



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 JANUARY 2022

Dear parents,

The holidays were the perfect time to share beautiful moments with your family. It's time for a fresh start. Happy New Year every one. We hope every day of the new year to be filled with happiness, and prosperity for you. As we welcome our little ones back, we shall promptly look back on all the exciting activities that took place in the month of December.

The month of December saw children eagerly waiting for Christmas and the most awaited adventure camp. Every corner of the school was beautifully decorated with red and green adornments. Children contributed in making beautiful handicrafts, children were involved in multifarious activities celebrating the joyous spirit prevalent and embraced their daring sides by going on Burma bridge, flying fox and wall & net climbing and many more, we also tested out the saying that the group that eats together stays together.

Our plan for the month of January is just as exciting. To continue the joy of learning, we have planned several activities. We promise you yet another bouquet of celebrations and memorable moments all through the year 2022

Art helps one express the deepest of emotions in the simplest of forms. "Go Green with Recycling" marks days in the calendar of the month where our young and eager learners used variety of material to prove the topic Go Green with Recycling. They are provided a booklet with history, meaning, types and ways & means of recycling

Republic Day celebrations will be the highlight of this month, invoking patriotic feelings in each one of us. The NEW YEAR brings with it new dreams and resolutions. A new set of social and moral skills will be learnt and our main focus will be to ingrain them correctly into the little one's entrusted to our care, during the coming months.

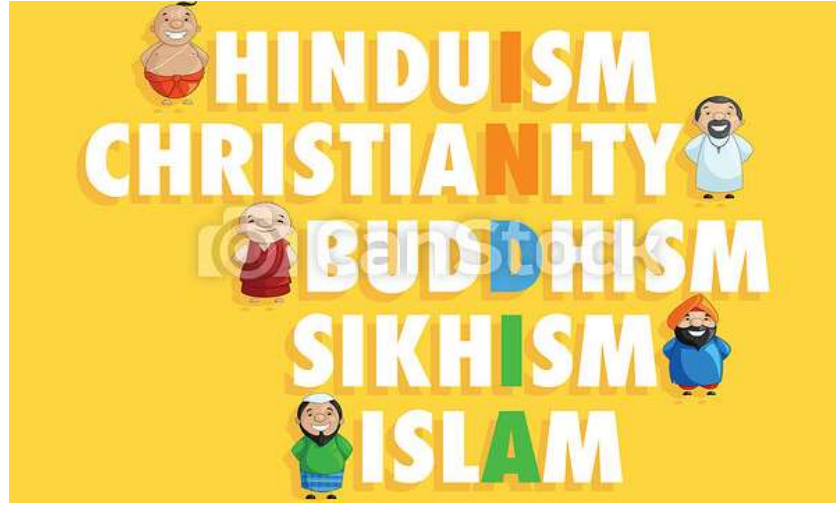
Regards

Indian Pledge

India is my country.
All Indians are my brothers and sisters.
I love my country and I am proud of its
rich and varied heritage.
I shall strive to be worthy of it.
I shall respect my parents, teachers and
all elders and treat everyone with
courtesy.
To my country and all my people, I
pledge my devotion.
In their well being and prosperity alone
lies my happiness.
Jai Hind.



VALUE OF THE MONTH--UNITY IN DIVERSITY



THEME OF THE MONTH -"SEASONS"

ऋतुएं सभी हैं आनी जानी, ऋतुओं की हम सुने कहानी ।

सर्दी के दिन हमें न भाते, स्वेटर पहन स्कूल को जाते ।

बसंत की देखो छठा निराली, लेहरायए फूलो की डाली ।

जब सूरज को गुस्सा आता, गर्मी में सब को झुलसाता ।

वर्षा लेकर बादल आते, छम छम छम पानी बरसाते ।

थके पेड़ इतनी कसरत कर, झड़ गए पत्ते आया पतझड़ ।

लौट के आए सर्दी रानी, जल्दी फिर से वही कहानी ।



happy new year

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-}



happy new year

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 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 }



happy new year







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 |  |



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, Jumping, Crying, Laughing
- **Listening and speaking skills-**
General Conversation-
Example-May I drink water? May I go to school? May I go to toilet? I have done my work.
- Rhymes- Phonics song and I hear thunder.
- Writing skills- A to Z
- Activities for motor skills- Sorting Activity, Clay modeling, making holes in newspaper, walking on different patterns, button and unbutton activity.



MATHS

Oral-

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

Writing skills-

- **Tracing-** sleeping line ---, Standing line |, Slanting line \ and curved line()
- **Numbers-** 1 to 30



HINDI

- अ से ाः तक लिखें
- क से झ तक पहचान व उच्चारण

E.V.S

More about seasons and weather



ART & CRAFT—

1 Colouring

2 Square shapes DRAWING PRACTICE

3 Circle shapes DRAWING PRACTICE



MUSIC--

Indian beat on Congo

Vocal flexible for singing



PHYSICAL EDUCATION-

1.Mass P.T.

2.March past Practice

3.Gymnastics /Yoga

4. Athletics

5.Chess/Carom

6.Inter House Competition Preparation



DANCE-

Rhythmic drills dance

.Props dance

.Dance with fitness

Republic day Celebration dance



Parents are requested to ensure that their child revises all the concepts taught in class. This will help the child to be confident in attempting both oral and written work. We hope to make learning an enjoyable experience for our children.



TRY THIS

Coconut Laddoo

Preparation Time: 10 mins

Age of Cooking: 5 years & more

Serves: 4 persons

(Under strict parental guidance)

Ingredients

- 1/2 Cup Dry Petha, grated
- 2 cup Desiccated Coconut
- 1 tsp Gulkand (Optional)
- 1/2 tsp Rose syrup /Jiggery Syrup

Method

- Mix grated petha and desiccated coconut till you are able to bind it together
- Add rose syrup to it and mix well again
- Take little dough on your palm. Fill little gulkand and make laddoos
- Layer and roll the laddoos with some more desiccated coconut.



Smart Coconut laddoo tip- Coconut laddoo taste best when served cold .



ACTIVITIES OF THE MONTH

21 January- 2022

Inter house music Competition for Nursery to Class II

26 January 2022

Republic Day Celebration , Sports Day

Inter house music Competition for Senior and Middle school .

Inter house music Competition for Nursery to Class II



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 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
- 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

January 2022 Important Days

| Date | Name of important Days |
|------------|------------------------------------|
| 1 January | Global Family Day |
| 12 January | National Youth Day |
| 15 January | Indian Army Day |
| 23 January | Netaji Subhas Chandra Bose Jayanti |
| 24 January | National Girl Child Day |
| 26 January | Republic Day |
| 30 January | Martyrs Day or Shaheed Diwas |

Signature of Class Teacher

Signature of Coordinator

Signature of Principal



happy new year