

**SADHU VASWANI INTERNATIONAL SCHOOL FOR GIRLS
SHANTINIKETAN , NEW DELHI - 21**





















PRESCHOOL BULLETIN

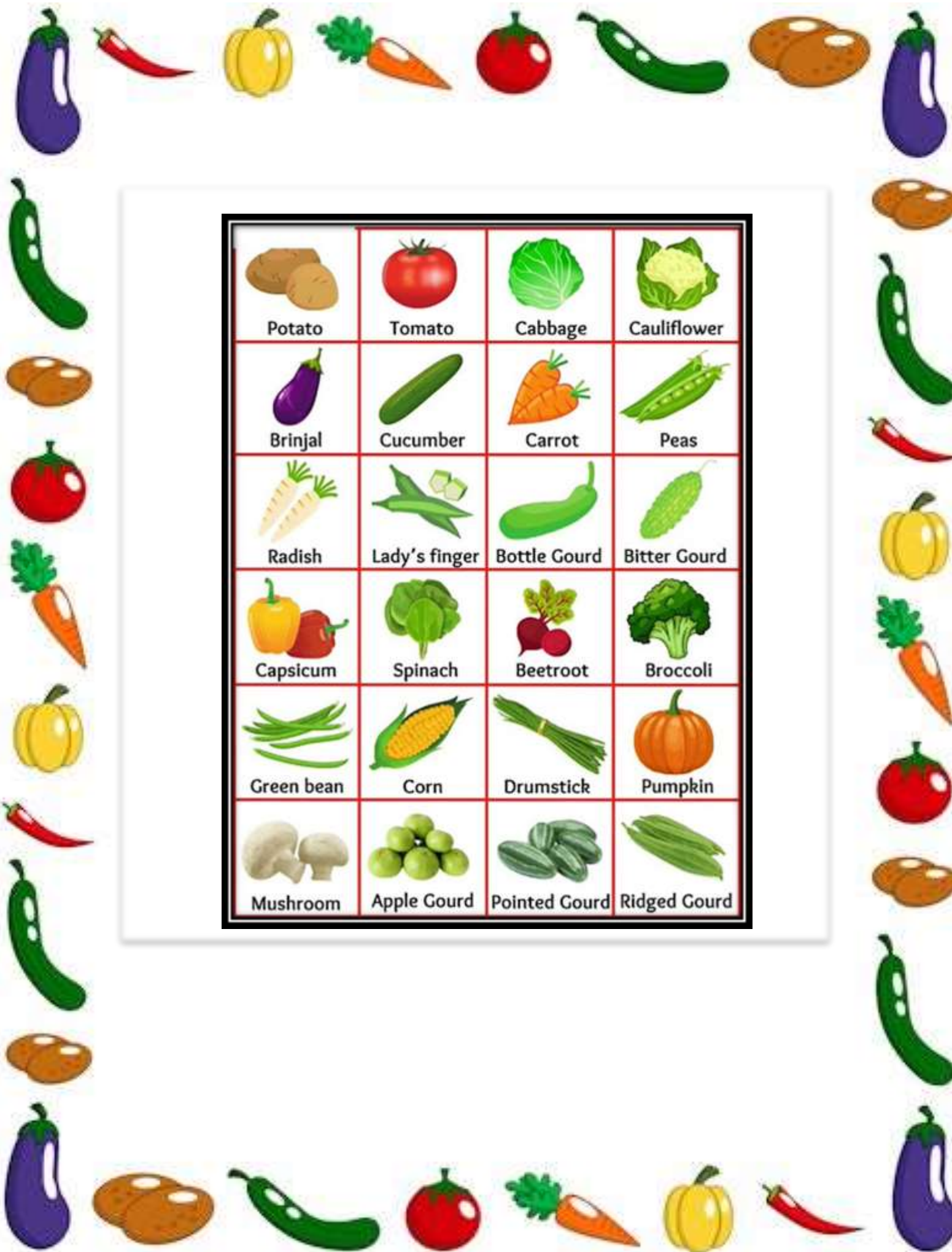
SEPTEMBER 2024

























FRUITS & VEGETABLES

COGNITIVE SKILLS

RECOGNITION-Recognizing and naming fruits and vegetables

 Apple	 Banana	 Orange	 Mango
 Grapes	 Pineapple	 Pomegranate	 Avocado
 Coconut	 Papaya	 Watermelon	 Strawberry
 Cherry	 Apricot	 Kiwi	 Jackfruit
 Lime	 Peach	 Pear	 Tamarind



 Potato	 Tomato	 Cabbage	 Cauliflower
 Brinjal	 Cucumber	 Carrot	 Peas
 Radish	 Lady's finger	 Bottle Gourd	 Bitter Gourd
 Capsicum	 Spinach	 Beetroot	 Broccoli
 Green bean	 Corn	 Drumstick	 Pumpkin
 Mushroom	 Apple Gourd	 Pointed Gourd	 Ridged Gourd

IDENTIFICATION - To identify colours and shapes of different fruits and vegetables

CLASSIFICATION - Classification of fruits (on the basis of seeds - one seed , few seeds and many seeds)

ONE SEED



MANGO



LITCHI

FEW SEEDS



PEAR



APPLE

MANY SEEDS



PAPAYA



WATERMELON

SORTING - Sorting vegetables which can be eaten raw and which can be cooked



CELEBRATIONS – Teachers' Day will be celebrated and its significance will be discussed. (students will speak few lines / recite a rhyme on their teacher)



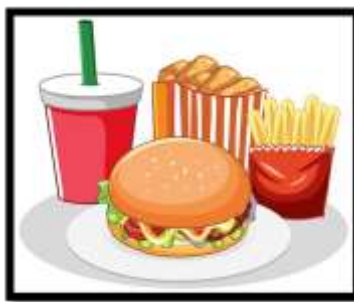
LANGUAGE SKILLS

ACTIVITY: Show and Tell (My Favourite Fruit)

Prepare a prop of your favourite fruit and speak short sentences about it.

Conversation on the topics 'My Teacher' and 'Healthy food and junk food' (children will speak short sentences)

Vocabulary Building: raw, peel, slice, junk





THE RABBIT AND THE TORTOISE

Once there was a rabbit and a tortoise. They were very good friends. One day they decided to have a race. Rabbit said " I can run very fast. I will surely win the race. " When the race started the rabbit ran fast and the tortoise was walking slowly.

The rabbit looked back and thought the tortoise was very far from him. He decided to take some rest under the tree.

The rabbit slept under a tree.

The tortoise kept on walking slowly and steadily and won the race.

MORAL: Slow and steady wins the race.

LIFE LESSONS WITH MORAL STORY

THE VALUE OF PATIENCE

<https://youtu.be/XjC1Ubv422M?feature=shared>

TIME to RHYME

EAT THEM ALL

- Tomato and carrot ,
- Potato and beans
- Cauliflower and cabbage
- And vegetables green .
- Your body needs them,
- They are good us
- Don't screw up your nose
- Eat them all without a fuss

WONDERFUL VEGETABLES

Tomatoes are red , peas are green
A brinjal has a crown , just like a queen
Potatoes are brown and onions are pink ,
Carrots have juice which I can drink.
Vegetables make me healthy and wise ,
I will eat them with roti and rice



MY LUNCH BOX

I look in my lunchbox
To see sandwiches there .
An apple, an orange,
or maybe a pear .
Sometimes it's pasta,
a wrap or a roll.
I love healthy lunches
'cause they make me grow .

फल

खरबूजे से मीठा केला ,
उससे अधिक अनार ।
पर अनार से भी मीठा है
सेब ज़ायकेदार ।
है अंगूर सेब से मीठा ,
उससे मीठा आम ,
सबसे मीठा फल मेहनत का ,
डटकर करना काम ।

LISTENING AND SPEAKING SKILLS

- (i) Revision of letters - T, I, L, F, E, H, N, M, V, W
- (ii) Introduction of letters - Y, A, X, K, Z
- (iii) Reiteration of words beginning with the above letters will be done.

Y

Yolk Yacht
Yarn Yak Yoyo

A

Apple Ant
Axe Airplane Arm

Xx

Xylophone
Xmas X-ray

K

Kite Kettle
King Key Kangaroo

Z

Zig zag Zebra
Zip Zero Zucchini

WRITING SKILL:

Formation of the letters with the help of crayons. Eg. Y, X, A, K, Z

Colour the pictures : **Alphabet**

YOGA YARN YDYO YACHT YAK

Trace and write the letter 'Y'

Y	Y	Y	Y	Y
Y	Y	Y	Y	Y

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Colour the pictures : **Alphabet**

AEROPANE ASTROMAUT ALLIGATOR AMBULANCE APPLE

Trace and write the letter 'A'

A	A	A	A	A
A	A	A	A	A

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Colour the pictures : **Alphabet**

KETTLE KEY KANGAROO KING KITE

Trace and write the letter 'K'

K	K	K	K	K
K	K	K	K	K

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Name : _____ Date : _____

Colour the pictures : **Alphabet**

ZEBRA ZIG-ZAG ZOO ZEBRA CROSSING

Trace and write the letter 'Z'

Z	Z	Z	Z	Z
Z	Z	Z	Z	Z

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REASONING AND ANALYTICAL THINKING

SKILLS : Opposites will be done to develop these skills

FAST- SLOW



NUMBER WORK : 6, 8 along with value counting



ACTIVITY SCHEDULE

DAY/DATE	ACTIVITY	REQUIREMENT
FRIDAY 13.9.24	Show and Tell	Students to speak about their favourite fruit along with the prop for the same. They can prepare the stick prop or can also wear the crown made related to their favourite fruit.
FRIDAY 20.9.24	Fruit Salad Making	Different fruits peeled and chopped, lemon, salt/chat masala, bowl, fork.
MONDAY 23.9.24	Say No to Junk Food	Wrappers / cutouts of pictures of healthy and junk food item from newspapers & magazines can also be used.
FRIDAY 27.9.24	Market Scene	Child to dress up as fruit / vegetable vendor or customer & carry related material

The above schedule will reinforce skills of **IDENTIFICATION, SORTING** and **REASONING**. Through the above activities students will develop **MOTOR COORDINATION SKILL, IMAGINATION** and **AESTHETIC SKILLS**.

VALUE : Healthy Eating – The importance of eating green vegetables

Eating vegetables provides a lot of health benefits . Children who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of various chronic diseases. Good nutrition is an important part of maintaining a healthy lifestyle. Therefore, we must eat healthy and stay fit.



LIFE - SKILLS: Decision- making

Decision making is an equally important skill in a preschooler's life as it paves way for a confident adult life. Children should be encouraged to make informed decision about eating healthy or junk food. They should be made aware of the benefits of eating healthy.

ATTITUDE: Discipline

Discipline can be explained as training which will develop one's moral character and mind. It is an extremely essential part of our lives. The habit of maintaining a disciplined attitude should be inculcated in the students at an early stage. Discipline also enables us to make informed choices. For instance, a child who has been made aware of the benefits of healthy eating, avoids eating junk food, thereby learning the skill of self-discipline and staying healthy and fit.





FOR PARENTS

Help your daughter to identify:

- Shapes of different fruits and vegetables e.g. An orange is round
 - Fruits which need to be peeled before eating e.g. Banana, Orange
 - Leafy vegetables. e.g. Spinach, Lettuce
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- Encourage your daughter to narrate the story of 'Rabbit and the Tortoise' in the correct sequence.
 - Recite **nursery rhymes** at home and appreciate her effort when she recites with you.
 - Recite simple songs with her. e.g. Apples on a tree, pick one, pick two, pick three, one, two, three

MS. PRABHLEEN KAUR

PRE SCHOOL COORDINATOR