

DELHI PUBLIC SCHOOL MATHURA ROAD

Pre-Primary wing

Newsletter

Dear parent,

1st July 2023




We welcome the children back with open arms. Let us again cherish the time spent in the classrooms and rejoice in our happy moments of learning together.


Children are quick learners and absorb everything around them. 'What they eat and how they eat', are important life lessons that they need to be acquainted with from early years. Keeping in mind the importance of 'Table Etiquettes & Healthy Eating', a week of special activities will be dedicated to educating children about table manners and eating healthy.

ASSEMBLIES AND ACTIVITIES FOR THE MONTH:

Special Week- 'Table Etiquettes & Healthy Tiffin'



Date/Day	Activity	Activity description	Material required	Learning outcome
17 th July, Monday	'What's in my basket?' 	Teachers will show flashcards/ real food items and children will sort them into healthy and junk food.	Material will be provided by the school. 	Children will be able to identify healthy food and junk food. Discussions will help the Pre-Primary children to understand, what makes the food unhealthy.
18 th July, Tuesday	'Cooking without fire'- Healthy cooking 	Our little chefs of Pre School will make Fruit Chaat and Pre Primary will make healthy chana salad.	Pre School - Diced apple, melon, grapes, mango, banana, 1 bowl for mixing, 1 paper plate, 1 spoon, chaat masala, chef cap (optional) Pre-Primary - Small bowl of boiled chick peas (chanas), diced cucumber, tomato, onions, little coriander, chaat masala, lemon juice, 1 bowl for mixing, 1 paper plate, 1 spoon, chaat masala, chef cap (optional)	Hands on learning and learning basic life skills where the children prepare healthy snacks and learn to share.
19 th July, Wednesday	'Let's dress up right'	Pre School- 'Fancy Dress' on healthy food	Pre School- Children will dress up as healthy food items from home.	Children will gain confidence and learn about healthy living.

		Pre-Primary- Poem recitation on 'Healthy Living'	Pre-Primary- Children can use props of their choice to make their poetry come alive.	
20 th July, Thursday	'What's on my Plate'	Teachers will demonstrate how to set a table. Pre School- Colouring sheet Pre-Primary- Children will draw and colour a plate with healthy food.	Material will be provided by the school. 	Children will learn good table manners and healthy food items that should be included in their plate

21st July, Friday: 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.

27th July and 28th July 2023

To add more fun to their school days, a movie show will be organized for the little ones which they will enjoy with their friends.

