



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 APRIL/MAY 2022

LEARNING GIVES CREATIVITY, CREATIVITY LEADS TO THINKING, THINKING PROVIDES KNOWLEDGE, KNOWLEDGE MAKES YOU GREAT. -

DR. A.P. JABDUL KALAM

A very warm welcome into the new session. It is time to kick off the new academic session with a lot of zeal and enthusiasm as we do every year. It is the beginning of the new session, new aspirations and new hopes. We are here with an exciting and happy academic session designed to promote and enhance the child's growth and development. The year will be filled with discovery and fun as your child learns to work and play in an environment that is safe and joyful.

The structure of daily activities is carefully planned to encourage self-confidence, independence and to enhance group learning and one-on-one participation in various interactive experiences. The activities will include instruction and skill based reinforcement in - Language awareness, **Reading readiness, Numeral efficiency, Pre-writing/ writing Skills, Environmental Studies, Art and Craft, Music, Dance, Physical Education, Social/emotional skills and Language development.** An attempt is made to keep you updated with all events and information regarding the curriculum through a monthly newsletter. Kindly familiarize yourself with it as the letter is carefully drafted and it highlights all important information and events for the month.

We wish you a fun filled and enjoyable year ahead and look forward to your whole hearted support and cooperation.

ALL THE BEST



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

"Coming together is beginning

Staying together is a progress

And working together is success"



THEME OF THE MONTH - "Me & My Family"



Mummy and Papa,

I Love You!

Come to me, when I call you!

Give me a kiss, when I ask you!

Mummy and Papa I Love You!!!

SYLLABUS OF THE MONTH

ENGLISH-

Oral-phonetic drill -

letter recognition –A a ,B b
words related to alphabet A a ,B b

courtesy words-Good Morning,
Sorry,& Thank you

listening and speaking skill —

[General Conversation] -Example –My
Name is-- My School Name is-----

rhyme – alphabet rhyme,

story– character recognition

Activities For MOTOR SKILLS -Sponge Activity,-Clay
modeling,-Pattern making with fingers, Painting –
palm/finger/thumb

MATHS

Pre-maths concept: Big-small, Tall-
short

Concept and recognition of number
:0 & 1

Colors : Red , Blue ,Yellow.

(Jodo Gyan kit will be used
to explain all the concept)

HINDI-

अ तथा आ की पहचान

EVS-

My Self : About our self-girl / boy,
age, favourite things.

My school : My school name,My class
My teacher name

My family :Members in my family

Concept will be reinforce through
worksheet

ART & CRAFT- COLOURING

Shape introduction Circle shapes

DRAWING PRACTICE

DANCE-

Warm up/ floor exercise Free style ,
Zumba dance, Hast mudra,

PHYSICAL EDUCATION-

Gymnastics

Floor Exercise

Trampoline Skills

Music- Prayer

Parents are requested to ensure that
the child revises all the concepts
taught in class . This will help the
child to be confident in attempting
both oral and written work.

PREMIER
Pre Schools

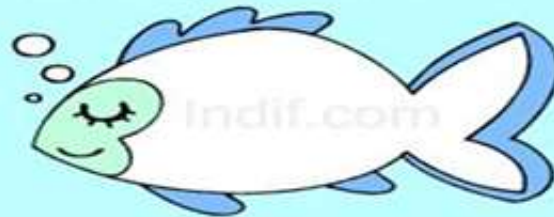
MUMMY AND PAPA I LOVE YOU

Mummy and Papa, I love you.
Come to me, when I call you.
Give me a kiss, when I ask you.
Mummy and Papa, I love you.



मछली रानी

मछली जल की है रानी,
जीवन उसका है पानी,
हाथ लगाओ तो डर जायेगी
बाहर निकालो मर जायेगी।



MEAL PLAN- BON APPETITE

Eat healthily, feel healthy & keep yourself healthy

A healthy diet and regular physical activity can stabilize energy, sharpness of the mind and improve one's mood –thus allowing children to maximize their potential both inside and outside the school. **The good news is – it doesn't have to be difficult either!** Instilling healthy habits in kids requires a team effort. Let's begin afresh yet again with another set of menu to add variety to your taste buds! Kindly follow the same to enjoy the nutrition of all the food components in your daily diet

Day 1 Monday: Veg sandwich, Biscuits

An easy sandwich, that kids would love with cheese and vegetables. Choose fiber-rich bread and digestive biscuits for a healthier choice. You can choose any sandwich spread also like Mayonnaise, Peanut butter also, of your kid's liking.

{With this kids will get --Carbs, protein, green vegetables and sugar, fibers etc..}



Day 2 Tuesday:

Roti, Paneer butter masala or Any other paneer recipe, Cucumber salad and Cashew biscuits

Paneer with rich buttery gravy goes well with the soft rotis, that will be kid's favorite!

{With this, Kids will get Carbs, protein, fat, Vitamins and fibers-}

Day 3 Wednesday:

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.

{With this, kids will get- Carbs, protein, fat, Vitamins and fibers-}

Day 4 Thursday:

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!!

{With this kids will get--carbs, protein, vitamins ,minerals and fibers }



Day 5 Friday:

Any fermented dish,--Idli and sambhar, dhokla, uttapam and coconut chatni etc..

These will improve your child's digestive system and keep him healthy.

{With this kids will get--carbs, protein, vitamins ,minerals and fibers }





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--

Say No!!!! to Junk food

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 chic peas +few drops of Lemon + black salt + sesame seeds	3 to 4 serving spoon	
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 spoon	
6.	Soaked black gram or dry roasted chana+ Gud or Jaggry	3 tsp Black Lentil or dry roasted chana + 2 Tsp Jaggry	2 serving spoon full of mix	

LUNCH BOX- SECRETS FOR LITTLE CHEFS

WATERMELON GAZPACHO

INGREDIENTS:

Ripe watermelon
Cucumber
Tomato
Fresh mint



METHOD

Chop the watermelon into rough cubes. Place it in a blender and blend. Pour into a bowl or container, and set aside. Cut the cucumber in half; remove the seeds by scooping them out with a spoon. Peel the cucumber halves, then roughly chop them into a few smaller pieces. Roughly chop the tomato into quarters. Place the cucumber, tomato, and pudina leaves into the pitcher of the blender. Blend until smooth. Pour the mixture into the container with the watermelon mixture and mix them with a spoon until fully combined. Place in the refrigerator and chill for about 2 to 3 hours, until cold.

NOTE- Please help your child while using blender, peeler, knife etc....

TONGUE TWISTERS

Greek grapes, Greek grapes, Greek grapes.

A big black bear is baking banana bread.



IMPORTANT DAYS OF THE MONTH

- 7 April 2022: World Health Day
- 22 April 2022: Earth Day
- 29 April 2022: International Dance Day
- 30 April 2022: Ayushman Bharat Diwas



COMMUNICATION

- **We would like to draw your attention to 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 everyday**. 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 its to be filled 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 dress in his /her bag every day.**

IMPORTANT INSTRUCTIONS

- 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, phone number**, clearly on an A-4 size sheet.
- Please ensure that the child should wear **I-Card** daily, along with the school uniform.
- All students are expected to **wear neat, clean and proper school uniforms** as specified.
- Always write your ward's **name, class/sec, house and admission no.** on every belonging of your child.
- **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.**



EVENTS OF THE MONTH

APRIL 2022

Day/ Date	Events
Friday, April 1, 2022	New Session begins (Know Your School Activity)
Monday, April 4, 2022	Visit-1
Friday, April 8,2022	I Am Special Activity(Nursery to UKG)
Monday, April 11,2022	Tug of War-Sports Activity
Wednesday, April 13,2022	Epic Enactment (UKG A & UKG B)
Friday, April 15,2022	Magic with Colors Activity(Nursery)
Tuesday, April 19,2022	Rhyme Recitation(LKG A)
Friday, April 22,2022	Earth Day(Nursery to 2 nd)
Tuesday, April 26,2022	Word Game(1 A & I B)
Wednesday, April 27,2022	Fancy Dress Activity(II A & II B)
Thursday, April 28,2022	International Dance Day & Inter House Classical Group Dance Competition

MAY 2022

Day/ Date	Events
Monday, May 01, 2022	Labour Day
Monday, May 02, 2022	Blow Painting(Nursery to UKG- Art & Craft)
Friday, May 06, 2022	Mask Making- 1 st & 2 nd
Saturday, May 07, 2022	PTM-1 & Mother's Day
Friday, May 13,2022	Pool Bash Party
Wednesday, May18, 2022	Summer Camp begins
Saturday, May 28, 2022	Culmination of Summer Camp

NOTE- ALL THE ACTIVITIES ARE SUBJECT TO CHANGE.



How can I help my
child **SUCCEED** in
school?



Stay involved and feel free to contact your child's teacher with any questions or concerns.

Ask your children about school and encourage them to talk about their day.

Do not talk negatively about your child's teacher or school.

Read with your child **every** night.

Make sure your child is getting plenty of sleep and is ready for school each day.

Help your child with his/her homework **every** night.

Teach your children to be responsible for their actions and their schoolwork.

Signature of Class Teacher

Signature of Coordinator

Signature of Principal