



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 JULY 2023

*The best way to make
children good
is to make them happy
Oscar Wilde*



Dear Preprimary Superstars,

It's time to commence with the month of July with a burst of excitement and joy! As the summer sun continues to shine, we have an action-packed month ahead of us filled with adventures, learning, and tons of fun.

Get ready to dive into a world of imagination and discovery as we embark on a journey through the alphabet. From A to Z, we'll explore new words, play games and create amazing crafts. Let your imagination soar as we learn about animals, plants and different cultures from around the world.

But that's not all! July brings with it the wonders of nature. And to serve and procure our nature we need to inculcate good habits & become a better citizen, we also need to appreciate the wildlife which is in danger due to the advancement and the never fulfilling desires of the human, Keeping this perspective in mind we have designed the Special Assemblies for this month. Let's celebrate the colors of the rainbow and learn about the importance of taking care of our environment. We are also celebrating World Chocolate Day as a Special Assembly for Nursery kids. Parents get ready to be amazed as your little ones grow and flourish in their knowledge and creativity. Our dedicated teachers are here to guide, nurture, and inspire your children every step of the way.

So, let's dive into July with boundless enthusiasm, curious minds and smiles that light up the world. Let the adventures begin!

All the best!

WELCOME BACK TO THE SCHOOL 😊

VALUE OF THE MONTH -- “SHARING IS CARING”

Moral values are an integral part of one’s personality, Through “Value of the month’ we try to incorporate and introduce different values to little once. SHARING & CARING is one of the most important value .If we inculcate this at the early age of the child ,we help them to become a good human being.



THEME OF THE MONTH -“Stages of life, Housing & clothing”



IMPORTANT DAYS OF THE MONTH

- 1 July: Doctor's Day.
- 11 July: World Population Day.
- 7 July: World Chocolate Day.
- 26 July: Kargil Vijay Diwas.
- 28 July: World Hepatitis Day.



SYLLABUS OF THE MONTH

ENGLISH :

PHONIC DRILL

- Letter Recognition
- A,B,C,D- a,b,c,d
- words Related to Alphabet
- General Conversation
- 1- I am in the class Nursery
- 2- I live in Firozabad.
- Alphabet Rhyme
- Story - Character Recognition

- Writing Skills In Notebook- A,B
- Activities - Clay Modeling patterns
- Rhyme for the month page no.-03

EVS :

- My home and the Different rooms in it
- Parts of the body
- Sense organs

MATHS :

- Pre-maths Concepts: Few - many, Front - back

- Recognition of numbers - 2 & 3
- Counting oral: 1-10
- Writing Practice in the notebook - 1 , 2
- Shapes and colors- Revision

HINDI :

- स्वर - इ , ई की पहचान व उच्चारण
- लेखन - अ , आ
- कविता पेज न. 8





Polly put the kettle on,
 Polly put the kettle on,
 Polly put the kettle on,
 We'll all have tea.

भुड़िया

देखो मेरी नई गुड़िया,
 कपड़े पहने बड़िया-बड़िया।
 लेटे तो बंद कर ले आँखें,
 खड़ा करो तो खोले आँखें।



PHONIC RHYMES FOR- LETTER - C & D

C Cc 

We are clicking
 castanets, /c/ /c/ /c/
 We are clicking
 castanets, /c/ /c/ /c/
 We are clicking castanets,
 clicking castanets
 We are clicking
 castanets, /c/ /c/ /c/



ACTION:
 Raise hands and snap
 fingers together as if
 playing castanets and say
 /c/ /c/ /c/ /c/

See me play, on my drum,
 Playing drums is lots of fun,
 With a /d/, /d/, /d/, /d/,
 /d/, /d/, /d/, /d/, /d/,
 See me play upon my drum!



MUSIC - VOCAL

Introduction of Sa, Re, Ga, Ma, Pa, Dha, Ni, Sa
Sampoorn Sargam, Abhyas Of Swar
Dugun, Tiguan

ART & CRAFT -

Drawing book (Colouring)
Work of Scrapbook
Craft on Independence Day

DANCE -

Entry, Exit, and Taking Positions
Namaskar
(Video of Namaskar)

PHYSICAL EDUCATION -

Water Familiarization, Aquatic skills

Gymnastics
Floor Exercise
Trampoline Skills



Tips for getting kids ready for back-to-school

- 1. Early to bed, early to rise. Getting back into a school sleep schedule. ...**
- 2. Re-establish a routine. Establishing a consistent routine is important for kids. ...**
- 3. Encourage independence. ...**
- 4. Choose the right backpack. ...**
- 5. Talk about safety. ...**
- 6. Establish healthy habits. ...**
- 7. Limit screen time. .**

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 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 LABELED PROPERLY

• Students must wear their **Identity Card** 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 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.

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>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,



Ingredients

To Be Mixed Into A Filling

- 3/4 cup readymade **cream cheese**
- 1/4 cup finely **chopped and deseeded tomatoes**
- 1/4 cup finely **chopped capsicum**
- 1/2 tsp **dried mixed herbs**
- 1 tsp **dry red chilli flakes (paprika)**
- 2 tbsp **chopped basil** leaves
- salt** to taste

Other Ingredients For Cream Cheese Sandwich

- 8 **bread** slices
- 4 tsp **butter** for spreading

Method

For cream cheese sandwich

1. To make **cream cheese sandwich**, divide the filling into 4 equal portions. Keep aside.
2. Trim the sides of all the bread slices and apply 1/2 tsp of butter on each bread slice.
3. Put a portion of the prepared filling on a buttered bread slice, and spread it evenly. Cover it with another bread slice with the buttered side facing downwards.
4. Repeat step 3 to make 3 more **cream cheese sandwiches**.
5. Cut each **cream cheese sandwich** diagonally into 2 and serve.

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 Chopped Spinach+ 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 Jagry	3 tsp Black Lentil or dry roasted chana + 2 Tsp Jagry	2 serving spoon full of mix	

ACTIVITIES

<i>Day/ Date</i>	<i>Events</i>
<i>Monday July 3,2023</i>	<i>Doctor's Day Celebration(Nursery to 2nd)</i>
<i>Monday, July 17,2023</i>	<i>Special Assembly- World Chocolate Day(Nursery)</i>
<i>Tuesday, July 18,2023</i>	<i>Special Assembly- World of Tigers(LKG)</i>
<i>Wednesday, July 19,2023</i>	<i>Special Assembly- Healthy Me(UKG A)</i>
<i>Thursday, July 20,2023</i>	<i>Special Assembly- Healthy Me(UKG B)</i>
<i>Wednesday, July 26, 2023</i>	<i>Assessment – EVS</i>
<i>Thursday, July 27,2023</i>	<i>Assessment - English</i>
<i>Friday, July 28,2023</i>	<i>Obstacle Race(Nursery to 2nd)(Physical Education)</i>

FUN CORNER

FIND 5 DIFFERENCES



BRAIN TEASERS



- 1. Q: Give me a drink, and I will die. Feed me, and I'll get bigger. What am I?**
A: A fire.
- 2. Q: What word begins with E and ends with E, but only has one letter?**
A: Envelope.
- 3. Q: What appears once in a minute, twice in a moment, but not once in a thousand years?**
A: The letter "M."
- 4. Q: What has many rings but no fingers?**
A: A telephone.
- 5. Q: What goes up but never comes back down?**
A: Your age.

Signature of Class Teacher

Signature of Coordinator

Signature of Principal