



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 AUGUST 2022



तू उडे तो रुक नहीं, सकता हमारा विजय रथ है
मुक्ति ही तेरी हमारे ,लक्ष्य का आलोक पथ है
आँधियों से मिटा ,तूने अमिट जो चित्र आँका!
विजयनी तेरी पताका!



महादेवी वर्मा

Dear Parents and Learners,
Vandematram !

*Authenticity starts with
Understanding your worth and
Glowing in your way because a
Unique, imperfect, and different
Self is much better Than the perfect clone.*

Success is not an accident it's hard work, perseverance, learning, studying, sacrifice, and most of all the love of what you are doing and learning to do. It is an immense pleasure to see that we are back to normal school to teach share and celebrate learning. We now have our students back in our fully functional classroom. we devoted ourselves to giving our best in all aspects of their holistic development to originate maximum productivity. During this month children will be taught about Independence day(15TH August) and implant in them a pure love for our nation – 'I am an Indian and I am proud of it. We will make our kids aware of the National Anthem and National Flag- Tricolour, The right way to hoist the flag the way we should pay respect to our National Anthem, and of course, the story of the freedom struggle will be told during the storytelling session. We instill a sense of patriotism, which means- love, respect, and loyalty toward one's Nation. Instilling values of patriotism in children will help them become responsible citizens of India. These learning experiences will empower students with various skills, awareness, the feeling of responsibility, and above all patriotism.

JAI BHARTI



न चाहूँ मान दुनिया में, न चाहूँ स्वर्ग को जाना, मुझे वर दे यही माता रूँ भारत पे दीवाना ॥

राम प्रसाद बिस्मिल

VALUE OF THE MONTH -- “MY COUNTRY, MY PRIDE”

MEANING OF PATRIOTISM --

Patriotism means love, respect belongingness, and loyalty toward one's country..

WAYS TO INSTILL PATRIOTISM IN CHILDREN

1-LEAD BY EXAMPLE-

- *Parents are the 1st teacher, and the role models for their kids. Explain to kids that each and every correct step is good for our nation even if it is --
- *Throwing garbage in correct dustbin only. (Swachh Bharat Abhiyan)
- *Doing exercise and keeping ourselves, fit (Fit India)
- *Always show respect towards our country and its heritage.
- *Paying Taxes-Tell kids how it helps us

2- DISCUSS THE NATIONAL FLAG AND NATIONAL ANTHEM-

Tell kids why we should show respect to our NATIONAL FLAG AND NATIONAL ANTHEM. Tell the facts about them according to the age of the child.

3-TALK ABOUT FREEDOM FIGHTERS-

Tell the children various stories of freedom fighters.This will make children aware that how precious our freedom is.



कस ली है कमर अब तो, कुछ करके दिखाएंगे, आज़ाद ही हो लेंगे, या सर ही कटा देंगे।

शहीद अशफ़ाक़उल्ला खा

4-DISCUSS THE CONSTITUTION OF INDIA-

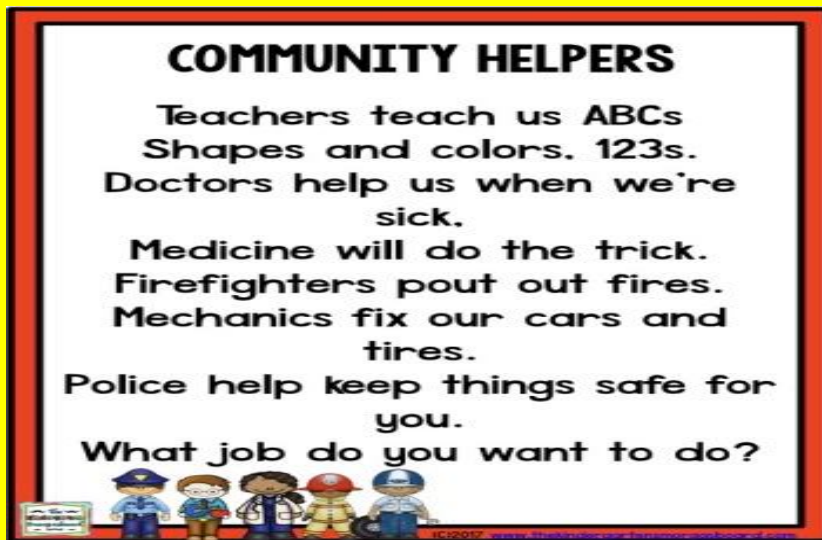
Tell the kids what is it and why it is so important and treasurable.
Simplify it that it is the supreme law or set of rules in India that govern the country

5-- DISCUSS ABOUT ARM FORCES--

Tell the kids to respect the soldiers and retired army personnel.

6- VISIT MUSEUMS AND HISTORIC PLACES

THEME OF THE MONTH -“PEOPLE WHO HELP US “



है महान, अति भव्य पुरातन, गूँजेगा यह गान हमारा

,है क्या हम-सा कोई जग में, यह है भारत देश हमारा

सुब्रमण्यम भारती

SYLLABUS OF THE MONTH

- **ENGLISH-** • Phonic Drill
- Letter Recognition
- E,F,G,H,e,f,g,h
- words Related to Alphabets
- Courtesy Words - Revision Of April ,May July
- General Conversation-
- 1- I want water
- 2- I want a pencil
- Actions Words - *Sit , Stand, Jump , Run , clap
- Alphabet Rhyme
- Story - Character Recognition
- Writing Skills In Notebook- A, B ,C
- Activities - Clay Modeling patterns
- Rhyme For the Month - Rain Rain Go Away

MATHS

pre- math Concept

1- Full - Empty

2- In- out

• Recognition of 5,6,7

• Counting Oral 1- 10

• Missing Numbers 1- 10

• Writing Practice in Notebook - 1,2 (**Jodo Gyan kit will be used to explain all the concept**)

HINDI-

- उ व ऊ की पहचान
- अ व आ का लेखन
- कविता - लकड़ी की काठी

EVS- ORAL

Parts Of Body

- Sense Organs
- My Home and Different rooms in it
- people who helps us

Concept will be reinforce through worksheet

ART & CRAFT- Colouring Circle shapes(drawing practice) Triangle shapes((drawing practice)

DANCE-

Warm up/ Free styl dance with props, Hast mudra -pataka, naman, mushti, sarp,

PHYSICAL EDUCATION-

Entry & Exit, Water familiarization, Cycling under water, Kicking in sitting position, Splash water each other

Music-Patriotic Song

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.



Rain, rain, go away,
Come again some other day.
We want to go outside and play,
Come again some other day.

लकड़ी की काठी काठी पे घोड़ा
घोड़े की दुम पे जो मारा हथौड़ा
दौड़ा दौड़ा दौड़ा घोड़ा दुम उठा के दौड़ा

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-}

**EAT WELL
LIVE WELL
BE WELL**

GOOD FOOD MATTERS

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 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- Almond Malai Kulfi

Ingredients

1 Cup almonds (blanched and ground)

1 1/2 cup condensed milk

6 tbsp Cream

15-20 Toasted pistachio, chopped coarsely

1/4 cup Milk

A pinch of Saffron

How to Make-

In a bowl, blend ground blanched almonds, condensed milk and cream together. Infuse milk with saffron and add the mix into it. Toast some pistachio and chop them coarsely. Add pistachio into it and blend them well together. Set them in a matki and cover it with butter paper. Refrigerate and serve cold.



TONGUE TWISTERS

*She sees cheese

*The blue bluebird blinks.

*Four fine fresh fish for you.



IMPORTANT DAYS OF THE MONTH

9th August	Quit India Movement Anniversary or August Kranti Din
11th August	Raksha Bandhan
20th August	Sadbhavana Diwas
29th August	National Sports Day
30th August	Janmashtami



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.**

मस्तक ऊँचा हुआ मही का, धन्य हिमालय का उत्कर्ष ।
हरि का क्रीड़ा-क्षेत्र हमारा, भूमि-भाग्य-सा भारतवर्ष ॥

मैथिलीशरण गुप्त

EVENTS OF THE MONTH

<i>Day/ Date</i>	<i>Events</i>
<i>Saturday, August 6, 2022</i>	<i>Rakhi Making Competition & Friendship Day</i>
<i>Monday, August 8, 2022</i>	<i>Visit -Class I and II</i>
<i>Wednesday, August 10, 2022</i>	<i>Special Assembly- Health & Hygiene(1 A & 1B)</i>
<i>Friday, August 12, 2022</i>	<i>Investiture ceremony</i>
<i>Monday, August 15, 2022</i>	<i>(Visit – Class LKG & UKG A & B) & Independence Day & Plant a Sapling</i>
<i>Thursday, August 18, 2022</i>	<i>Janmashtami Celebration</i>
<i>Tuesday, August 23, 2022</i>	<i>Special Assembly-Festivals(II A & II B)</i>
<i>Monday, August 29, 2022</i>	<i>Happy Walk/ Mini Marathon(National Sports Day)(Nursery to 2nd)</i>
<i>Wednesday, August 31, 2022</i>	<i>Ganesh Chaturthi & Mini Orchestra(UKG to 2nd)</i>

NOTE- ALL THE ACTIVITIES ARE SUBJECT TO CHANGE.

वर दे, वीणावादिनि वर दे !
प्रिय स्वतंत्र-रव अमृत-मंत्र नव
भारत में भर दे !

सूर्यकान्त त्रिपाठी निराला

Signature of Class Teacher

Signature of Coordinator

Signature of Principal