



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- UKG November 2021

Dear Parents & Guardians,

Greetings to you all from DPS Firozabad

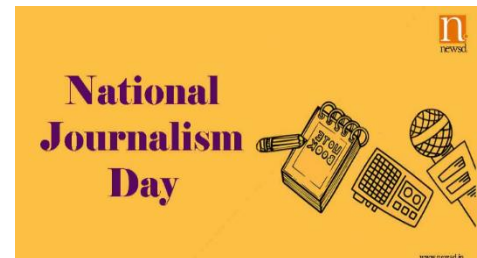
"You were born to win, but to be a winner, you must plan to win, prepare to win, and expect to win". -Zig Ziglar

Adversities are an ideal opportunity to advance our

knowledge and create something new. DPS Firozabad prepares students to meet the challenges that the world poses present-day. School education has been revolutionized in the past few years. It has become dynamic and evolving in nature. It gives us immense pride to say that the school management and administration have constantly endeavored to deliver

quality education to create global citizens ready to take up challenges and lead by example. There is no doubt that the school has already carved a niche for itself. The achievement of our students have been built upon the partnership between students, parents and mentors through the quality of teaching and learning, the student support and commitment to extra-curricular activities, we have been solidifying the stepping stones to success. Wishing you all a very happy Deepawali May this festival of light enlighten your soul .

Regards





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

The Eagle And The Woodcutter

There lived a kind woodcutter in a village. He once freed an eagle from a trap. One day he went to the hills to cut trees for wood. The hill was steep, so the woodcutter could not come down and needed help.

Upset, he sat down on the rock and waited for some help. Suddenly, an eagle flew down close to him and took away his hat. The woodcutter was angry and he started chasing the bird. After some time, he realized he has found the way down the hill.

It then occurred to him that the bird was the same eagle he had once rescued. He now understood why the eagle flew away with his hat. He thanked the eagle for its brilliant idea and said, "You took away my hat so that I can follow you and reach here. You are my true friend. Thank you!"

Moral: Kindness is always rewarded. We should always help others selflessly.



Theme Of The Month - "Our Country "









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	



Celebrate safe Diwali to
get blessings not curse.

Happy Diwali

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 & Simple sentences

Listening and speaking skill

Sight words like – what , where ,when ,with,

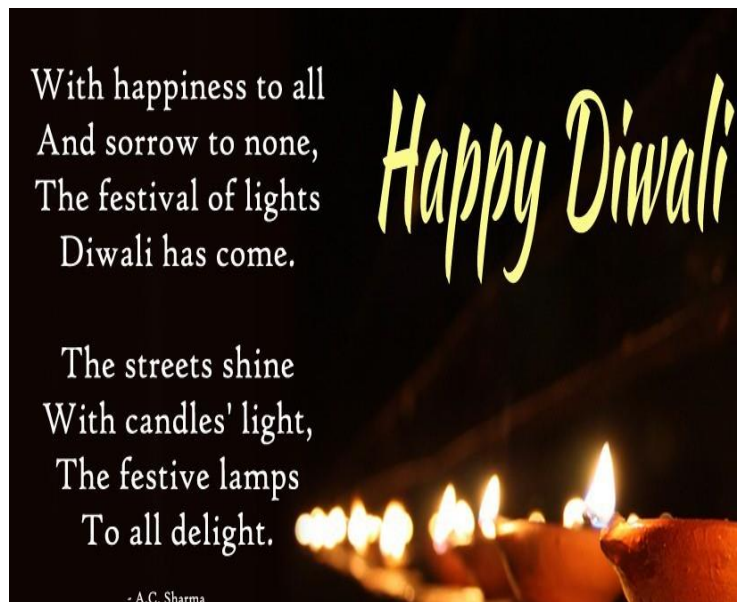
will ,was, this, that, these , those, has , have

Reading skill - Story – The sick dog

Rhyme – Pretty Diya's

Text book content , writing skill

Short sentences



MATHS

ORAL

Counting 70 -75

Concept and recognition of 70-75

Month of the year

WRITING SKILL

Numbers 36-40

Number name 1-15

Back counting 20 to 1

(Jodo Gyan kit will be used to explain all the concept)



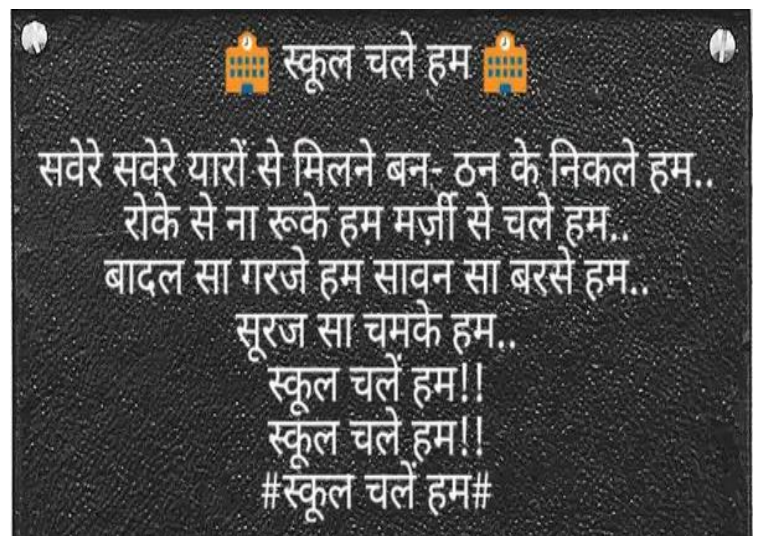
HINDI—

मौखिक स्वर व व्यंजन

2 अक्षर के शब्द 3 अक्षर के शब्द

लिखित पहले एवं बाद के अक्षर

chote vakya Padhna aur Lekhan

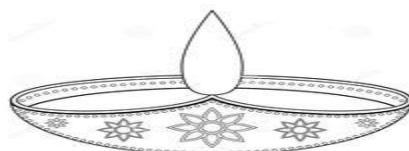


E V S

Our Country

National symbols

Celebration and festival



ART & CRAFT--

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



DANCE- Children day Celebration ,
Freestyle Dance



MUSIC:- western beat on Congo and
Finger exercises on keys



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. *Chess & Carom*
4. *Rhythmic Drills*



TRY THIS –

Chocolate Coconut Balls Recipe With Condensed Milk, Choco Coco Balls



Take milkmaid .

Add the desiccated coconut to the condensed milk. Mix both the ingredients and microwave for 1.5 minute.

Once the mixture become warm start rolling ball out of the mixture and keep aside. In case if the mixture is sticking to your hand then grease your hands with oil or clarified butter (ghee). By using the double boiling method melt the chocolate. Heat water in a pan and place a bowl full of chocolates on top. Chocolate should slowly start melting. Or microwave the dark chocolate for 1.5 minute. As you can see in the below picture the chocolate has started to melt. When chocolate melts halfway turn off the gas. Keep stirring and rest of the chocolate should be melted. Once the chocolate melts completely take off from the water or from Microwave . Slowly put coconut balls in the melted dark chocolate mixture and coat it with chocolate. Now place the ball on top of aluminum foil. Sprinkle some desiccated coconut on top of chocolate so that it sticks nicely to balls. Now place the balls in the refrigerator for about 10 min till they set. **1.Delicious no bake chocolate coconut balls are ready to serve**



2. To Make Coconut Coated Chocolate Lado

In this method melt the chocolate by double boiling method or in microwave and add desiccated coconut. Mix well both the ingredients and make small balls out of the mixture.

Keep the balls aside. Take the condense milk and desiccated coconut mixture in hand and make a flat puri then place the chocolate ball in the puri and coat well with coconut mixture. And the coconut coated chocolate balls are ready to serve.



3. To Make Plain Chocolate Balls

- Just melt the dark chocolate using double boiling method and add desiccated coconut to the chocolate.
- Mix well both the ingredients and make round balls out of the mixture. Garnish it with desiccated coconut on top. **This way chocolate only balls are ready**

4. To Make Plain Coconut Ladoo

- In condense milk add desiccated coconut and mix well both the ingredients
- Make small balls out of the mixture. Garnish with some desiccated coconut on top. **This way the coconut ladoo is ready to serve.**



ACTIVITIES OF THE MONTH

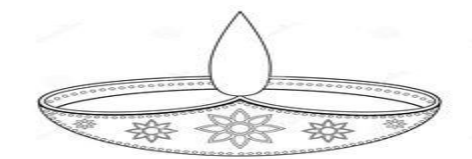
NOVEMBER 2021

<i>Day/ Date</i>	<i>Events</i>
<i>Friday, Nov 12, 2021</i>	<i>Children Day Celebration</i>
<i>Tuesday, Nov 9 to Nov13,2021</i>	<i>Fit India Week</i>
<i>Diwali Break : Tuesday, Nov 3, 2021 to Saturday, Nov 6, 2021</i> <i>(School will reopen on Monday, Nov 8, 2021)</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 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 MONTH

List of Important Days in November	
5-November	World Radiography day
7-November	Infant Protection day World Cancer Awareness Day
10- November	Transport Day
14- November	Children's Day in India Jawaharlal Nehru birthday
17- November	World Student day National Journalism day
19- November	World Citizen day
21- November	World Television day World Fisheries day
26-November	Law day



30- November	National Flag day
13 - November	World Kindness Day 2021

Signature of Class Teacher

Signature of Coordinator

Signature of Principal

