



# 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 NURSERY NOVEMBER 2023

Dear Parents and Guardians,



**Education Is The Most Powerful  
Weapon Which You Can Use To  
Change The World !**  
**Nelson Mandela**

We hope this letter finds you in good health and high spirits. As we embrace the beautiful autumn season, we have many exciting updates to share with you about the month of November, in our Pre-primary program. This month is filled with academic activities, festivals and a special educational trip that will undoubtedly enrich our child's overall learning experience.

In November, we will continue to foster our child's language and literacy skills through engaging story sessions, reading practice sessions, word games and interactive activities that encourage language development. Please encourage them to read at home and explore new books together. We will introduce our child to basic math concepts through fun games and puzzles. We will also explore numbers and counting in various contexts, making learning math enjoyable and practical.

The feeling of gratitude is a prime personality trait and to nurture this feeling we are organizing Thanksgiving with a special classroom feast where children are welcome to bring a small dish or Greeting card to share, and we will discuss the importance of gratitude and thankfulness.

They will also learn about the festival of lights, Diwali, through stories, art, dance, drama, and activities. They will have the opportunity to create beautiful Toran and Kandil lamps. In celebration of Children's Day, we have planned a day field trip filled with fun and games to make our child feel extra special. This trip is designed to enhance their learning experiences by allowing them to explore new environments.

We are committed to provide our children a nurturing and enriching educational experience. If you have any questions or concerns, please do not hesitate to contact our Coordinator or teachers.

Thank you for your continued support, we look forward to a memorable and educational month of November with our child.... **HAPPY LEARNING!**

**Climb ev'ry mountain, Ford ev'ry stream,  
Follow ev'ry rainbow, 'Til you find your dream.  
'Happy Children's Day'**



## VALUE OF THE MONTH- - CARING, SHARING AND FRIENDLINESS

### The Farmer and the Crane



There once was a farmer who was very worried about his crop getting eaten by the birds. So he laid a trap for the birds.

Next day he managed to catch a flock of the birds. A crane also got trapped in the net. The crane pleaded with the farmer for his freedom.



The farmer retorted: "You have been found in the company of these birds who were eating my seeds. So I will not spare you."

**Moral of the Story; Bad company is harmful.**

## THEME OF THE MONTH- VEHICLES AND TRAFFIC RULES



## IMPORTANT DAYS OF THE MONTH

3rd November - World Sandwich Day

8th November- Guru Nanak Dev's Birth Anniversary

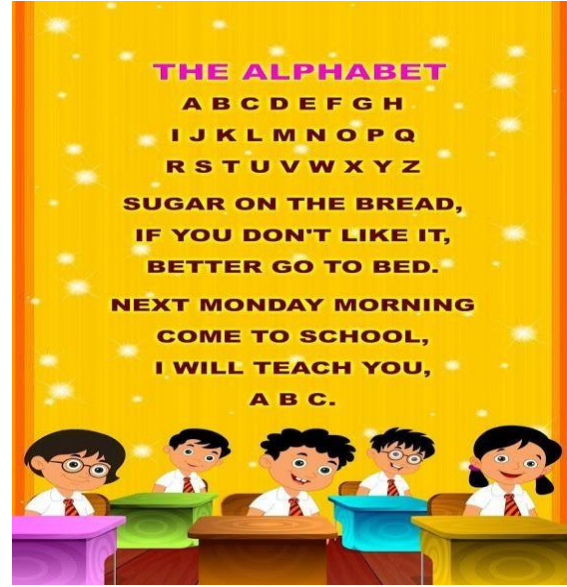
14th November- Children's Day

24th November - Thanksgiving Day (Fourth Thursday in November)

### ठीक समय पर

ठीक समय पर नित उठ जाओ,  
ठीक समय पर चलो  
बिहाओ, ठीक समय पर  
खाओ, ठीक समय  
पर पढ़ो जाओ।

ठीक समय पर मौज उड़ाओ,  
ठीक समय पर गाओ,  
ठीक समय पर सब  
कर पाओ, तो तुम बहुत बड़े  
कहलाओ।



The festive season also gives us a chance to remember the less fortunate in society and the spirit of sharing and caring comes into focus, which we should consciously ingrain in our little ones. We can help them by providing a little packet which they share and distribute among the underprivileged children of the neighborhood. The joy and happiness to be experienced after such an act gives unbound pleasure to little

children. When they grow up, they will become a sensible and responsible citizen. Wishing you all a wonderful week of happiness and joyous celebrations.





## SYLLABUS OF THE MONTH

### : ENGLISH- Oral

- Phonic drill -Letter recognition – Q,R,S,T
- Words related to alphabet Q,R,S,T
- listening and speaking skill — [General Conversation] –
- Example-This is a car ,That is a plane
- Story– character recognition
- WRITTEN : Letter Recognition- oral & written Q,R,S,T
- Writing skill- All patterns , Rhyme of the month : Wheel on the bus.

### MATHS

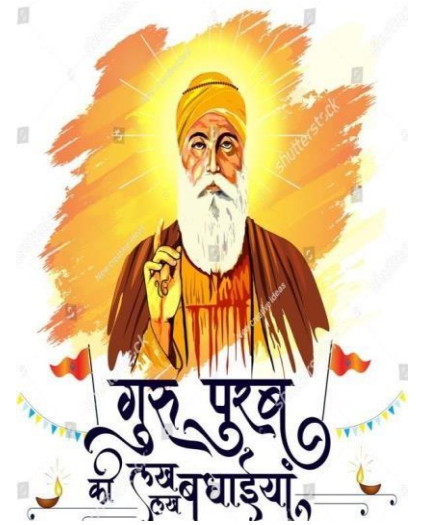
- \* ORAL - Pre-math concept (revision) full-empty , in-out
- \* Recognition of numbers 1-15
- \* Counting 1-20
- \* Counting through pictures 1-15
- \* WRITTEN- 11-15
- \* Tracing : Standing, Sleeping ,Slanting lines and Curve lines .

### E VS

- ORAL - Our Country , Festivals , Uses of Water
- Worksheet

### HINDI

- अ से औ तक की पहचान व उच्चारण व उससे जुड़े शब्द।
- \* अ से ऐ तक का लेखन। ( Note book)
- \* कनवता - page no. 16 , 18



## **MUSIC – VOCAL**

**Abhyas of Alhankaar**

**Sampooran tigan With beats.**

### **INSTRUMENTS**

**Synthesizer**

**Right hand practice**

**C,D,E,F,G,A,B,C**

**Left hand practice**

**C,B,A,G,F,E,D,C**

**Congo. Both hands practice.**

**#1#1, #2#2**

## **ART & CRAFT –**

- 1. Colouring of the drawing.**
- 2. Work of scrapbook.**
- 3. Craft for diwali.**

## **DANCE -**

**Abhyas of namaskar**

**Half turn**

**Full turn**

**Making kurve position**

**Hasta mudra**

**Pataka**

**Tripataka**

**Ardhpataka**

**Kartarimukha**

**Mayur**

**Ardhchandra**

**Aral**

**Counting of bol of tatkaar**

**On hands(ta thei thei tat aa thei thei tat)**










### **PHYSICAL EDUCATION -**

**Athletics: Acquire a range of motor skills to participate in a variety of physical activities.**

**Running, Jumping, Throwin**



## PHONICS RHYME -k

<p><b>k Kk</b></p> <p>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/</p> <p></p> <p><b>ACTION:</b> Raise hands and snap fingers together as if Playing castanets and say, k, k, k, k,</p>	<p><b>kit</b> </p> <p><b>kids</b> </p> <p><b>kick</b> </p> <p><b>King</b> </p> <p><b>key</b> </p> <p><b>kangaroo</b> </p> <p><b>kite</b> </p> <p><b>kettle</b> </p>
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## MAKE LUNCH BOX -HEALTHY & YUMMY

### Paneer Fried Rice for Kids

**Ingredients--** Measurement Cup (1 cup = 250 ml)

- 1 cup cooked basmati rice or any short grain rice can also be used)
- $\frac{3}{4}$  cup paneer (cottage cheese), cubed
- $\frac{3}{4}$  cup mix veggies (Carrot, Beans, Capsicum, Corn)
- 1 small onion
- 1 teaspoon crushed garlic
- 1 teaspoon [soya sauce](#) (optional)
- [salt to taste](#)
- 2 teaspoons any cooking oil
- 1 tablespoon coriander leaves
- 1 tbsp spring onions (optional)



### Instructions

**In a large pan, heat oil over medium-high heat.**

Add garlic and sauté for 1 minute or until aromatic. Then add onion and sauté till they get light golden brown.

Then add paneer mix veggies and stir fry until they are tender but crisp. you can also add fried paneer to this recipe. now add cooked rice, crushed black pepper, and salt and stir well until combined. On high heat, toss for 1-2 minutes and turn off the flame.

Serve with fresh coriander leaves (cilantro) and chopped spring onions (or scallions). Enjoy

### Notes

1. If your kids don't like paneer you can use crumbled paneer.
2. You can replace paneer with tofu if you are a vegan.

## 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 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

<b>DAY</b>	<b>MENU</b>	<b>HOW DOES IT HELP IN WELL BEING OF THE CHILD</b>
<b>Day 1 Monday</b>	<p><b>Veg sandwich &amp; Ghee roasted makhana (lotus seeds)</b></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 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>
<b>Day 2 Tuesday</b>	<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>
<b>Day 3 Wednesday</b>	<p><b>Pav Bhaji, plain or jaggery-coated dry fruits</b></p> <p>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>
<b>Day 4 Thursday</b>	<p><b>Channa pulao or chole--Rice, Apples, or fruit salad</b></p> <p>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>
<b>Day 5 Friday</b>	<p><b>Any fermented dish,--Idli and sambhar, dhokla, uttapam and coconut chatni 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 lunchbox 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 abruption.**

### Healthy Options For Fruit Break—

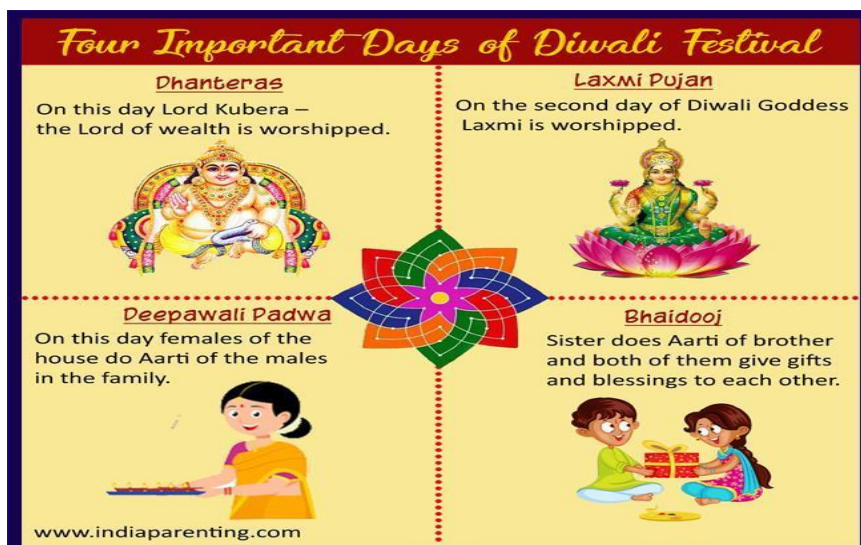
S. No.	Type	Ingredients	Quantity	Look at Me
1.	Healthy Roasted Seed Mix	1cup(150gms) sunflower seeds+1cup (150gms) pumpkin seeds+1cup(150gms) flaxseeds+1/2cup(75gms)white sesame seeds + 1/2cup (75gms) sesame seeds	1.5 Serving spoons	
2.	Dry Fruit Mix	Cashew nuts + Almonds + pistachios + dates +Raisins + any other dry fruit	2 Serving spoons	
3.	Fruit mix or any seasonal fruit	¼ Cup Apple +1/4 + Banana + ¼ cup papaya + ½ tsp soaked chia seeds Or mix of available fruits	1 big Bowl or 3Serving spoons	
4.	Sprouts	2 spoon of sprouts of Moong +2 spoons of Boiled chick peas +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 Beet Root +1 tsp olive oil+1 tsp flex seeds	3 to 4 serving spoons	
6.	Soaked black gram or dry roasted chana + Gud or Jaggery	3 tsp Black Lentil or dry roasted chana+2 Tsp Jaggery	2 Serving spoons full of mix	

## ACTIVITIES

Day/ Date	Events
Wednesday, Nov. 1, 2023	Visit-1
Friday, November 10, 2023	Diwali Celebration & Kandil & Toran Making Competition
Thursday, November 16, 2023	Children's Day Celebration
Monday, November 20, 2023 to Saturday, November 25, 2023	Fit India Week
Wednesday, November 27, 2023	Guru Nanak Birthday Celebration
Tuesday, November 28, 2023	Annual Day
<b>Diwali Break: November 13, 2023 to Wednesday November 15, 2023</b> (School will reopen on Thursday, November 16, 2023)	

## WHY WE DO THIS

Diwali is a five-day festival that begins with Dhanteras, which is dedicated to the worship of Goddess Lakshmi, the goddess of wealth. The second day is called Naraka Chaturdashi, which commemorates the victory of Lord Krishna over the demon Narakasura. The third day is the main Diwali celebration, which signifies the return of Lord Rama after defeating Ravana and the lighting of lamps to guide him home. The fourth day is Govardhan Puja, which honors the lifting of Mount Govardhan by Lord Krishna. The fifth day is Bhai Dooj, a day to celebrate the bond between brothers and sisters. This five-day festival symbolizes the triumph of good over evil and the importance of family.



# FUN CORNER--FIND 5 DIFFERENCE



**LET US HAVE A SMOKE FREE ,BREATH FREE  
AND SWADESHI DIWALI**



**This Diwali.  
Only Diyas,  
No Fireworks.**



WORD PUZZLE--Find the given word --

# Mahatma Gandhi

B O G Q K I S D V U L E C A I U O  
E A T F W C G A N D H I L M I K Z  
C H B X H N M B R O Y X M T F I I  
N I Z G J B W D G F J N A X W N C  
E H E C N E L O I V N O N C T D W  
D I K S W B P L A P N L N Y K I D  
N D M L Z T I D A Q S O H U A A D  
E J Z Y U C H B T W Z C A C M N I  
P R J M H W S Z J R V A R O A A S  
E P E Y K G R A L X Y R D W M C S  
D R W V G S O U C W L E G E T T X  
N A N N E X W S H E E A U T A I D  
I Y Y P T R F N A R P M J K H V K  
M E A T D G F D F V G G L V A I O  
M R U Z J D E U V P E A C E M S I  
C I X T C R D R M H V B Y H U T P  
Q R B B A V A U N Q J A Q F R C T

Freedom  
Indian Activist  
Prayer  
Mahatma

Independence  
Worship  
Peace

Leader  
Nonviolence  
Gandhi

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**Signature of Class Teacher**

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**Signature of Coordinator**

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**Signature of Principal**