

# SADHU VASWANI INTERNATIONAL SCHOOL FOR GIRLS

## SHANTI NIKETAN , NEW DELHI - 21

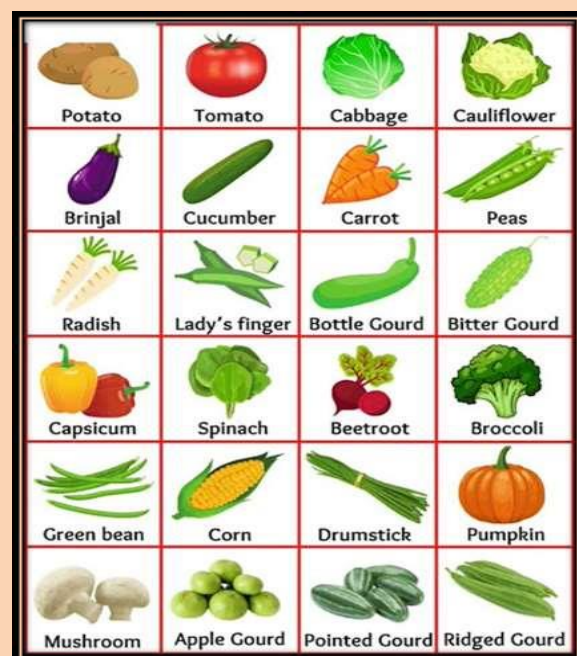
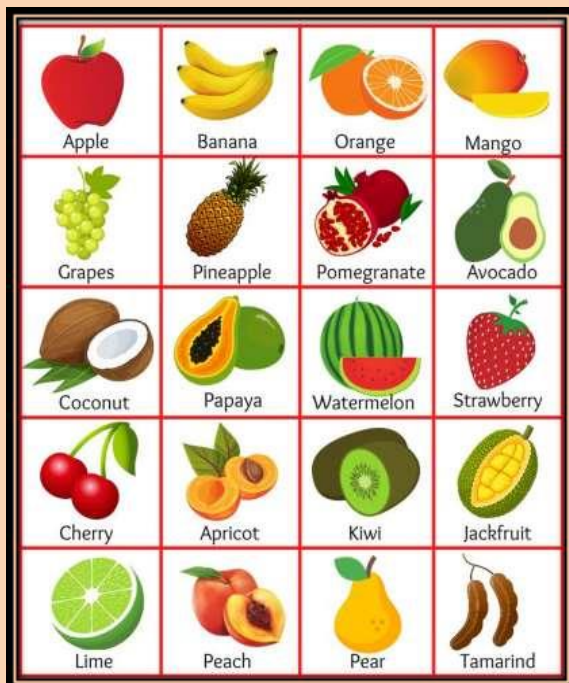
NURSERY BULLETIN

SEPTEMBER 2025

### FRUITS & VEGETABLES

#### Cognitive Skills

**RECOGNITION**-Recognizing and naming fruits and vegetables



**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)

**DUSSEHRA**-The victory of good over evil

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



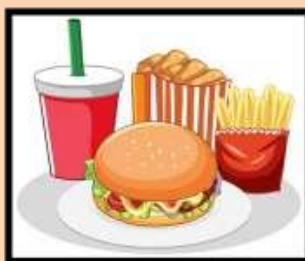
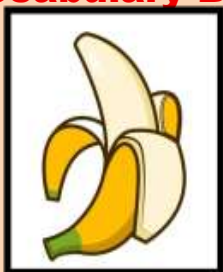
## LANGUAGE SKILLS

**ACTIVITY:** Show and Tell (My Favourite Fruit)

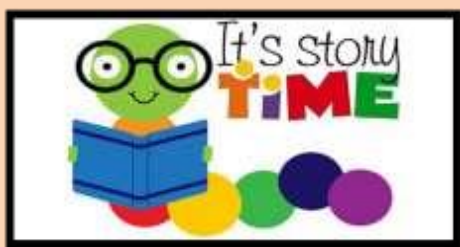
Prepare a prop of your favourite fruit and speak short sentences about it.

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

**Vocabulary Building:** raw, peel, slice, juicy







## 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.

### Some more stories

“Eat Healthy, Stay Healthy”



<https://share.google/6B5UbvovnsbCvg2S8>

“Good Habits vs Bad Habits”



<https://share.google/MdhSwSLS0ti4u9TWU>



## The Vegetable Song

To the tune of Twinkle, Twinkle Little Star

Carrots, peas, and broccoli  
Vegetables are good for me,  
For my snack and in my lunch,  
Veggies sticks are great to munch.  
Carrots, peas, and broccoli  
Vegetables are good for me!

## 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 ।



## 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.



## LISTENING AND SPEAKING SKILLS

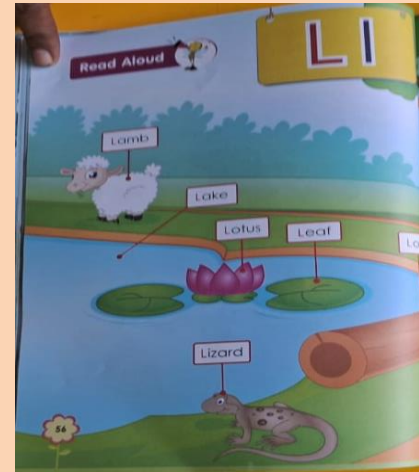
Revision of letters – A-----J

Introduction of letters – **K,L,M,N,O** with the help of crayons.

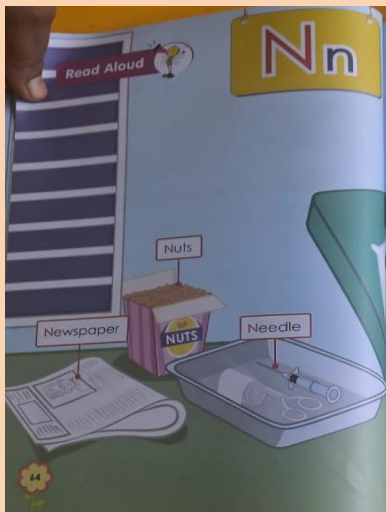
Reiteration of words beginning with the above letters will be done.



Page No. 50



Page No. 54



Page No. 64



Page No. 60



Page No. 68


## WRITING SKILL:

Formation of the letters with the help of crayons. Eg. K,L,M,N,O

Name : \_\_\_\_\_ Date : \_\_\_\_\_

**Alphabet**

Colour the pictures :



KETTLE KEY KING KANGAROO KITE

Trace and write the letter 'K'

K	K	K	K	K
K	K	K	K	K

18/45

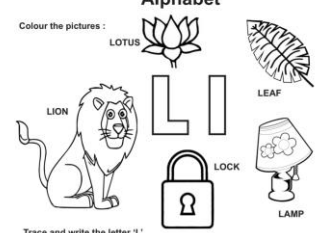
Language  
Skills : Identification, Fine motor co-ordination,  
Vocabulary building

PRE-SCHOOL - 18

Name : \_\_\_\_\_ Date : \_\_\_\_\_

**Alphabet**

Colour the pictures :



LOTUS LION LEAF LOCK LAMP

Trace and write the letter 'L'

L	L	L	L	L
L	L	L	L	L

19/45

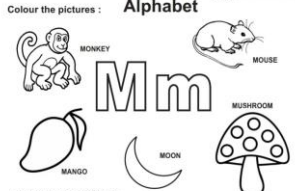
Language  
Skills : Identification, Fine motor co-ordination, Vocabulary building

PRE-SCHOOL - 19

Name : \_\_\_\_\_ Date : \_\_\_\_\_

**Alphabet**

Colour the pictures :



MONKEY MOUSE MANGO MOON MUSHROOM

Trace and write the letter 'M'

M	M	M	M	M
M	M	M	M	M

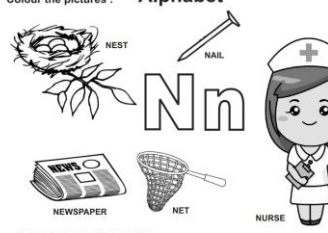
Language  
Skills : Identification, Fine motor co-ordination,  
Vocabulary building

PRE-SCHOOL - 22

Name : \_\_\_\_\_ Date : \_\_\_\_\_

**Alphabet**

Colour the pictures :



NEST NAIL NEWSPAPER NET NURSE

Trace and write the letter 'N'

N	N	N	N	N
N	N	N	N	N

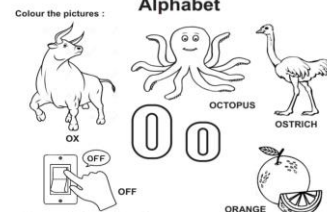
Language  
Skills : Identification, Fine motor co-ordination,  
Vocabulary building

PRE-SCHOOL - 23

Name : \_\_\_\_\_ Date : \_\_\_\_\_

**Alphabet**

Colour the pictures :



OX OCTOPUS OSTRICH OFF ORANGE

Trace and write the letter 'O'

O	O	O	O	O
O	O	O	O	O

Skills : Identification, Fine motor co-ordination,  
Vocabulary building

PRE-SCHOOL - 25



## REASONING AND ANALYTICAL THINKING

**SKILLS** : Opposites will be done to develop these skills

## FAST- SLOW

The Rabbit and the Tortoise race will be conducted. **(Sports Integration)**



NUMBER WORK : 5, 6 along with value counting



Name : \_\_\_\_\_ Date : \_\_\_\_\_

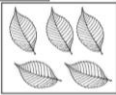
COLOUR THE NUMBER Practice tracing the number

5

5	5	5	5
5	5	5	5
5	5	5	5

Colour the group that has '5' objects.



**NUMBER CONCEPT**  
Skills : Identification, Value counting &  
Fine motor co-ordination

PRE-SCHOOL - 15

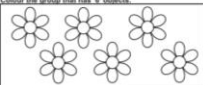
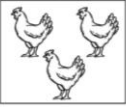
Name : \_\_\_\_\_ Date : \_\_\_\_\_


COLOUR THE NUMBER Practice tracing the number

6

6	6	6	6
6	6	6	6
6	6	6	6

Colour the group that has '6' objects.



**NUMBER CONCEPT**  
Skills : Identification, Value counting &  
Fine motor co-ordination

PRE-SCHOOL - 17



## **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.**



## ACTIVITY SCHEDULE

DAY/DATE	ACTIVITY	REQUIREMENT
<b>WEDNESDAY</b> <b>10/09/25</b>	<b>SAY NO TO JUNK FOOD</b>	<b>Students will speak about their favourite fruit using a prop or a fruit crown</b>
<b>MONDAY</b> <b>15/09/25</b>	<b>MARKET SCENE</b>  <b>ROLE PLAY</b>	<b>Child to dress up as fruit/Vegetable vendor or Customer &amp; carry related material.</b>
<b>FRIDAY</b> <b>19/09/25</b>	<b>FRUIT SALAD MAKING</b>  <b>EXPERIENTIAL LEARNING</b>	<b>Different fruits peeled and chopped, lemon, salt, Chat masala, bowl, fork.</b>
<b>MONDAY</b> <b>22/09/25</b>	<b>SHOW AND TELL</b>  <b>PUBLIC SPEAKING</b>	<b>Student to speak about their favorite fruit along with prop for the same.</b>
<b>MONDAY</b> <b>22/09/25</b>	<b>RIDS Activity- My Little Herb Book</b>	<b>Students will bring 1 herbal plant picture of Costa Rica , Bolivia and Sri Lanka</b>

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
- 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
- Send picture of one important herbal plant of Costa Rica, Sri Lanka and Bolivia on 22<sup>nd</sup> September 2025.

MS POOJA PAHUJANI  
NURSERY COORDINATOR