



DELHI PUBLIC SCHOOL, FIROZABAD

Under the Aegis of Delhi Public School Society, New Delhi

(Senior Secondary)

Affiliated to CBSE New Delhi (Code : 2133064) School No.61225

NEWS LETTER CLASS- Nursery December 2021

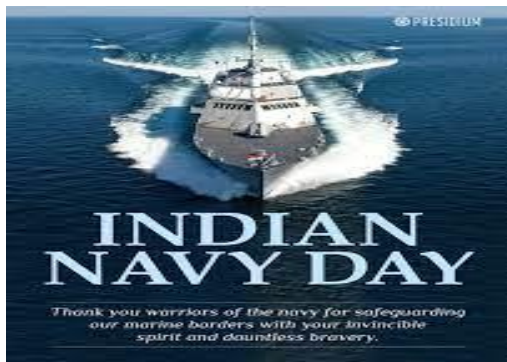
Dear Parents & Guardians,

Greetings to you all from DPS Firozabad

“The goal of early childhood education should be to activate the child’s own natural desire to learn “ – Maria Montessori

“To appreciate the beauty of a snowflake it is necessary to stand out in the cold.” – Aristotle.

There's a saying that goes, 'No two snowflakes are the same'. As snowflakes fall to the ground, they will each take their own unique journey, and



that journey will determine what they look like. Our children are just like snowflakes, each one is different from the other but each one requires love & affection. all the Parents, students and the school authorities work as team and always complement each other’s efforts to help our little snowflakes in the path of life. We focus on building relationships so that we can help them to grow. everyone should know that we are there to support them & we believe that teachers are

now facilitators of learning and students having more control over their own learning journey. ... Classrooms are now focusing on a combination of student engagement in learning, enquiry-based approaches, curiosity, imagination and design thinking .we are concern about nurturing an environment where students can create an consideration of moral and ethical values to guide one’s life in a right path. children must be given a good training from their earliest childhood and we are here for the same. We are sure that our students of today, tomorrow will carry forward the Motto of love and unity entrusted in their hands with Dps Firozabad.

Regards



The Ant and the Grasshopper

In a field one summer's day a Grasshopper was hopping about, chirping and singing to its heart's content. An Ant passed by, bearing along with great effort an ear of corn he was taking to the nest. "Why not come and chat with me," said the Grasshopper, "instead of toiling and moiling away?" "I am helping to lay up food for the winter," said the Ant, "and recommend you to do the same." "Why bother about winter?" said the Grasshopper; "we have got plenty of food at present.

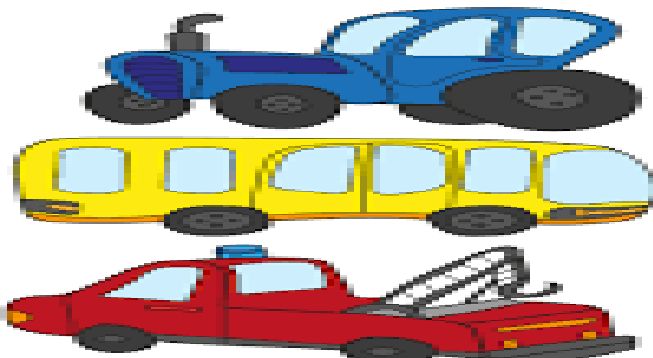
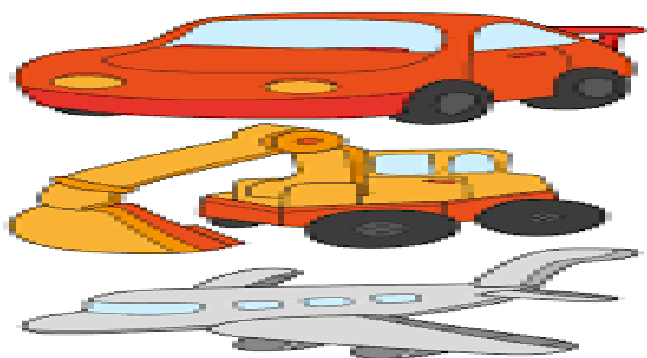


But the Ant went on its way and continued its toil. When the winter came the Grasshopper found itself dying of hunger, while it saw the ants distributing, every day, corn and grain from the stores they had collected in the summer.

Then the Grasshopper knew...

MORAL: WORK TODAY AND YOU CAN REAP THE BENEFITS TOMORROW!

Theme Of The Month –“Transport ”



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

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	

Say No!!!!!! to Junk food

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.

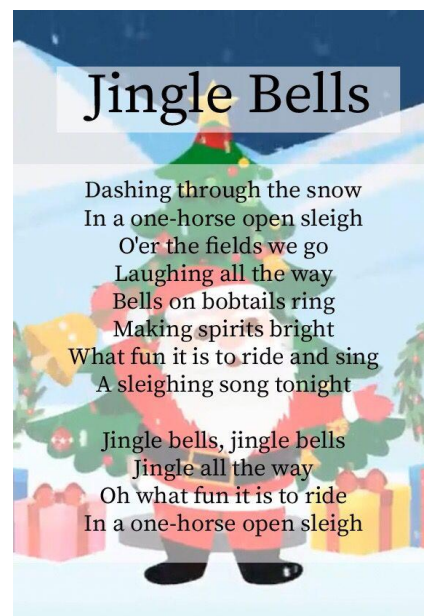
{With this kids will get--carbs, protein , vitamins ,minerals and fibers }



SYLLABUS OF THE MONTH

ENGLISH ORAL PHONIC DRILL-

- Letter recognition- Aa to Zz
- Word related to these alphabet- Aa to Zz
- **Action words-** Reading, Writing, Singing, Speaking
- **Listening and speaking skills- General Conversation-**
Example- May I drink water? May I go to school? May I go to toilet? Rhymes- Phonics song and Jingle bells.
- Writing skills- A to Z
- Activities for motor skills- Sorting Activity, Clay modelling, making holes in newspaper, walking on different patterns.



MATHS

Oral-

- Counting- 1 to 30
- Concept and recognition of numbers- 1 to 30
- Colours- Red, Blue, Yellow, Green, Pink, Black, White
- Shapes- Circle, Triangle, Square, Rectangle, Diamond, Cone, Oval, Star.

Writing skills-

- **Tracing-** sleeping line ---, Standing line |, Slanting line \ and curved line ()
- **Numbers-** 1 to 20

दो चूहे थे,
मोटे-मोटे थे
छोटे छोटे थे,
नाच रहे थे,
कूद रहे थे, खेल रहे थे,
बिल्ली ने कहा म्याऊ,
म्याऊ, मैं आऊ,
ना मौसी ना,
हमें मार डालोगी,
फिर खा जाओगी,
हम तो नहीं आयेंगे,
हम तो भाग जायेंगे..



HINDI—

- से ाः तक की पहचान व उच्चारण

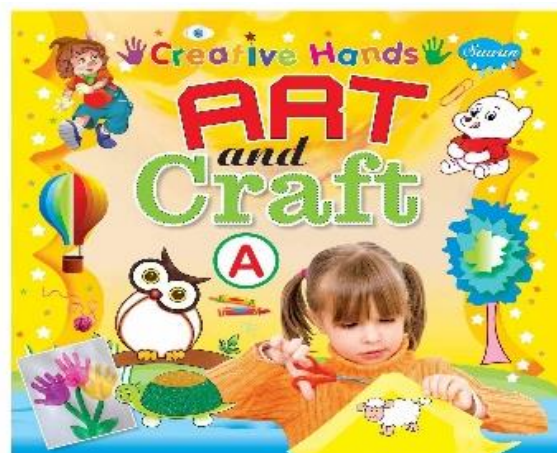
E V S

Land and Water transport.



ART & CRAFT--

1. COLOURING
2. Doodle Art {SKETCHING}
3. DOODLE ART{sketching}
4. Step drawing shapes {SKETCHING}



DANCE- Freestyle Dance ,Christmas celebration



MUSIC:- Synthesizer keyboard exercises on keys,
Poem twinkle twinkle little star



PHYSICAL EDUCATION-Mass P.T.&
Rhythmic exercises : Perform a different drills & exercises including a combination of at least eight different exercises.

1. *Fit India Week Celebration*
2. *Mass P.T.*
3. *Athletics*
4. *Rhythmic Drills*



TRY This

Bread cake-without fire

Easy bread cake which tastes fully awesome and children can also make it very easily it's an instant bread cake which gets ready in 5 mins

Ingredients 6 pieces brown Bread

- | |
|----------------------------------|
| 1. 2 tbsp Sugar |
| 2. as required Grated chocolate |
| 3. 1 tbsp cocoa powder |
| 4. 4 drops vanilla essence |
| 5. as required Chocolate biscuit |
| 6. as required Milk |
| 7. As required Chocolate rolls |



Steps

1)Take sugar in a bowl



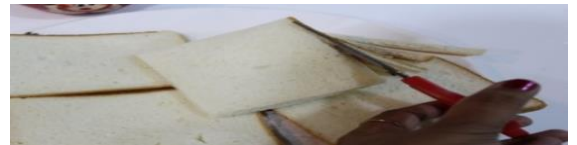
2)Add in vanilla 3)Add in water



4)Syrup is done



5)Take bread slices 6)Remove the crust off



7)Take bread slices 8)Whip some cream



9)Dollop some cream in a plate 10) Place a bread slice



11)Brush some syrup



13)Dollop some cream 14)Place another slice of bread.



15)Brush with syrup , Repeat the process then cover with whipped cream garnish with chocolate vermicelli and cherries. freeze it for 2 hours



Activities of the Month

Day/ Date	Events
<i>Friday, Dec 10, 2021</i>	<i>Cook & Impress (for mothers)</i>
<i>Friday, Dec 17, 2021</i>	<i>Special Assembly- Seasons(LKG)</i>
<i>Monday, Dec 20, 2021</i>	<i>Special Assembly- Plant Life(UKG A)</i>
<i>Tuesday, Dec 21,2021</i>	<i>Special Assembly- More about Plants(I A)</i>
<i>Friday, Dec 25, 2021</i>	<i>Christmas Celebration/ Adventure Camp</i>
<i>Tuesday, Dec 28, 2021</i>	<i>Go Green with recycling & PTM-3</i>
<i>Thursday, Dec 31,2021</i>	<i>Visit-3</i>

NOTE -All the activities are subject to change.

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 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 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
- 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 MONTH

- 1-December-2021: World AIDS Day.
- 2-December-2021: National Pollution Control.
- 3-December-2021: World Day of the Handicapped.
- *4-December-2021: Indian Navy Day.*
- 7-December-2021: Indian Armed Forces Flag Day.
- 10-December-2021: Human Rights Day.

Signature of Class Teacher

Signature of Coordinator

Signature of Principal

