



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 AUGUST 2021

**BHARAT VARSH - Where the mind is without fear and the head is held high;
Where knowledge is free, where the world has not been broken up into fragments by
narrow domestic walls; where words come out from the depth of truth...**

By Rabindranath Tagore

Dear Parents,

The month of July was an eventful and exciting month for our kids and for all of us too. We all are back to our Studies and it is immensely satisfying to see our tiny ones who are all set to read, write, work and play towards their bright future.

This month marks the struggle of our independence, shows our fervent love & celebrates our strength as a nation.

To instill the profound love for our country – **‘PROUD TO BE AN INDIAN.’** We shall elaborate to our students, the importance of the National Flag, the National Anthem and implant a sense of dignity towards their mother nation.

August also marks the onset of the festive season and we look towards celebrating days such as the Independence Day, Raksha-Bandhan, Friendship Day and Janmashtami.

Our rich cultural heritage instigates us to live in harmony and coherence, to rejoicing and celebrating all the festivals with equal enthusiasm. Many fun filled activities, Organized this month will help the youngsters to learn more about these festivals and will educate them about their role as responsible citizens of India.

Parents and teachers are role models to the youth of tomorrow so it's our duty to constantly instill moral values and pride feeling for our country.

JAI HIND



We will begin the session with **VALUE OF THE MONTH**

“PROUD TO BE AN INDIAN (My country, My Pride) “

We will tell our kids about the rich culture of our country and the sacrifices of the freedom fighters to make our mother nation free.



Theme Of The Month -“Our Helpers, Plants”

We will make kids aware about the people of the society ,who make our life easier and comfortable . Kids will know the fact that we should respect every one’s job. They will learn how to care plants and nurture our nature as the environmental influences that contribute to the development of an individual .



MEAL PLAN-

Eat healthy, 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 require 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 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 favourite!

{ 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 vegies 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 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 }



SYLLABUS OF THE MONTH

ENGLISH

- Oral
- PHONIC DRILL
- Reading and recognition – A-Z ,a-z
Listening and speaking skill
- RHYME – My toothpaste
-
- Sight Words – They , These , Those , Can
- READING SKILL- Story (fitzroy readers)
- STORY– The mud hut
- Text book content
- WRITING SKILL-
Capital and small alphabet
Writing 2,3 letter words
Writing short sentence

Got my toothpaste
Got my brush
I won't hurry, I won't rush
Making sure my teeth are clean
Front and back and in between
When I brush for quite a while
I will have a happy smile!

MATHS

- Counting 60-65
- Concept and recognition of 60-
- Pre-math concept: on-under one-many
- Back counting 15-0
- Writing 25-30

Writing –Number names 1-3

(JodoGyan kit will be used to explain all the concept)



EVS-

- **People who help us :**
 - At home, at school and around us
 - Uniforms worn by them
 - Equipment they use
- **Plants-**
 - Vegetables, fruits and flowers
 - Uses of plant
 - Care of plants
 - Plant a sapling

HINDI

व्यंजन ट से ण तक का अभ्यास

एवं

2 और **3** अक्षर के बिना मात्रा के शब्द



ART & CRAFT-

1. Colouring
2. Doodle Art {SKETCHING}
3. Activity Rakhi MAKING
4. Step drawing shapes {SKETCHING}



DANCE-

1. Inter house tribal dance competition
2. independence Day
3. Janmashtami celebration.



PHYSICAL EDUCATION-

Body Awareness

(What the body is doing)

Body Shapes

- Narrow, wide, round, twisted, symmetrical, asymmetrical.



Music-

Vocal with keys

Alankar 5 to 7



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.

ACTIVITIES OF THE MONTH

August 6th . 2021Friendship Day
August 7th . 2021Wow powwow Activity UKG
August 9th . 2021Wow powwow Activity LKG/ Nursery
August 15th, 2021Independence Day
August 16th, 2021Nav roj/ plant a sapling
August 18th, 2021International Classical Dance Competition
August 20th, 2021Rakhi Celebration
August 24th, 2021Assessment Class I & II
August 26th, 2021Assessment LKG/UKG
August 27th, 2021Janmashtami Celebration
August 29th, 2021National Sports Day



TRY THIS --

Puffed Rice Peanut Butter Ball...

It is yet another quick recipe that your child can prepare by mixing all the ingredients in the right proportions.

You will need:

- 2tbsp peanut butter
- ½tsp honey
- ½ cup dried fruits and nuts (finely chopped)
- Puffed Rice (lai) ½ cup

How to:

1. Mix honey and peanut butter in a bowl.
2. Add puffed rice and dried fruits/nuts to the mixture and give a gentle toss to all the ingredients so that they mix well.
3. Take a tablespoon of this mix between your palms and make small balls.



COMMUNICATION

- **We would like to draw your attention towards 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

- Students must wear their **Identity Card** to the school daily.
- 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
- All students are expected to **wear neat, clean and proper school uniform** as specified.
- Always write your ward's **name, class/sec, house and admission no.** on every belonging of your child.
- **If child is not well please do not send him/her school (Not with any medicine also) , give them proper rest, love and care at home and send when they feel completely fit.**



IMPORTANT DAYS OF THE MNTH

- **August 9** ----- **Quit India Day**
- **August 20**----- **Sadbhavana Diwas**
- **August 21**----- **World Senior Citizen Day**
- **August 29**----- **National Sports Day (Dhyanchands Birthday)**



Signature of Class Teacher

Signature of Coordinator

Signature of Principal

