fall
There are seasons,
four in all.

Look outside
and you will see
Just what season
it will be!



भारत माँ के अमर सपूतों,
पथ पर आगे बढ़ते जाना.
पर्वत, नदियाँ और समन्दर,
हंस कर पार सभी कर जाना.

तुम में हिमगिरी की ऊँचाई,
सागर जैसी गहराई है.
लहरों की मस्ती है तुम में,
सूरज जैसी तरुणाई है.

MEAL PLAN- BON APPETITE

Eat healthy- Stay Fit

A healthy diet and regular physical activity can stabilize energy, sharpness of the mind and improve one's mood –thus allowing children to maximize their potential both inside and outside the school. **The good news is – it doesn't have to be difficult either!** Instilling healthy habits in kids requires a team effort. Let's begin afresh yet again with another set of menu to add variety to your taste buds! Kindly follow the same to enjoy the nutrition of all the food components in your daily diet



Day 1 Monday: Veg sandwich, Biscuits

An easy sandwich, that kids would love with cheese and vegetables. Choose fiber-rich bread and digestive biscuits for a healthier choice. You can choose any sandwich spread also like Mayonnaise, Peanut butter also, of your kid's liking.

{With this kids will get --Carbs, protein, green vegetables and sugar, fibers etc..}

Day 2 Tuesday:

Roti, Paneer butter masala or Any other paneer recipe, Cucumber salad and Cashew biscuits

Paneer with rich buttery gravy goes well with the soft rotis, that will be kid's favorite!

{With this, Kids will get Carbs, protein, fat, Vitamins and fibers-}





© Lakeshore

Day 3 Wednesday:

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.

{With this, kids will get- Carbs, protein, fat, Vitamins and fibers-}

Day 4 Thursday:

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!!

{With this kids will get--carbs, protein, vitamins ,minerals and fibers }



Day 5 Friday:

Any fermented dish,--Idli and sambhar, dhokla, uttapam and coconut chatni etc..

These will improve your child's digestive system and keep him healthy.

{With this kids will get--carbs, protein, vitamins ,minerals and fibers }







MEAL PLAN-

Eat healthy, feel healthy & keep yourself healthy

Crunch & Sip is a set time in preprimary & primary wings for students to 'refuel' on veg etables, salad and fruit and 'rehydrate' with water. Students who are not hungry and are well hydrated perform better in the classroom, show increased concentration and are less likely to be irritable and disruptive.

Healthy Fruits Break Options--

Say No!!!! to Junk food

S. No.	Type	Ingredients	Quantity	Look at Me
1.	Healthy Roasted Seed Mix	1 cup (150 gms) sunflower seeds+1 cup (150gms) pumpkin seeds+1 cup (150gms) flax seeds+1/2 cup (75gms) white sesame seeds+1/2 cup (75 gms) 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 cup papaya + ½ tsp soaked chia seeds Or mix of fruits available	1 big bowl or 3 serving 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 4 serving spoon	
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 spoon	
6.	Soaked black gram or dry roasted chana + Gud or Jaggry	3 tsp Black Lentil or dry roasted chana + 2 Tsp Jaggry	2 serving spoon full of mix	

LUNCH BOX- SECRETS FOR LITTLE CHEFS

It is a quick, tangy, tasty finger food and perfect for party snacks. It is relaxing and healthy snacks that no one can ignore, especially kids.

Ingredients--

- 1 packet Monaco biscuits or any salty biscuits
- 1 tbsp chaat masala
- 1 small tomato
- 1 small onion
- ½ cucumber
- 1 carrot
- 2 slices of cheese
- 1 to 2 tbsp tomato ketchup
-



Instructions

1. Take Sliced vegetables. Take one cheese slice and make four small pieces from it.
2. Now it's time to assemble. take one biscuit put ¼ part of the cheese slice and again put another biscuit on the slice. Now take one by one slices of all vegetables.
3. First put cucumber then sprinkle some chaat masala on it. then onion slice and tomato slice, again sprinkle some chaat masala, and finally add carrot slice.
4. At the top, put some grated cheese and also 2-3 drops of tomato ketchup. Finally sprinkle some chaat masala and your quick snacks is ready to enjoy.

Note- Always Enjoy cooking under Parents' supervision.

TONGUE TWISTER



The sun shines on shop signs.



Cheryl's cheap chip shop sells
Cheryl's cheap chips.



Six sick snakes sit by the sea.



Wishy-washy Wanda watched
her watch get washed.

COMMUNICATION

- **We would like to draw your attention to 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 everyday**. 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 its to be filled 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 dress in his /her bag every day.**

IMPORTANT INSTRUCTIONS

- 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, phone number**, clearly on an A-4 size sheet.
- Please ensure that the child should wear **I-Card** daily, along with the school uniform.
- All students are expected to **wear neat, clean and proper school uniforms** as specified.
- Always write your **WARD'S NAME, CLASS/SEC, and HOUSE and ADMISSION NO.** on every belonging of your child.
- **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.**

IMPORTANT DAYS OF MONTH

1 January 2023	New Years Day Global family day Army Medical Corps Establishment Day
4 January 2023	World Braille Day

6 January 2023	World War Orphans Day
8 January 2023	African National Congress Foundation Day
9 January 2023	NRI (Non Resident Indian) Day OR Pravasi Bhartiya Divas
10 January 2023	World Hindi Day
11 January 2023	Lal Bahadur Shastri Death anniversary
12 January 2023	National Youth Day (Birth Anniversary of Swami Vivekananda)
15 January 2023	Indian Army Day
23 January 2023	Birth Anniversary of Netaji Subhash Chandra Bose
24 January 2023	National Girl Child day of India
25 January 2023	National Voters Day India Tourism Day
26 January 2023	Republic Day of India International Customs Day
27 January 2023	International Day of Commemoration International Holocaust Day
28 January 2023	Data protection day Birth Anniversary of Lala Lajpat Rai
30 January 2023	World Leprosy Eradication Day Martyr's day- Shaheed Diwas

• **EVENTS OF THE MONTH**

<i>Day/ Date</i>	<i>Events</i>
<i>Thursday, January 12,2023</i>	<i>Visit – Class Nursery to Class II</i>
<i>Friday, January 13,2023</i>	<i>Special Assembly- More About Plants(I A)</i>
<i>Tuesday, January 17,2023</i>	<i>Special Assembly- More About Plants(I B)</i>
<i>Thursday, January 19,2023</i>	<i>Special Assembly- World Unity Day(II A)</i>
<i>Friday, January 20,2023</i>	<i>Special Assembly- World Unity Day(II B)</i>
<i>Tuesday, January 24,2023</i>	<i>Basant Panchami Celebration</i>
<i>Thursday, January 26,2023</i>	<i>Republic Day</i>

NOTE- ALL THE ACTIVITIES ARE SUBJECT TO CHANGE.

Signature of Class Teacher

Signature of Coordinator

Signature of Principal