



# 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 -UKG-APRIL-MAY 2024

Dear Students and Parents,

Greetings!

Welcome Back! Reopening of School After Session Break - April-May 2024-25

I hope this letter finds you and your little ones in great spirits and health. It brings me immense pleasure to share the wonderful news of our school's reopening after the session break.

As we are delighted to embrace our beloved pre-primary & Primary students back to school, we want to assure you that we have taken every precaution to ensure a safe and nurturing environment for your child's return.

We understand that the return to school may bring about dubious expressions for both the children and parents. Rest assured, our compassionate teachers and staff are here to support your child's transition back to the school routine with warmth, encouragement, and understanding.

Our dedicated team has been hard at work implementing comprehensive health and safety measures to mitigate any risks and provide peace of mind to all of us. We are committed to providing a stimulating and enriching learning experience for your little ones, fostering their curiosity, creativity, and love for learning in a safe and supportive environment. As we eagerly anticipate the reopening of our school in the new session, we encourage you to stay connected with us through our communication channels for any updates or important information regarding the upcoming session.

Thank you for entrusting us with your child's education and well-being. We are deeply grateful for your continuous support and cooperation as we navigate these unprecedented times together.

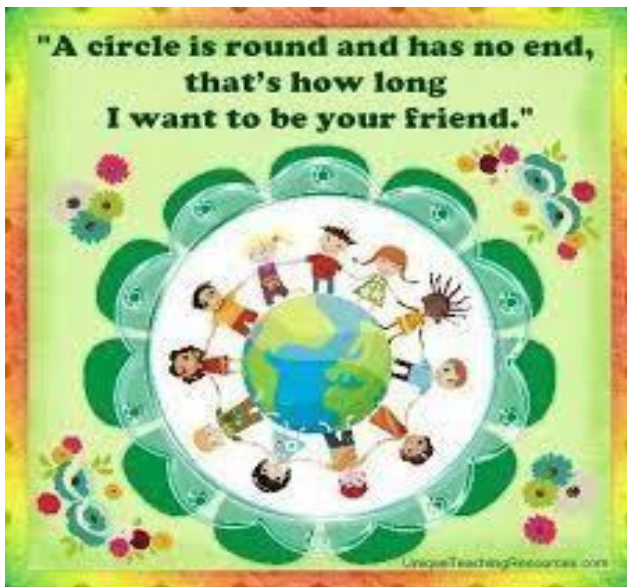
Wishing you and your child a joyful and fulfilling return to school!

Warmest regards,


Thank you!



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



**THEME OF THE MONTH - "Me & My Family"**



### Family Members Song


Mom, dad, mom, dad  
Mom, dad, mom, dad



Brother, sister, brother, sister  
Brother, sister, brother, sister

Grandma, grandpa, grandma, grandpa  
Grandma, grandpa, grandma, grandpa

I love my family...  
I love my family, oh yeah, yeah, I do.  
I love my family...  
I love my family, oh yeah, yeah, it's true.

Adam Williams-Walters



Speak and Play English, <https://fr.freepik.com/vectors/petersons>



## SYLLABUS OF THE MONTH

Phonics drill-Aa to Zz (Reading and Recognition)

Writing-Aa to Zz, 2 & 3 letters sight words, Vowel words(a,e,i,o,u)

General conversation of is,i,am, he,she ex- I am Renu,She is a girl

Uses of a, an, this, that, these, those, one, many, in, on, under, near

Rhyme-Pg.no-1

Maths- Pre-Maths concept and shapes(Revision)

Counting number (Review)

Writing-1 to 30

Back counting-10 to 0

Skip counting -2's,5's & 10's

Number names-1 to 10

Before, after and between

E.V.S-

About our self

Good habits

Good manners (At school,home,playground,neighbourhood,market etc)

My school(explore our school)

My family(Nuclear & Joint family)

Hindi-

Rhyme -Pg no-2

वर्मलम की पहचमन,उच्चमरर् व लेखनस्वर

व व्यंजन ं से जुडे ४-४ शब्द

२,३ अक्षर ं वमले अर्म्तिक शब्द ं कम लेखन

## **MUSIC**

Introduction of Swar

Vocal\_\_\_

Sa, re, ga

Rhymes for Action

Rolly Polly Song

Instruments Introduction

Congo

Keyboard

And Beats Introduction

## **PHYSICAL EDUCATION**

Teaching Aquatics Skills - Learn to Swim.

Games and Activities to Teach Basic Skills of Aquatics.

Water Familiarization :

(i) Sit on the poolside without hesitation.

(ii) Safely entry into the pool

(iii) Safely exit from the pool

Aquatics Skills:

(i) Sit on the edge of the pool and kick with your feet in the water.

(ii) Cycling with tubes

(iii) Back Floating with tubes

(iv) Submerges into water

(v) Wash your Face, Hands, and Shoulders

## **DANCE**

Introduction, Namaskar,

Preparation of Interhouse Tribal Dance Competition On Earth Day

(Nursery To Class II) , Mothers Day Celebration

## **Art & Craft**

1. Coloring of the drawing.

2. Work of scrapbook.

3. One Craft of the month



## First day at School

I wonder  
if my drawing  
will be as good as theirs.



I wonder  
if they'll like me  
or just be full of stares.



I wonder  
if my teacher  
will look like Mom or Gran.



I wonder  
if my puppy  
will wonder where I am.



– Aileen Fisher

## Families

Families are big,  
and families are small.  
Families are different, and we love them all.  
Some have mothers.  
Some have fathers.  
Some have sisters, and some have brothers.  
I love my family!



By Sarah Griffin

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## PHONICS RHYME – A

The image shows two phonics rhyme cards. The first card is for the letter 'Aa' and features a cartoon boy with ants on his arm. The second card is for the letter 'Bb' and features a cartoon illustration of a park with children playing sports.

**Aa**

/a!-/a! Ants on my arm  
/a!-/a! Ants on my arm  
/a!-/a! Ants on my arm  
They're causing me alarm

**B b**

**b** Tune: *Camptown Races*

Action: Pretend to hit a ball with a bat, and say b, b, b, b.

Bring your bat and bring your ball.  
/b! /b!  
Bring your bat and bring your ball...  
...to the park to play!

## IMPORTANT DAYS OF THE MONTH

- April 1st: Orissa Day, Prevention of Blindness Week. ...
  - April 2nd: World Autism Awareness Day. ...
  - April 4th: International Day for Mine Awareness. ...
  - April 5th: National Maritime Day. ...
  - April 7th: World Health Day. ...
  - April 10th: World Homeopathy Day
- 1st May – Labour Day. ...
  - 3rd May – Laughter Day. ...
  - 7th May – World Athletics Day. ...
  - 8th May – World Red Cross Day. ...
  - 12th May – International Nurses Day. ...
  - 17th May – World Hypertension Day.

## MENU OF THE MONTH - BON APPETITE

| DAY                       | MENU   | HOW DOES IT HELP IN WELL BEING OF THE CHILD   |
|---------------------------|--|---|
| <b>Day1Monday</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,of your kid’s liking.</p> | <p>{With this kids will get-<br/>-Carbs, protein, green vegetables, and fibers<br/>Super food makhana is rich in proteins and fiber.<br/>Makhanas are a very good source of calcium.<br/>etc..}</p> |
| <b>Day2Tuesday</b>        | <p><b>Roti, Paneer butter masala or Any other paneer recipe,</b><br/><b>Cucumbersaladand1handfulofmixednuts</b>(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>{Withthis, Kids will get<br/>Carbs Protein, fat,<br/>Vitamins, iron,and fibers-}</p>   |
| <b>Day3<br/>Wednesday</b> | <p><b>Pav Bhaji, plain jaggery-coated dry fruits</b> Mixed veggies cooked with masalas and topped with butter chopped onion, and lemon juice with pillow-softbuns! You can chop the veggies the day before and use burger buns too.</p>  | <p>{With this, kids will get-<br/>Carbs, protein, fat,<br/>Vitamins, and fibers-}</p>   |
| <b>Day4<br/>Thursday</b>  | <p><b>Channa pulao or chole--Rice, Apples, or fruit salad</b> Soak basmati rice and chana overnight, and morningyou can make this pulao easily!<br/>With a little bit of prior preparation, you can makechole-rice as well. Healthy for your kids too!!</p>  | <p>{With this kids will get—<br/>carbs,protein,vitamins<br/>, minerals and fibers}</p>  |
| <b>Day5 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 kids will get--<br/>carbs, protein, vitamins,<br/>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.





## MEALPLAN-

**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 aren't hungry and are well hydrated perform better in the classroom, showing concentration and are less likely to be disrupted.**

### Healthy Options For Fruit Break—

| SNo. | Type                                       | Ingredients  | Quantity                     | LookatMe  |
|------|--|--|------------------------------|---|
| 1.   | HealthyRoasted 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 |  |

## INGREDIENTS

### INGREDIENTS FOR ONION UTHAPPAM

- [Dosa Batter](#) - 2 cup (RECIPE [HERE](#))
- Onion - 1 large size chopped finely
- Green Chili - 2 chopped finely
- Ginger - 1 tsp chopped finely
- Coriander Leaves a handful chopped finely
- Oil or Ghee as needed
- Salt a pinch

### • HOW TO MAKE ONION UTHAPPAM

1. Take onions, chilies, coriander leaves, and ginger in a bowl. add some salt and toss well. Heat a dosa pan, Ladle some dosa batter over it, and spread it thick. Sprinkle the onion mix over it. Drizzle with ghee or oil generously. Press the onion mix with a spatula so it sticks to the batter. Let it cook till the bottom gets crispy. Flip over and press it. Cook till golden. Serve



## 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 may deposit one set to the HRT .**

## 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.



## EVENTS OF THE MONTH

### APRIL 2024

| Day/ Date             | Events   |
|-----------------------|--|
| Monday, April 1,2024  | Magic with Colours (Nursery to 2 <sup>nd</sup> )                               |
| Friday, April 5,2024  | Sibling Day(Nursery to 2 <sup>nd</sup> )                                       |
| Monday, April 22,2024 | Inter House Tribal Dance Competition on Earth Day(Nursery to 2 <sup>nd</sup> ) |
| Friday, April 26,2024 | Tug of War( Nursery to 2 <sup>nd</sup> )                                       |
|                       |  |

### MAY 2024

| Day/ Date              | Events                                    |
|------------------------|---|
| Wednesday, May 1,2024  | Share & Care (Labour Day)                 |
| Friday, May 3,2024     | Visit-1 to Fire Station                   |
| Saturday, May 11,2024  | Mother's Day(Nursery to 2 <sup>nd</sup> ) |
| Wednesday, May 15,2024 | Pool Bash Party(Last Working Day)         |
| Friday, May 17,2024    | PTM-1(Nursery to 12 <sup>th</sup> )       |
| Monday, May 20,2024    | Summer Camp begins                        |

## FUN CORNER -



Balloon tennis

**Materials:** colourful balloons. Blow up several balloons and toss them in the air. Ask kids to tap the balloons toward other players to keep them from touching the ground. Not only is it a blast for kids, it also improves hand-eye coordination!

LETS PLAY ---word puzzle



Signature of Class teacher

Signature of Coordinator

Signature of Principal

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