



# DELHI PUBLIC SCHOOL, FIROZABAD

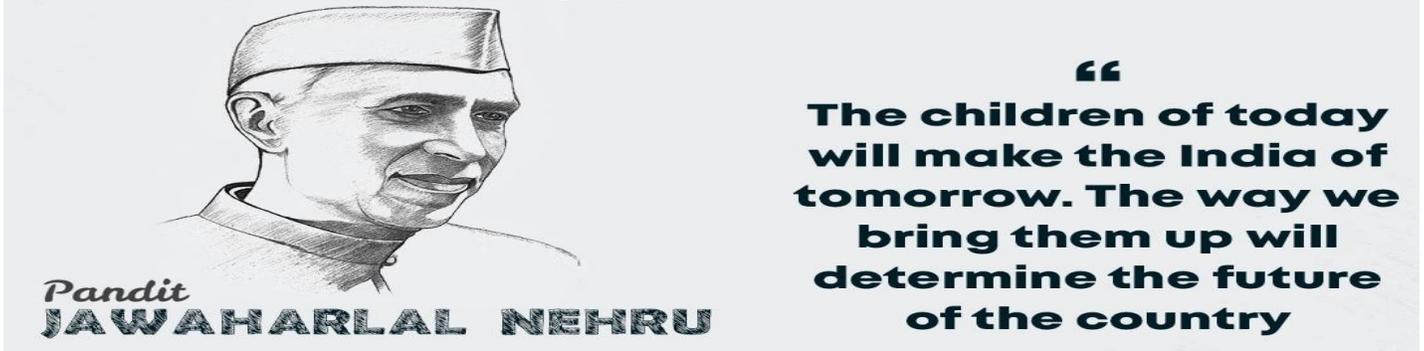
*Under the Aegis of Delhi Public School Society, New Delhi*

(Senior Secondary)

Affiliated to CBSE New Delhi (Code: 2133064)

## NEWS LETTER CLASS- UKG NOVEMBER 2022

**“The most valuable gift you can receive is an honest friend.”**



Dear Parents and Learners,  
Greetings!

Welcome children, we are happy together we will learn new things. Drawing and painting, Stories and rhymes will be the part of our day to make sure that you have fun every single day.....

Did you know .....

School Attendance: A key to success – missing 1-2 days per month from kindergarten to class 12<sup>th</sup> will count toward missing of one full academic session. One of the most important prerequisite of academic success is attending school every day. In fact, research has shown that the child’s attendance is the biggest factor influencing his/ her academic success.

In the words of John Dewey, “Education is not preparation for life; education is life itself!” Keeping this in mind, our youngsters showcase their talent every day through various activities enabling them to learn and grow holistically. After the busy months of September and October, they now step into November with a whole new set of learning skills. This is to challenge and encourage them to do better in every field. At Delhi Public School Firozabad the task of guiding children toward their journey to adulthood is taken up with the utmost seriousness through strategically and scientifically planned steps so that the students and parents can naturally enjoy the process of becoming lifelong learners. The guiding principles of NEP emphasize connecting knowledge to life outside...

Ready to welcome a new month

Thanks

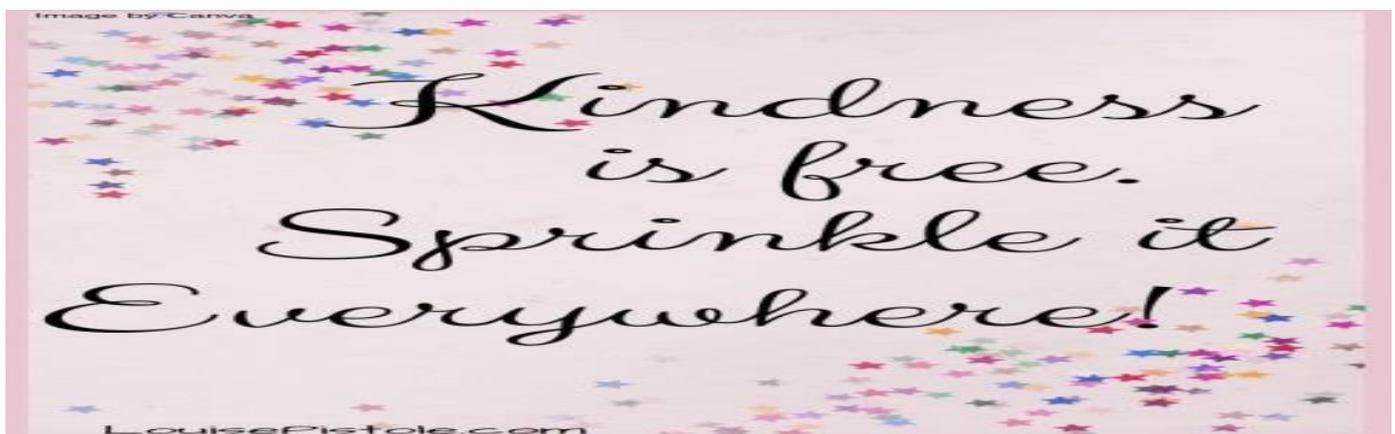


## THEME OF THE MONTH -- *Our country / Vehicles*



## VALUE OF THE MONTH -- *“Kindness and Friendliness”*

To accomplish this value- We will discuss about the importance of kindness and friendliness. We will encourage children to become friends with other children and will practice kindness in day-to-day circumstances. The teacher will tell them about Chacha Nehru.



# SYLLABUS OF THE MONTH

**ENGLISH** Phonic Drill - Opposite words,

Revision Aa to Zz, Story-6 The sick dog and sight words from the story. Small sentences, the concept of these and those, **Listening and speaking skills** -Sight words like - what, when , where, why

**Reading skill**

3 letter words

Fitzroy's story THE BIG MESS

**WRITING SKILL**

3 letter words and short sentences

Textbook related exercise

**MATH-** counting 85 o 100

Table of 4,5, the introduction of ordinals (1 to 10), greater than, less than 0 to 50, number names 1 to 20,after, before and between 1 to 50, single digit addition

**HINDI-मौखिक-** व्यंजन की पहचान एवं

उच्चारण.- व्यंजनों से संबंधित शब्द हिंदी कविता

**लेखन-** व्यंजनों का लेखन-इ व ई की मात्रा के

शब्द व उनसे जुड़े वाक्य (किताब पढ़,हिरन

आया,दीपक जला,चीता आया,पानी पी)अभ्यास-

अमात्रिक शब्द तथा वाक्य ,आ की मात्रा व उनके

वाक्य।

**EVS** - Revision of air

(uses,speed,wind,breeze, pollution andnits effects)

About our country (National symbols, celebrations and festivals (National and religious)

Written -National symbols and festivals (National and religious)

**MUSIC :Vocal :Pawan prabhati..**

(Musical Vocal Activities).

**INSTRUMENTAL :-Congo... Basic Exercises**

**Beats and hand balance.**

**Keyboard.. Basic elements of music**

**PHYSICAL EDUCATION-** Gymnastics:

Perform a floor routine including a combination of at least eight different skills.

Floor Exercise: (i) Rolls ( Forward , Backward, and Dive forward(ii) Cartwheel(iii) and stand

(iv) Handspring(v) Round off Trampoline

Skills:(i) Tuck Jump(ii) Seat dop(iii) Half twist(iv) Full Twist (v) Straddle Jump

**Dance** : Western Dance Form

Exercise : neck twisting , shoulder twisting

**Art & Craft :-** Paper bird , coloring, Book activity , sponge Painting

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.

**करुणा, दया प्रेम का  
भारत**

भारत मां का शीश  
हिमालय

चरण हैं हिन्द महासागर

मातुश्री के हृदय देश में

बहती गंगा हर.हर.हर।

हिन्दू मुस्लिम सिख ईसाई

रहते हैं सब मिल.जुलकर

यहां चाहते देवता रहना

स्वर्ग लोक से आ.आकर।

**Go, Go, Go!**

We can fly in a plane. 

We can ride on a train. 

In a boat, we will row. 

We can go, go, go!

We go near, we go far. 

In a bus or a car. 

We go high, we go low. 

So, where should we go?

## 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<br>Or mix of fruits available  | 1 big bowl or 3 serving spoon |  |
| 4.     | Sprouts  | 2 spoon of sprouts of Moong +2 spoon of Gram<br>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 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   |  |

### BAKED POTATO SALAD

#### ✓ Ingredients

- Potato wedges frozen 250 grams ,Mayonnaise 3/4 cup ,
- Olive oil 2 teaspoon ,Dried mixed herbs 1/2 teaspoon ,
- Mustard paste 1 teaspoon ,Black peppercorns crushed 1/2 teaspoon ,
- Salt to taste

#### ✓ Method:

Preheat oven to 200°C. Place potato wedges on a baking tray and pour olive oil over them. Mix well, keep the tray in the preheated oven and bake for forty five to fifty minutes or till well done and crisp. Mix mayonnaise, mixed herbs, mustard paste, crushed black peppercorns and salt in a bowl. Add baked potato wedges and mix.

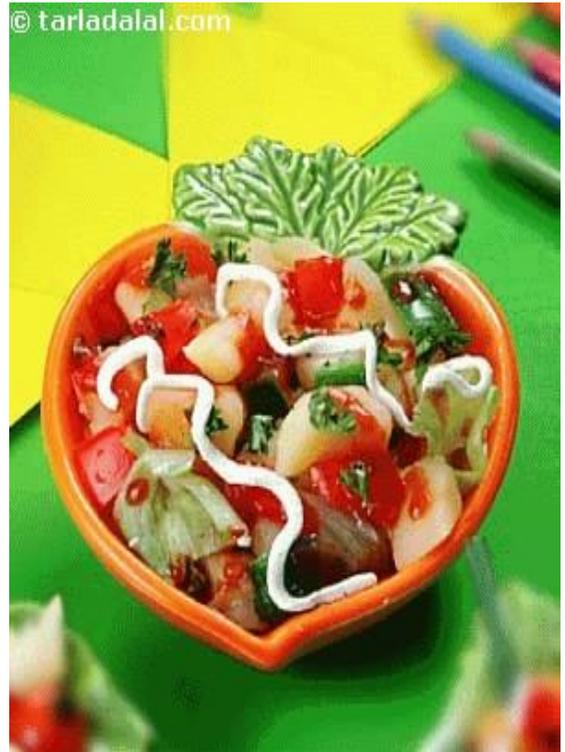
*Step 1-Preheat oven to 200°C.*

*Step 2-Place potato wedges on a baking tray and pour olive oil over them. Mix well, keep the tray in the preheated oven and bake for forty five to fifty minutes or till well done and crisp.*

*Step 3Mix mayonnaise, mixed herbs, mustard paste, crushed black peppercorns and salt in a bowl.*

*Step 4-Add baked potato wedges and mix.*

*Step 5-Garnish with parsley and serve immediately.*



## TONGUE TWISTERS

**ZEBRAS ZIG AND ZEBRAS ZAG.**

**IRISH WRISTWATCH.**

**RED LORRY, YELLOW LORRY. SELFISH SHELLFISH.**

## IMPORTANT DAYS OF THE MONTH

- **14th November -- Jawaharlal Nehru's birthday**
- **26<sup>th</sup> November -- Constitution day of India**

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

NOTE- ALL THE ACTIVITIES ARE SUBJECT TO CHANGE.

| <i>Day/ Date</i>   | <i>Events</i>                          |
|--|--|
| <i>Thursday, Nov. 10, 2022, to<br/>Monday, Nov. 14, 2022</i> | <i>Fit India Week</i>                  |
| <i>Monday, November 14, 2022</i>                             | <i>Children's Day Celebration</i>      |
| <i>Wednesday, November 16, 2022</i>                          | <i>Baal Sangosthi Nursery to UKG</i>   |
| <i>Thursday, November 17, 2022</i>                           | <i>Baal Sangosthi, class I</i>         |
| <i>Friday, November 18, 2022</i>                             | <i>Baal Sangosthi, class II</i>        |
| <i>Tuesday, November 29, 2022</i>                            | <i>Hindi Assessment Nursery to UKG</i> |
| <i>Wednesday, November ,30 , 2022</i>                        | <i>EVS Assessment ,Nursery to UKG</i>  |

\_\_\_\_\_  
Signature of Class Teacher

\_\_\_\_\_  
Signature of Coordinator

\_\_\_\_\_  
Signature of Principal

Secret to happiness...



express gratitude  
practice kindness  
spread cheer  
savor joy