

# KAMAL MODEL SR.SEC. SCHOOL



***THE KEY TO SUCCESS AND LIFE LONG LEARNING.***

***NEWSLETTER -NURSERY-II***

***VOLUME - 2***

***JUNE 2021-JULY 2021***

## *A WORD TO OUR READERS*

**Kamal Model Senior Secondary School is pleased to put forth this edition of "PHOENIX" which not only exemplifies our adaptations to contemporary realities but also carries hope for everything that is to come. This edition of "PHOENIX" encompasses the important theme of "Navigating through the Pandemic towards Excellence."**

**This issue is not more than an embodiment of a colorful world of imagination and dreams compiled together through words, pictures, initiatives and progress. Here every page opens a world of unique understanding which has the power to settle into the reader, gradually and insightfully.**

**This is our journey through the catastrophe of the planet indicating that no hurdle can stop the ideas and beliefs from taking shape.**

**In the same spirit, we say there is plenty to interest us in the writing of our moment, and not only in the writing. Everywhere we look, whether it's the new painting, film for even the simplicity of nature around us, sufficient into the present day, the only one we've got.**

**The relentless efforts flaunted in this newsletter are bound to stir an emotion of unalloyed peace and pleasure into the mind of the readers.**

**Enjoy Reading!!!**



# **CONTENT**

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# Chairman's Aphorism



**Mr. V.P. Tandon  
(Chairman)**

## *The Need Of Value Education*

*Life without value education is like ship without rudder. Values work as guiding torch and help us reach our destination. Education without values will fall short of achieving its goal. Mere teaching, learning, improving knowledge and skills without building character and mind may not contribute to the holistic development of children. The rise in crimes, violence and other destructive activities in the society can be ascribed to poor inculcation of values. The need of the hour is to impart value based education. The stress should be on the values such as patience, honesty, tolerance, sympathy, and love. The students must be indoctrinated to keep values as top priority. The youngsters need not only to be taught how to develop their skills, talents, and abilities, they must also be taught how to use these for betterment of all. Once values become everyone's priority in life, all the negative aspects of life will automatically dwindle. The world direly needs people with high values to make it a better place to live in.*

# PRINCIPAL'S MESSAGE



## Ms. Vandana Tandon (Principal)

*As the Principal of the school, I feel honored and privileged to be part of an educational institution where every stakeholder is a learner and every day is an opportunity to learn and discover. We look at ourselves as a community of learners, where everyone learns including our teachers, parents & staff.*

*As we all are aware of happiness curriculum by the Delhi Government is aim to impart happiness in the lives of the students. Whatever we do is for the sake of happiness. Happiness is the greatest human expression. It can be said that the ultimate aim of all human beings is to achieve happiness in their lives. Across the world, education administrators are realising the need for a happiness or well-being lesson for children. Self-aware, sensitive and emotionally mature children are far more successful owing to their advanced ability to engage in meaningful relationships. Hope this curriculum will succeed in its motive and fill happiness in the lives of our parents and students. The new curriculum is based on human-centric education which includes meditation, value education and mental exercises. The entire curriculum will be purely activity-based and no formal examinations will be conducted on it.*

*However, a periodic assessment of children's progress will be made using a happiness index. The Delhi government with an aim to train the young minds to make them happy, confident and content human beings and for developing their personality has launched a new initiative that introduces the 'Happiness curriculum' in schools.*

# METICULOUS PERFECTIONIST



**Ms. Pramila Mishra**  
**(Academic Director)**

**“Aim for success, not perfection. Never give up your right to be wrong, because then you will lose the ability to learn new things and move forward with your life. Remember that fear always lurks behind perfectionism.”**

**-David M. Burns**



**Ms. Pushpa Jindal**  
**(Academic Coordinator)**

**“Education is a once in a lifetime opportunity to open children’s hearts and minds to the unbelievable wonder of the universe.”**

**-Sir Anthony Seldon**

# Upcoming

EVENTS

**FRIENDSHIP DAY**

**RAKSHA  
BANDHAN**

**INTERNATIONAL  
YOUTH DAY**

**JANMASHTAMI**

**INDEPENDENCE  
DAY**

**TEACHER'S DAY**

**WORLD  
PHOTOGRAPHY  
DAY**

**HINDI DIWAS**

# APOTHEOSIS

**Well, every parent wants their children to be independent. These activities which we term as motor skills can be regarded as a very small task. But, for infants and kids, this is a huge challenge. Motor skill development is of utmost importance because:**

- It helps the child to move and complete tasks independently**
- The child is able to develop his/her cognitive, speech, and sensory development**
- This gives the child a sense of confidence and independence**
- Motor skills are some of the most basic skills which will help them throughout their life**

**As adults, therefore it is very necessary to understand that a child needs motor skill development during childhood. A delay in motor skill development in childhood can cause long-term effects. These motor skills are something that must be practiced every day. For kids from each new task is the new challenge they must be encouraged to take up these challenges.**





***Spray Painting Activity  
(Theme- Nature)***



***Children are treasure of hidden talents and new ideas. Engaging them in arts and crafts-related activities from a very young age leads to tremendous improvement in hand-eye coordination. So by keeping this in mind the blooming buds of Kamal Model Sr. Sec. School class Prep got an opportunity wherein they created the posters with spray painting on the Theme - Nature during the class.***

**FOR MORE: [CLICK HERE](#)**



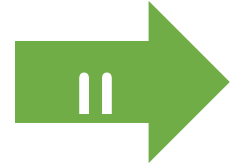
# SWEET AND JUICY MANGO DAY

Perfect time to celebrate this season with **King of Fruits** Mango. To relish the taste of mango, students of class 1 celebrated 'Mango Day' virtually on 17th July 2021 with great enthusiasm.

They were dressed up in yellow like fresh Alphonso. The class started with a general conversation about the king of fruits- Mango, followed by rhymes session which the kids enjoyed thoroughly. Teachers briefed the students about the variety and nutrients it offers like- vitamin-C and vitamin-A. An activity of tearing and pasting was planned for the students. The day aimed at providing experiential learning to students. The act of tearing encouraged useful finger co-ordination skills. It helped to train the fine motor skills, eye hand coordination and finger strengthening of the students. It was an informative and fun filled day for all the students.

**FOR MORE:**  
[\*\*CLICK HERE\*\*](#)





# NATIONAL MANGO DAY

National Mango Day is observed on 22 July every year. Class 2<sup>nd</sup> students celebrated the day by making different shapes of animals like fish and flowers like sunflower, also some students explained the various kinds of mango like- Alphonso, Amrapali, Ataulfo etc. students wore headgears of mango and enjoyed their mango meal.

FOR MORE- [CLICK HERE](#)



# KMS Chronicles

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*Holistic development is basically the development of everyone's intellectual, emotional, social, physical, artistic, creative, religious values and feelings. It is pretty much just the development of the entire brain's thoughts and feelings. The all-round development or holistic development of an individuals is only possible through balanced development of scholastic or academic as well as non – scholastic or non-academic aspects in the formal, in-formal and non-formal educational activities in the society. Particularly, in the modern era where individual have to pass through phases of undue anxiety and over-stress, one finds that sometimes it leads to various types of depression and even loss of life. In such cases individual's involvement in the co-curricular activities becomes more significant because these activities stop various types of anxieties and stress that grips an individual. Today, the burden of “stunts in education” i.e. marks, grades, divisions etc. are also becoming fatal for growth and life of individuals across all societies in the world. The co-curricular or extracurricular activities help student to overcome the stress of stunts and allow holistic development of individual. The modern education system recognizes that child has come to educational institution for all round and harmonious development. It aims at the development of the total personality of the child and for that school provides various experiences.*

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# **NURSERY**

- **FATHER'S DAY**
- **PAPER FOLDING ACTIVITY**
- **VIRTUAL JUNGLE SAFARI**
- **INTERNATIONAL PLASTIC BAG  
FREE DAY**
- **YELLOW COLOR DAY CELEBRATION**
- **INTERNATIONAL PAPER BAG FREE  
DAY**
- **INTERNATIONAL YOGA DAY**
- **IN-OUT ACTIVITY**
- **WORLD ENVIRONMNET DAY**
- **CATERPILLAR CRAFT ACTIVITY**
- **FRIENDSHIP WITH VEGGIES  
ACTIVITY**
- **FUN WITH GRANDPARENTS**
- **GRANDPARENTS ARE THE  
FOOTSTEPS**

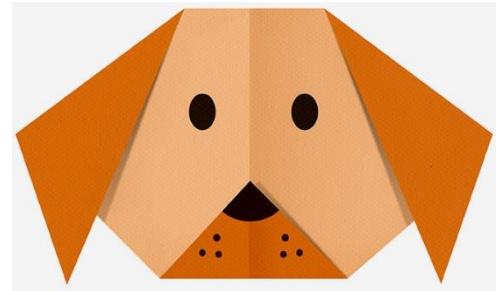
# FATHER'S DAY CELEBRATION



**Kamal Model Sr Sec School nursery kids celebrated Father's Day with a lot of enthusiasm and joy. Students showcased their love through various activities like making Superdad chocolate 🍫, reciting rhymes for fathers and duo dance performance by kids and dads. These activities helped to nurture father and child's relationship.**

**FOR MORE: - [CLICK HERE](#)**

# **PAPER FOLDING ACTIVITY**



**The nursery kids of Kamal Model Sr Sec School participated in this creative venture with great zeal and high spirits.**

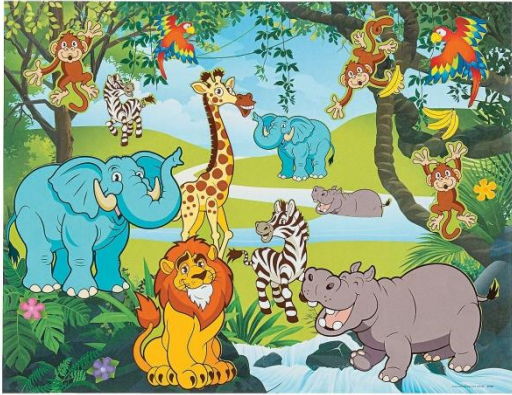
**The tiny tots were amazed to see the transformation of square sheet of paper into a finished sculpture (DOG) 🐶 through folding.**

**FOR MORE: - [CLICK HERE](#)**



# VIRTUAL TOUR

**NUR**



## JUNGLE SAFARI

**In today's times when one cannot travel to places Virtual Field Trips are fun to do.**

**At Kamal Model Sr. Sec. School, we took our kids for a Virtual Jungle Safari. Kids were shown different zoo animals on the screen; teacher wore masks of different animals and taught them different sounds of animals. Kids were also asked to come with animal makeup done. Children enjoyed and learnt many facts about various animals. It was an adventurous and memorable activity.**

**FOR MORE: - [CLICK HERE](#)**





# **INTERNATIONAL PLASTIC BAG FREE DAY**



**On July 3<sup>rd</sup>, 2021 the kids of nursery class of Kamal Model Sr. Sec. School celebrated "International Plastic Bag Free Day". In this activity the kids got dressed in beautiful Newspaper Dresses 👗 👗 and did a superb ramp walk with their beautiful newspaper dresses 👗.**



**FOR MORE: - [CLICK HERE](#)**

# YELLOW COLOR DAY



**The tiny tots of Kamal Model Senior Secondary School celebrated "Yellow Day" in their Happiness Session. The kiddies excitedly participated in the activity i.e., Crown making activity of yellow colour. Some children spoke about the yellow colour objects. The children enjoyed a lot.**

**FOR MORE: - [CLICK HERE](#)**

# INTERNATIONAL PAPER BAG FREE DAY



**Students of Kamal Model Sr. Sec. School prepared paper bags on the occasion of "Paper Bag Free Day" to reduce the use of plastic bags in their daily life.**



**FOR MORE: - [CLICK HERE](#)**

# **“YOG BHGAYE ROG”**

## **INTERNATIONAL YOGA DAY**

**The International Day of Yoga is celebrated annually on 21st of June. As pandemic continues to upend lives and livelihoods of people globally, meditation helps to relax and rejuvenate the body and mind.**

**By keeping this in mind tiny tots of Kamal Model Sr. Sec. School performed various asanas and pranayama with the help of their parents very enthusiastically.**



**FOR MORE: - [CLICK HERE](#)**

# IN-OUT ACTIVITY



**The concept of “In and Out” was taught to the tiny tots of Kamal Model Sr. Sec. School class Nursery through some interactive activities like showing live demonstrations of the concept 'in and out' with different objects.**

**These activities helped them to develop their linguistic, visual, fine motor, gross motor and Aesthetics skills.**

**FOR MORE: - [CLICK HERE](#)**

# WORLD ENVIRONMENT

**NUR**

## DAY

**“A greener environment always ensures a better place for everyone”.**

**With this motto tiny tots of Kamal Model Sr. Secondary School participated in various activities like making a bird feeder using waste material, creating posters on environment and also speaking few lines reflecting do's and don'ts to protect the environment.**

**FOR MORE: - [CLICK HERE](#)**

**World Environment Day  
Nursery class(5.6.21)**



# **CATERPILLAR CRAFT** **ACTIVITY**



**The Kiddies of Nursery class did a craft activity during their Happiness Session. They made a beautiful 3D "Clumpsy the Caterpillar." Giving this caterpillar a 3D effect also helped the children to use and strengthen the fine motor muscles of their hands.**

Catterpillar craft activity  
Nursery (12.6.21)



**FOR MORE: - [CLICK](#)  
[HERE](#)**

# FRIENDSHIP WITH VEGETABLES ACTIVITY



**The kids of Nursery performed "Friendship with Vegetables" Activity on 12th June'21. Teacher taught them on the benefits of eating vegetables and the kids spoke lines on their favourite vegetable. The kids were very excited while introducing their vegetable friend.**

**FOR MORE: - [CLICK HERE](#)**





# FUN WITH GRANDPARENTS



**Grandparents are the family's strong foundation. They are the family 's greatest Treasure, the founders of a loving legacy, the greatest story tellers, and the keepers of tradition. To honour them Children of nursery class made puppets on Grand Parents' Day and performed dance with them.**

**Children welcomed their grandparents. The event was characterized by the sweet and savoury relationship between the two where in the duo dance together with hands held together portraying their fondness and affection for each other.**

**FOR MORE:  
[CLICK HERE](#)**

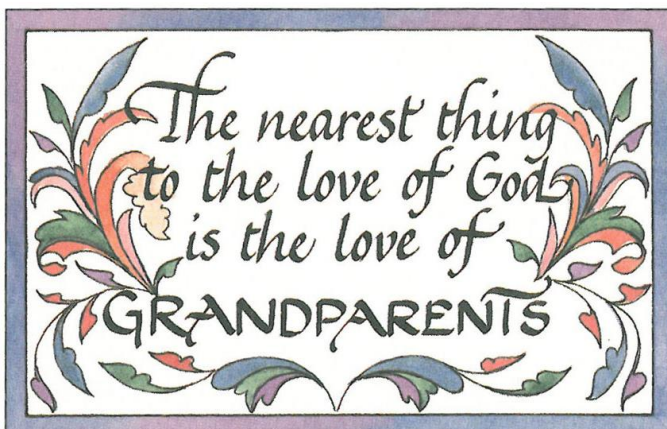
**Grandparents**  
are a delightful blend of  
Laughter,  
Caring deeds,  
Wonderful stories,  
and Love!

# GRANDPARENTS ARE FOOTSTEPS



**The little munchkins of class nursery mimicked like their grandparents in the happiness session. The kids were dressed very well like their grandparents and performed mimicry portraying their love and their scolding's. This session was also attended by the lovely grandparents of our munchkins and they all were very happy and enjoyed seeing their grandchildren act like them.**

**FOR MORE:  
[CLICK HERE](#)**



# **PREP**

- **WORLD ENVIRONMENT DAY**
- **FATHER'S DAY  
CELEBRATION**
- **INTERNATIONAL YOGA DAY**
- **RHYME TIME**
- **ME AND MY FAMILY**
- **RHYME RECITATION  
COMPETITION**

**WORLD**  
**ENVIRONMENTAL DAY**

**World Environment Day  
Nursery class(5.6.21)**



**A greener environment always ensures a better place for everyone. With this motto tiny tots of Kamal Model Sr. Secondary School participated in various activities like making of the bird feeder using waste material, creating posters on environment and also speaking few lines reflecting do's and don'ts to protect the environment.**

**FOR MORE: [CLICK HERE](#)**

## FATHER'S DAY



***Our tiny tots of Kamal Model Senior Secondary school class pre- primary performed various activities like mimicry, games, giving surprise gifts, making beautiful cards and many more to express their love for their fathers. All the Kids participated very actively and made their fathers proud of them.***

**FOR MORE:[CLICK HERE](#)**

## **INTERNATIONAL YOGA DAY**

***The  
International  
Day of Yoga is***



***celebrated annually on 21st of June. As pandemic continues to upend lives and livelihoods of people globally, meditation helps to relax and rejuvenate the body and mind. By keeping this in mind tiny tots of Kamal Model Sr. Sec. School performed various asanas and pranayama with the help of their parents very enthusiastically.***

**FOR MORE: [CLICK HERE](#)**

## ***RHYME TIME***

***Rhymes play an important role in the life of kids. It helps to develop not only speaking skills but also express their feelings through facial expressions and gestures. The Flowers of Class Prep actively participated in the Rhymes Recitation activity and performed with great zeal and enthusiasm.***

**FOR MORE: [CLICK HERE](#)**



## Me and My Family



**Activity :**  
**"Me and My Family"**  
**Class : Prep**

***Family" is a bond, a long-lasting relationship that holds its members together with the thread of love. So in order to inculcate the importance of family, teachers of Kamal Model Sr. Sec. School performed an activity puppet making on the topic of " Me and My Family" in the class with the kids wherein Children made the puppets of their family members i.e. father, mother, brother and sister. They also spoke a few sentences about their family.***

**FOR MORE: [CLICK HERE](#)**



## ***Rhyme Recitation Competition***



***"Rhymes are simply the most beautiful, impressive and widely effective mode of expression". The students of class Prep from Kamal Model Sr. Sec. School enthusiastically participated in rhyme recitation competition and enthralled the parents as well as teachers with their splendid performance.***

**FOR MORE: [CLICK HERE](#)**



# **CLASS - I**

- ♣ **ADDITION O MANLA**
- ♣ **FATHER'S DAY**
- ♣ **NATIONAL READING MONTH**
- ♣ **PAPER BAG ACTIVITY'**
- ♣ **VAN MAHOTASAV**  
**CELEBRATION**
- ♣ **EXPLORE INDIA'S HERITAGE**  
**CITY - GUJARAT**

# ADDITION O MANIA



**The addition is taking two or more numbers and adding them together, that is, it is the total sum of 2 or more numbers. Today, the teachers of class 1 taught the topic of Addition to the students of their class. Teachers explained the concept to the students and also, they performed the activity so that the students will get the thorough understanding of the topic. The students were taught about the concept by their respective teachers and some worksheets were also discussed with the students. After this, an activity was organized by the teachers in the class. Students were pre informed about the activity and its required materials. All the students actively participated in the class. After completing their activity, all the students sent the pictures to their respective teachers.**



**FOR MORE:**  
**[CLICK HERE](#)**

# FATHER'S DAY

**Father's Day is a celebration of honouring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society.**

**On 19th June,2021, students of class 1 celebrated Father's Day virtually with great enthusiasm. They showcased their love and respect for their fathers through various activities such as card making, cooking, singing, dancing, reciting poems, etc.**

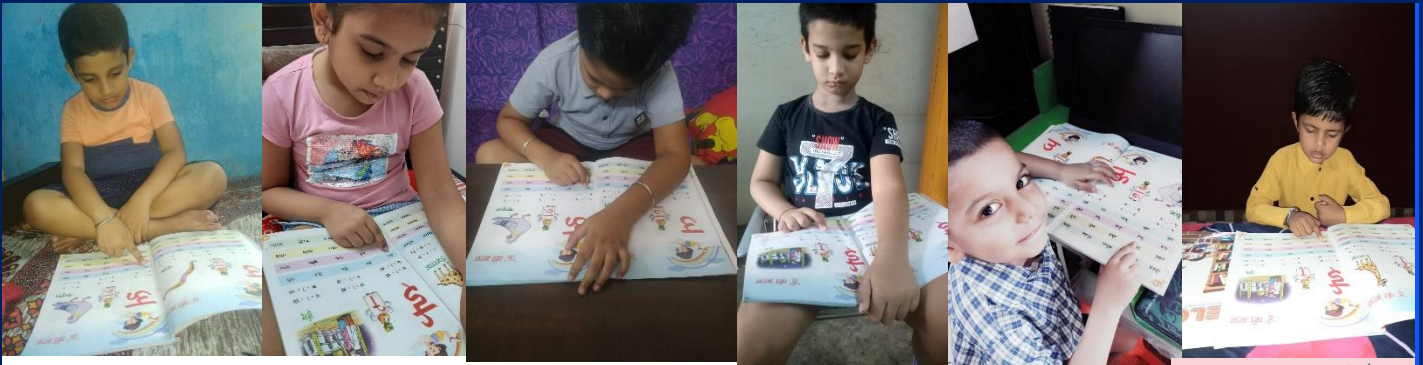
**The event concluded with fathers expressing their feelings on the occasion.**

**They appreciated the efforts of the teachers & school authorities for the online celebrations. Students' fantastic performances made the event a success.**



**FOR MORE: - [CLICK HERE](#)**





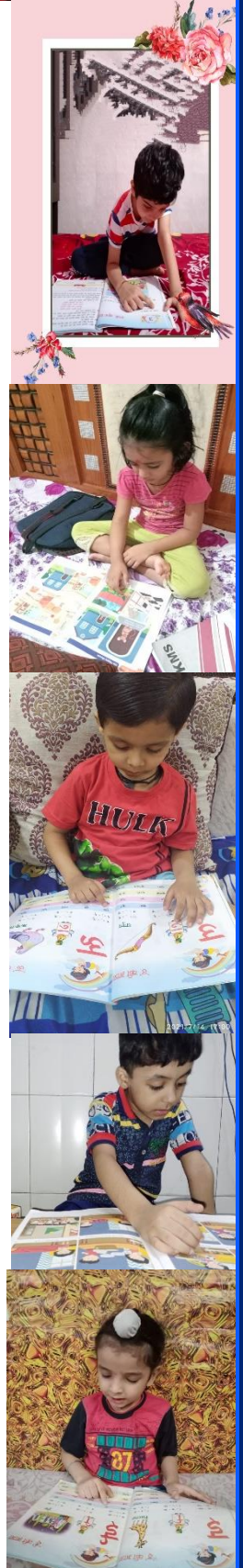
## **NATIONAL READING MONTH**

**JUNE 19 TO JULY 18, 2021**

**Reading is a very good habit that one needs to develop in life. Reading improves the vocabulary and develops communication skills. It helps to learn how to use the language creatively. Kamal Model Sr. Sec. School celebrated National Reading Month from 19th June to 18 July 2021.**

**Keeping this learning outcome in our mind, teachers of class 1 organized English and Hindi reading competition for their students on a virtual platform. The aim of the competition was to improve the concentration, memory, boost critical thinking and develop language skills of students.**

**FOR MORE: [CLICK HERE](#)**



# PAPER BAG ACTIVITY



**“A Society is defined not only by what it creates, but by what it refuses to destroy”**

**-JOHN SAWHILL**

**Recycling can really make a difference to our natural environment. It prevents materials from being sent to landfill and in turn, helps to cut down on the energy when a new material is made. Keeping this in mind Paper Bag Making Activity for class 1 was organized on Saturday, July 10, 2021. The objective for the drive was to indulge students in the habit of recycling by teaching them how to make paper bags and making them aware about the threat of plastic bags to the environment. They shared their thoughts on how they can contribute towards saving Mother Nature by being an active individual. They all exhibited their hand-made bags and clicked some amazing picture of their handmade paper bags.**

**FOR MORE:**

**[CLICK HERE](#)**

**SAVE THE TREES, SAVE THE EARTH**  
**WE ARE THE GUARDIANS OF NATURE**  
**EARTH**



# **VAN MAHOTASAV**

**“SAVE THE TREES,  
SAVE THE EARTH,  
WE ARE THE GUARDIANS OF NATURE'S BIRTH.”**

**Van Mahotsav or Forest Festival is an annual tree-planting festival celebrated in the first week of July in which thousands of trees are planted all over the country. It is celebrated to spread awareness on forest conservation and to save the environment. The celebrations gave an ideal opportunity to instil personal and social responsibility in our students towards safeguarding trees and forests. Class 1 Students actively participated in the Van Mahotsav Activity and also took an oath to plant more and more trees in order to sustain beautiful life for the future generations.**

**FOR MORE: -**  
**[CLICK HERE](#)**



# EXPLORE INDIA'S



# HERITAGE CITY

## *- GUJARAT*

**Life in the time of corona virus means a halt on travel. However, a virtual trip to a state can spark intense student interest as well as nurture thinking skills. We all know trips and tours are important for interactive and new learning, social interaction and exposure. So, to eradicate boredom and enhance knowledge while comfortably sitting at home, virtual excursion to Gujarat was organized for students of class 1. It was an overall pleasant experience and all the students enjoyed the tour. Students also made the dandiya sticks in the class. It helped to develop the fine motor skills, boost self-esteem, encourage self-expression and promote innovation and creativity in students.**

**FOR MORE: -**  
**[CLICK HERE](#)**







## *CLASS -2<sup>nd</sup>*

- + Father's Day
- + Van Mahotsav
- + Know Your Dustbin
- + Monsoon Welcome Party
- + Seed Of Hope
- + Paper Bag Day
- + National Reading Month
- + Virtual Tour To Punjab

# FATHER'S DAY CELEBRATION



FOR MORE – [CLICK HERE](#)

***A father is neither an anchor to hold us back nor sail to take us there, but a guiding light whose love shows us the way. He is someone, who always sacrifices his needs for our needs. “ Father's Day is a celebration honouring father and celebrating fatherhood, parental bonds and the role of fathers in shaping the lives of their children. Students of class 2nd showcased their love and respect for their fathers through various activities.***

***To make this day more memorable fathers along with their children enthusiastically participated and conducted activities such as cooking without fire, craft and card making, singing and dancing, playing musical instruments, demonstrating science experiments, giving functional training on communication skills and grooming personality.***

# वन महोत्सव



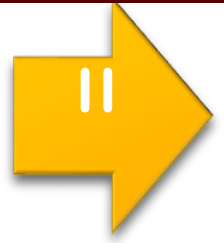
ONE TWO THREE, LET'S PLANT A TREE.



For More- [CLICK HERE](#)

***Students of class 2 celebrated the Annual 'Van Mahotsav Day' on 3<sup>rd</sup> July, 2021 Various activities were organised like poem recitation, role play and poster making to spread awareness about the importance of trees in balancing the ecosystem as well as the biosphere as a whole.***

# Paper Bag Day

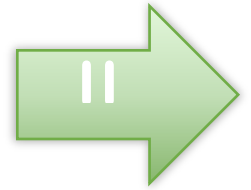


Do something drastic - cut the plastic



FOR MORE - [CLICK HERE](#)

*A small step in life can make a big difference. Our little ones of class -2nd used old newspapers, magazines pages etc. into attractive bags of all shapes and sizes. The activity was organized to encourage the students to make their own bags with old newspapers and to reduce plastic bags.*

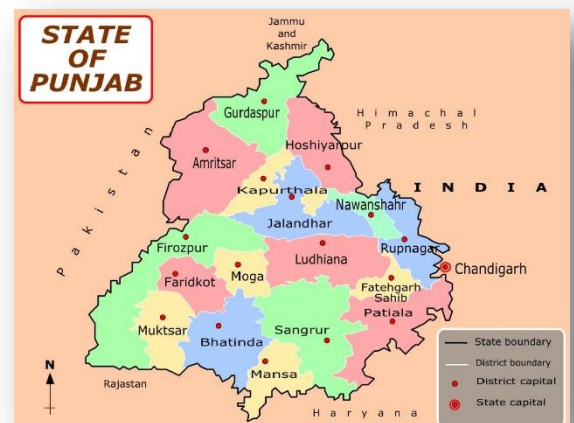


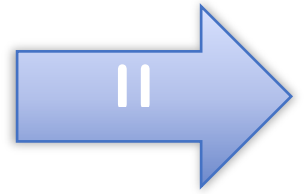
# VIRTUAL TOUR TO PUNJAB



FOR MORE – [CLICK HERE](#)

**Students of class 2nd know about the air is present everywhere by making of pinwheel, students enjoyed the activity very much. They made colourful pinwheel. After that student enjoyed the tour to Punjab, they were sitting in Punjabi attire, teacher discussed about the culture, festivals, food, fields of Punjab. Some students gave performance on Punjabi dance Bhangra.**





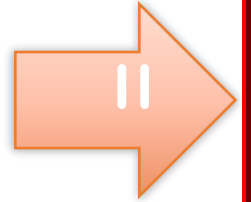
## KNOW YOUR DUSTBIN-BLUE, GREEN, RED



**FOR MORE- [CLICK HERE](#)**

***To make our tiny tots a responsible citizen, students of class 2nd had an activity on making miniature of blue and green dustbins. They were made aware of biodegradable and non - biodegradable wastes should be discarded in two different dustbins. If the two wastes are collected in a single bin, they would mix and may form toxic compounds which can cause pollution.***





# MONSOON WELCOME PARTY



FOR MORE -[CLICK HERE](#)

***The first drops of rain always bring a smile on our faces”  
‘Rainy Season’ or ‘Monsoon’ the beautiful season of the  
year is a gift of God to mankind. It revives our souls and  
fills the surroundings with the beauty of fresh greenery.***

***To acknowledge this blessed gift of God; a special  
activity was conducted with the theme –Monsoon Mania.***

***To acknowledge the season of showers class 2 teachers  
organised virtual Monsoon party for the students.***

***Students enjoyed the party in raincoats, holding their  
umbrellas. Teachers held a PowerPoint presentation on  
monsoon care and students got aware about various  
factors like lightning, thunder, storm, clothes they can  
wear in rainy season, and animals which they could see  
during rain.***



# NATIONAL READING MONTH

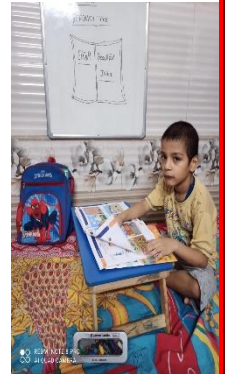


(JUNE 19 – JULY 18)

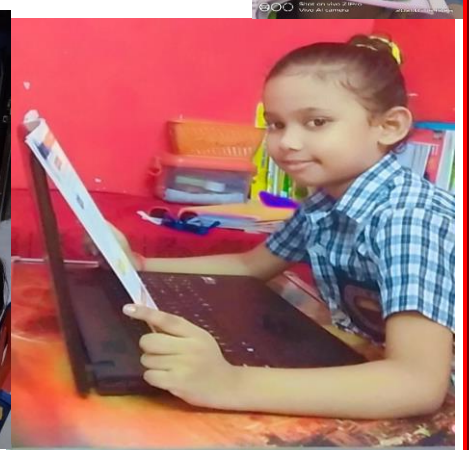


“Reading is a passport to countless adventures”

***To mark the importance of reading in one's life and inculcate the reading habit in students Class 2 had reading week in which they were engaged in various activities like weave a story, picture description, loud reading and vocabulary building. This activity was organised so that students will be able to identify fiction and nonfiction books, retell a story with characters, setting and major events. Students were able to describe the experience, compare and contrast the adventure and experience of characters.***



FOR MORE- [CLICK HERE](#)





# SEED OF HOPE



FOR MORE- [CLICK HERE](#)

***It is an annual reminder of our responsibility to be good stewards of the Earth. One can contribute to a healthier Earth in multiple ways. Planting trees is one of the easiest and most sustainable ways to positively affect the environment to keep our students aware of planting trees students of Class 2 planted saplings.***

***The idea behind this activity was to generate kids interest in environment and create the sense of responsibility in child's behaviour and foster environmental stewardship.***

# SPOOF ADVICE



**Balanced Diet**

**Save  
Environment**



**Health and Hygiene**





# Healthy Eating for Kids and Teens

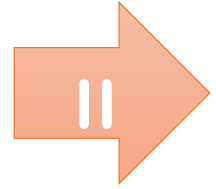


## Basic Tips:

-  Eat breakfast every day and do not skip meals. Skipping meals may lead to extreme hunger, over-eating, and poor food choices.
-  Drink nonfat or 1% milk with meals and water with snacks.
-  Avoid sugar-sweetened drinks including fruit juices, fruit punch, energy drinks, and sodas.
-  Choose one place in the house for eating, such as the kitchen table.
-  Turn off the TV, computer, and video games during meal and snack times.
-  Reduce fast food and restaurant meals.
-  Do not keep problem foods around the house (a problem food is one that you are likely to eat too much of or too often if it is available).
-  Keep healthy snacks readily available so that you can grab and go.
-  Plan ahead for meals and snacks. Cook large meals on the weekends and keep leftovers in the refrigerator or freezer to use for quick meals during the week.



# ADEQUACY IN FOOD



FOR MORE – [CLICK HERE](#)

***A healthy diet is essential for good health and nutrition. The Kid's Healthy Eating Plate is a visual guide to help educate and encourage children to eat well and keep moving. Class 2<sup>nd</sup> students made a balance diet plate in which all the nutrients present in their food for their growth.***

# HOW TO INCULCATE MORAL VALUES IN KIDS?



## 1. Practice What You Preach

**Children learn from the people around them, so in order to teach your kids good values, you must model them in your life, first. You may verbally explain numerous values, but your kid will only pick up the ones you showcase through your own behaviour.**

## 2. Reward Good Behaviour

**Come up with a system, where you reward your child for using these values in his/her life. Praise and rewards are positive reinforcement that works incredibly well in shaping children.**

## 3. Communicate Effectively

**Converse with your child, each day, about how these moral values work in day-to-day life. For example, you can discuss an article in the newspaper and ask your child what he/she would have done in the same situation.**

## 4. Narrate Personal Experiences

**Personal experiences are like stories, and all kids love hearing stories. Share stories from your own life, where abiding by a moral value had a positive experience in your life, and your child is bound to understand better.**

## 5. Monitor Television and Internet Use

**There's no escape from the television and internet, but you can definitely monitor what your child watches. Make sure the show promotes good values and morals, and is appropriate for his/her age.**

# *A Note from The Teachers*



## **Benefits of Early childhood education.**

**For young children, every experience presents a learning opportunity. They learn from everything they see, do, hear, feel, smell and taste and from everyone they interact with (talk, play, laugh). Brain takes what environment offers and learning environment that challenges and motivate children is the first preparation of child education. The benefits of early child education include: 1) Improved social skills: The preschool environment allows children to listen to others and express their own ideas, make friends, share, cooperate and also to become accountable for their actions. 2) Better performance in grade school: Early education provides the quality programs that help to build a strong foundation for the child's physical, mental, emotional and social development. 3) Improved attention spans: Children are inclined to be curious and interested in discovering new things. Early childhood education provides new experience as well as environment to explore things independently, by participating in group tasks, follow directions, which helps them to develop vital skill of concentration. 4) Enthusiasm for lifelong learning: Children who receives quality early childhood education knows how to manage challenges and build resilience in times of difficulty; settle easily at school to reap the benefits of education faster; and acquire a long-term interest in learning different things including playing music, dancing, singing, construction, cooking etc. At last, but not the least young mind is like a sponge with a potential to absorb a great deal of information. So, it's important for us to provide them proper guidance while learning. - **Rajbir Kaur****



## **Music as a Multisensory Approach**

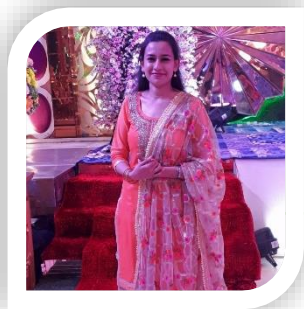
**To learning Early childhood Musical Experience are far more important than we imagine. It can serve as a catalyst for learning. It aids in the development of cognitive skills or the core skills the brain uses to think learn, read, remember reason and concentrate. A Multisensory Approach Method Recognizes that each child has a unique way of taking in information Montessori is a Multisensory Approach so the activities stimulate more than just one sense thus fully engaging the child. Through engaging in the song's children acquire a musical repertoire of melodies, rhythms, lyrics and musical concepts. These early childhood musical experiences help them learn to focus, maintain attention, process information and become better learners. - **Geetanjali Rajpal****

# *A Note from The Teachers*



## **Learning at home-**

**learning is an activity that a child is asked to complete outside of the school day, either on their own or with an adult. Home learning can range from reading a book aloud to completing a research project about a specific subject. We recognize that a child's home is a powerful learning environment therefore we encourage the children to collaborate with their families in order to complete these activities. We know that parental engagement raises standards of attainment and through parental involvement in their child's learning, parents will be more able to support, broaden and deepen their child's knowledge and understanding. **Bharti Sablania****



## **NATIONAL FOUNDATIONAL LITERACY AND NUMERACY**

**The ministry of education has launched NIPUN Bharat Scheme. It aims to cover the learning needs of children in age group 3-9 years. The main objective is to create an environment to ensure universal acquisition of foundational literacy and numeracy, so that every child of age group 3-9 years to achieve desired learning competencies. NIPUN Bharat will be implemented by Department of School education and literacy. A special program NISHTHA (National initiative for school heads and teacher's holistic advancement) is being developed by NCERT for the accomplishment of this successfully. - **RIYA KAPOOR****

# *A Note from The Teachers*



## "CHILD SEPERATION ANXIETY"

The word "separation anxiety" are often used during the early toddler years. As toddlers become more aware of their surroundings and begin to understand the world around them, they struggle to separate from caregivers. A toddler who once transitioned to a nanny or day-care setting with ease screams and cries when the caregiver leaves. Though difficult for the caregiver to witness, this part of childhood development is fairly common and there are ways to ease these transitions. Symptoms of Separation Anxiety: •Refusal to go out or away from home, including to school or other activities, due to fear of separation •Excessive fear of being alone or without attachment figures •Refusal to sleep away from home or go to sleep without being near an attachment figure •Nightmares about separation Treatment of Child's separation anxiety: •Cognitive Behavioural Therapy (CBT) •Family therapy •Play therapy - By: **Ananya Sharma**



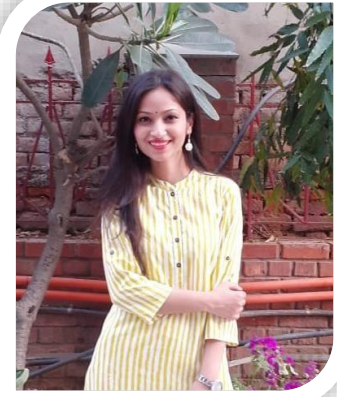
## **Growth and Development 2-5 years**

**The ages between 2 and 5 are often called the preschool years. During these years, children change from clumsy toddlers into lively explorers of their world. A child develops in these main areas: Physical development. In these years, a child becomes stronger and starts to look longer and leaner. Cognitive development. A child at this age makes great strides in being able to think and reason. In these years, children learn their letters, counting, and colours. Emotional and social development. Between the ages of 2 and 5, children gradually learn how to manage their feelings. By age 5, friends become important. Language. -By age 2, most children can say at least 50 words. By age 5, a child may know thousands of words and be able to carry on conversations and tell stories. Sensory and motor development. By age 2, most children can walk upstairs one at a time, kick a ball, and draw simple strokes with a pencil. By age 5, most can dress and undress themselves and write some lowercase and capital letters. Each child grows and gains skills at his or her own pace. It is common for a child to be ahead in one area, such as language, but a little behind in another. Learning what is normal for children this age can help you spot problems early or feel better about how your child is doing. - **Shweta Kothari****



# *From Special Educator*

## Special Education: Need of the hour



People often wonder about what is special education because there is a lack of awareness on it. So, to begin with it's important to understand what special education is. Special Education is specially designed instruction to meet the unique need of a child with special needs who differ socially, mentally, or physically from the average to such extent that they require modifications of usual school practices. When it comes to special education, **ONE SIZE DOESN'T FIT ALL**. Different students learn differently. A misconception about children with special need is that many people think they are suffering from some kind of disease which can be cured through medication. They need to understand that children with special needs are just like other children with different set of strengths and weaknesses. They don't require medication but our love and support and a modified way of teaching to suit their requirements. The next thing that comes to our mind is what modifications can be done to help children with special needs. Following modifications can be used for teaching children with special needs:

- 1. Environment:** Environment plays a huge role in learning of children with special needs. For ex: students with attention deficit hyperactivity disorder (ADHD) and autism spectrum disorder (ASD) can get distracted easily near a window. Reducing noise, flexible seating, adjusting lights etc. can impact their learning positively.
- 2. Visual Support:** Children with Autism have difficulties in socialization, communication and have limited interests or repetitive behaviours. Visual support can help children with Autism to communicate better with others. Visual support can be in the form of photographs, drawings, objects, written words or lists etc.
- 3. Visual Schedule:** Visual schedule is also helpful in decreasing anxiety and gives child predictability about what is going to happen throughout the day or within a task or activity. So, adopting these modifications would be a step in the direction of making learning easier for special needs children. Also, next time you meet a special child, don't offer him/her your sympathy but love and support.

**Anchal Rana**

**Special Educator**

# **MAKE A DIFFERENCE: PARENTING TIPS**

**AVOID  
HARSH  
BEHAVIOUR**

**MOTIVATE  
AND  
APPRECIATE**

**ADAPT AND  
ADJUST  
WITH TIME**

**CULTIVATE  
YOUR CHILD'S  
INDEPENDENCE**

**BE  
STEADFAST  
WITH YOUR  
CHILD**

**RESPECT  
YOUR CHILD**

**SHOW  
UNCONDITIONAL LOVE**

# ACHIEVER'S PAGE



# हिंदी- पठन पाठन प्रतियोगिता

विषय - हिंदी

कक्षा - प्रथम

उपविषय - पठन पाठन प्रतियोगिता

शिक्षिका -ममता ठाकुर

विषय प्रस्तुति:

आज बच्चों ने दिए गए पृष्ठ को सही उच्चारण के साथ पढ़ने का प्रयास किया जिसमें की अधिकांश बच्चों का उच्चारण बहुत अच्छा था व कुछ बच्चों को अभी और अभ्यास की आवश्यकता है जिसे की आगामी कक्षाओं में ध्यान रखा जाएगा ।

आज की इस गतिविधि या प्रतियोगिता के द्वारा बच्चों में अपनी पाठ्यपुस्तक ही नहीं बल्कि और पुस्तकों को पढ़ने के लिये भी रूचि जगाने का प्रयास किया गया ।

आशा है कि ऐसी प्रतियोगिता आयोजित करके हम बच्चों के भाषिक कौशल को और बेहतर बनायेगे तथा उच्चारण पर विशेष ध्यान देंगे ।

धन्यवाद ।



**SHIVANSHU**

**I - A**



**AADIV ASWAL**

**I - B**



**SAMRIDDHI**

**I - C**



**NITHISH**

**I - D**



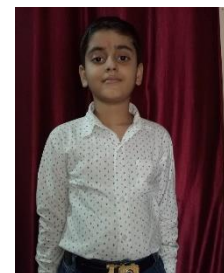
**DHRUV**

**I - E**



**SANCHIT**

**I - F**



**SARTHAK**

**I - JAS**

# हिंदी पठन-पाठन प्रतियोगिता

II



Bhumika (II-A)



Naman (II-B)



Purvi (II-C)



Sanvi (II-D)

विषय: हिंदी पठन-पाठन प्रतियोगिता

दिनांक - 08.07.2021

शिक्षिका: मीनू गुप्ता

विषय प्रस्तुति :

8 जुलाई 2021 को कक्षा दूसरी के छात्रों द्वारा हिंदी पठन पाठन प्रतियोगिता में भाग लिया गया। इस प्रतियोगिता के माध्यम से छात्रों में उच्चारण कौशल का विकास होगा। पठन-पाठन गतिविधि बच्चों में भाषिक योग्यता, वाचन एवं अभिव्यक्ति कौशल में भी महत्वपूर्ण भूमिका निभाती है। परिणाम स्वरूप बच्चे अपनी पाठ्य पुस्तक ही नहीं बल्कि अन्य पुस्तकों को पढ़ने में भी समर्थ होते हैं।

निष्कर्ष: सभी छात्रों ने इस गतिविधि में रूचि प्रकट की।

FOR MORE – [CLICK HERE](#)



Yashleen (II-E)



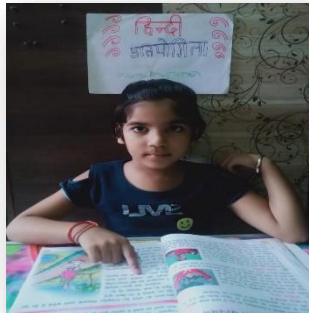
Ditya (II-F)



Priyansh(II-lily)



Kavya (II-rose)



Anshika (II-Jasmine)

**THE**

**LEARNING**

**CURVE**

- **WORKSHOPS**
- **POSITIVE PARENTING APPROACH**
  - **PLASTIC AWARENESS PROGRAMMES**
- **SAY NO TO PLASTIC -SLOGAN WRITING**
- **REDUCE, REUSE, RECYCLE**
- **SAY NO TO PLASTIC -POSTER MAKING**

# WORKSHOP

## THEME-POSITIVE PARENTING APPROACH

***An enlightening online workshop was conducted for the parents on 19 July, 2021 by our special educators Miss Anchal and Miss Devika. The workshop was attended by the members of the staff and the parents. The aim of the workshop was to motivate the parents to create a positive family atmosphere, believe in the concept of listening to their wards and to effectively meet up to any parenting challenge in today's modern world. The day was indeed fruitful as it promoted a continuous commitment on the part of teachers and parents for bringing about the overall development of the children.***

**FOR MORE -[CLICK HERE](#)**



## HEALTH AND HYGIENE

The saying "health is wealth" is truly said because health is the most precious that

one can possess. It is a great source of peace and happiness. In order to spread the awareness about good habits of health and hygiene, the munchkins of class Prep of Kamal Model Sr. sec. School showcased their talent through video where the kids had used different props like brushing teeth, combing hair, washing hands, cut your nails and sanitize your hands to show the hygienic tips.

FOR MORE: [CLICK HERE](#)





# **KNOW YOUR** **DUSTBIN- GREEN,** **BLUE**



**Let's spread the awareness of segregation of waste from home.**

**Let's spare some time and understand the concept of Segregation of waste in simple terms.**

**Waste Segregation is the separation of wet waste and dry waste. When we segregate waste, there is reduction of waste that reaches landfills and occupies space. Air and water pollution rates are considerably reduced and makes it easier to apply different processes.**

**Keeping all these things in mind, students of class 1st performed an activity on making miniature of blue and green dustbins.**

**EcoWise Waste Management**

*What to put Where?*

**Green Bin**

- Food items
- Kitchen waste, peels, cuttings, refuse
- Tea, coffee
- Cotton
- Match sticks
- Hair



**Blue Bin**

- Plastic food jars, tubs, lids, bottles
- Plastic toys, make-up jars, Styrofoam, foam cups
- Milk/Juice Cartons
- Empty paint and Aerosol cans
- Metal cans, coat-hanger, batteries, pots
- Glass Bottle, jars, dishes, cups, pottery, make-up jars, mirrors, light bulbs, window glass
- Aluminium rigid trays
- Household paper
- Paper gift wrap and cards
- Paper egg cartons, rolls and bags
- Boxes- Cardboard, cereal, tissue, detergent
- Newspapers, telephone directories, magazines, books



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Be Responsible. Be Eco-Wise



**FOR MORE: -**  
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## POSTER MAKING – SAY NO TO PLASTIC

**“Make an effort to be a part of the solution rather than the issue. Say no to plastic!”**

**Inter Class Poster Making Activity was held for the students of class I. Students beautifully presented their views against the use of plastic.**

**Plastic bags are non-biodegradable and have become a massive threat to our ecosystem. Plastic bags take hundreds of years to decompose and have started affecting the biodiversity of our planet.**

**“Stop strangling the planet. Plastic bags must be avoided at all costs.”**

**FOR MORE: -**  
**[CLICK HERE](#)**





# HEALTH AND HYGIENE

# AWARENESS



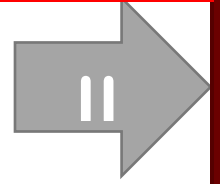
The importance of the famous saying,

**“A healthy mind resides in a healthy body”**

was felt the most in the pandemic situation and to put it into practice, teachers of class 1<sup>st</sup> introduced 'Health and Hygiene' topic in the class on 16 July,2021. An activity of hand wash was organized for the students of class 1 to underscore the importance of hand washing for the health & wellbeing of the people. The slogan of the day was **“Raise a hand for HYGIENE”**. The objective of the activity was to raise awareness about regular hand washing because it is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. The teachers sensitized he students regarding hand washing steps.



**FOR MORE—  
[CLICK HERE](#)**

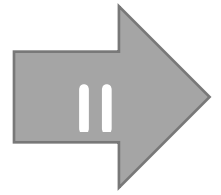


## SAY NO TO PLASTIC- SLOGAN WRITING



FOR MORE- [CLICK HERE](#)

***Every single piece of plastic ever made, still exists on earth. Let that sink in. The more we reduce our plastic consumption, the less demand there will be for more plastic to be created. For spreading the same message class - 2<sup>nd</sup> students from Kamal Model Sr. Sec. School took part in Slogan writing competition on the theme - say no to plastics. The activity was organized to highlight the importance of discontinuing the use of plastics.***



# REUSE, REDUCE, RECYCLE

**“Recycle takes little effort on your part, for a big difference to our world.”**



FOR MORE- [CLICK HERE](#)

***To educate our tiny tots about the importance of recycling for the environment, Class 2<sup>nd</sup> had drawing competition through which they learnt to make new products from the old products which are of no use.***

***They also learnt how recycling helps in keeping the environment clean, and reduces the amount of waste produced helps in the conserve of many non - renewable resources. They also realize that how their personal actions can affect the future.***



**KIND-  
NESS  
CORNER**





## **SPARK OF HUMANITY**

### **BIRD FEEDER**

**Today, due to the Corona Epidemic, we are facing a lot of problems but we also have to save our earth. Activity aims to “build the environmental movement to drive transformative change for people and the planet.”**

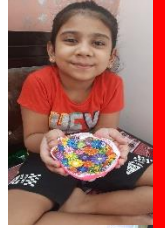
**The mission was to diversify, educate and activate the environmental movement. There was a time when watching huge flock of sparrows performing sky acrobatics in evenings was a favourite pass-time of folks in villages, towns and cities. But now all we get to see is a few sparrows tweeting meekly behind bushes and branches.**

**The survival of different species of birds is important and to come up with solutions that we or our future generations can apply at both individual as well as community level.**

**For example: - setting up bird feeder in gardens, parks, balconies and such places can attract different species of birds.**

**With learning outcomes i.e., love and care towards bird’s awareness about balance in eco system.**

**FOR MORE :- [CLICK HERE](#)**





# KINDNESS CHAIN



**Kindness simply means being good to others. It is a quality that not everyone possess. Being kind and being polite and friendly and helping those around us. It is an important human quality. It is the act of being kind. It can be giving a simple smile. We may share our kindness with our family members, friends, neighbours, classmates or anyone who genuinely needs help. We don't have to be a millionaire to offer help and be nice to people around. We just need to have a good heart not just with human beings but also towards animals.**

**A kindness activity was also performed in which the students helped their parents, family members, neighbours etc. in doing small tasks. While performing the activity students felt very happy and excited. This activity provided opportunity to help the child to indulge in various acts of kindness. This created a positive environment.**



**FOR MORE: - [CLICK HERE](#)**



# Bird Feeder

The purpose of human life is to serve.

*At a time when technology inundates our lives, it can be difficult to connect with the natural world. Activity had done put FeederWatch to use in her classroom to do just that: connect students with nature and science in a very tangible way. Class 2 students made a bird feeder with waste material like plastic water bottle etc. doing this activity with kids is a great way to teach children about caring for nature, how to properly feed wild animals and how to identify local native bird. Interacting with nature helped kids in many ways, from helping them understand science concepts and care for the environment, to lifelong physical and mental health benefits. One of the easiest, most enjoyable ways for children to interact with nature is to feed wild birds right in their backyard.*

FOR MORE-[CLICK HERE](#)

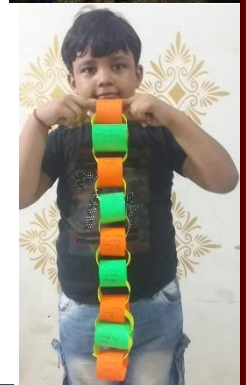


# Kindness Chain

11

***Kindness starts with one. One smile,  
One compliment. One cup of coffee. One  
conversation.***

***There are things we do every single day with intention, yet we don't even think about them. We wake up, take a shower, brush our teeth, get dressed, drive to work or school... all part of our invisible routine. What if we added a moment of kindness to our invisible routine? Our class 2 students celebrated kindness day by doing small kindness activity like by donating their clothes to some needy. Also they made a kindness jar box in which they put daily one chit of their kind activity which they done in a day and also made a kindness chain. It also enhances positivity and helps children feel good about themselves as it increases serotonin levels kindness begin building a new routine which means including intentional moments of kindness, laughter and delight. It also means taking a moment to enjoy and recognize when those things are happening.***



# CREDITS

## THE CONTENT CREATOR AND COMPILER



**MS. PARUL  
GULATI**



**MS. NITIKA  
HARJAI**



**MS. PREETI  
SHARMA**

## THE CONTENT PROVIDER



**MS. BHARTI**



**MS. BHAVNA  
ARORA**



**MS. RAJBIR  
KAUR**

# Academic Facilitators



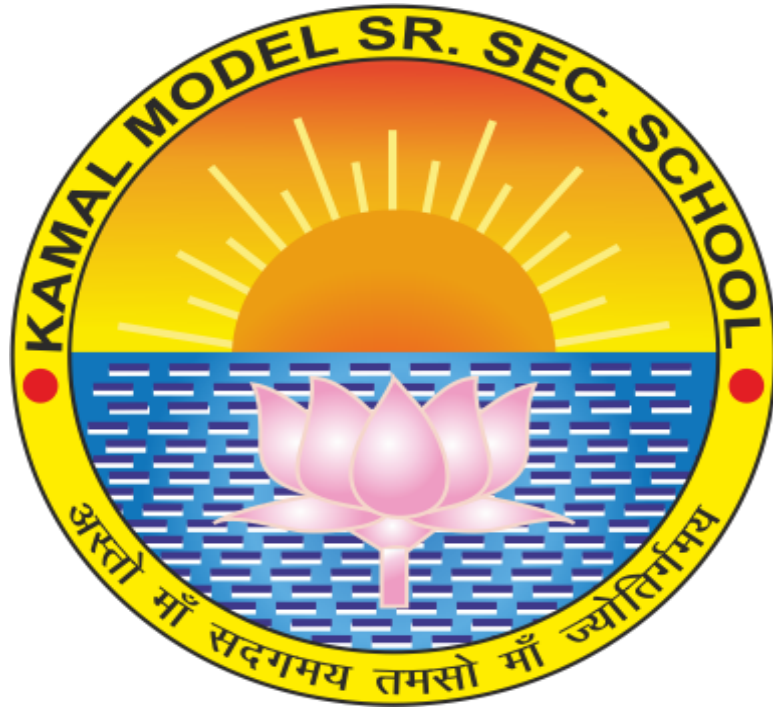
**Ms. Jaspreet Kaur**  
**(Coordinator)**  
**NUR-PREP**



**Ms. Mansi Behl**  
**(Coordinator)**  
**I-II**

## HEARTFELT NOTE

**"Dear parents,**  
**By enrolling your child in this school for better education, you have really shown your trust in us.**  
**We extend our thankful wishes to you and promise that we would work harder for betterment of your child."**



**Kamal Model Sr. Secondary School**

**Address – K1 Extn. Mohan Garden, Uttam Nagar. New Delhi – 110059**

**E-Mail Address- [kamalmodelschool.94@gmail.com](mailto:kamalmodelschool.94@gmail.com)**

**Contact no. - 01165387297**