

Shrishi International School



Session 2017 - 18
FOR THE MONTH OF August
THEME: - Fruits & Vegetables



Dear parents,

Warm greetings.

The journey so far has been enriching and exciting.

The children are now settled in their class routine. They have created a bonding with their teacher and their classmates. Everyday they enter the school premises with eagerness and curiosity.

There are various domains of growth and development of which physical growth of a child, is utmost important.

You have looked after with utmost care, the physical growth of your precious one.

For a healthy body, food and nutrition, the physical activity of a child, the amount of rest and sleep, cleanliness and hygiene, loving and cheerful environment, all play a very crucial role.

No mother need to be told, how important nutritious food is for a child, when once a child starts coming to school, we take upon ourselves the responsibility of guiding the young minds about nutrition.

We begin this with the identification of various fruits and vegetables – the common ones they see everyday, identify them by sight, & know them by taste The exotic ones, They do not know by name or sight.

The purpose of keeping this theme for kindergarten level children.

- Enhance their knowledge about various fruits and vegetables.
- Increase their observation – how we eat them – raw or cooked, do they have seeds; do we peel them or eat them with their skin.
- Where do they grow.
- Develop taste buds – identify how they taste – sweet, tangy or bitter.
- Explain why we must eat lots of fruits and vegetables (this is the most common concern of the parents that their child doesn't relish fruits and vegetables).

This will be done in a very interesting manner through stories narrated in class or through role plays. Special days are assigned for sweet and tangy fruits, for nutritious vegetables that can be eaten raw as salads etc. are also interesting activities of the class.

Circle time activities like sorting, grouping – fruits and vegetables separately – fruits eaten with peel or without peel, fruits without seed, single seed and multiple seeds. What part of the plant is eaten – Root, leaves or fruit.

So watch your child grow and become strong – Physically, Mentally & Emotionally.....

Pre primary activities (Co – scholastic)

Theme – Fruits and Vegetables

Activities

1. Rakhi Making
2. Search and find (Fruits and Vegetables)
3. Visit to a fruit/ vegetable mart
4. Go– green (Greens in your Tiffin makes you strong)
5. Janmashtmi Celebration – Fancy Dress
6. Independence day celebration – know your national Symbols
7. Fruit face Masks and Fruit thumb puppets.
8. Visit to a doctor (Mock Play)

Day

August Friday
Circle Time Activity
Any day convenient
10th August
14th August
15th August
24th August
25th August

Vow of the Month – “I will not fuss about eating”

Rhyme of the Month – “You shall have” – Nur.

“Chop – Chop Choppity ” – K.G.

“I am a little tea pot” – K.G.

“Hot cross buns” – K.G.

“The Apple tree” – Prep

“Vegetables rainbow” – Prep

Stories – “Best friends” – Nur.

“The rats and the elephants” – K.G.

“The story of two friends fruits and vegetables” – Prep

“Story of a potato” – Prep

“A football match between fruits and vegetables” – Prep

“Stories Of Krishna”

Shape of the Month – “Square”

Colour of the Month – “Green”

Science Experience – “All observational activities about fruits and vegetables”

Theme Corner – “Various fruits and vegetables, Plants they grow on”

Conversation Questions for the Month of August

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| 1. Name a fruit which does not have a seed? | Banana |
| 2. Which fruit is called “The king of fruits”? | Mango |
| 3. Which vegetable is called “The king of Vegetables”? | Brinjal |
| 4. Name two green fruits? | Pear, Grapes |
| 5. Name two green vegetables? | Lady finger, Cabbage. |
| 6. Name two fruits which have many seeds in it? | Apple, Watermelon |
| 7. What is your mother tongue? | Hindi |
| 8. Name the colours in our National Flag? | Saffron, White, Green |
| 9. When is Independence Day celebrated? | 15 th August |
| 10. What is the name of your Country? | India |
| 11. Name the capital of India? | New Delhi |
| 12. Name the capital of Rajasthan? | Jaipur |

Shrishti International School

News Letter

From : The class teacher.

Theme : Fruits & Vegetables

Month : August

Date :

Dear parents,

“Warm Greetings”

This month was the month of national fervor as we celebrated Independence day symbolic of our national pride. Children learnt to recognize our national symbols, national flag, bird, animal, flower etc. Many patriotic songs were sung during assembly and music period. Some of the prominent patriotic leaders were introduced to them. Your child can now sing the National Anthem. – “Please make amends if they do not sing correctly”.

In this month we celebrated Raksha Bandhan & Janmashtmi which were again two major festivals. Your child has learnt how festivals enrich our lives – bringing joy, gaiety, cementing bonds of love and brotherhood.

Natkhat kanha is symbolic of childhood innocence and mischief. Every child identifies himself with “makhan chor Krishna”.

Your kids stole our hearts when they turned up dressed as Krishna & Radha.

They enjoyed treasured hunt searching for the pot full of butter in every nook & corner of the school and imagine their pleasure when they finally found it, brimming with toffees.

We have tried to inculcate healthy eating habits in your children and make them aware about the benefits of eating lots of fruits and vegetables.

Each day, has been a day full of pleasant learning experience for the teacher and the taught.

Our Journey continues