



# 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 October 2021

### Dear parents

It has been a wonderful month of learning and excitement for the little ones. While celebrating the festivals, working around the clock and playing constantly, We aim towards holistic development & vocal expressions of our children to make them confident, happy and cognizant. The kids put up their best efforts to acquire a good command over vocal expressions by declamations, and augmenting their souls with the blessing of lord Ganesha during the ten days of

**If we want to reach  
real peace in this  
world, we should start  
educating children**

~ Mahatma Gandhi ~

The preservation of freedom, is not  
the task of soldiers alone. The whole  
nation has to be strong.

— Lal Bahadur Shastri —

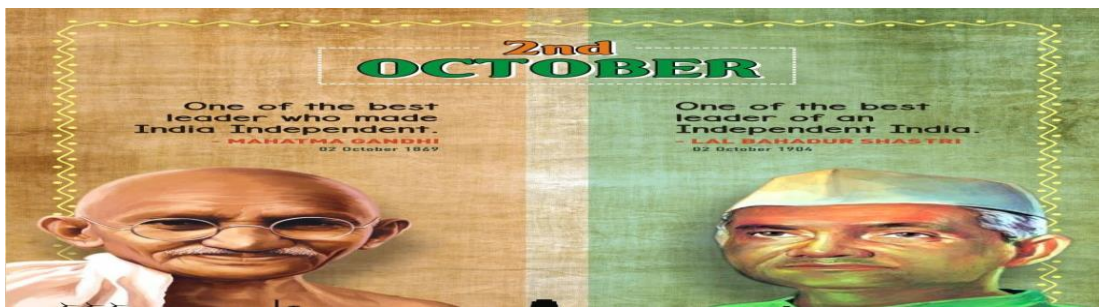
celebration & Ganapati sthapna .Children learned about the immersion of ecofriendly Ganesha & The Interhouse Classical dance competition was also successfully conducted with great zeal .

The month of October is knocking the door and we have a great start with the celebration of Gandhi Jayanti . A whole hearted tribute is planned for the most cherished part of kids hearts; their grandparents on Grandparents day, where kids will show their love & affection towards them with lot of surprises .

October is again the time for festivals like Navratri, Dushera and Diwali. On the other hand the preprimary wing is going to conduct its all special assemblies on different topics.

This month our focus is on the involvement of the parents so that the child can improve in area's of struggle and progress in academics .We value your support and commitment as parents and hope that together, we shall provide a strong support system for our children.





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



## **-Teamwork Creates Wonders.**

One of the most challenging things to teach children is teamwork.

Team sports are a wonderful example of teamwork; therefore we will organize



several group activities in class to reinforce the concept. . We aim to focus on these values through stories and rhymes. Children will be told stories like Moral Stories from **Panchtantra**

A deer, a turtle, a crow and a rat were friends. They lived happily in a jungle. One day, the deer was caught in a hunter's trap and the friends made a plan to save him. The deer struggled as if it was in pain and then it lie motionless, with eyes wide open, as if it were dead. The crow and the other birds then sat on the deer and started poking it as they do to a dead animal.

Right then, the turtle crossed the hunter's path to distract him. The hunter left the deer, assuming it dead, and went after the turtle. Meanwhile, the rat chew open the net to free the deer while the crow picked up the turtle and quickly took it away from the hunter.

**Moral:** *Teamwork can achieve great results.*

**Theme Of The Month -“Clean Water &Air”**



## 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 & Simple sentences Listening and speaking skill

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

Reading skill - Story Text book content Ants at the camp

**WRITING SKILL** - Capital and small alphabet

2 letters words, Short sentences

Turn on the tap  
and the water flows.  
Does anyone know  
where the water goes?

Turn on the tap  
and the water comes.  
Does anyone know  
where the water's from?

*Water is clean  
and water is cool,  
living in rivers  
and raining in pools.*

### MATHS

#### ORAL

Counting 65 -70

Concept and recognition of 65-70

Month of the year

#### WRITING SKILL

Numbers 31-35

Number name 1-15

(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

## ORAL

### Air

Uses of air

Air-speed , wind and breeze

Air pollution and its effect

Water-

Water sources , properties and water pollution.



## ART & CRAFT--

1. COLOURING

2. Doodle Art {SKETCHING}

3. SHAPES DRAWING{sketching}

4. Step drawing CIRCLES {SKETCHING}



**DANCE-** Grandparents day, Navratri celebrations

**MUSIC:-** Congo western beat with piano Exercises



## 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





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.

## TRY THIS --

### Choco funtoosh Peda or pastry

#### INGREDIENTS

- pack 24 biscuits [Marie Biscuit](#)
- 200g 1 cup [Condensed Milk](#)
- 3 tsp 30g [Cocoa Powder](#) 5-6 cut pieces [Almond](#) Optional
- 5-6 cut pieces [Cashew Nuts](#) Optional

#### For Topping

- 100g [Dry Coconut Powder](#)
- Desired quantity [Sparklers](#) For decoration
- 1 pack [Gems](#) Cadbury



#### INSTRUCTION

Take a pack of Marie Biscuits (20-24 biscuits). Crush it and put in a mixer jar

1. Grind it to fine dry powder (Do not add water)
2. Transfer it to a mixing bowl
3. Now add 3 tsp sugarless cocoa powder
4. Add cut pieces of cashews and almonds. This is optional. One can add dry raisins too.
5. Add a cup (200g) of condensed milk and mix the ingredients
6. Now knead to form stiff dough. Adjust with condensed milk to get the consistency
7. Take a lid or desired shaped dye. Insert the dough and make truffles or peda. Do it as fast as possible before the condensed milk dries off.
8. Once truffs are done, apply condensed milk layer on the top and sides
9. Dip it in dry coconut powder. Repeat the same for all truffles
10. Apply little condensed milk again on the top
11. Decorate with gems and sprinklers
12. Instant Chocolate Truffles or Peda is ready to eat



## ACTIVITIES OF THE MONTH

### OCTOBER 2021

Day/ Date	Events
Saturday ,Oct 1 2021	Celebration of Gandhi Jayanti
Monday, Oct 4, 2021	Special Assembly- Uses of water(LKG)
Wednesday, Oct 6, 2021	Yellow Day(Nursery)
Friday, Oct 8, 2021	Grandparents Day
Tuesday, Oct 12,2021	Inter House Classical Dance Competition & Navratri Celebration
Friday, Oct 22,2021	Special Assembly- Transport(UKG )
Monday, Oct 25, 2021	Special Assembly – Staying Safe( I B)
Wednesday, Oct 27, 2021	Special Assembly- World Unity Day (Class II B)

**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

**2 October -- International Day of Non violence / Gandhi Jayanti**

**11 October - International Day of the Girl Child**

**15 October - Global Handwashing Day**

**16 October - World Food Day**

**31 October - Rashtriya Ekta Diwas or National Unity Day**

## KHEL KHEL ME GANDHIJI

*Truth.* Use the opportunity to play a game about honesty with children. To make the game more interesting, you could even offer simple candies or chocolates as treats when the kids give honest replies.



Here are a few sample questions:---

- Have you ever snuck a snack even when told not to?
- Have you ever lied about finishing your homework?
- Have you ever faked illness to avoid a test in school?

5.Talk about the 'Three Wise Monkeys'

The three monkeys stand for 'SEE no evil, HEAR no evil, and SPEAK no evil'. It is believed that Gandhi owned a statue of the Three Wise Monkeys, a visual metaphor for his message of peace and tolerance. Use this theme in a game, which can be enjoyed by children of all age groups.

#### Things you will need

A pair of black goggles/dark glasses  
Headphones  
A piece of cloth with a zipper

#### How to play

Every time you say 'See no evil', the children must all put on the dark glasses. When you say 'Hear no evil', the children need to wear the headphones and, every time you say 'Speak no evil', they must hold the zippered cloth against their mouth. Call out these phrases at random and see who wins by doing the right action for each phrase.

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Signature of Class Teacher

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Signature of Coordinator

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Signature of Principal

