



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- NURSERY APRIL/MAY 2023



The capacity to learn is a *gift*; the ability to learn is a *skill*; the willingness to learn is a *choice*.

Brian Herbert

Dear Kindergarten students,

I hope this letter finds you all happy and healthy. As we approach the new school session in the month of April, I am excited to welcome each and every one of you to our kindergarten class!

We are going to have so many new fun learning things, making new friends, and exploring the world around us. Our classroom is a special place where we can learn and grow together.

In our class, we will learn how to read, write, and count. We will also learn about shapes, colors, and animals. We will sing songs, listen to stories, and play games together.

I am here to help you in any way that I can. If you have any questions or concerns, please don't hesitate to ask me or your parents. Together, we can make this school year the best one yet!

I can't wait to meet each and every one of you on the first day of school. Let's get ready to have an amazing school year together! **ALL THE BEST**

We're Going Back To School



VALUE OF THE MONTH -- "Making Friends & Building Bridges"

*"Coming together is beginning
Staying together is a progress
And working together is success"*



THEME OF THE MONTH -"Me & My Family"

Mummy and Papa,
I Love You!
Come to me, when I call you!
Give me a kiss, when I ask you!
Mummy and Papa I Love You!!!



SYLLABUS OF THE MONTH

ENGLISH

ORAL- PHONIC DRILL -

letter recognition -a-b recognition only, 3 Words related to each Alphabet

courtesy words- -Good Morning, Sorry & Thank You

Listening and speaking skills— [General Conversation] – Example--My Name is, -My School Name is I study In Class Nursery

WRITTEN- letter recognition oral & written – A-B

MATH

Pre-Maths concept: Big-Small Tall-Short Colors-Red .blue, yellow Concept, and

Recognition of numbers – 0 & 1

EVS

MYSELF -About our self

Girl/ boy , age , favourite things]

My school-- My class

My teacher Playground Activity Area

My family:-- Members in myfamily

HINDI

पहचान - अ से अ:

लेखन - अ से अ: तक

कहानी/ कविता



चिड़िया

चूँ-चूँ करती आयी चिड़िया,
दाल का दाना लायी चिड़िया।
डप-डप करता आया भालू,
ढोल उठा कर लाया भालू।
भौं-भौं करता आया कुत्ता,
म्याऊँ-म्याऊँ करती आयी बिल्ली,
दूध का कटोरा लायी बिल्ली।



**I am special
I am special
Look at me;
you will see,
Someone very special,
Someone very special,
Because It's me,
Because It's me.**



IMPORTANT DAYS OF THE MONTHS

22 April- World Earth Day
29 April - International Dance Day
1st May: International Labour Day.
2nd Sunday of May: Mother's Day.
8th May: World Red Cross Day.



MUSIC - VOCAL

Swar Sadhna , Aakar, Haming

INSTRUMENTAL

Congo... Basic Exercises

Beats and hands balance.

Keyboard.. Basic Elements of Music

ART & CRAFT -

Drawing book (Colouring)

2. Craft book (Activity)

3. Drawing book (Colouring)

4. Craft book (Activity)

DANCE -

Introduction to dance

Freestyle dance with prop dance

Warm up exercise

Western dance

Hast mudra

(Pataka) (Naman)

(Mushti) (Sarp)

PHYSICAL EDUCATION --

Fundamental Skills:-

*Locomotors Skills:-(i) walking

(ii) Running

(iii) Jumping

*Non-locomotors Skills:-(i) Bending

(ii) Stretching

(iii) Twisting

(iv) Balancing

*Manipulative Skills:- (i) Throwing

(ii) Catching

(iii) Rowling

How can I help my child **SUCCEED in school?**

Stay involved and feel free to contact your child's teacher with any questions or concerns.

Ask your children about school and encourage them to talk about their day.

Do not talk negatively about your child's teacher or school.

Read with your child every night.

Make sure your child is getting plenty of sleep and is ready for school each day.

Help your child with his/her homework every night.

Teach your children to be responsible for their actions and their schoolwork.

COMMUNICATION

- **We would like to draw your attention towards a few important points that can help 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 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 dress in his /her bag every day.**
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IMPORTANT INSTRUCTIONS

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- **KINDLY ENSURE ALL YOUR CHILD'S BELONGINGS INCLUDING - SHOES, SOCKS, BAGS WATER BOTTLE'BOOKS AND STATIONARY ITEMS ARE LABELED PROPERLY**
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- Students must wear their **Identity Card** to the school daily.
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- 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
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- All students are expected to **wear neat, clean and proper school uniform** 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
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- **IF CHILD IS NOT WELL PLEASE DO NOT SEND HIM/HER SCHOOL (NOT WITH ANY MEDICINE ALSO) , GIVE THEM PROPER REST, LOVE AND CARE AT HOME AND SEND WHEN THEY FELL 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, 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. Makhanas are 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>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.</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 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 to pack a variety of food items saperately.
- **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 chach 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. I also prefer to pack her favorite breakfast food for lunch at times.
- **Prevent food from getting soggy:** I prefer cooking food just before packing my 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 clean daily with soap and warm water,

Makhana Paratha (Lotus Seed Paratha)

Makhana Paratha is an easy to make and healthy paratha prepared with wholewheat flour, Makhana pops (lotus seeds) and indian spic

Ingredients-Measuring cup (1 cup = 250 ml)

- 1 cup whole wheat or multigrain flour
- 1 heaped cup roasted makhana
- ½ teaspoon Chat Masala
- ¼ teaspoon turmeric powder
- ½ teaspoon jeera (cumin) powder
- ¼ cup coriander leaves
- salt to taste
- 2 tablespoon ghee to (cook parathas)
- water to knead dough



Instructions

1. Heat ghee in a pan or kadai, add 1 cup of Makhana, and dry roast them on very low heat for 4-5 minutes until they are crisp. Transfer to a mixer jar and grind it to a fine powder.
2. Add wheat flour, makhana (lotus seed) powder, chat masala, turmeric powder, garam masala, jeera powder, coriander leaves, ghee, and salt in a bowl. Mix well.
3. Add some water and keep kneading till you get the smooth dough. The dough should be tight and firm (not soft).
4. Make balls from the dough.
5. Roll the parathas semi-thick/thin by dusting some dry flour.
6. Heat a tawa on medium heat and place the paratha and let it cook. Put ghee on the paratha and make it crisp.
7. Serve Phool Makhana paratha recipe with curd, pickle, **raita**, ketchup, or any gravy of your choice.

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, show increased concentration and are less likely to be irritable and disruptive.

Healthy Fruits Break Options-

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 chick peas +few drops of Lemon +black salt + sesame seeds	3 to 4 serving spoon	
5.	Salad	½ tomato + 1/2 onion+ ¼ cucumber+ 2tsp chopped Coriander + 3 tsp ChoppedSpinach+ 2 TSP Beet Root +1 tsp oliveoil+ 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	

ACTIVITIES

APRIL 2023

<i>Day/ Date</i>	<i>Events</i>
<i>Wednesday, April 5,2023</i>	<i>I am Special(Nursery to UKG)</i>
<i>Thursday, April 13, 2023</i>	<i>Tug of War</i>
<i>Monday, April 17,2023</i>	<i>Magic with Colours (Nursery)</i>
<i>Tuesday, April 18,2023</i>	<i>Fancy Dress(LKG)</i>
<i>Wednesday, April 19,2023</i>	<i>Dolls of World(UKG A & UKG B)</i>
<i>Friday, April 21,2023</i>	<i>Eid Celebration & Earth Day Celebration</i>
<i>Monday, April 24,2023</i>	<i>Epic Enactment(Ist)</i>
<i>Tuesday, April 25,2023</i>	<i>Writing Competition(Ind)</i>
<i>Saturday, April 29,2023</i>	<i>International Dance Day &Inter House Western Dance Competition</i>

MAY 2023

<i>Day/ Date</i>	<i>Events</i>
<i>Monday, May 01, 2023</i>	<i>Labour Day(Nursery to 2^{na})</i>
<i>Thursday, May 04, 2023</i>	<i>Buddha Purnima Celebration</i>
<i>Saturday, May 13, 2023</i>	<i>Mother's Day Celebration & PTM-1</i>
<i>Wednesday, May 17,2023</i>	<i>Pool Bash Party</i>
<i>Monday, May22, 2023</i>	<i>Summer Camp begins</i>
<i>Tuesday, May 30, 2023</i>	<i>Culmination of Summer Camp</i>



FUN CORNER

FIND 5 DIFFERENCES



BRAIN TEASERS

- Riddle:** What 2 things can you never eat for breakfast?
Answer: Lunch and dinner.
- Riddle:** What has hands but doesn't clap?
Answer: A clock.
- Riddle:** You will buy me to eat but never eat me. What am I?
Answer: A plate.
- Riddle:** Four legs up, four legs down, soft in the middle, hard all around.
What am I?
Answer: A bed.

Signature of Class Teacher

Signature of Coordinator

Signature of Principal