



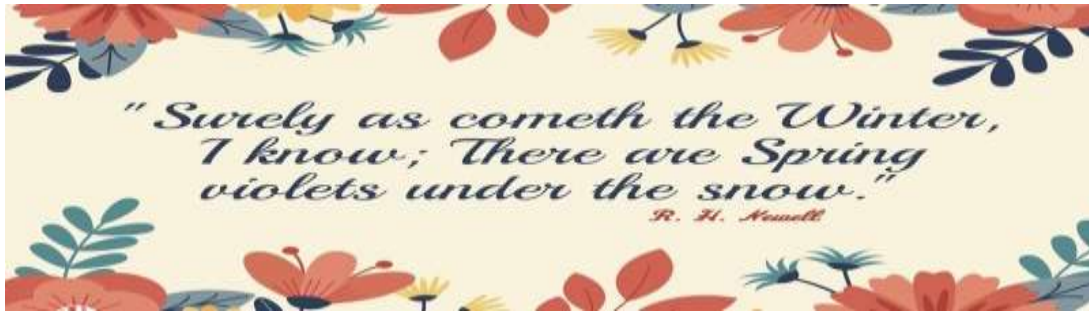
DELHI PUBLIC SCHOOL, FIROZABAD

Under the Aegis of Delhi Public School Society, New Delhi

(Senior Secondary)

Affiliated to CBSE New Delhi (Code: 2133064)

NEWS LETTER CLASS- NURSERY FEBRUARY 2023



Dear Parents and Learners,

We are now approaching fast the final stretch of the session. The children are older now with new levels of self-sufficiency, ready to step into a new beginning. This is the time for us to polish the learning of our kids !! A month when greenery is all around, and the flowers are in blossom...just like our tiny tots who are ready to embrace the new month and enjoy this with best to their ability as they have.

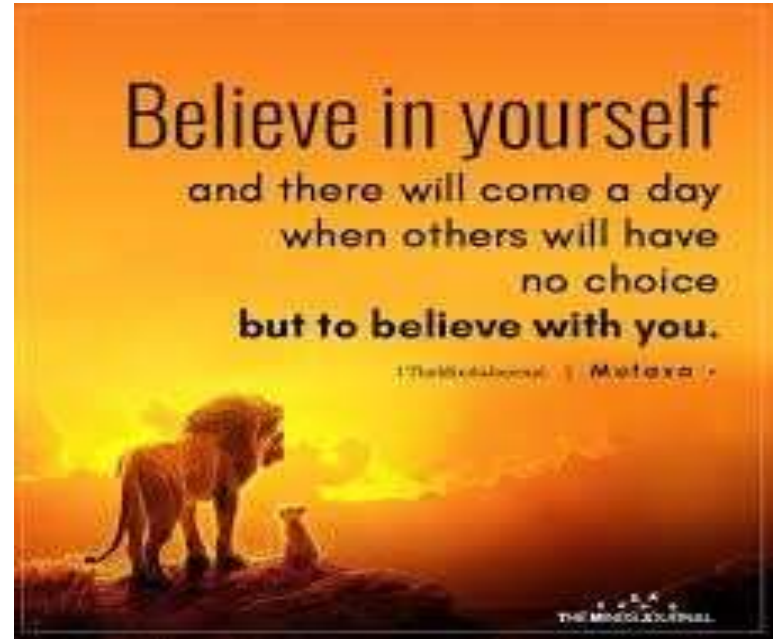
Dear parent, the month of February heralds the season of spring as the earth uncurls the blanket of cold from around her and lets the warm rays of the sunshine through. There's a fusion of colours every where with flowers blooming and fresh grass raising its head. The little ones too are blossoming into young, confident achievers with each passing day and to see them so, fills our hearts with pride.

We still have a number of exciting and fun-filled activities for our kids. Last month we celebrated Republic Day and once again felt proud to be an INDIAN.. Our constant endeavor is to ensure that the students have fun through various engaging and enthralling activities both inside and outside the classroom. For the month of February and we have planned many activities that will reinforce all the concepts covered in their classes. Your cooperation and support will be highly solicited..

Thanks



VALUE OF THE MONTH -- BELIEVE IN YOURSELF AND SETING GOALS



THEME OF THE MONTH - "OUR PLANET & STARS"

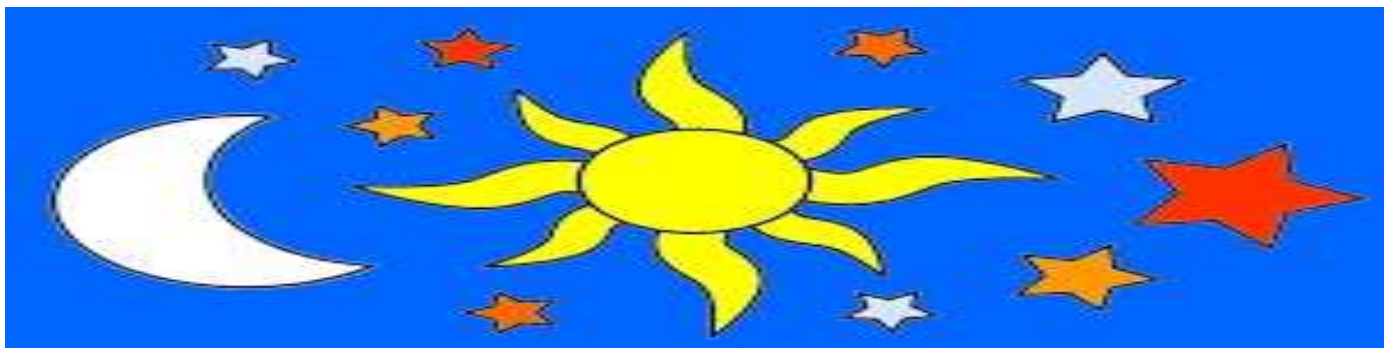
THE MOON

The moon shines bright ;

With a silvery light ,

Oh !! Don't you think it,

Very pretty sight.



SYLLABUS OF THE MONTH

ENGLISH

Phonic Drill

• Letter Recognition

• Aa To Zz

- words Related to Alphabets
- General Conversation- Revision

• Actions Words - Revision

• Alphabet Rhyme

Story - Character Recognition

Writing Skills In Notebook- U,V,W,X,Y,Z

Activities - Clay Modeling patterns

Rhyme For the Month - Teddy bear Teddy bear

MATH- ORAL-Counting MATHS :

- Revision of pre-math Concepts
- Counting Revision
- Writing Practice in notebook - 1 to 10
- Revision of Shapes.

HINDI-

• स्वर की पहचान व उच्चारण (अ से ाः)

• अ से ऐ लेखन पुनरावृत्ति

• ओ , औ , अं , ाः का लेखन

• कविता- चंदा मामा

ART & CRAFT- Drawing book (3 Colouring activities) , Activity (Balloon impression painting)

DANCE-

Dance Form -western ,Exercise- Neck twisting, Shoulder twisting, hand Raund,Rist twisting, rock &roll, jumping jucks

Hast mudra -pataka, Araal, Musthi

One western songs , Assessment

PHYSICAL EDUCATION-

Athletics-- Running

**jumping,
throwing**

MUSIC- Vocal

Pawan prabhati..

(Musical Vocal Activities).

Instrumental--Congo... Basic Exercisese

Beats and hand balance.

Keyboard.. Basic elements of music

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

EVS :

ORAL -

• In The Sky

• Sun, Moon and Stars.



TEDDY BEAR

Teddy bear, teddy bear,
Turn around.
Teddy bear, teddy bear,
Touch the ground.
Teddy bear, teddy bear,
Polish your shoes.
Teddy bear, teddy bear,
Go to school.



चन्दा मामा

चन्दा मामा आओ ना,
दूध-बतासा खाओ ना,
मौठी लोरी गाओ ना,
बिस्तर में सो जाओ ना।

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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 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

It is a quick, easy, tasty dish and perfect for a party dessert. It is a relaxing and healthy snack that no one can ignore, especially kids.

Ingredients

- Cake base-1/2 kg
- Vanila icecream -2cups
- Strawberry Icecream-2cups
- Mango Icecream- 2cups
- finally chopped fruit slice &Dry fruits
- Foil container -1

Method

- Cut the cake base in 3 layers
- Put 1st layer in the foil pot
- Spread mango ice cream on first layer evenly
- Spread vanilla ice cream on the second layer evenly
- Spread strawberry ice cream on the top layer evenly
- Decorate with fruit slices and dry fruits.
- Keep this in the freezer for one and a half hours
- Take it out, cut into pieces and serve it .



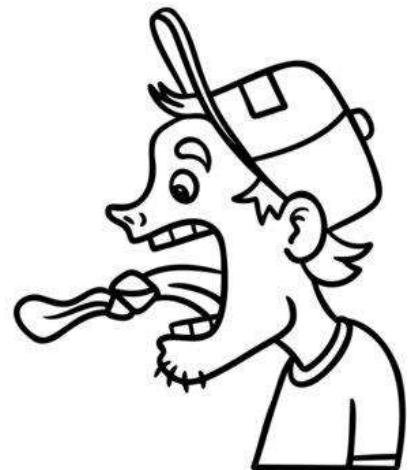
Note- Enjoy cooking under Parents supervision always.

TONGUE TWISTE

Chester Cheetah chews a chunk of cheap cheddar.

Five frantic frogs fled from fifty fierce fish.

Fred fed Ted bread, and Ted fed Fred bread.



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 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 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 dresses 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 only send them when they feel completely fit.**

IMPORTANT DAYS OF THE MONTH

4 February - World Cancer Day. ...

10 February - World Pulses Day

13 February – Sarojini Naidu Birth Anniversary

8 March - International Women's Day

20 March – World Sparrow Day

EVENTS OF THE MONTH

FEBRUARY 2023

<i>Day/ Date</i>	<i>Events</i>
<i>Friday, February 3,2023</i>	<i>Visit-4</i>
<i>Tuesday, February 14,2023</i>	<i>Visit-5</i>
<i>Friday, February 17,2023</i>	<i>Annual sports Meet (Nursery to Class II)</i>
<i>Tuesday, February 21,2023</i>	<i>Bal Sangoshthi (Nur, LKG,UKG)</i>

NOTE- ALL THE ACTIVITIES ARE SUBJECT TO CHANGE.

Signature of Class Teacher

Signature of Coordinator

Signature of Principal

