



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- UKG 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"



EME 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-Phonic Drill- review of Phonic sounds

Reading and recognition A-Z & a-z

Words related to Alphabets

Listening and speaking skill

Sight words like - Is , Are , Am, He, She

Words and Short sentences with vowel

(A , E , I , O,U)

Reading skill

Fitzroy Story - ANN AND MAL

WRITING SKILL

Writing Alphabet capital & small

MATHS

✓ ORAL

Review of pre math concept,
Review of shapes

Review counting 0 - 50 ,Back
counting 10-0

✓ WRITING SKILL

Numbers 1-20 Back
counting 10-0 Skip counting
in 10s , 5s , 2s

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

HINDI-

मौखिक. स्वर और व्यंजन की पहचान

लिखित. स्वर का लेखन

कविता व कहानियाँ

EVS-

About yourself , Good habits

Good manners (at school and at home
, neighborhood, market)

My schools -explore our school

My family, Big and unite family

Joint family, Family tree

**Concept will be reinforce through
worksheet**

ART & CRAFT- Colouring

Doodle Art{Sketching}

Step Drawing Shapes {Sketching}

DANCE-

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

PHYSICAL EDUCATION-

Gymnastics

Floor Exercise

Trampoline Skills

Music-Prayer



vowels

(From Skip to My Love Track 40)



lai, lei, li, loi, lui.
lai, lei, li, loi, lui.
lai, lei, li, loi, lui.



are short vowels that we use!



A vowel is in every word,
every word, every word.
A vowel is in every word
that we read or write.



lai, lei, li, loi, lui.



lai, lei, li, loi, lui.

are long vowels that we use!



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मेरा परिवार

दादा दादी करते हैं प्यार,
मैं उनकी नन्ही सरकार।
मम्मी पापा की आँखों का तारा,
मैं हूँ घर का राजदुलारा।
सभा सीदी बड़ी समझदार,
यही है मेरा सुन्दर परिवार।



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

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

MAY 2022

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

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

