



# DELHI PUBLIC SCHOOL, FIROZABAD

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

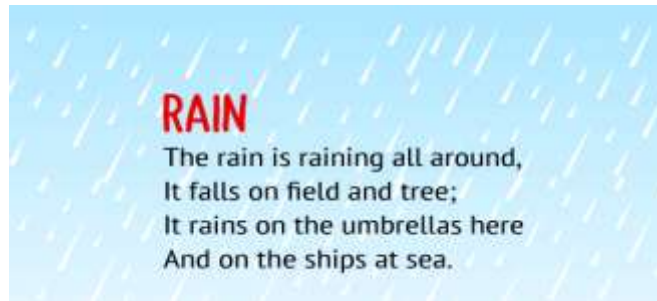
(Senior Secondary)

Affiliated to CBSE New Delhi (Code: 2133064)

NEWS LETTER CLASS- UKG JULY 2022

**“The price of greatness is responsibility”**

**Winston Churchill**



Dear Parents and Learners,  
Greetings!

Welcome back to the school!

Dear little learners, we are sure that you and your family spent summer holidays with lots of fun and joy, We, are eagerly waiting to hear your vivid description about vacations in your sweet voices. When our classrooms playgrounds corridors will again brighten up with the echoes of your enthusiastic and exciting sounds,

It's time to welcome the Monsoon and cheer with new learnings, in a joyful ride planned with meaningful activities for month. So dear parents and little ones be ready to experience the joy of learning.

ALL THE BEST



**SAY NO ....TO PLASTIC !!!!**

India will ban manufacture, import, stocking, distribution, sale and use of identified single use plastic items, which have low utility and high littering potential, all across the country from **July 1, 2022**



# VALUE OF THE MONTH -- "RESPONSIBILITY"

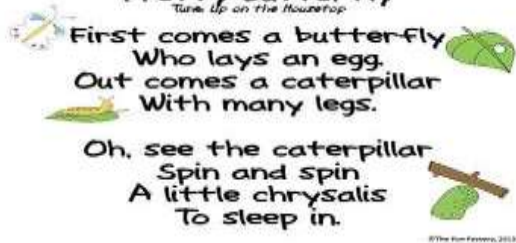
<p><u>What does it mean?</u></p> <p>make good choices caring about yourself and others</p>	<p><u>Characteristics</u></p> <p>on your own without being told trustworthy dependable</p>
<h2>RESPONSIBLE</h2>	
<p><u>Examples</u></p> <ul style="list-style-type: none"> <li>- Keep your desk clean</li> <li>- pick up papers</li> <li>- finish work</li> <li>- put materials away</li> <li>- stay on task-focus</li> <li>- ignore people</li> </ul>	<p><u>Non-Examples</u></p> <ul style="list-style-type: none"> <li>- messy desk</li> <li>- unfinished work</li> <li>- tell people answer</li> <li>- copying other people</li> </ul>
<p>WHAT I have LEARNED</p>	

# THEME OF THE MONTH - "Stages of life, Housing & clothing"

**Pretty Butterfly**  
*Tune up on the flowerpot*

First comes a butterfly  
Who lays an egg.  
Out comes a caterpillar  
With many legs.

Oh, see the caterpillar  
Spin and spin  
A little chrysalis  
To sleep in.




## STAGES OF LIFE



# SYLLABUS OF THE MONTH

## ENGLISH-

- Reading and recognition- A-Z & a-z
- Words related to alphabet
- Listening and speaking skill[General Conversation]
- Use of SIGHT WORDS -
- -- ME , HE, IS, MY,SHE ,THIS, THAT, IT
- READING SKILL-3Letter Words with vowel 'A,E,I,O,U (From the text book )
- Fitzroy Readers 1X-10X)2
- TOM CAT and JIM RAT'
- WRITING SKILL - A-Z , a-z , (practice)

## MATHS

**MATHS** Counting 51-60

- Concept and recognition of 51-60
- Pre-math concept up-down open-close
- Writing 21-25
- Back counting 15-0

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

## HINDI-

**मौखिक** . स्वर और व्यंजन की  
नहचान  
**लिखित** . स्वर का रेखन  
कविता व कहानियाँ

## ART & CRAFT- Colouring

Doodle Art(SKETCHING)

Step drawing shapes

## DANCE-

freestyle prop dance, warm up exercise  
cool down exercise, technique of prop  
handling, floor exercise ,Hast mudra  
pataka ; Naman

## PHYSICAL EDUCATION-

Space Awareness (Where the body and  
Object is moving) Direction:-

Forward, Backward,side ways (Left &  
Right ) Up, Down

Clockwise Anticlockwise

**Music-** Vocal and instrumental-  
preview old syllabus

*# 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.*

## EVS- ORAL

- Age and stages of life
- Body Parts
- Identification of sense organs
- Correct posture and exercise
- Housing and clothing
- Types of houses: Kutcha and pakka house
- Different rooms and things inside
- Importance of keeping house clean

Concept will be reinforce through  
worksheet

# CLOTHES SONG

1. Listen and complet the song.

❖ Get ready, get ready

It's time to go

Get ready, get ready

From head to toe.

Sun , wind,  or snow.

Look outside and pick your clothes.

Put on your  , put on your  .

Put on your  , put on your  .

Put on your  , put on your  .

Get dressed for the day.

➤ Ger ready, get ready.

It's time to go

Get ready, get ready

shirt

rain

pants

socks

pants

socks

shirt

hat

coat

आए बादल

देखो -देखो बादल आए, साथ अंधेरा कैसा लाए।

बादल राजा घड -घड -घड, मेंढक बोला टरर-टरर-टरर।

पानी बरसा छम-छम-छम, छाता लेकर दनकले हम ।

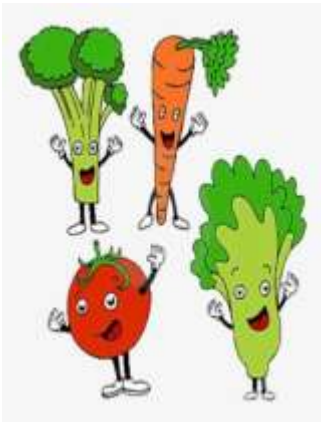
दिर भी देखो भीग गए हम, ऊपर बाररश नीचे हम ।



## 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.

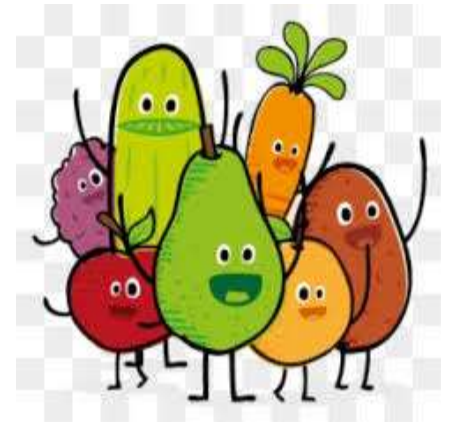
{With this, kids will get- Carbs, protein, fat, Vitamins and fibers-}

### **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

### TRY THIS (Health drink )

Few Mint leaves  
Few leaves Tulsi patra  
Small piece of ginger  
cinnamon powder (optional)  
1 spoon lemon juice  
Black salt -according to taste  
Honey 2 table spoon



#### Method--

Take one glass of water , wash all ingredients properly , grind mint leaves , tulsi patra ginger in a vessel add honey, black salt, and lemon juice . serve in a big glass with lemon slice .

## TONGUE TWISTERS

\* SHEENA LEEDS, SHEILA NEEDS

\* A HAPPY HIPPO HOPPED AND  
HICUPPED.



## IMPORTANT DAYS OF THE MONTH

July 1<sup>st</sup> -- National Doctor's Day  
July 9<sup>th</sup> -- Id- Ul - Adha - Id - Ul - Zuha  
July 11<sup>th</sup> -- World Population day  
July 29<sup>th</sup> -- World Tiger's Day  
July 30<sup>th</sup> -- Muharram



Eid  
Al-Adha  
mubarak



## 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.**



محرم  
Muharram

## EVENTS OF THE MONTH

Day/ Date	Events
Friday, July 8,2022	Mango Day & Father's Day(Nursery to 2 <sup>nd</sup> )
Friday, July 15,2022	Coir Day
Monday, July 18,2022	Special Assembly- Eat Healthy(Nursery)
Wednesday, July 20,2022	Special Assembly- Doctor's Day(LKG A)
Friday, July 22, 2022	Special Assembly- Etiquette and Manners (UKG A)
Monday, July 25,2022	Special Assembly- Classroom Rules(UKG B)
Friday, July 29,2022	Obstacle Race(Nursery to 2 <sup>nd</sup> )(Physical Education)

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



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

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

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

<https://www.liveworksheets.com/dn365865mu>

