

PDIS - KINDERGARTEN

From the desk of CEO:

Dear Parents,

Welcome to the August and September issue of PDIS Happenings. After a month long travel it was time to focus on their eating habits and hygiene. Children did various activity sheets, watched videos explaining and emphasizing the interesting themes. We welcomed the 73rd Independence Day. The children from Pre Primary celebrated Sanskrit Diwas by actively participating in Shloka recitation activity. The preprimary children also celebrated Dahi Handi festival in school. Children enjoyed enthusiastically participating in Best out of waste competition and little artists (drawing) competition. As we moved towards the month of September with the support of parents, staff and our young, energetic, enthusiastic and talented children, we successfully conducted event of Annual exhibition I³, wherein importance of agriculture and farming was emphasized through various projects and actual plantation. Thus we are concluding the month and stepping into another month full of wonders!!

Thank you,

Dr. Vidya Ramgopal

Tulips (Jr. KG)

COUNSELOR'S COLUMN	HEALTH TIPS	UPCOMING CELEBRATIONS
<p>Teaching Kids the Importance of Gratitude</p> <p>Most parents have taught their kids the importance of saying thank you. But how many have truly instructed them, the art of being grateful?</p> <p>The Importance of Gratitude:-</p> <p>Gratitude means being thankful and appreciative of the good things you have.</p> <p>1) It can decrease stress and increase a feeling of belonging. 2) A person who is grateful tends to spend less time comparing himself or herself with others and feeling envious. 3) It also helps children to empathize with others. They will be able to relate other people's feelings and will feel a sense of belonging with their classmates and community.</p>	<p>Healthy tips for kids</p> <ol style="list-style-type: none"> 1. Food is Fun... Enjoy your food. 2. Breakfast is a very important meal. 3. Eat different foods every day, variety is the recipe for health. 4. Eat fruits and vegetables with each meal and as tasty snacks. 5. Snack attack! Eat regularly and choose a variety of snacks. 6. Quench your thirst. Drink plenty of liquids. 7. Care for those teeth! Brush your teeth at least twice a day 8. Eat Healthy food as it contain lots of vitamins, minerals and fiber. 9. Allow children to pick a new vegetable to try while shopping. 	<p><u>Dates to remember:</u></p> <p>7th October: Navratri Celebration & Grandparent's Day – Children have to come in colourful Traditional attire.</p> <p>19th October: Open Day 3</p> <p>21st October: Yellow Day Children have to come in Yellow colour decent dress.</p> <p>23rd October: Talent Hunt: SOLO DANCE Competition & Diwali celebration.</p> <p>Diwali Vacation: 24th October to 12th November 2019. School will reopen on 13th November 2019.</p>

SCHOOL SYLLABUS FOR THE MONTH OF AUGUST & SEPTEMBER 2019.

<p style="text-align: center;"><u>Numeracy</u></p> <ul style="list-style-type: none"> • Rote counting (Numbers 1 to 50). • Count, draw the objects 1 to 15. • Number names (oral) 1 to 15 and writing 1-ONE. • Missing numbers, after numbers, before numbers, between numbers 1 to 10. • Pre – mathematical concept: Thick-Thin, Near-Far. • Shape Rectangle & Triangle. Math's work book- pg.no. 32 to 40. 	<p style="text-align: center;"><u>Physical Development</u></p> <ul style="list-style-type: none"> • Jump and cross the hurdles. • Mass physical exercises. • Balancing the ball. • Rabbit jump race. • Horse walk race. • Catching the ball using both the hands with proper grip. • Bounce and pass the ball. 	<p style="text-align: center;"><u>VEGETABLES:</u></p> <p>Root Vegetables: Potato, Carrot, Radish, Beetroot, Turnip, Onion, Yam, Ginger.</p> <p>Leafy Vegetables: Cabbage, Coriander, Curry leaves, Spinach, Fenugreek (Methi).</p> <p>Vegetables with seeds: Tomato, Green Peas, Beans, Chilly, Lady's finger, Pumpkin, Cucumber.</p> <p>Vegetables which can be eaten raw: Tomato, Cucumber, Beetroot, Capsicum, Onion.</p> <p><u>Five Sense Organs:</u></p> <p>EYES: We see with our eyes.</p> <p>EARS: We hear with our ears.</p> <p>NOSE: We smell with our nose.</p> <p>TONGUE: We taste with our tongue.</p> <p>SKIN: We feel with our skin.</p>
<p style="text-align: center;"><u>Personal, Social and Emotional Development</u></p> <ul style="list-style-type: none"> • Taking care of our sense organs. • Harmful effects of eating street food. • Importance of eating healthy food. • Effects of eating junk food. • Safety rules to be followed while crossing the road. 	<p style="text-align: center;"><u>Communication, Language and Literacy</u></p> <p><u>Speaking skill :-</u> Story "The Fox and the Crow". Sounds and the vocabulary related to letters 'A' to 'Z'.</p> <p><u>Writing skill :-</u></p> <ul style="list-style-type: none"> • Tracing and writing uppercase letters 'A' To 'Z' and lowercase 'a' and 'b'. • Work book pg. no. 16 to 38. 	<p>Vegetables which can be eaten raw: Tomato, Cucumber, Beetroot, Capsicum, Onion.</p> <p><u>Five Sense Organs:</u></p> <p>EYES: We see with our eyes.</p> <p>EARS: We hear with our ears.</p> <p>NOSE: We smell with our nose.</p> <p>TONGUE: We taste with our tongue.</p> <p>SKIN: We feel with our skin.</p>
<p style="text-align: center;"><u>Knowledge & Understanding of World</u></p> <ul style="list-style-type: none"> • Names of vegetables, root vegetables, leafy vegetables, vegetables which can be eaten raw. • Name the types of food – Healthy food and Junk food with examples. • Food that we get from plants and animals. • Names of sense organs and their functions. 	<p style="text-align: center;"><u>Creative Development Art & Craft</u></p> <ul style="list-style-type: none"> • Drawing –Preparation for School Exhibition. • Colouring the picture of Pumpkin, Brinjal, Tomato and Carrot <p style="text-align: center;"><u>Dance</u></p> <ul style="list-style-type: none"> • Dance practice of Dahi Handi and Navatri songs. <p style="text-align: center;"><u>Music</u></p> <ul style="list-style-type: none"> • Count and clap in 4/4 rhythm/ song. • Keyboard practice. 	<p>Vegetables which can be eaten raw: Tomato, Cucumber, Beetroot, Capsicum, Onion.</p> <p><u>Five Sense Organs:</u></p> <p>EYES: We see with our eyes.</p> <p>EARS: We hear with our ears.</p> <p>NOSE: We smell with our nose.</p> <p>TONGUE: We taste with our tongue.</p> <p>SKIN: We feel with our skin.</p>

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