



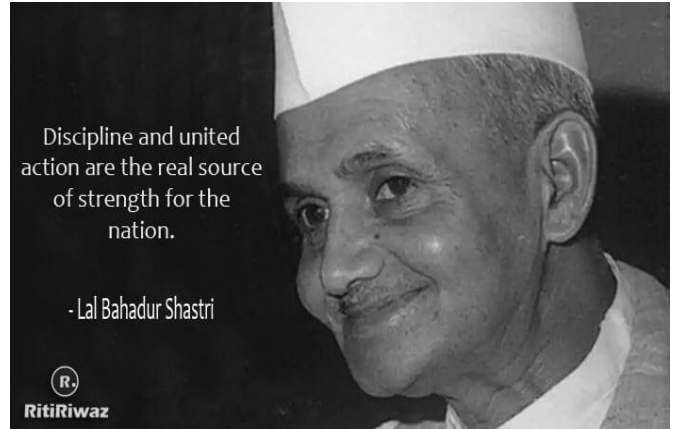
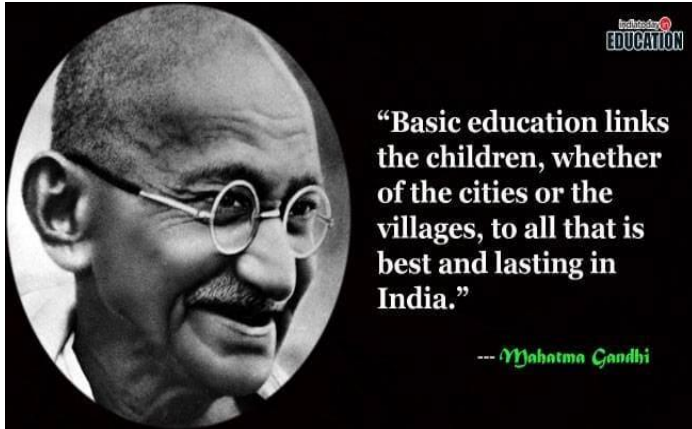
DELHI PUBLIC SCHOOL, FIROZABAD

Under the Aegis of Delhi Public School Society, New Delhi

(Senior Secondary)

Affiliated to CBSE New Delhi (Code: 2133064)

NEWS LETTER CLASS- Nursery - OCTOBER 2022



Dear Parents and Learners,
Greetings!


Dear little learners, The name for the month of October originated from the Latin word "Octō", which means "eight". ...every year, October ends on the same day as February. ...

International Day of Non-Violence is observed on 2 October to mark the birthday of Mahatma Gandhi who played an important role in India's Independence. This day is also celebrated as the birthday of our prime minister Shri. Lal Bahadur Shastri inspired the youth, and also gave us the slogan "जय जवान जय किसान" Shedding light on how farmers are the backbone of our nation.


October is a month full of celebration, where good triumphs over evil and light overpower the darkness. It signifies the power of humanity which is something indestructible and immortal.

October is also the month of festivities like Navratri, Dusherra, and Diwali. The nine avatars of

Maa Durga represents nine different powers that have the capability to solve all the difficulties in our life.




The festival of Diwali celebrates the return of Rama and Sita to their kingdom after they had spent 14 years in exile.



This triumph of good over evil brought back the light of knowledge and truth to mankind.

During Diwali the goddess of wealth, Lakshmi, is welcomed into Hindu homes as it is believed she will bring prosperity,



Best wishes
Happy Diwali to all of us



Illumination of the diyas symbolizes the removal of spiritual darkness and the onset of wisdom or light.

SIGNIFICANCE OF DEEPAWALI

THEME OF THE MONTH -- Clean water & Clean Air



VALUE OF THE MONTH -- "SWAYAMEV JAYATE"

To accomplish this value- We will discuss about the importance of a self-sufficient nest or self-dependence. We will encourage children to do their daily routine tasks on their own. The teacher will tell them about Gandhiji who used to say that-

"we must do our work ourselves"



SYLLABUS OF THE MONTH

ENGLISH • Phonic Drill , Letter Recognition ,

- M,N,O,P(m,n,o,p), words Related to Alphabets
- General Conversation-1- May I drink water
2- May I go to the Washroom
- Actions Words - Laugh, Cry , Eat , Drink
- Alphabet Rhyme
- Story - Character Recognition
- Writing Skills In Notebook- D , E , F , G
- Activities - Clay Modeling patterns
- Rhyme For the Month - Humpty Dumpty

HINDI- ए से ऐ तक की पहचान

- अ व आ लेखन पुनरावृत्ति
- इ व ई का लेखन

EVS -

- identification of Domestic Animal
- Identification of Wild Animal
- Air, Water

MATH- Shapes - Triangle , Square

- Recognition of Numbers - 9,10
- Counting Oral 1- 15
- Missing Numbers 1- 10
- Writing Practice in Notebook - 5,6
- Revision of 3,4

ART & CRAFT -

Colouring ,Paper cutting & pasting
Gometrical Shape ,Book Activity

DANCE-

freestyle prop dance, warm up exercise
Jumping jacks, squat, western Dance
,Hast mudra -Pataka ; Naman ,musti
,sarp, Mayure & Ardh Chandra , revision
of all hast mudra, ,Teen Taali on hand.

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) Handstand

Trampoline Skills:

(i) Tuck Jump (ii) Seat drop
(iii) Half twist (iv) Full twist
(v) Straddle Jump

Music- INSTRUMENTAL

Congo... Basic beats and hand balance.

Keyboard.. Basic elements of Music

VOCAL.... Om Shree mahnadhipatye namah..

(Musical Vocal Activities).

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.

Humpty Dumpty



Humpty Dumpty sat on a wall,

Humpty Dumpty had a great fall.

All the king's horses and all the king's men

Couldn't put Humpty together again.



तितली

contributed by: Ragini Shenoy Pai

तितली उड़ी,
उड़ ना सकी
बस में चढ़ी
सीट ना मिली
ड्राइवर ने कहा
आजा मेरे पास
तितली कहे
मैं चली आकाश



MEAL PLAN- BON APPETITE

Eat healthily- 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.

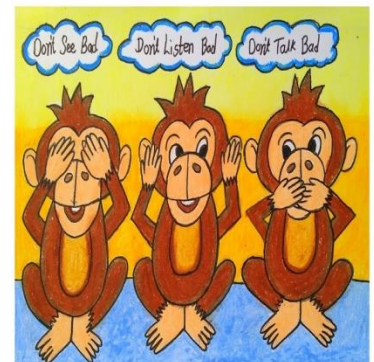
{With this kids will get --Carbs, protein, green vegetables and sugar, fibers etc..}

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 healthily, 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

CHOCOLATE DESSERT

INGREDIENTS

- Wheat bread 2 cups crumbled Fresh cream 3/4 cup
- Chocolate sauce 3/4 cup Sugar 1 tbsp
- Water 1/4 cup Cherry 2 pieces for garnishing



To Prepare Ingredients

1. To assemble this quick and easy Chocolate dessert recipe all you need is to prepare ingredients and assemble them directly in the serving bowl/cup or glasses.
2. First we need to dissolve 1 tbsp of sugar in 1/4 cup of water. This sugar syrup is used to bind bread crumbs and keep them moist.
3. Also take fresh cream and add Sugar as per your taste.
4. Take Coarsely grind bread.
5. Now take Chocolate sauce/syrup in a bowl and start assembling Chocolate dessert without baking or cooking.

To Assemble Chocolate Dessert - No Bake No Cook

1. Place the serving glass/bowl and add a layer of wheat bread crumbs. Make the layer 1/2 inch thick.
2. Now with help of a spoon drizzle sugar water on bread crumbs so that they get moist and settle together.
3. Now pour Chocolate sauce/syrup and make another layer again 1/2 inch thickness.
4. Similarly its time to add fresh cream so make another layer of fresh cream with sugar.
5. Repeat the steps and make alternate layers of bread crumble, fresh cream, and chocolate sauce till it fills up the serving glass/bowl.
6. On top garnish with a cheery and keep the dessert in the refrigerator for at least 20 minutes before serving.

TONGUE TWISTERS



IMPORTANT DAYS OF THE MONTH

1. **2nd October 2022: Gandhi Jayanti**
2. **8th October 2022: Indian Air Force Day**
3. **9th October 2022: World Postal Day**
4. **11th October 2022: International Day of the Girl Child**
5. **15th October 2022: World Students' Day**
6. **31st October 2022: National Unity Day also Rashtriya Ekta Diwas**



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 by 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, and send them when they feel completely fit.**

EVENTS OF THE MONTH

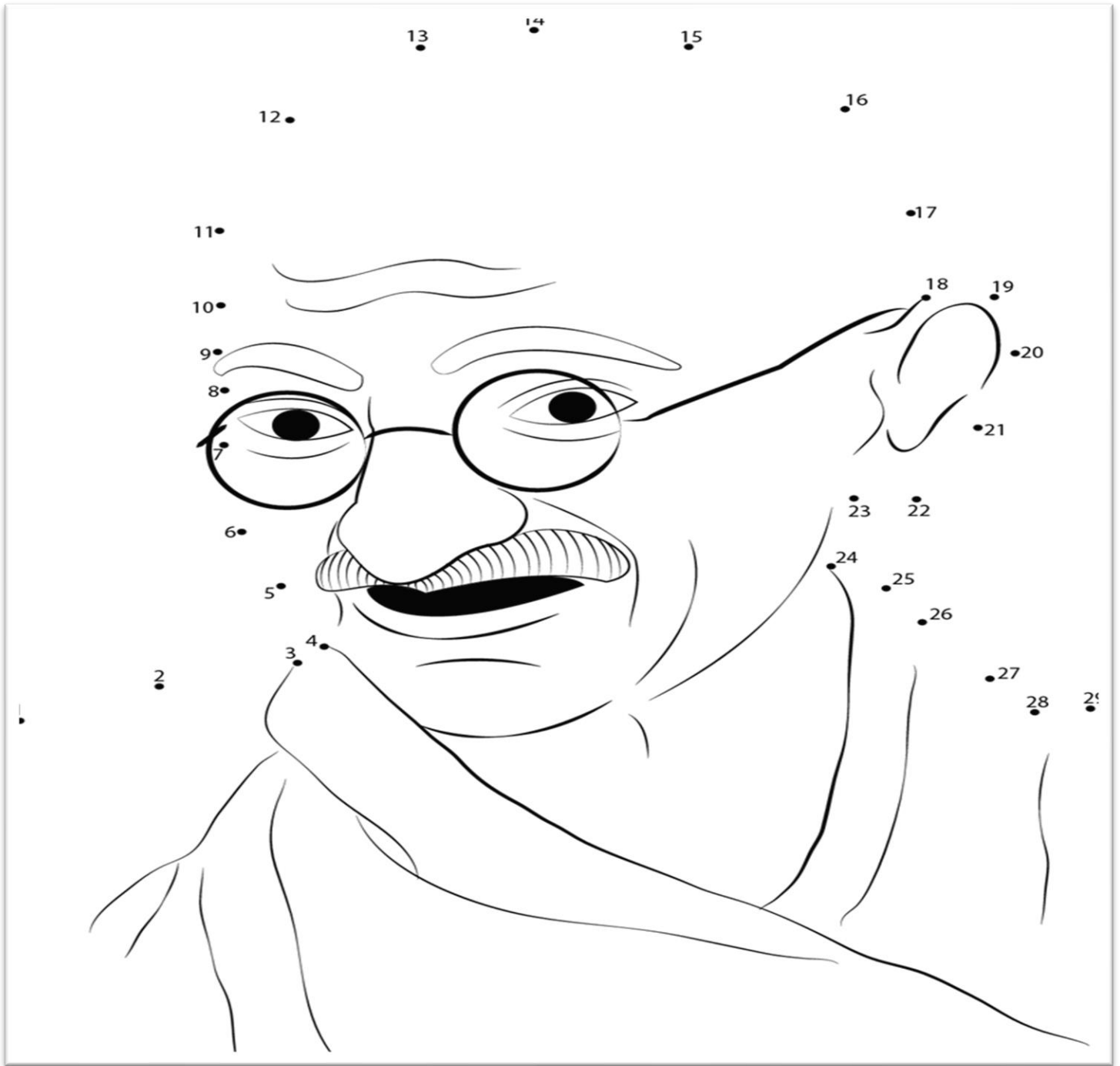
NOTE- ALL THE ACTIVITIES ARE SUBJECT TO CHANGE.

Day/ Date	Events
Saturday, October 1, 2022	Gandhi Jayanti & Dussehra Celebration
Monday, October 3, 2022, to Wednesday, October 5, 2022	Dussehra Break
Saturday, October 6, 2022	Baal Sangosthi Class II
Monday, October 10, 2022	Red Day & Baal Sangosthi Nursery to UKG
Saturday, October 15, 2022	Grand Parents Day & Cook & Impress
Monday, October 17, 2022	Green Day Baal Sangosthi Class I
Friday, October 21, 2022	Inter House Folk Dance Competition Diwali Celebration
Saturday, October 22 to 27 2022	Diwali Holidays
Monday, October 31, 2022	Skipping Jump(Nursery to 2 nd)(P.E.)

Victory of GODDESS DURGA in her battle against the shape-shifting asura - Mahishasura. Victory of GOOD over evil, though it is also a harvest festival celebrating the goddess as the motherly power behind all of life and creation.

Dussehra or Dasara is celebrated for different reasons in different parts of the country. It is believed that it was on Vijaya Dashami when Goddess Durga attained victory over the demon Mahishasura after fighting with him for nine nights. The festival also marks the victory of Lord Rama over the demon king Ravana after the latter kidnapped Rama's wife Sita.





Signature of Class Teacher

Signature of Coordinator

Signature of Principal

FUN ACTIVITY FOR 2ND OCTOBER –Join the numbers and color the image and write the name –