

SADHU VASWANI INTERNATIONAL SCHOOL FOR GIRLS

SHANTINIKETAN, NEW DELHI - 110021

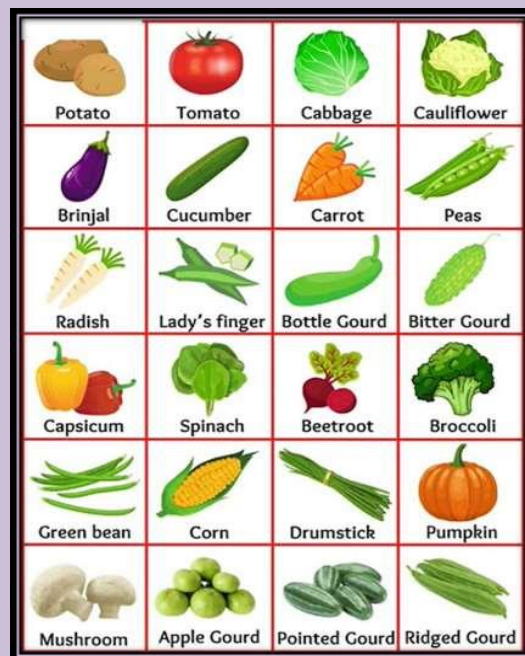
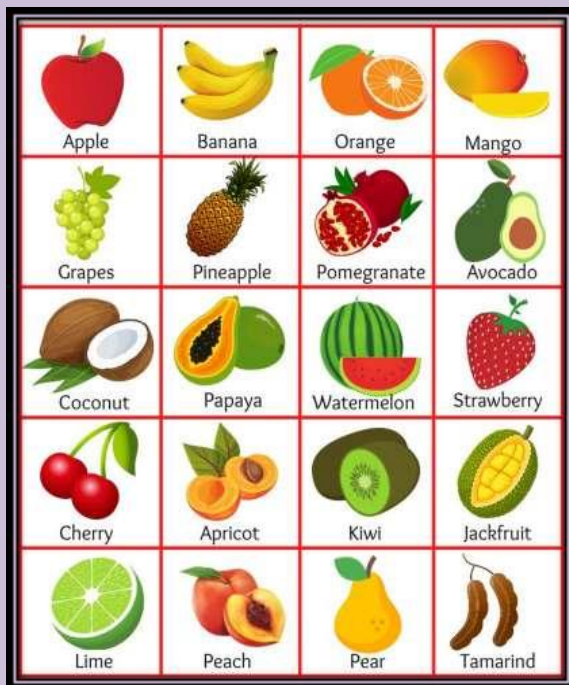
NURSERY BULLETIN

SEPTEMBER 2026

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

Festival will be celebrated and its significance will be discussed. (Students will speak few lines / recite a rhyme on their favourite teacher)



JANMASHTAMI -

Festival will be celebrated and its significance will be discussed.



LANGUAGE SKILLS

ACTIVITY: Show and Tell (My Favourite Fruit)

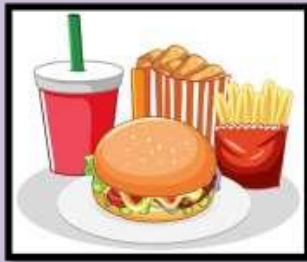
Prepare a prop of your favourite fruit and speak short sentences about it. The activity is scheduled on 14.09.2026, Monday.

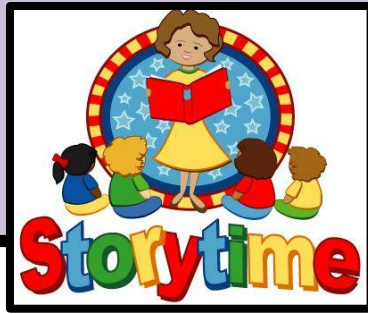


CONVERSATION on the topics 'My Teacher' and 'Healthy food and junk food'
(children will speak short sentences)



VOCABULARY BUILDING: raw, peel, slice, juice, grow, citrus, seeds





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

THE FOX AND THE CRANE

<https://youtu.be/Gx66S3eXLfw?si=mjhlzFb4QbtGiY2S>

THE MAN, HIS SON AND THEIR DONKEY

https://youtu.be/gl_MW_c8k4k?si=QIOP11nfFNUvrZD3

Rhyme Time

MY LUNCH BOX

I look in my lunchbox
To see sandwiches there,
An apple, an orange or maybe a pear.
Sometimes its 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

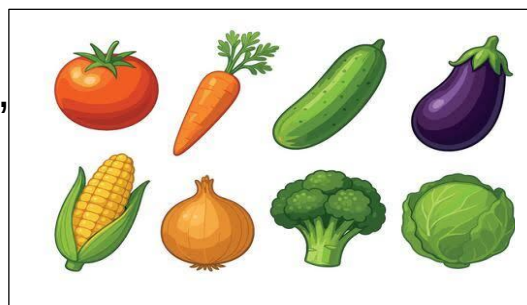
A brinjal has a crown, just like a queen

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.



TEACHER

Teacher, Teacher

Where are you?

I made a card just for you.

Pretty flowers red and blue,

To thank you for all you do.

Thank you teacher !



LISTENING AND SPEAKING SKILLS

Revision of letters – A-----O (through phonetics)

- Words beginning with the above letters

Alphabet	Phonic Sounds	Vocabulary	Alphabet	Phonic Sounds	Vocabulary
Aa says ऐ		APPLE	Nn says न		NEST
Bb says ब		BALL	Oo says ओ		OWL
Cc says क		CAT	Pp says प		PARROT
Dd says ड		DOG	Qq says क्व		QUILT
Ee says ए		EGG	Rr says र		ROSE
Ff says फ		FISH	Ss says स		SUN
Gg says ग		GOAT	Tt says ट		TIGER
Hh says ह		HORSE	Uu says अ		URN
Ii says इ		INKPOT	Vv says व		VAN
Jj says ज		JOKER	Ww says वें		WATCH
Kk says क		KITE	Xx says एक्स		X-MAS TREE
Ll says ल		LION	Yy says य		YAK
Mm says म		MANGO	Zz says ज़		ZEBRA

Introduction of letters: K ,L ,M, N, O with the help of crayons

Vocabulary Building: words beginning with the above letters will be done.

Reading from **the Reader** – Pages 28-37



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 KANGAROO KING KITE

18/45

Trace and write the letter 'K'

K	K	K	K	K
K	K	K	K	K

Name : _____ Date : _____

Alphabet

Colour the pictures :

LOTUS LEAF LION LOCK LAMP

19/45

Trace and write the letter 'L'

L	L	L	L	L
L	L	L	L	L

Name : _____ Date : _____

Alphabet

Colour the pictures :

MONKEY MOUSE MUSHROOM MANGO MOON

Trace and write the letter 'M'

M	M	M	M	M
M	M	M	M	M

Name : _____ Date : _____

Alphabet

Colour the pictures :

NEST NAIL NEWS PAPER NET NURSE

Trace and write the letter 'N'

N	N	N	N	N
N	N	N	N	N

Name : _____ Date : _____

Alphabet

Colour the pictures :

OX OCTOPUS OSTRICH OFF OFF ORANGE

Trace and write the letter 'O'

O	O	O	O	O
O	O	O	O	O

हिंदी : ए, ऐ, ओ, औ स्वरों की मौखिक एवं लिखित पहचान

ए	१		ऐ		
एक		एडी	ऐनक		ऐरावत

ओ		
ओस		ओलंपिक
		
ओणम	ओखली	ओले

औ		
	औरत	औजार

संरंगी लेखन
कला एकीकरण

नाम _____ दिनांक _____

"ए" स्वर की आकृति को सार रंग से दोहराए।

ए

8/29

संरंगी लेखन
कला एकीकरण

नाम _____ दिनांक _____

"ऐ" स्वर की आकृति को सार रंग से दोहराए।

ऐ

9/29

संरंगी लेखन
कला एकीकरण

नाम _____ दिनांक _____

"ओ" स्वर की आकृति को सार रंग से दोहराए।

ओ

10/29

संरंगी लेखन
कला एकीकरण

नाम _____ दिनांक _____

"औ" स्वर की आकृति को सार रंग से दोहराए।

औ

11/29

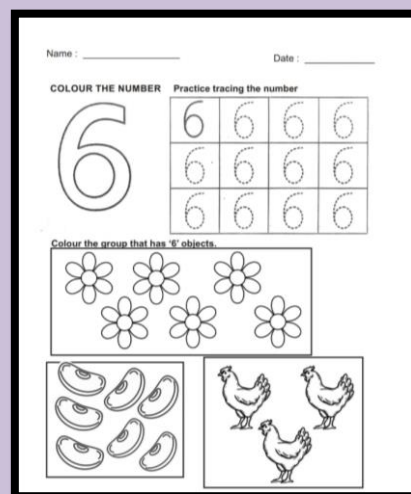
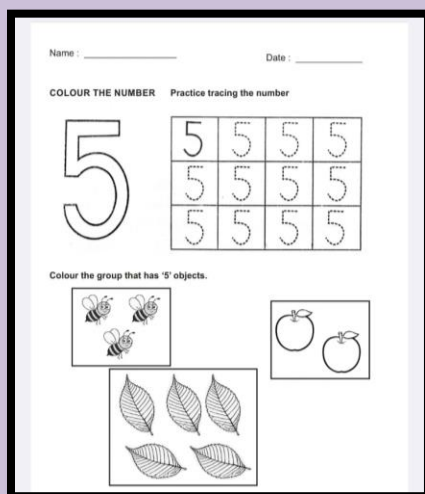
REASONING AND ANALYTICAL THINKING SKILLS: Opposites will be done to develop these skills

FAST- SLOW (Sports Integration – Race)

Concept will be reinforced through worksheet.



NUMBER WORK : 5 & 6 along with value counting



ACTIVITY SCHEDULE

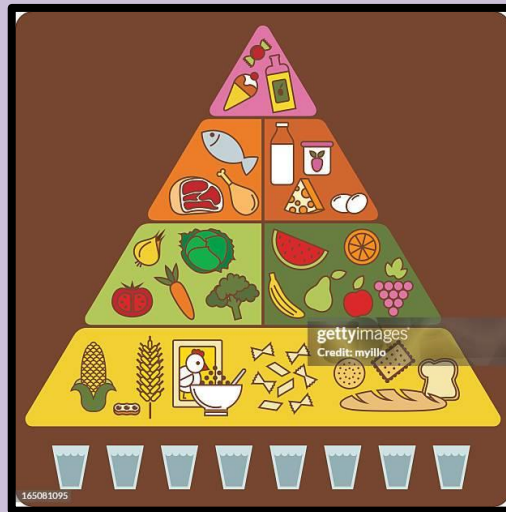
DAY / DATE	ACTIVITY	REQUIREMENT
MONDAY 14/09/2026	Show and Tell	Student to speak about their favorite fruit along with prop for the same.
FRIDAY 18/09/26	Fruit Salad Making	Different fruits, lemon, salt, Chat masala, bowl, fork.
MONDAY 21/09/26	Say No To Junk Food	Students will collect and bring wrappers, cans and pictures of a few healthy and junk food items.
MONDAY 25/09/26	Super Mart	Child to dress up as a store attendant / customer /store helper / and bring related material (baskets, fruits, vegetables, grocery, household items, toys etc) as guided by the teacher. All items must be labelled.

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.



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.



FOR PARENTS

Help your daughter 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.

MS. GAYATRI DUA
NURSERY COORDINATOR