

NEWSLETTER

Academic Year 2022 - 23

CLASS - NURSERY

July 2022 VOL. 2

“Somewhere inside **ALL** of us is
the **POWER** to **CHANGE** the
WORLD”.

- Roald Dahl



ASN at a Glance



LATEST EVENTS AND HAPPENINGS AT ASN PRE PRIMARY WING

ASN achieving MILESTONES...

- ASNites once again prove their metal by scoring a whopping percentage in the CBSE Board Examination :
Highest scorer of **Grade X** : **MIMANSA CHHABRA** (99.6 %)
Highest scorer of **Grade XII** : **YASH JAIN**- Commerce (98.8 %) , **K. SIDDHARTH**- Humanities (95.4 %) and **KAUSTUBH VATSA** -Science (97.4 %)
- Asnites got the golden opportunity to perform **Nukkad Natak** (Street Play) on the theme **प्रकृति रक्षित रक्षिता** at Talkatora stadium on the occasion of Hariyali Utsav organised by **National Museum of Natural History, Govt of India, Ministry of Environment, Forest and Climate Change**. The Chief guest of the day was **Shri Bhupender Yadav**, Union Cabinet Minister of Labour and Environment, Forest and Climate Change, Govt of India.
- 'Ujjwal Bharat, Ujjwal Bhavishya' - District level function of Bijli Mahotsav, as part of 'Ujjwal Bharat, Ujjwal Bhavishya - Power @ 24x7 under Azadi Ka Amrit Mahotsav' was held at ASN Senior Secondary School on 28th July 2022. This grand event was graced by a galaxy of distinguished guests from the Ministry of Power
- **DELEGATES FROM JAPAN VISIT SCHOOL** - A delegation of Japanese officials visited the School as part of the 7th Invitation Programme for Teachers organized by CEE and ACCU. The aim was to know about the teaching practices, learning environment and activities conducted in Indian schools which foster global competencies. Ms. Khushboo Shah, Programme Coordinator Eco Schools & YRE and Mr. Sreyas Sajeevan, Coordinator YRE were also present on the occasion. The students presented a brief report on the multifarious activities held in the School. The delegation was in awe of the students' work on UN SDGs and appreciated the dance presentation on the core values of the School.

EVENTS AND CELEBRATIONS

- **Health & Hygiene Week** : ASNites participated in a series of activities that were weaved around the theme health and hygiene. These activities helped the kids develop their self-esteem and they also learnt to take care of their body and protect themselves against illness
- **International Nelson Mandela Day**: Students of ASN Senior Secondary School, Middle Wing commemorated the former South African President **Nelson Mandela's 104th birthday**, by making posters and depicting the work done by Nelson Mandela in bringing a change in the society
- A special assembly was conducted by the students of Class IV D on the theme, '**Think Road Safety**'. **Shri Rambir Sharma, SI Delhi Traffic Police & Shri Ajay Singh Tomar, ASI Delhi Traffic Police** were the guests for the day. The students through an interesting skit apprised everyone of the importance of traffic rules which ensures everyone's safety on road.
- **Tree plantation Drive** was started by Principal Ms. Swarnima Luthra along with students of Lower Primary Wing
- **International Tiger Day** : A thought provoking assembly on the theme "**Save the Stripes**" was also conducted, aiming at the indispensability of tigers and wildlife in the sustenance of biodiversity. The Chief Guest of the day, **Ms Anjana Gosain, Chief Functionary Officer, Tiger Trust**. She talked about the importance of Sustainable living and Nature. She in her address, stressed upon the responsibility of the youth towards the environment and eco- system
- "**A different language is a different vision of life.**" **French Language Day** : ASN Senior Secondary School celebrated French Language Day with great zeal and enthusiasm. The aim behind conducting the programme was to widen the horizon about the rich heritage and culture of another country. The Chief Guest of the day was **Dr. Preeti Bhutani, Director, Praytna Education Society**
- '**Zero waste Quest**': The students of grade X presented an informative assembly following the UN SDG theme '**Zero waste Quest**'. The students enlightened the audience regarding the challenges faced by the world with the help of a talk show and poem recitation.

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From the Incharge's desk



Dear Parents

Greetings!

As I share the newsletter for the month of July, I feel extremely elated to witness my children's learning patterns and their journey of scaffolding their potentials and expressions. The month of July was all the more special to me as it was for the first time, I could see my parent community at the school campus for a Parent Teacher Meeting. Many of you expressed your feelings of happiness and relaxation, as now you find your little ones much settled and tuned to the school structure. On the contrary, I encountered a bunch of parents who expressed their anxiety and a little discomfort as still their children are not much school ready. I believe, the years of pandemic have really taken a toll on our children's physical and mental health, and to rebuild that again you as parents really need to be extra vigilant and careful with your parenting actions. Today, through this newsletter I wish to share some of my views with you all, so that together we can chart out the best for our little hearts.

- Do engage in regular exercise/playing outdoor games with your children, eat healthy food and have sufficient sleep. Plan and play some games involving the entire family. These will provide opportunities to children to relax and enjoy, enhancing the bond with their family members.
- As a parent, you can play a vital role in ensuring that your children maintain their mental health. This can be done by listening to them, acknowledging their difficulties, clarifying their doubts, reassuring them, generating hope and providing emotional support in resolving issues.
- It is important to understand that every child may respond to the 'new situation' and related anxieties and stress differently. Some of the common responses you may notice are changes in sleeping pattern, bedwetting, stomach-ache or headache, changes in eating pattern, withdrawal, anger, school refusal, clinginess or being fearful of attending school. Stay calm and reassuring during this transition phase. Remember that this is a phase—adjusting to constantly changing environment requires time and patience.
- Reassure your child of your love and affection. Avoid comparisons as every child is different so are their areas of interest and skills.
- Create a healthy learning environment at home. A good atmosphere and comfortable learning space can lead to better learning and revision.
- Provide them reinforcement for their efforts. It not only encourages children but also motivates them.
- Have realistic expectations from your own self as a parent as well as from the child. Accept the strengths and limitations of the child.

A Happy Parent raises a Happy Child! So, enjoy being a parent and get dipped in every new adventure with your child!

**With Best wishes,
SARIKA SRIVASTAVA
Incharge - Pre-Primary Years**

Instilling Global Citizenship



Health & Hygiene



Having good hygiene can help to increase child's self-esteem. Children begin to feel better about themselves when they learn to properly look after themselves. This also helps them to build their sense of independence and increase their self-help skills. A month-long health hygiene calendar was designed for the little ones to generate awareness on this very essential life skill. A plethora of activities were taken up to make it an enriching learning experience for the children.

Glittery Germs Activity



Under this activity the students learnt, how germs travel. They also learnt the smart ways to wash their hands following the SUMAN K technique, a fun way to wash the hands using the right technique.

SUMAN K is a Hindi acronym in which:

- **S** stands for Seedha
- **U** stands for Ulta
- **M** stands for Muthhi
- **A** stands for Angutha
- **N** stands for Nakhun
- **K** stands for Kalai





EXPERIMENTAL FUN

Pepper and Soap Experiment



Students learnt how to kill germs with the help of self-conducted experiment. They easily understood that the use of soap/handwash is effective in killing the germs.





Dental Hygiene -The Right way of Brushing

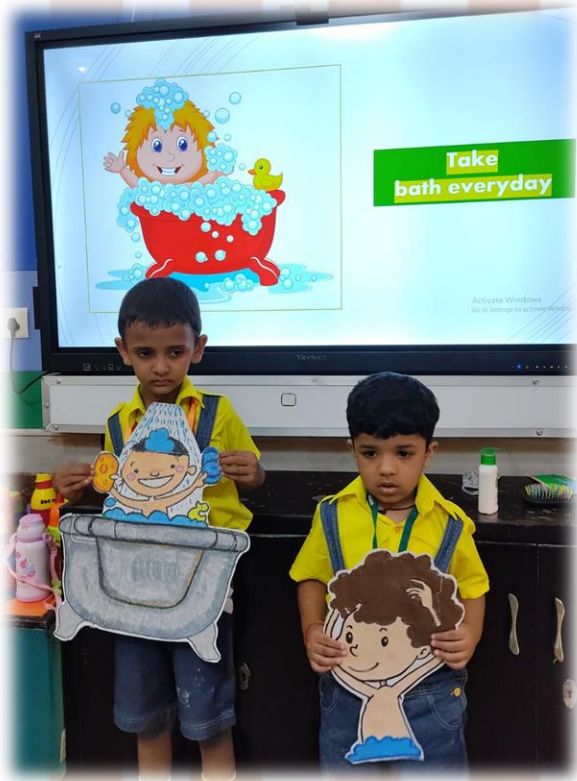
This activity offered dental health lessons in an enchanting way. Children learnt the importance of healthy dental care habits while having fun. The right brushing procedure and steps were demonstrated.



Hair Hygiene



Students participated in a demonstration in which the teacher showed the class proper ways to take care of their hair by oiling and washing them twice a week. Through this activity students learnt that they need to oil and wash their hair on a regular basis and what could happen to their hair, if not taken care of.



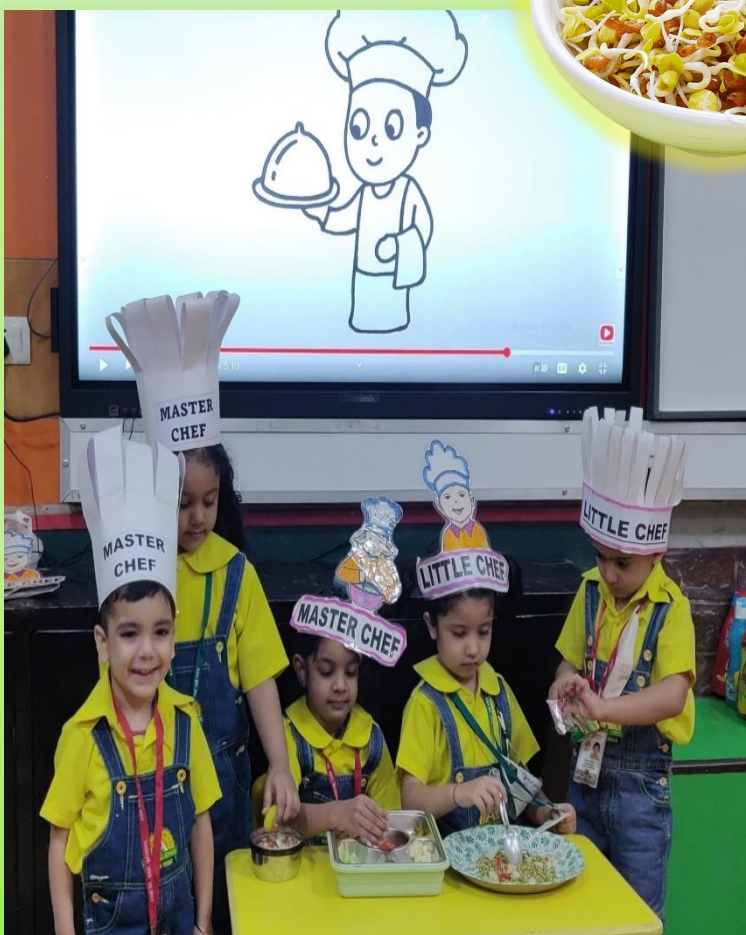
SCRAP BOOK ACTIVITY

– Making of a comb



Sprout salad: Students relished eating the healthy sprouts which they made themselves. They are now aware about the health benefits of these too.

Healthy Bites



Puppet Show

Wiggly Fingers

'Cleanliness Is Next to Godliness'

Students had great fun watching the puppet show. They now know the importance of cleanliness in our life.





India is the land of mangoes. The juicy fruit, rightly called the 'king' has many varieties growing in India. To make the students gather knowledge about the varieties of mangoes and its various products a demonstration was taken up. Through this the students not only learnt about the different mangoes and their products, but also the story behind their names.

mango fiesta



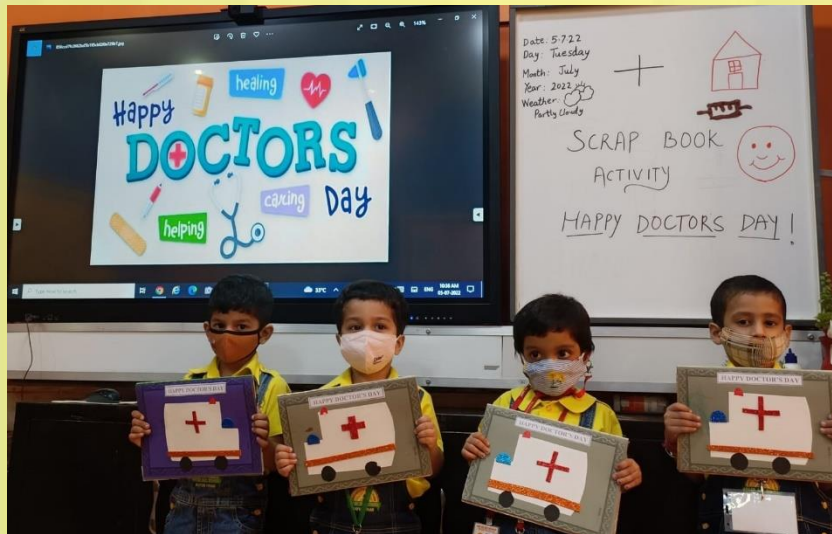
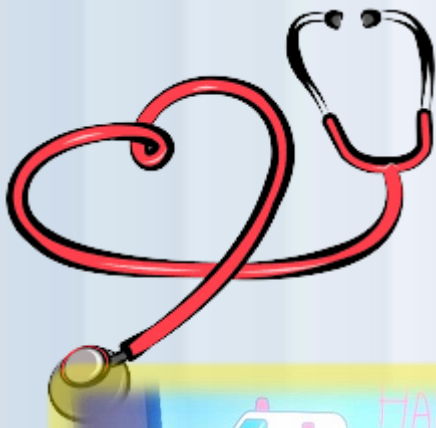


Doctor's Day Celebration



Students showed their gratitude towards doctors by celebrating Doctor's Day in the class. SCRAP BOOK ACTIVITY – Students made ambulance and are now aware that we should always give way to ambulance first on the road.





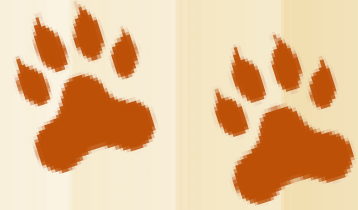
INTERNATIONAL

TIGER DAY

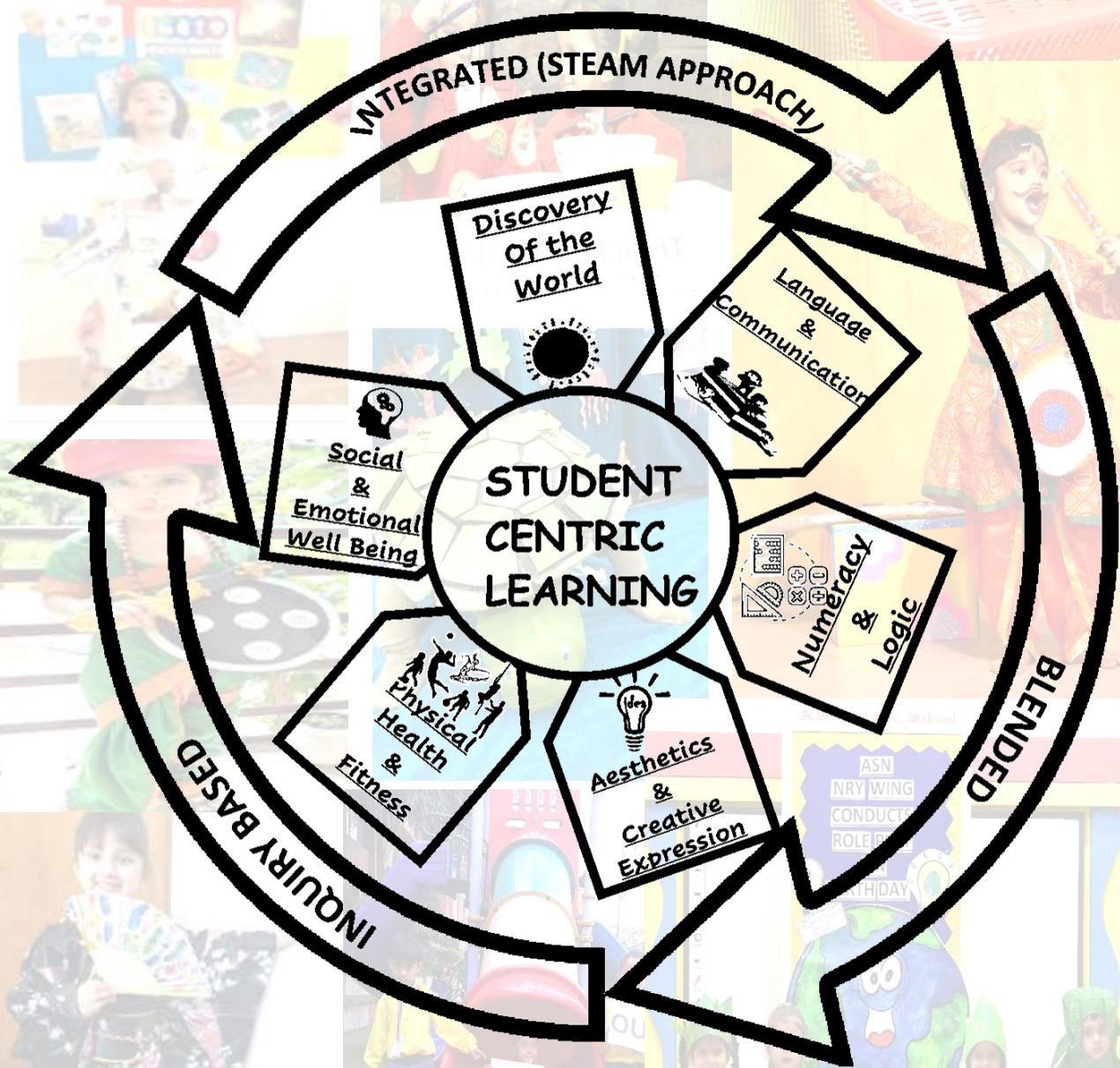


Global Tiger Day, often called International Tiger Day, is an annual celebration to raise awareness for tiger conservation, held annually on 29 July. The activities designed for the day were aimed at inculcating sensitivity towards nature and wildlife in the young children. Our little ones left no stones unturned to celebrate this day.





OUR LEARNING DOMAINS



Aesthetic & Creative Expressions

Magic with Dots Competition





Social & Emotional

Well Being

ACTIVITIES AND STORIES

- Under Brain Gym - Calm Down
- Crackers, Story - Swimmy the Fish, Self-Awareness Concept and Me Tree Activity was done to make students know more about themselves.



Numeracy and Logic



INTRODUCTION OF NUMBER 2:

Number 2 was introduced with the help of amazing facts and number and quantity association games. Students enjoyed making pairs of eyes and ears and more set of two things.



Pre number concepts:

Concept of Fat / Thin

Students could easily understand the topic of fat and thin with help of power point presentation and related story. They all promised that they will avoid junk food and do exercise regularly to stay fit and thin. Students did up and down physical exercise with great zeal which helped them to learn the concept of up and down.



fat

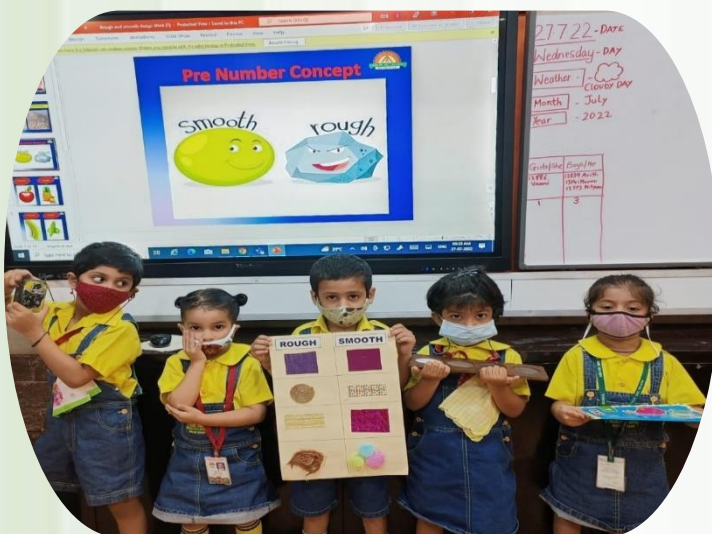


thin



Concept of Rough / Smooth

Students learnt this concept with the help of hands-on activity. They touched different things and felt their texture and differentiated between rough and smooth things.



Smooth



Rough



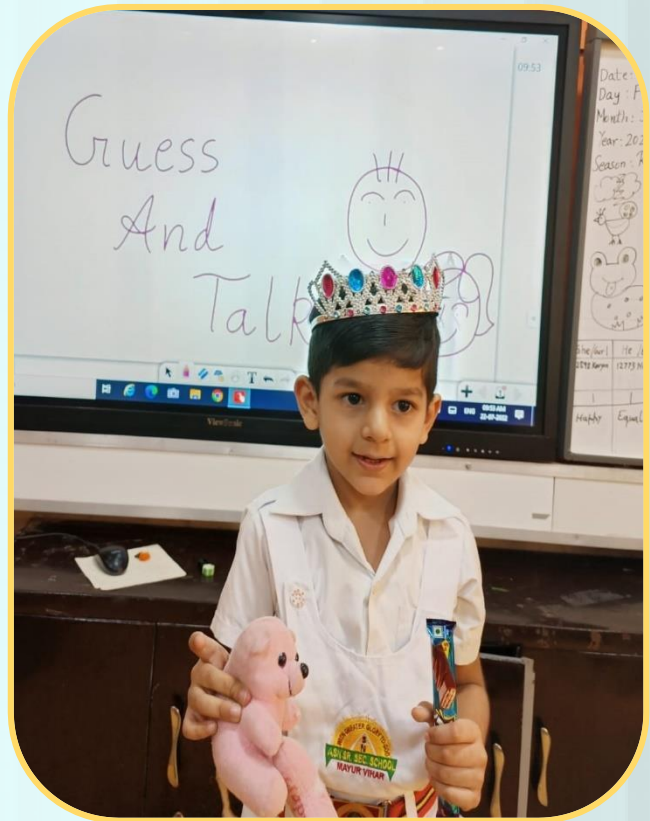
SPEAK WELL ACTIVITIES –

Our little ones are now gradually gaining confidence to speak in front of the teacher and their peer group with the help of oratory sessions.

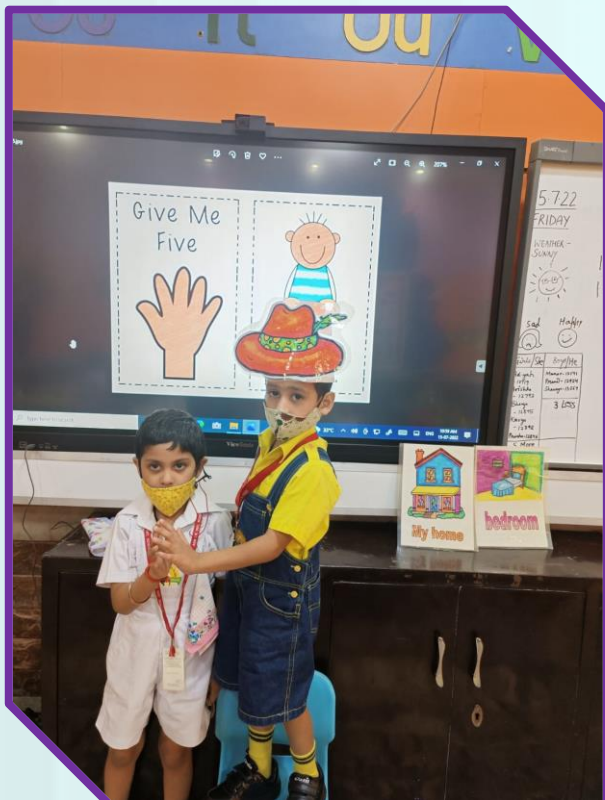
The **SPEAK WELL PROGRAM** has been specially initiated for these little speakers to help them build on their communication skills.

‘Guess and Talk’



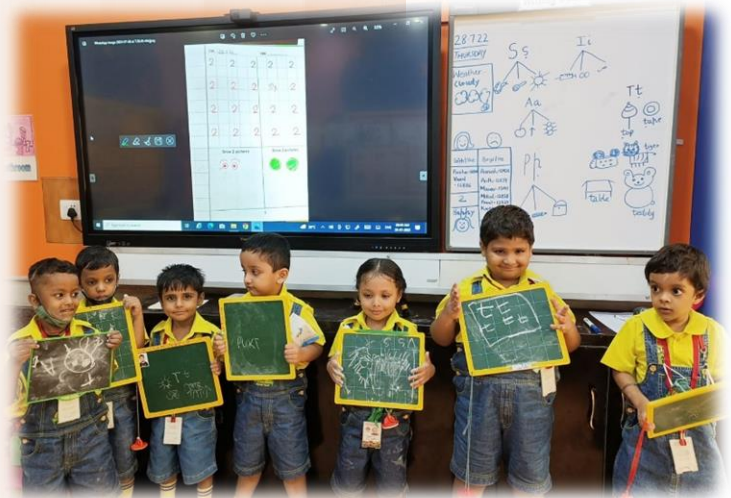


'Give Me Five'



INTRODUCTION AND RECAP OF LETTERS

Students enjoyed learning letter sounds with help of magic bag, sound stories, jingles, PPT, art and craft activities, semolina tracing, simple drawings and many other fun-loving activities. Recap of letters was done with help of educational games like squat the correct picture, guess the sound etc.





Physical Health and Fitness

PRACTICAL LIFE ACTIVITIES (PLE)

Practical Life activities help to give the child a sense of being and belonging, established through participation in daily life with us. Many PLE activities were done and enjoyed by the students like-zipping/unzipping, buttoning/unbuttoning, rolling/unrolling of tablemat, lacing board etc.



FINE MOTOR



Montessori Activities



PARENT TIPS & TRICKS

Ways To Select Age - Appropriate TV Show

If we choose to be okay with screentime for our kids then how do we figure out what TV shows we can allow our kids to watch? Read on to find out ...

Where is it made?

Think if the accent of the show will make it difficult to understand.

Think if the cultural/geographical details will make it more difficult to relate to but this doesn't mean shows of other countries shouldn't be watched.

What is the pace and voice?

- Who is it that does the talking?
- Who is being spoken to?
- Is there enough time for the listener to absorb what is being said?

How old is it?

While cartoons can have nostalgia factor, you have to think about the time it was made. This has an effect on the content and messaging of the show.

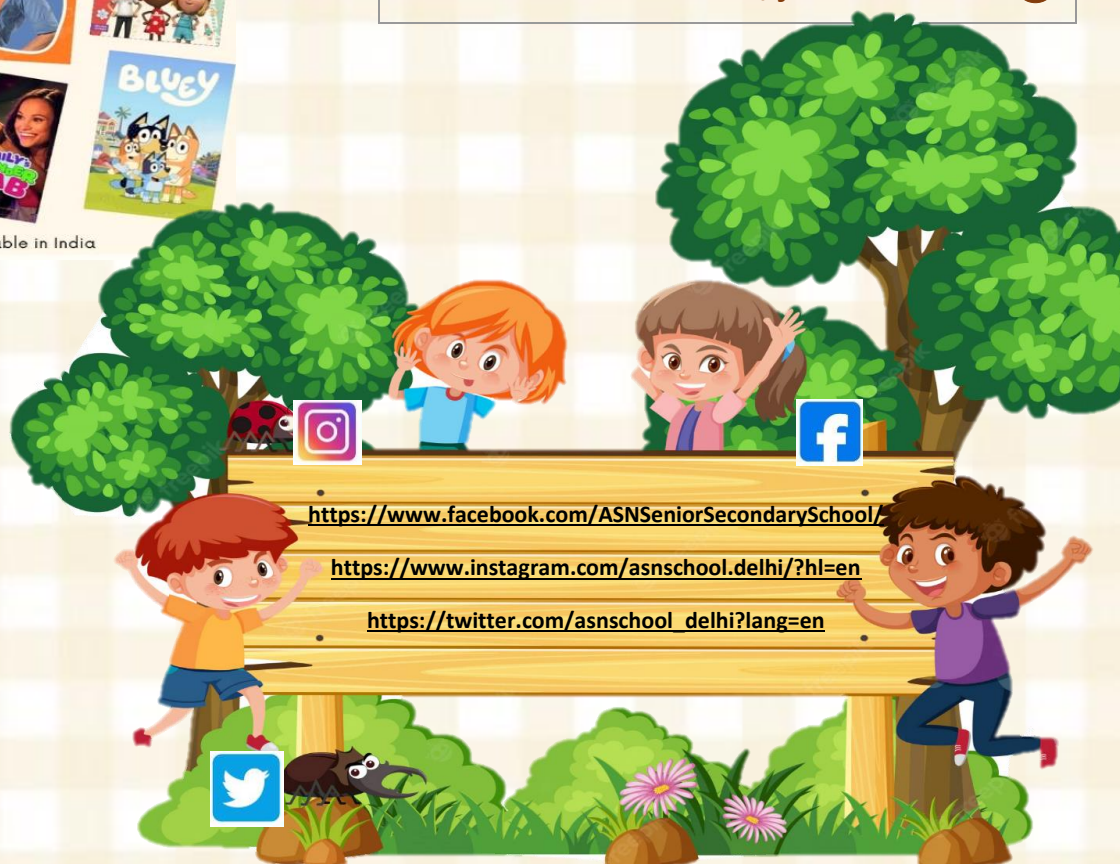
What is the platform?

Some platforms like Disney + kid do not have auto play (which is good), while You tube's suggestion funnel can be a blackhole of unrelated and possibly undesirable content. So, just watch out 🙄

Some Amazing Shows!



Some shows may not be available in India



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