

**DELHI PUBLIC SCHOOL MATHURA ROAD**  
**Pre-Primary Wing**  
**Newsletter**

July 1, 2024

Dear parent,





We are excited to have the children back with us, eager to dive into our classroom activities and cherish our delightful learning journey.


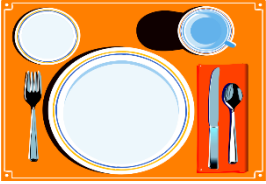


Children are naturally curious and absorb knowledge from their surroundings rapidly. One of the crucial life skills we need to instil in them from an early age is understanding 'what to eat and how to eat.' Acknowledging the significance of 'Table Etiquette & Healthy Eating,' we have planned a special week dedicated to activities that will educate the children about appropriate table manners and the importance of a balanced diet.



**ASSEMBLIES AND ACTIVITIES FOR THE MONTH**

**Special Week- 'Table Etiquettes & Healthy Tiffin'**

Date/Day	Activity	Activity description	Material required	Learning outcome
<b>July 22, 2024 (Monday)</b>	<b>'Let's go grocery shopping'</b>  	The teachers will set up a mini-departmental store and the children will be guided through the store, where they will be introduced to various food categories. They will also learn about the general etiquette to be maintained while shopping and the different methods of payment.	Material will be provided by the school.  	This hands-on experience will make learning more interactive and fun for the children and enable them to recognize various types of food items available in a departmental store. They will learn basic etiquettes to be observed while shopping.
<b>July 23, 2024 (Tuesday)</b>	<b>Story Presentation (The very hungry caterpillar)</b>  	The teacher will enact a story based on healthy and junk food, which will be followed by a fun and art-integrated activity.	<b>Pre-School</b> – Material will be provided by the school.  <b>Pre-Primary</b> – 1 wooden spoon, 1 picture of the child's favourite fruit or vegetable.	Children will develop understanding of the lifecycle of a butterfly and the importance of healthy eating.  

<p><b>July 24, 2024 (Wednesday)</b></p> 	<p><b>‘What’s on my plate?’</b></p>	<p>Teachers will demonstrate how to set a table.</p> <p><b>Pre School-</b> Colouring sheet <b>Pre-Primary-</b> Children will draw and colour a plate with healthy food.</p>	<p>Material will be provided by the school.</p> 	<p>This hands-on learning experience will help children make healthier food choices and exhibit good manners at the table.</p>
<p>July 25, 2024 Thursday</p>	<p><b>‘Cooking without fire’- Healthy cooking</b></p>	<p>The Pre School children will transform into budding chefs as they engage in making lemonade, while the Pre-Primary students will learn to prepare a nutritious fruit salad.</p> 	<p><b>Pre-School-</b> 1 lemon, 2 disposable glasses</p> <p><b>Pre-Primary-</b>Diced apple, grapes, banana, mango, 1 paper plate, 1 spoon, chaat masala, chef cap(optional)</p>	<p>Hands-on learning and acquiring basic life skills are emphasized as children prepare healthy snacks and learn the importance of sharing.</p>
<p>July 26, 2024 Friday</p>	<p><b>‘Ring the food’</b></p>	<p>The little ones will toss the ring onto their favourite food item displayed.</p> 	<p><b>Pre-School –</b> Worksheet will be provided.</p> <p><b>Pre-Primary-</b> Children will draw and colour the food items they would like to eat</p>	<p>By integrating lessons on balanced diets with engaging outdoor play, children will gain a holistic view of a healthy lifestyle, appreciating how both aspects work together to keep them strong and energetic.</p>

**July 25, 2024 (Thursday): Special assembly by Pre-Primary B**

Children of Pre-Primary B will present a special assembly to spread awareness about healthy living and table etiquettes.

**July 11 and 12, 2024(Thursday & Friday) : Magical Wonders At DPS**

Stories transport us to another world as they have the power to enthrall us. They hold a special place in every child’s heart, giving wings to their imagination. Hence, this special event has been planned where the teachers will enact a story for the little ones which will be followed by an activity.