



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, July 2024

“Learning to live joyfully with things you do not like is a huge life lesson”Sadguru

Dear Parents and Students,

Greetings,

I hope this message finds you all well-rested and in good spirits after a wonderful summer break. As we embark on a new academic year, it is with great excitement and enthusiasm that I welcome you all back to School.

Welcome back, dear students! We hope you had a fantastic summer filled with fun and relaxation. We are thrilled to have you back at school and look forward to an exciting year of learning and growth. Here are a few things to keep in mind as we start this new journey together. This new academic year is filled with promise and potential. We have many exciting activities, lessons, and events planned to make this year engaging and enriching for every student. Our dedicated staff is here to ensure that each child receives the best education possible in a safe and encouraging environment.

Thank you, dear parents, for your continued support and trust in us. Your involvement and dedication are crucial to the success and well-being of our students. We understand that the beginning of a new school year is a time of anticipation and preparation, and we are committed to making this transition as smooth and positive as possible for you and your children. We have been diligently preparing for the new school year to ensure a safe, nurturing, and stimulating environment for our students. If you have any questions or need assistance, please do not hesitate to contact us. We are here to support you and your children as we navigate this school year together.

Welcome back to DPS FZD Let's make 2024 a year of learning, growth, and success!



AS WE LOOK FORWARD..... HELPFUL HINTS--

BEING READY-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 extending to three or more working days must be supported with a medical certificate.

☑☑ **Parents are requested to send an extra set of their child's clothes in case they get wet or something else..**

PARENTS, SOMETHING TO REMEMBER

Go through your child's Almanac everyday, as there may be some information.

Circulars sent by the school may be in the form of print out or through email/ online. Kindly send the notebooks/textbooks covered and labeled.

Enjoy Rain, Save Water

Plant seeds of happiness hope,
success, and love; it will all come
back to you in abundance. This is
the law of nature



FEW POINTS TO REMEMBER

KINDLY ENSURE ALL YOUR CHILD'S BELONGINGS INCLUDING - SHOES, SOCKS, BAGS WATER BOTTLE 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 to **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.**

Please do not call teachers or message them during school hours. In case of any emergency please leave a message at the front desk.

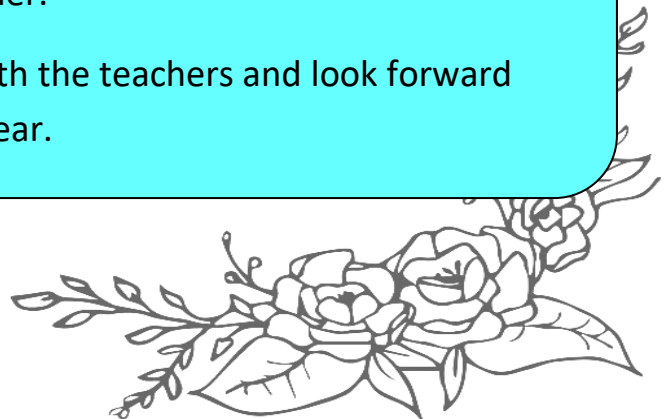
Send healthy food and enough water with a small hand towel with the lunch box

No wristwatches, gold ornaments or additional accessories to be worn by the students.

Please send 08 latest passport size photographs of your child in uniform for various activities being done through the year. This could be sent in a sealed envelope with your child's name, class and section written on it.

For quick queries and questions, feel free to email or message the - coordinator. If you require a longer discussion, please arrange for an appointment with the coordinator or teacher.

We greatly appreciate your co-operation with the teachers and look forward to experiencing the same throughout the year.



THEME OF THE MONTH

They will learn about sense organs and their importance in our daily life and about type of houses and clothing as well. Day to day activities and Assemblies help them to understand the concept.



VALUE OF THE MONTH--GRATITUDE

**“I am happy
because
I’m grateful.
I choose to
be grateful.
That gratitude
allows me to
be happy.”**

WILL ARNETT



SYLLABUS OF THE MONTH

MUSIC

Introduction of Swar

Vocal_Sa, re, ga, ma

Rhymes for Action

Rolly Polly Song

instruments Introduction

Congo. #1#1#2#2

Keyboard-song - जन गण मन Notes - CDEEEE

ART & CRAFT

1. Coloring in 3 to 4 pages of drawing book.

2. Work of scrapbook.

3. One Craft of July month.

DANCE

Abhyas of namaskar

Half turn ,Full turn

Hasta mudra--

Pataka. Tripataka, Ardhpataka

Kartarimukha, Aralam, Samput

ENGLISH :

Phonic drill-Aa to Zz (Reading and Recognition)

Writing-Aa to Zz, 2 & 3 , 4 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- 5

MATHS

Pre-Maths concept and shapes(Revision)

Counting number (Review)

Writing- 31 to 60

Back counting- 20-0

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

Number names- 11 to 15, Before, after and between --30 to 60

E.V.S-

Ages and stages of life

Body parts & Sense organs

Writing of self Introduction

Parents Name

HINDI-

Rhyme -Pg no-6

वर्णमाला की पहचान, उच्चारण व लेखन

स्वर व व्यंजनों से जुड़े ४-४ शब्द

आमंत्रिक शब्दों का अभ्यास व आ की मात्रा के शब्दों का पहचान व उच्चारण

RHYME TIME

RAIN

Rain on the house,
Rain on the tree,
Rain on the little bird,
But don't rain on me!



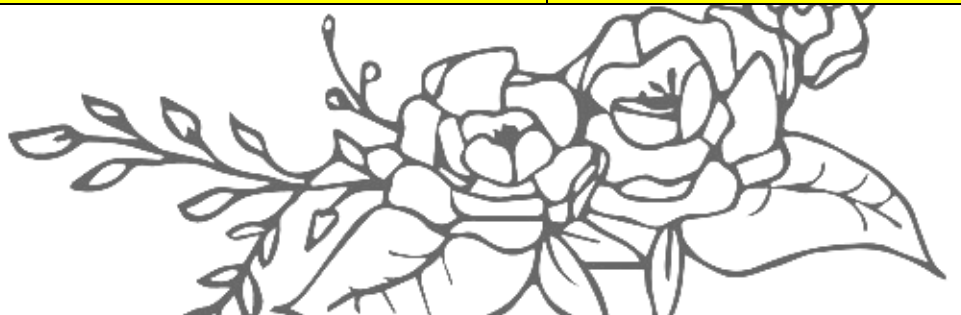
चिड़िया

फुदक-फुदक कर आती चिड़िया,
ची-ची, चूं-चूं गाती चिड़िया।
फुर्र-फुर्र-फुर्र उड़ जाती चिड़िया,
दूर-दूर तक जाती चिड़िया।



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 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>
Day 2 Tuesday	<p>Roti, Paneer butter masala or Any other paneer recipe, Cucumber salad and 1 handful of mixed nuts (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>
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 too.</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 slice of banana bread etc..</p>	<p>{With this kids will get-- carbs, protein, vitamins, minerals and fibers}</p>



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 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—

SN	Type	Ingredients	Quantity	LookatMe
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	Cashewnuts +Almonds+pistachios+dates +Raisins+any other dry fruit	2 Serving spoons	
3.	Fruit mix or any seasonal fruit	1/4 Cup Apple + 1/4 Banana + 1/4 cup papaya + 1/2 tsp soaked chia seeds Or a mix of available fruits	1 big Bowl or 3 Serving spoons	
4.	Sprouts	2 spoon of sprout of Moong + 2 spoons Of Boiled chickpeas + few drops of Lemon + black salt + sesame seeds	3 to 4 serving spoons	
5.	Salad	1/2 tomato + 1/2 onion + 1/4 cucumber + 2 tsp chopped Coriander + 3 tsp Chopped Spinach + 2 TSP beetroot + 1 tsp olive oil + 1 tsp flax seeds	3 to 4 serving spoons	
6.	Soaked black gram or chana + Gud or Jaggery	3 tsp Black Lentil or dry roasted chana + 2 Tsp Jaggery	2 Serving spoons full of mix	

MAKE LUNCH BOX-HEALTHY&YUMMY-- VEG PANEER NOODLES:

VEG PANEER NOODLES:

- 2 tsp butter
 - 2 clove garlic, chopped
 - ½ onion, sliced
 - 2 tbsp capsicum, chopped
 - 5 beans, chopped
 - ½ carrot, chopped
 - 3 tbsp [tomato sauce](#)
 - 1 tsp chilli sauce
 - 2 tsp vinegar
 - 2 tsp soy sauce/ optional
 - ½ tsp salt
 - 1 pack noodles, boiled
 - 2 tbsp spring onion, chopped
 - Paneer cubes 1 cup
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- Firstly, in a pan heat 2 tsp oil, add 2 clove garlic and saute well.
 - Add ½ onion, 2 tbsp capsicum, 5 beans, ½ carrot and paneer cubes .
 - Stir fry until the vegetables turn crunchy.
 - Also add 3 tbsp tomato sauce, 1 tsp chilli sauce, 2 tsp vinegar, 2 tsp soy sauce and ½ tsp salt.
 - Stir fry until everything is well combined.
 - Now add boiled 1 pack noodles and mix well.
 - Finally, to pack the kids lunch box, pack veg noodles, carrots, and biscuits in the box.
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- **Note-Always pack lunch in properly washed and dried box,waterbottle**
 - **Should be cleaned daily with soap and warm water.**
 - **[Please avoid plastic Tiffin ,bottles and aluminum foil]**



EVENTS OF THE MONTH

JULY 2024

Day/ Date	Events
Tuesday, July 2,2024	<i>Doctor's Day –(Nursery to 2nd)</i>
Thursday, July,11 ,2024	<i>Special Assembly- World Ice-Cream Day(Nursery)</i>
Monday, July 15,2024	<i>Special Assembly- World Chocolate Day(LKG A & B)</i>
Tuesday, July 16,2024	<i>Handwriting Competition(I & II)</i>
Monday, July 22,2024	<i>Special Assembly- Classroom Rules(UKG A & B)</i>
Friday, July 26,2024	<i>Obstacle Race(Nursery to 2nd)(Physical Education)</i>
Sunday, July 28,2024	<i>Visit-2(External Visit)</i>

• **NOTE-ALLTHE ACTIVITIESARESUBJECTTOCHANGE.**

IMPORTANT DAYS OF THE MONTH

July 01- National Doctor's Day July 07 – World Chocolate Day

July 22 – National Mango Day

July 26 – Kargil Vijay Diwas July 28 – National Parent's Day



GARDENING TIME

How Kids Can help in gardening

Gardening benefits kids' health and well-being as well as their attitudes towards learning and the environment. It captures their interest, gives them a sense of pride in their accomplishments, and introduces them to healthful foods. From helping you to mulch and pull weeds at age 3 to garnering active and engaging connections to science, math, and nutrition as they get older, kids will benefit from the nurturing experience of gardening for years to come.



Check out these ideas on how you can get your kids involved in gardening.

5 PLANTS & VEGGIES Kids Can Easily Grow



Tomatoes

Mint

Money plant and various kinds of croton leaves...

Tulsi

Coriander



Planting

Put seeds in numbered containers. Mark each section of the garden with the corresponding location. Let children dig holes for the seeds. Give them a ruler so they know exactly how far they need to dig down.

Watering

Use an adjustable water wand on the gentlest setting. Demonstrate holding the wand high enough and slowly moving it back and forth to avoid mudslides and puddles. Avoid using watering cans until seedlings begin to emerge.

Harvesting

Harvest with kid-size scissors. Using scissors, cut lettuces and greens just above the soil. Also, use scissors when harvesting berries or other fruits and vegetables with thin stems.

Let the kids rinse freshly picked produce to remove the dirt and debris. Use a deep container filled with cleaning water. After you pick each ripe fruit or vegetable, allow them to clean it. Change water when it becomes dirty.

Signature of Class Teacher

Signature of Coordinator

Signature of Principal

