



DELHI PUBLIC SCHOOL, FIROZABAD

*Under the Aegis of Delhi Public School Society, East of Kailash,
New Delhi*

**(Senior Secondary) Affiliated to CBSE New Delhi
(Code:2133064)**

NEWSLETTER CLASS - NURSERY MARCH 2024

“Success Is Sweet but the secret is sweat”

Dear Parents & Kids

Greetings!

I hope this letter finds you and your little ones in good health and high spirits. As we step into March, it brings a sense of renewal and the promise of blooming possibilities. It is my pleasure to share with you the highlights and exciting updates from the pre-primary & Primary classes in our latest newsletter. March has been a month of remarkable achievements for our little stars. Whether it's a captivating artwork, a milestone in early literacy, or a newfound friendship, we celebrate every step of their journey. Our teachers continue to foster a nurturing environment where each child can thrive and discover their unique talents.

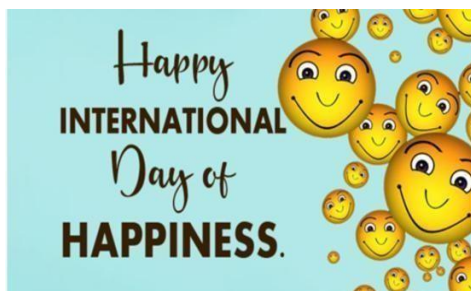
Our pre-primary classes have been immersed in educational activities aligned with our monthly theme. March brings opportunities to explore themes such as Spring, Nature, and Community Helpers. The classrooms are buzzing with creativity and curiosity as our young learners actively participate in hands-on projects, stories, and communal games that bring learning to life.

We value the partnership between our school and parents in shaping the educational experience of our students. Your involvement is essential to their success. We encourage you to stay connected with our teachers, attend parent-teacher meetings, and participate in school events. Together, we can create a supportive community that empowers our children to flourish.

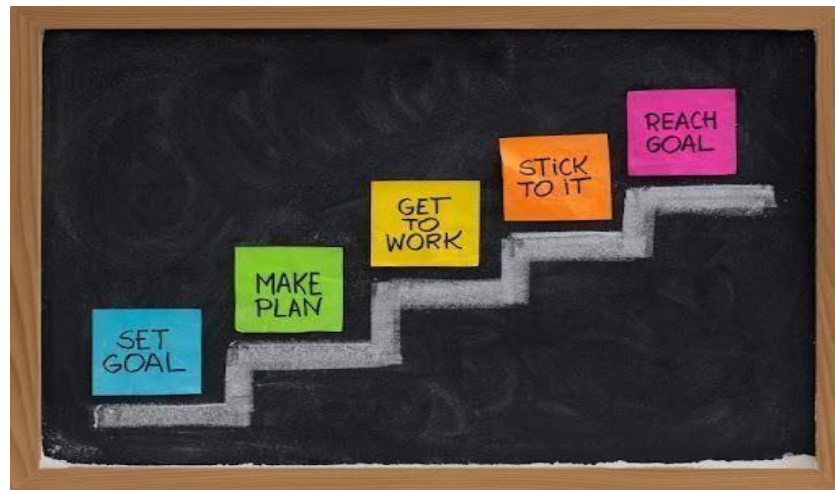
As we look ahead, please mark your calendars for upcoming events such as the Holi Celebration, Fun Day, Graduation Ceremony, PTM, and Beginning of New session. Your presence and support make a significant difference in creating memorable experiences for our pre-primary and Primary students.

I want to express my heartfelt gratitude to our dedicated teachers, staff, and parents for their unwavering support. It is through our collective efforts that we continue to create a positive and enriching environment for our young learners.

Thank you for entrusting us with the privilege of nurturing and educating your child. We look forward to another month of growth, exploration, and joy in learning. Wishing you and your family a wonderful March. Thank you!



VALUE OF THE MONTH - SETTING GOALS AND HARD WORK



THEME OF THE MONTH - OUR SKY & EMOTIONS

I smile when I'm happy,
I smile when I'm glad,
I even smile BIG and Bright,
after I've been Sad,



SYLLABUS OF THE MONTH

ENGLISH-

Oral

- Phonic drill -Letter recognition – Revision A a- Z z
- Words related to alphabet - Revision - A - Z
- listening and speaking skill — [General Conversation] –Revision
- Story– character recognition, Letter Recognition- oral & written A - Z (revision)
- Writing skill- All patterns , Rhyme of the month - All

MATHS

- * Recognition of numbers 1-20(Revision)
- * Counting 1-30 * Counting through pictures 1-20(Revision)
- * WRITTEN- 1-20 (Revision)
- *Shapes- (Revision)* What comes after 1 to 20

E VS

- Topic - Emotions and Feelings - Happy ☐ , Sad ☐
- Revision - Flowers ☐ name , fruits ☐ name , vegetables ☐ name, animal Life - wild & domestic animals name , Uses of water , 3 national festivals name, Transport • Worksheet


HINDI

- अ से अः तक की पहचान व उच्चारण और उनसे जुड़े शब्द।(Revision)
- * अ से अः तक का लेखन। (Note book)(Revision)* कववता - all

MUSIC-Vocal..

Abhyas of Sampooran Sargam ,Abhyas of Alankar
Three Times on Beats with singin Aaroh:- Abroh:-
Instrumental....

Congo. Beats#1#1,#2#2,

Keyboard 

Sa,re,ga,ma,pa,Dha,ni, sa

ART&CRAFT–

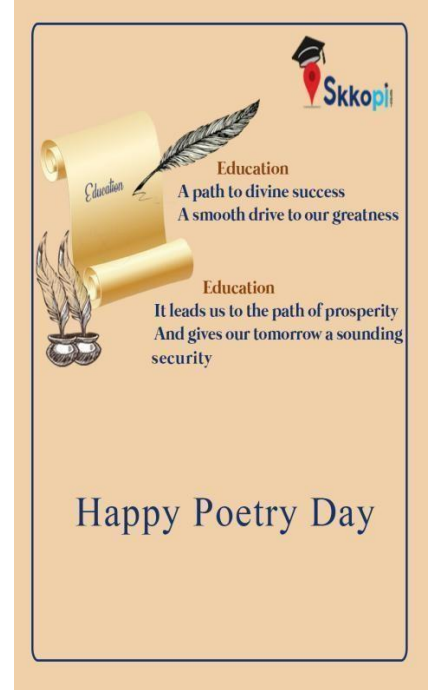
1. Colouring of the drawing.
2. We will complete the craft work in scrapbook and Art book.

DANCE–

Revision and Holi dance

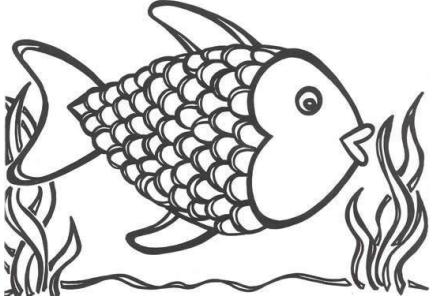
PHYSICALEDUCATION-

Athletics: Acquire a range of motor skills to participate in a variety of physical activities like-
Running, Jumping, Throwing



Rainbow Fish

Rainbow Fish,
Rainbow Fish,
swimming in the sea.
Will you please share a
scale with me?



भालू ने हाथी दादा के, मुहँ पर मल दी
रोली।

ठुमक-ठुमक कर लगे नाचने, बोले –
“आई होली”।

हाथी दादा ने भालू को, अपने गले
लगाया।

घर ले जाकर गन्ने का रस, दो पीपे
पपलवाया।

आई होली, आई होली, आई होली, आई
होली...!

PHONICSRHYME-O



Now it's dark
The lights go on.
/o/-/o/-/o/-/o/-/o/
Time for bed,
The lights go off,
/o/-/o/-/o/-/o/-/o/



Action: Pretend to turn a light switch on and
off, and say o, o, o, o, o.

MENU OF THE MONTH - BONAPPETITE

DAY	MENU	HOW DOES IT HELP IN WELL BEING OF THE CHILD
Day1 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, of your kid's liking.</p>	<p>{With this kids will get- -Carbs, protein, green vegetables, and fibers Super food makhana is rich in proteins and fiber. Makhanas are a very good source of calcium. etc..}</p>
Day2 Tuesday	<p>Roti, Paneer butter masala or Any other paneer recipe, Cucumbersalad and 1 handful of mixed nuts (Pistachios, Dates, Cashew nuts, Almonds, Walnuts, and 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>
Day3 Wednesday	<p>Pav Bhaji, plain 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 too.</p>	<p>{With this, kids will get- Carbs, protein, fat, Vitamins, and fibers-}</p>
Day4 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 of 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>
Day5 Friday	<p>Any fermented dish,--Idli and sambhar, dhokla, uttapam and coconut chatni and 1 slice of banana bread etc..</p>	<p>{With kids will get-- carbs, protein, vitamins, minerals and fibers}</p>

TIPS FOR PACKING SCHOOL LUNCH

- **Plan your lunch 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 box, water bottle should be cleaned daily with soap and warm water.









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, showing concentration and are less likely to be disrupted.

Healthy Options For Fruit Break—

S.No.	Type	Ingredients	Quantity	Look at Me
1.	Healthy Roasted Seed Mix	1cup(150gms) sunflower seeds+1cup(150gms) pumpkin seeds+1cup(150gms)flaxseeds+1/2cup(75gms)white sesame seeds +1/2cup(75gms)sesame seeds	1.5 Serving spoons	
2.	Dry Fruit Mix	Cashew nuts +Almonds +pistachios+ dates +Raisins + any other dry fruit	2Serving spoons	
3.	Fruit mix or any seasonal fruit	¼CupApple+1/4+Banana+¼cuppapaya+ ½ tsp soaked chia seeds Or a mix of available fruits	1 big Bowl or3Serving spoons	
4.	Sprouts	2 spoons of sprouts of Moong +2 spoons Of Boiled chickpeas + few drops of Lemon + black salt +sesame seeds	3 to 4 serving spoons	
5.	Salad	½ tomato + 1/2 onion+ ¼ cucumber+ 2 tsp chopped Coriander + 3 tsp Chopped Spinach+ 2 TSP beetroot +1 tsp olive oil+1tspflex seeds	3 to 4 serving spoons	
6.	Soaked black gram or chana +Gud or Jaggery	3 tsp Black Lentil or dry roasted chana+ 2Tsp Jaggery	2 Serving spoons full of mix	

MAKE LUNCHBOX-HEALTHY & YUMMY -- CURD SANDWICH

INGREDIENTS

- 1 cup curd
- ½ cup mayonnaise, eggless
- ¼ tsp pepper powder
- ¼ tsp salt
- ½ onion, finely chopped
- 3 tbsp sweet corn
- ½ capsicum, finely chopped
- ½ carrot, grated
- bread
- butter



HOW TO MAKE CURD SANDWICH:

- Firstly, in a bowl take 1 cup curd, ½ cup mayonnaise, ½ tsp mixed herbs, ¼ tsp pepper powder, and ¼ tsp salt.
- Mix well making sure everything is well combined.
- Also add ½ onion, 3 tbsp sweet corn, ½ capsicum, ½ carrot and mix well.
- Now spread butter on 2 slices of bread.
- Spread a generous amount of prepared curd stuffing.
- Cover with another slice of bread and trim the sides.
- Finally, pack the kids lunch box, pack curd sandwich, oranges, and nuts in the box.

IMPORTANT DAYS OF THE MONTH

- World Wildlife Day (3rd March)
- International Women's Day (8th March)
- International Day of Happiness (20th March)
 - World Poetry Day (21st March)

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, SCHOOL BAG WATER BOTTLES, BOOKS, AND STATIONERY ITEMS ARE LABELLED PROPERLY

Students must carry and wear their Identity Cards in 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 every day. **Please go through your child's notebook and 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)**, Take care with love, let him/her rest, and send only when they are healthy.
- **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 WHEN FEEL COMPLETELY FIT.

**This Day Belongs to You.
May You Prosper and
Stand Affirm
in the Course of Life.**

**Happy
International
Women's Day**



EVENTS OF THE MONTH

<i>Day/ Date</i>	<i>Events</i>
<i>Monday, March , 11,2024</i>	<i>Assessment EVS (Nursery To Class UKG)</i>
<i>Tuesday, March 12, 2024</i>	<i>Assessment English (Nursery To Class UKG)</i>
<i>Thursday, March 14, 2024</i>	<i>Fun Day & Holi Celebration (Holi Milan Samaroh)</i> <i>(Nursery to 2nd)</i>
<i>Tuesday, March 19, 2024</i>	<i>Graduation Ceremony(Class UKG A & B)</i>
<i>Wednesday, March 20, 2024</i>	<i>Final PTM, Nursery, LKG Class 1st and 2nd Celebration of Sparrow Day and World Happiness Day</i>
<i>Friday, March, 22, 2024</i>	<i>Orientation Class Nursery to Class 5th</i>
<i>Monday, April, 01,2024</i>	<i>New session Begin</i>

NOTE-ALL THE ACTIVITIES ARE SUBJECT TO CHANGE.

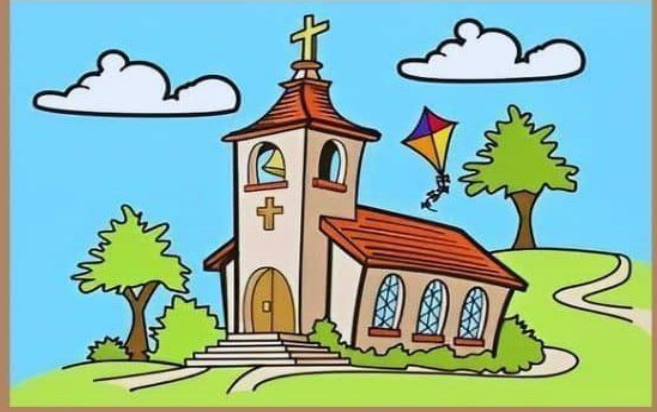
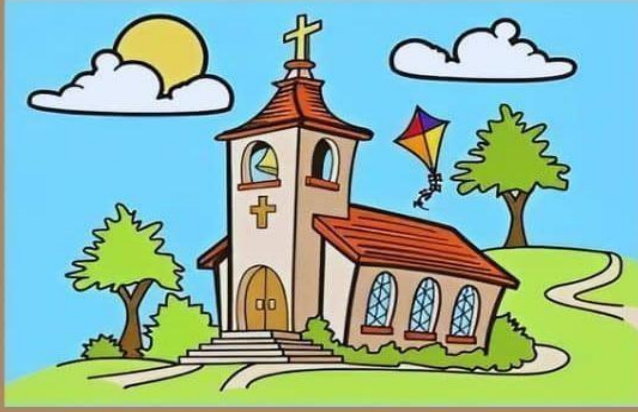
WHY WE DO THIS

WOMEN'S DAY-

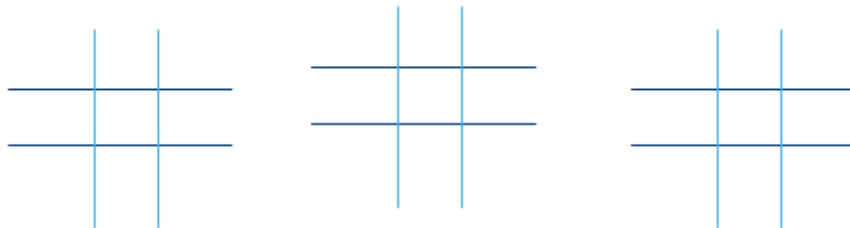
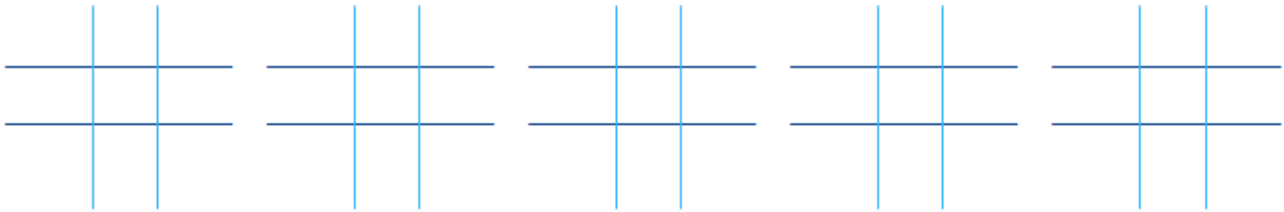
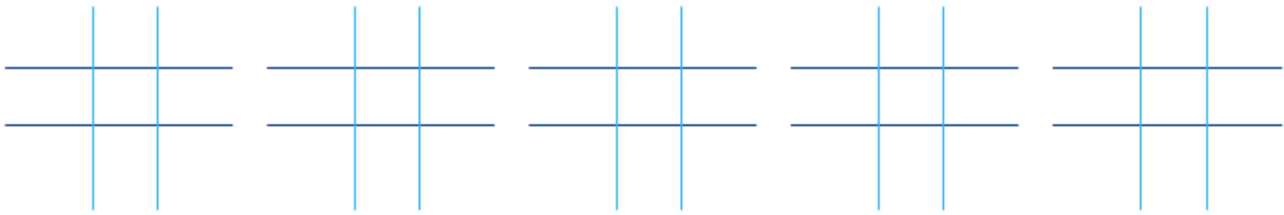
It is a day when women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political. Since those early years, International Women's Day has assumed a new global dimension for women in developed and developing countries alike.

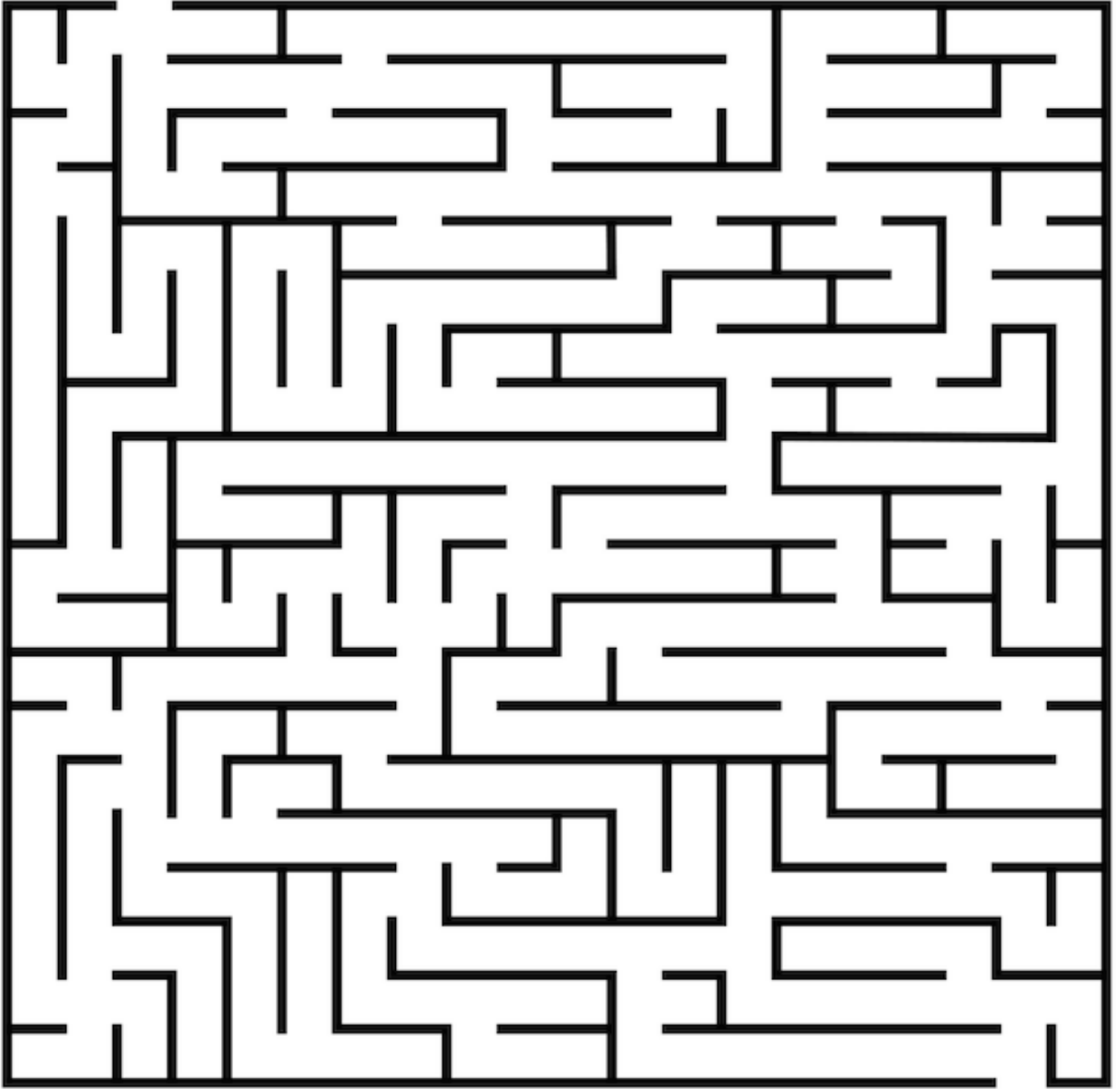


Spot 5 Differences in 11 Seconds



LETS PLAY ---TIC TAC TOE





Signature of Class teacher

Signature of Coordinator

Signature of Principal