



# 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- LKG SEPTEMBER 2022

“

### Teaching

is a very noble profession that shapes the character, caliber, and future of an individual. If the people remember me as a good teacher that will be the biggest honour for me.”

– A. P. J. Abdul Kalam



Dear Parents and Learners,  
Greetings!

September is a wonderful month. The weather is not as hot as it is in summer and the rainy season has almost gone. The air getting a little brisk. We have now entered September seeking the blessings of lord Ganesh with the plea that he will bless our children with the curiosity to gain knowledge and wisdom. In DPS Firozabad we have a firm belief that education should be collaborative, inclusive, and innovative. Our endeavour and heart desire are to provide all that is best in an interesting way for our students and that's what make us unique This month is full of fun-filled learning starting with the celebration of Teacher's day—commemorating the birth of prodigy Dr. Sarvepalli Radhakrishnan to many more events like Declamations, excursions, etc. Henceforth be ready to join us for the plethora of activities planned ahead

ALL THE BEST



## VALUE OF THE MONTH -- Honesty & Truthfulness

### 1. The Lion and the Mouse

Never underestimate anyone!

Once upon a time, a lion was taking a blissful nap in the forest. A mouse that was passing by saw the lion and started running up and down the lion for fun. Disturbed from his nap, the lion caught hold of the mouse and threatened to kill it.



“Please don’t kill me” begged the mouse. “Spare my life and I will repay you for the favor one day”, the mouse whimpered. The lion was amused by the thought of a little mouse helping the King of the forest but let the mouse go out of kindness.

After a few days, the lion gets caught in a net laid down by a hunter. No matter how hard he tries, the lion fails to free himself from the net. The lion’s roars of frustration and helplessness are recognized by the same mouse to whom the lion showed mercy. The mouse finds the lion and gnaws the net until it comes apart. The lion thanked the mouse and felt silly for ever doubting its capabilities to help him.

**Moral of the story:** *No act of kindness is ever wasted and no one should be judged based on their appearance.*

## THEME OF THE MONTH --“ANIMAL’S WORLD

### PETS & CHILDREN -----

Pets are part of many children's lives. Parental involvement, open discussion, and planning are necessary to help make pet ownership a positive experience for everyone. A child who learns to care for an animal, and treat it kindly may get invaluable training in learning to treat people the same way.



# SYLLABUS OF THE MONTH

- **Oral : PHONIC DRILL**
- **READING SKILL :** Matching capital and small letters – A-Z ,a-z
- words related to alphabet A-Z
- Sight Words - A, Am, My, Is, In, The, He, She, This, That, And, All, Of, To **Listening and speaking skill**
- [General Conversation] –
- **RHYME** – Listen to the water.
- **STORY**– 2- A big pig
- **WRITING SKILL**- U, O, Q, C, D, G- u, o, q, c, d . practice on notebook
- opposite words-

## MATHS

- **Oral**
- **concept:** Left-right , near –far
- Recognition of numbers - 35-40
- Counting with pictures- 0-40
- Shape- Diamond , Oval, Cone
- **WRITING SKILL** – writing number 11-15

Notebook writing

## HINDI

- **Pathan or lekhan**
- **lekhan - Ka- angh in the workbook and, (notebook)**
- **RHYME-** ek ek yadi ped lgao

## 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 in 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 Shoulder

## EVS

- **Land and water animals, Birds and insects**
- **Types of flowers , vegetables,**

## MUSIC

### INSTRUMENTAL

CONGO .....basic beats and hand balancing.

Keyboard...Basic elements of Music

Vocal... Roli poli song with direction Action (musical Vocal activities).

## DANCE

Warm-up exercise jumping jacks

Freestyle dance with prop dance

Squat

Western dance

Hast Mudra

Pataka , Musti, Naman,

Sarp Revision of all old hast mudra

New Hast Mudra

Mukula ,Sikhara

Teentaal taali by hand

## ART & CRAFT

Wall hanging

Coloring

Thumb painting

Ice-cream stick house

Book activity

## LISTEN TO THE WATER

Chorus:  
Listen to the water.  
Listen to the water.  
Rolling down the river.  
(Repeat)

We saw some birds by the waterside,  
We saw some birds by the waterside,  
We saw some birds by the waterside,  
Oh oh, by the waterside,  
Oh oh, by the waterside,  
Chorus

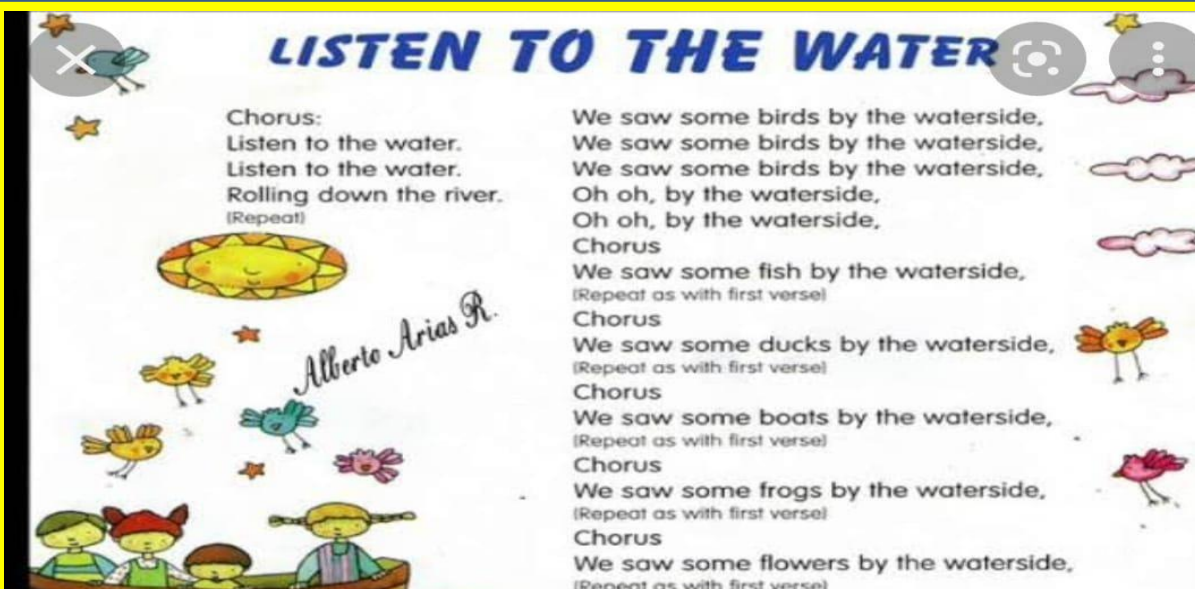
We saw some fish by the waterside,  
(Repeat as with first verse)

Chorus  
We saw some ducks by the waterside,  
(Repeat as with first verse)

Chorus  
We saw some boats by the waterside,  
(Repeat as with first verse)

Chorus  
We saw some frogs by the waterside,  
(Repeat as with first verse)

Chorus  
We saw some flowers by the waterside,  
(Repeat as with first verse)





## एक-एक

एक-एक यदि पेड़ लगाओ,  
तो तुम बाग लगा दोगे ।

एक-एक यदि ईंट जोड़ो,  
तो तुम महल बना दोगे ।

एक-एक यदि पैसा जोड़ो,  
तो बन जाओगे धनवान ।

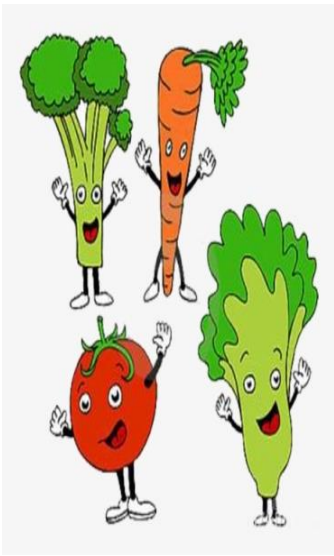
एक-एक यदि अक्षर पढ़ लो,  
तो बन जाओगे विद्वान ।



## MEAL PLAN- BON APPETITE

### Eat healthy- Stay Fit

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 jiggery 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.

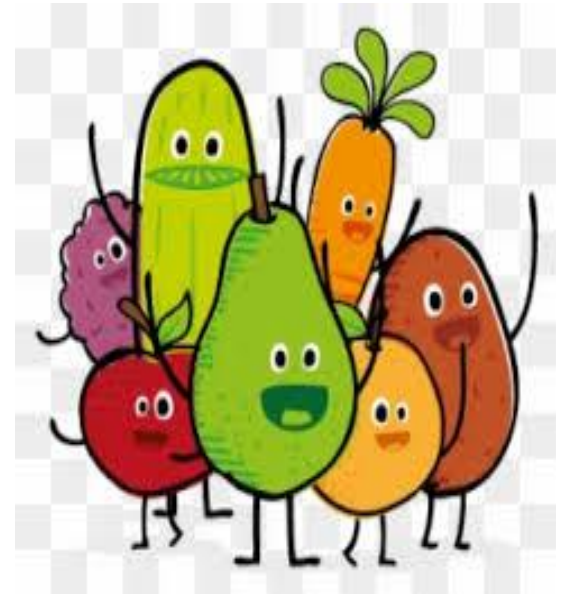
{With this, kids will get- Carbs, protein, fat, Vitamins and fibers-}

### 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

### Healthy cheesy chat--

#### Ingredients Required:

- 2 hard-boiled potatoes cut as finger fries
- Half cup Kabuli chana salted boiled
- Half cup paneer cut into cubes
- Half cup shredded cheese
- Half cup ball pepper (yellow & red)
- Half cup tomatoes
- Half cup onions finely chopped
- 1 tbsp oregano, 1 tbsp chili flakes
- Tomato sauce--as per taste
- Salt (as per taste)



#### Method:

- Take a bowl and mix all the ingredients with sauce and salt in it
- Spread the bell peppers, tomatoes, green chilies (optional), and onions over the mixture
- Sprinkle the oregano, chili flakes, salt, and shredded cheese over it
- Pre-heat the oven for 5 minutes
- Put the plate inside the oven and wait for 3 minutes till the cheese melts
- Serve your healthy hot cheesy chat.

## TONGUE TWISTERS



**Fresh fried fish, fish  
fresh fried, fried fish  
fresh, fish fried fresh**



## IMPORTANT DAYS OF THE MONTH

5 September	Sunday	Teachers' Day (Dr. Radhakrishnan's birthday)
8 September	Wednesday	World Literacy Day
14 September	Tuesday	Hindi Diwas
15 September	Wednesday	Engineer's day in India
14 September	Tuesday	World First Aid Day
23 September	Thursday	International Day of Sign Languages

## 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.**

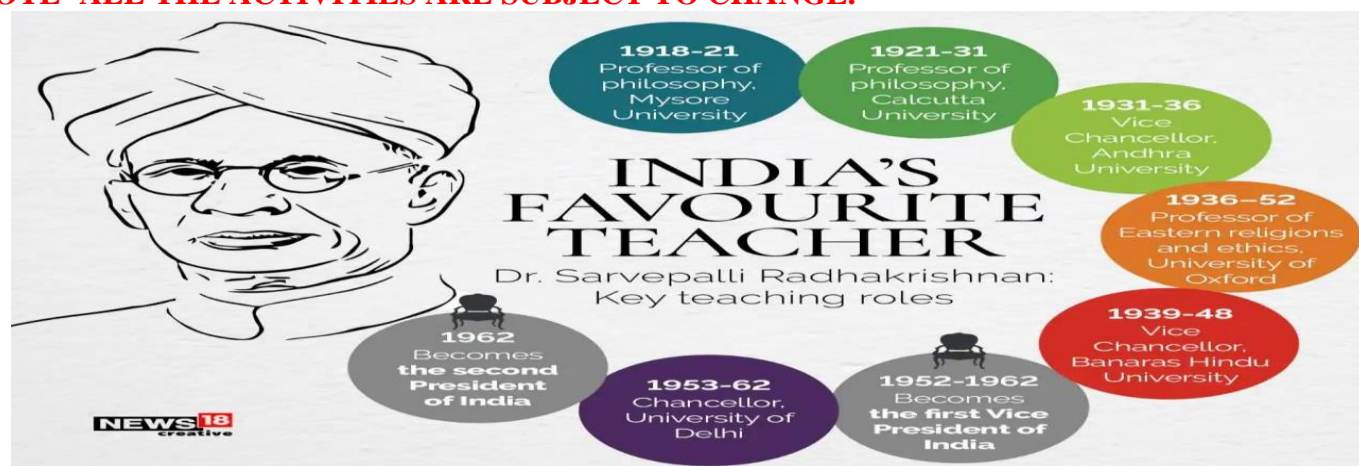
## IMPORTANT INSTRUCTIONS

- 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, and 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 sendthem when they feel completely fit.**
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## EVENTS OF THE MONTH

Day/ Date	Events
<i>Friday, September 2, 2022, to Wednesday 14, 2022</i>	<i>Declamation- Animals(Nursery) Declamation- Delicious &amp; Healthy Food(LKG) Declamation- people who help us (UKG A &amp; UKG B) Declamation- Class 1 A &amp; 1 B(Favourite Cartoon Character) Declamation- Class 2 A &amp; 2 B( Favourite Freedom Fighter)</i>
<i>Monday, September 5, 2022</i>	<i>Teacher's Day</i>
<i>Friday, September 9, 2022,</i>	<i>Baal Sangosthi (Nursery to UKG)</i>
<i>Friday, September 23, 2022</i>	<i>Baal Sangosthi (Nursery to UKG)</i>
<i>Friday, September 16, 2022,</i>	<i>Baal Sangosthi(class I )</i>
<i>Friday, September 30, 2022,</i>	<i>Baal sangosthi (class II)</i>
<i>Saturday, September 17, 2022</i>	<i>National Dance Day</i>
<i>Saturday, September 24, 2022</i>	<i>PTM-3</i>
<i>Friday, September 30, 2022</i>	<i>Hurdle Race(Nursery to 2<sup>nd</sup> )</i>

**NOTE- ALL THE ACTIVITIES ARE SUBJECT TO CHANGE.**




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Signature of Class Teacher

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Signature of Coordinator

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Signature of Principal