

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

K.G.
MONTHLY BULLETIN

SEPTEMBER, 2025

Theme Of The Month- **Fruits and Vegetables**



Cognitive Skills

Recognition - Recognizing and naming different fruits and vegetables.



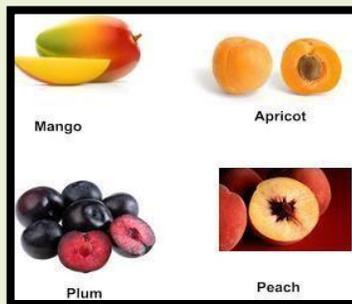
Identification - To identify shapes and colours of different fruits and vegetables.



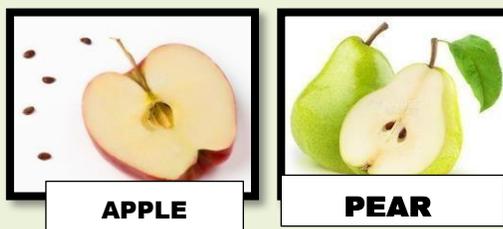
Classification –

1) Classification of fruits- On the basis of seeds:

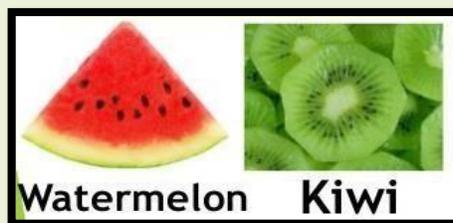
One Seed



Few Seeds

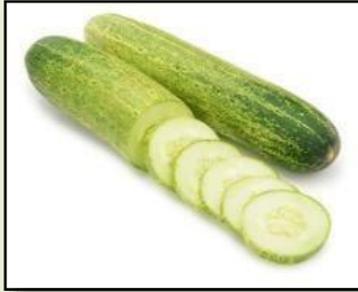


Many Seeds



2. Vegetables that can be eaten- raw, cooked, both raw and cooked.

RAW



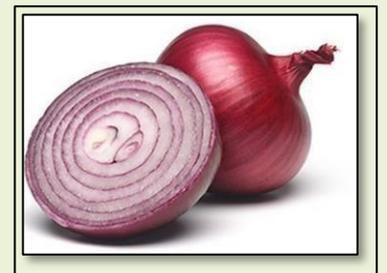
Example- Cucumber, Radish

COOKED



Example- Ladyfinger, bitter gourd, brinjal, bottle gourd

RAW AND COOKED



Example- Tomato, carrot, onion

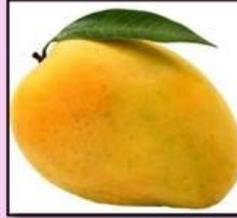
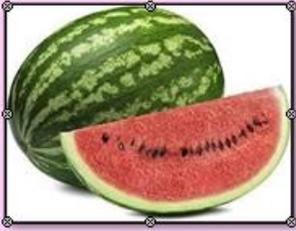
3. Juicy Fruits- For example-

Watermelon

Orange

Mango

Grapes



Vocabulary Building Words:

favourite, peel , raw, junk, sliced , juicy , sour , spicy , healthy

Multi-Sensory Learning -- Number of activities are planned for the students related to the topic fruits and vegetables.

S.No	Date	Activity	Material Required
1	10.9.25	Say no to junk food	Pictures of healthy and unhealthy food
2	19.9.25	Cooking without Fire	As per your dish
3	22.9.25	Show and Tell- My Favourite Vegetable	Prop/flashcard of your favourite vegetable
4	22.9.25	RIDS Activity- My Little Herb Book	Students will bring 1 herbal plant picture of Costa Rica, Bolivia and Sri Lanka

CELEBRATIONS

Teachers' Day

Students will express love & gratitude for their teacher by designing beautiful cards and the significance will be discussed.



DUSSEHRA: The victory of good over evil

Festival will be celebrated on 29th September, 2025 and its significance will be discussed through activities and a story.



LANGUAGE SKILLS

Conversational Skills:

To enhance conversational skills children will speak short sentences on the topic:

My Teacher

My teacher's name is.....
She is very caring and kind.
She teaches and guides us well.
She tells us good moral stories.
I love my teacher.



Healthy and Junk food

Food is very important for our body.
We should eat healthy food like fruits, green vegetables and salads.
Healthy food makes us fit and strong.
Junk food like burger, pizza, maggi, etc. makes us fat and lazy.
Eat healthy, be healthy.



STORY TIME:

STORY SHEET - SEPTEMBER

The Greedy Mouse

A greedy mouse saw a basket full of corn. He wanted to eat it. So he made a small hole in the basket. He squeezed in through the hole. He ate a lot of corn. He felt full. He was very happy.

Now he wanted to come out. He tried to come out through the small hole. He could not. His belly was full. He tried again. But it was of no use.

The mouse started crying. A rabbit was passing by. It heard the mouse's cry and asked: "Why are you crying my friend?"

The mouse explained: "I made a small hole and came into the basket. Now I am not able to get out through that hole."

The rabbit said: "It is because you ate too much. Wait till your belly shrinks". The rabbit laughed and went away.

The mouse fell asleep in the basket. Next morning his belly had shrunk. But the mouse wanted to eat some corn. So he ate and ate. His belly was full once again. He thought:

Oh! Now I will go out tomorrow".

The cat was the next passerby. He smelled the mouse in the basket. He lifted its lid. He ate the mouse.



Moral : One should not be greedy.

PRE-PRIMARY - 4

STORY TIME:

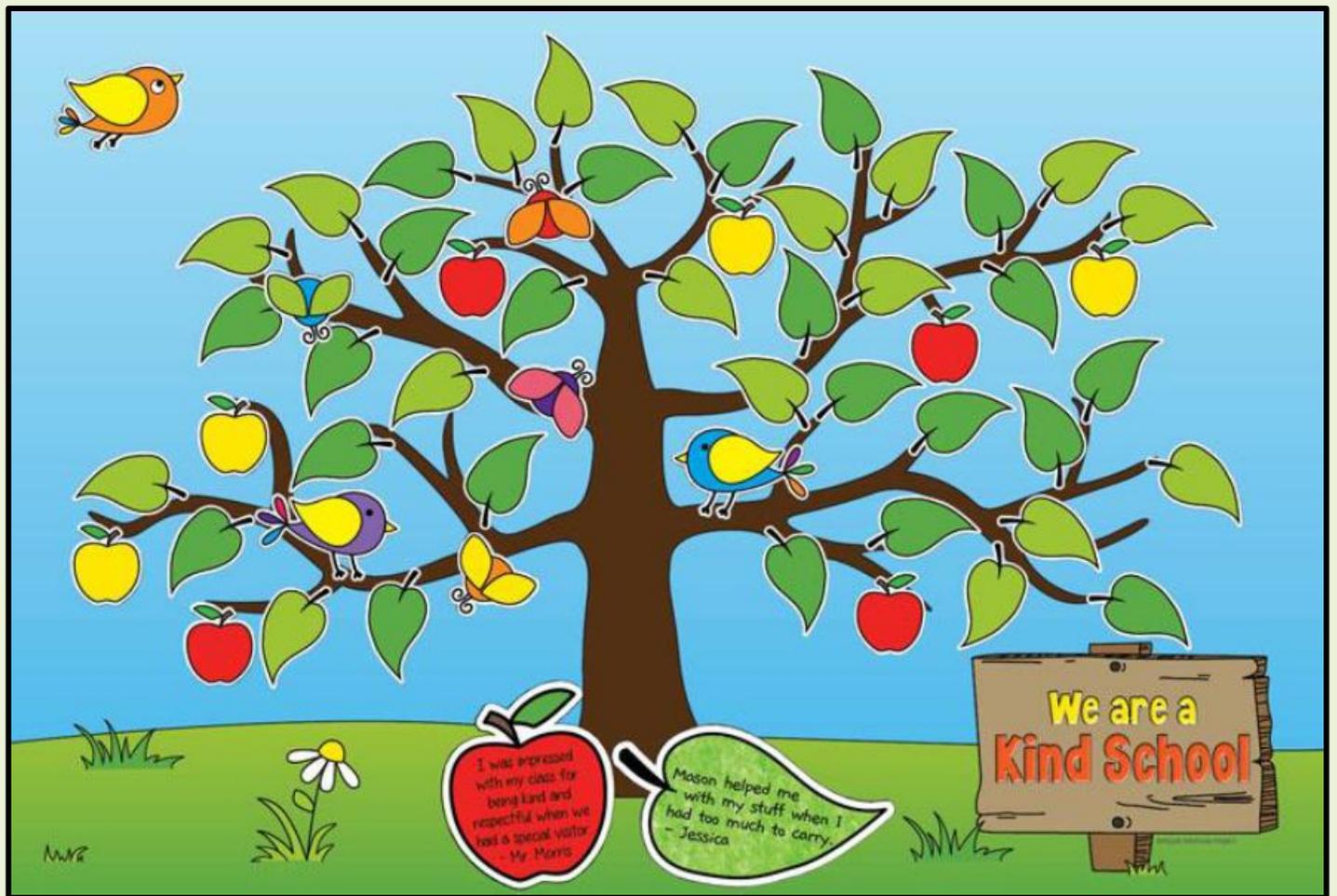
HEALTHY EATING HABITS



<https://youtube.com/watch?v=IZp6Ntomljc&feature=shared>

STORY TIME:

THE KINDNESS TREE



<https://youtube.com/watch?v=--GaOPwLXrw&feature=shared>

Rhyme Time

EAT THEM ALL

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



फल

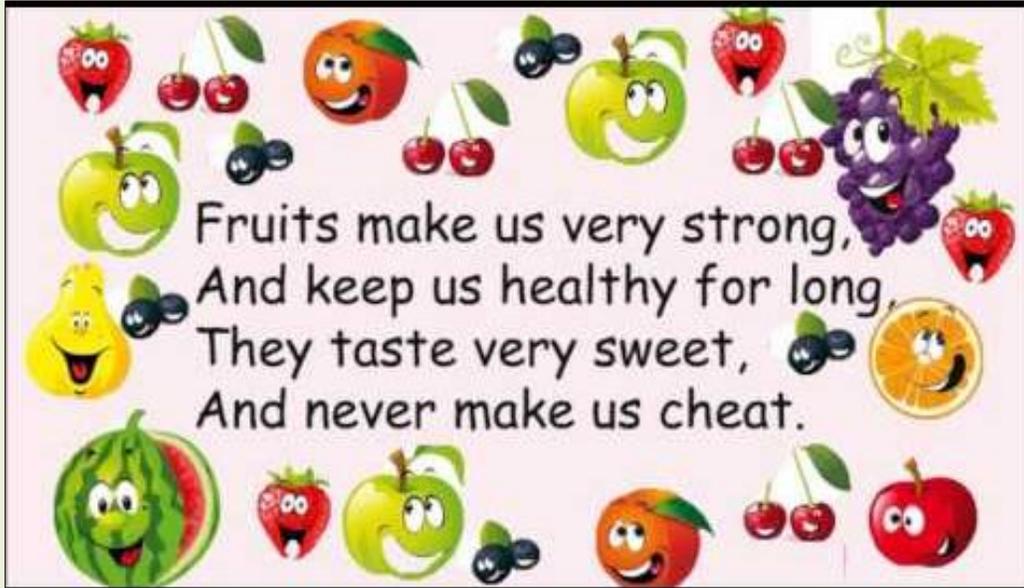
खरबूजे से मीठा केला, उससे
अधिक अनार।
पर अनार से भी मीठा है, सेब
जायके दार।
है अंगूर सेब से मीठा, उससे
मीठा आम।
सबसे मीठा फल मेहनत का, डटकर
करना काम।



WONDERFUL VEGETABLES

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





Fruits make us very strong,
And keep us healthy for long,
They taste very sweet,
And never make us cheat.

Five Little Ducks

*Five little ducks went out one day,
Over the hills and far away.
Mother duck said, "quack quack quack quack,"
But only four little ducks came back.*



*Four little ducks went out one day,
Over the hills and far away.
Mother duck said, "quack quack quack quack,"
But only three little ducks came back.*

*Three little ducks went out one day,
Over the hills and far away.
Mother duck said, "quack quack quack quack,"
But only two little ducks came back.*



*Two little ducks went out one day,
Over the hills and far away.
Mother duck said, "quack quack quack quack,"
But only one little duck came back.*

*One little duck went out one day,
Over the hills and far away.
Mother duck said, "quack quack quack quack,"
And all of the five little ducks came back.*



ENGLISH

Reading Skills: * Revision of reading of three letter words of vowel 'a'
 * Introduction of reading of three letter words of vowel 'e' from the Reader pages 14,15,19,20

'e' Word Family
 -en and -et

Read aloud.

-en words
 ten, pen, den, men, hen

-et words
 jet, wet, pet, net

-en	den ten hen yen men zen pen
-et	bet net get pet jet set let wet met yet

-ed, -eg, -eb, -em and -es

Read aloud.

-ed words
 wed, bed, red

-eg words
 keg, leg, peg

-ed	bed fed led red wed
-eg	beg keg leg peg
-eb, -em, -es	web gem hem yes

Read and Enjoy

Let's read.

A net
 A wet net
 A net is on a jet.
 The net is red.
 The red net is wet.

Look at the picture and tick (✓) the correct sentence.

The net is wet.

The jet is wet.

It is a net.

It is a jet.

For the Teacher: Read the phrases and the sentences and make the children repeat after you.

Let's read.

A hen
 Ben and a hen
 Ben has a pet hen.
 The hen is red.
 Ben fed the hen.

Look at the picture and tick (✓) the correct sentence.

Ben has a cat.

Ben has a hen.

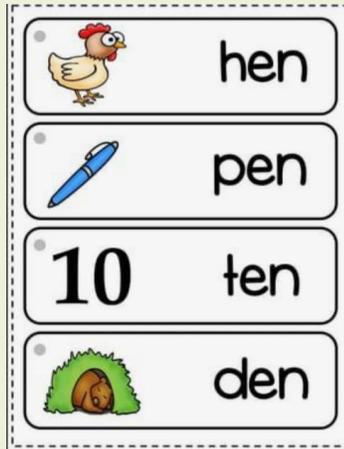
The hen is red.

The hen is wet.

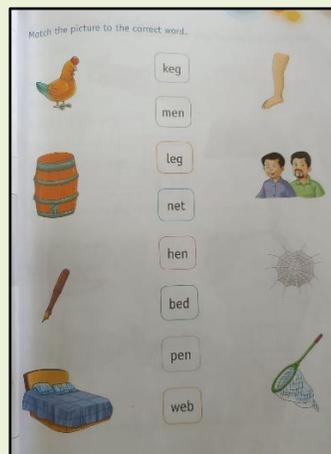
For the Teacher: Read the phrases and the sentences and make the children repeat after you.

Writing Skill:

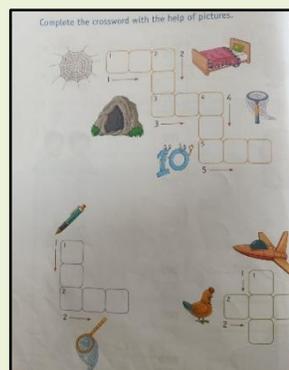
- Revision of three letter words of vowel 'a'
- Introduction of three letter words of vowel 'e' along with the pictures e.g. –



Differentiation: Match the pictures with the correct word from the Reader page 17.

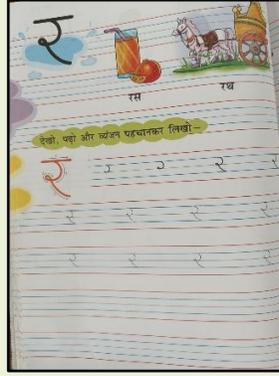
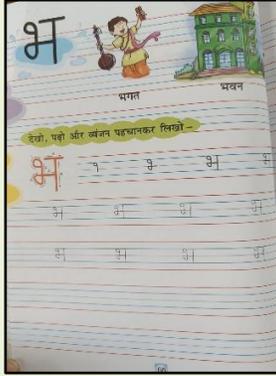


Identification: To identify the picture and write the correct word from the Reader page 18

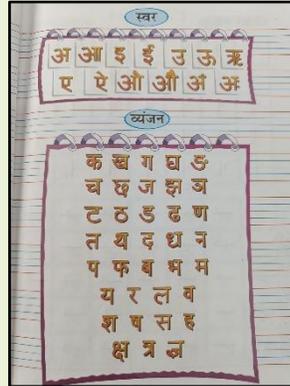


हिंदी

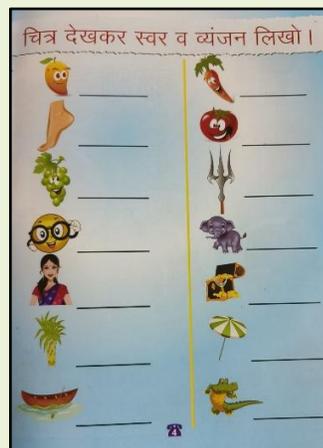
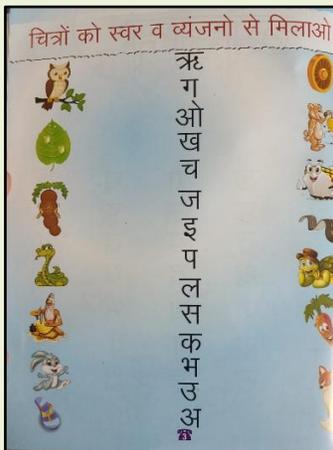
*अक्षरों की सचित्र मौखिक और लिखित पहचान
(ब, भ, म, य, र, ल, व, श, ष, स, ह, क्ष, त्र, ज्ञ, श्र)



* क से श्र अक्षरों की सचित्र पुनरावृत्ति

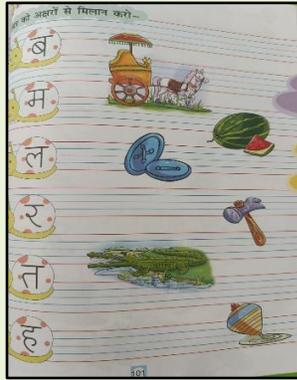
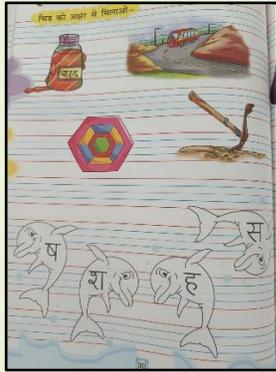


* पाठ्य पुस्तक से पठन व अभ्यास (पृष्ठ: 3,4)



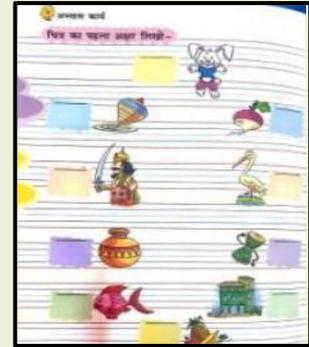
*** अक्षर को सही चित्र से मिलाओ**

कार्य-पुस्तिका पृष्ठ:90, 101

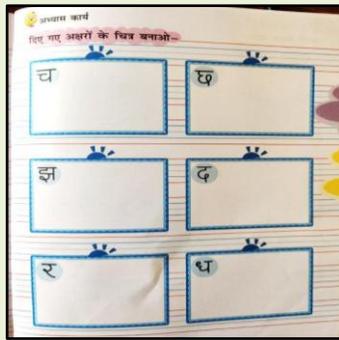


*** चित्र पहचान कर अक्षर लिखो**

कार्य-पुस्तिका पृष्ठ:102



***चित्र बनाओ / सही चित्र में रंग भरें (कला एकीकरण) कार्य-पुस्तिका पृष्ठ:107,110**



दो अक्षर वाले शब्दों की मौखिक पहचान

जैसे - कप ,नल ,फल ,टब इत्यादि



MATHS

REASONING AND ANALYTICAL THINKING SKILLS-

To develop these skills following PRE-NUMBER CONCEPTS will be introduced with examples (activity will be done in the class).

1. More – Less



2. Thick – Thin



ANALYTICAL SKILLS:

To develop quantitative and analytical skills

- Revision of oral counting 1 to 40

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40

- Oral and Written 41 to 50



- Revision of Back Counting 20 to 1



- Introduction of Back Counting 30 to 1

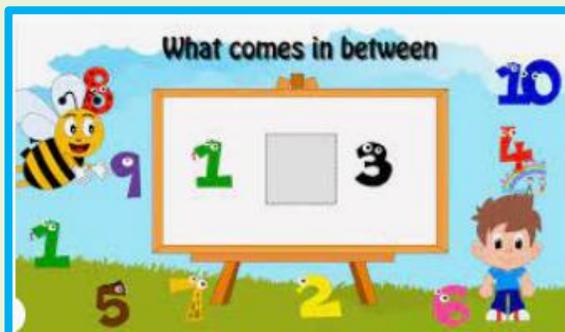


30	20	10
29	19	9
28	18	8
27	17	7
26	16	6
25	15	5
24	14	4
23	13	3
22	12	2
21	11	1

- Revision of What comes After



- Introduction of What comes in between



Recognition of International Dimension in Schools -

This program, formerly known as RIDS, recognizes and celebrates schools that integrate international perspectives and global citizenship into their curriculum and practices, according to the British Council.

This year our partner countries are - Costa Rica, Bolivia and Sri Lanka

PRE ACTIVITY- “Nature Walk”

The students will be taken for nature walk in the school premises where they observe various types of plants.

ACTIVITY – “My Little Herb Book”

The students will collect some leaves of Indian herbal plants from their Nature Walk and paste them in their scrap book.

(Art Integrated Learning)



POST ACTIVITY – “My Little Herb Book”

The students will paste the picture of one important herbal plant of Costa Rica, Sri Lanka and Bolivia in their scrap book.



Value Education:

Being Polite Use of May I, can I, Thank you, Excuse me, sorry in small sentences. Students will learn to use these words in their day to day life. They will learn to be polite with everyone. Our motive should be to raise a polite, kind, well-liked child.



Life Skills: Students will be made aware about junk and healthy food.

They will be made aware of different fruits and vegetables available in the market.



Acceptance: To accept healthy eating habits and well-being.

For example: Being aware of eating healthy food like vegetables and fruits and avoiding junk food.



FOR PARENTS

- Show your daughter, fruits which have one seed, few seeds and many seeds.
- Help your daughter to read well from English Reader.
(Special attention should be given to phonetic sounds.)
- To develop reading skills, encourage reading of three letter words of vowel 'a' and 'e' from story books, magazine and newspaper.
- Please prepare your ward for the following activities-

General Awareness Quiz will be conducted on 15th September '25 based on the topics: Plants, Fruits & Vegetables

Some sample questions for quiz are as follows-

Sample Questions	Answers
1.) Name the different parts of plants	Roots, stem, leaves, branches, bud, flower, fruit
2.) Name the different types of plants	Trees, shrubs, herbs, climbers, creepers
3.) Name any 2 vegetables that can be eaten raw	Onion, carrot
4.) Name the things we get from plants	Wood, rubber, paper, medicines, food, etc
5.) Name two ways in which we can take care of plants.	We should water the plants daily, We should not pluck leaves And flowers
6.) What do plants need to grow?	Soil, air, water, sunlight
7.) I am a part of plant, below the ground and in the soil. What am I?	Root
8.) Name any 2 fruits with many seeds.	Papaya, watermelon
9.) Name any 2 juicy fruits.	Orange, water melon
10.) When you sow me into the soil and water Me every day, with the help of sunlight and air I grow into a plant. Who am I?	Seed

Ms. Anamika Bhasin
K.G. Co-ordinator