

# Birla Open Minds Preschool Newsletter

*February 2022*

Dear Parent

Greetings!

We Welcome the first month of the year, January, which symbolises gateway to new beginnings and transitions with hope and positivity. At Birla Open Minds we continue to look forward in bringing revolution in the field of education where child develops love for learning and appreciates the path of knowledge for their own self development with enthusiasm and joy .

January month was filled with festivities of the harvest festivals celebrated across the country and the 73<sup>rd</sup> Republic Day .The kids learnt about our long standing tradition and culture related to the festivals and they enjoyed making Rangoli , crafts and sweets related to the festival. They were empowered about the importance of proper rules laid in our constitution that make our country work systematically and in harmony during Republic Day celebrations.

Students represented the many facets of India by coming in unique attires of the states and our freedom fighters. Their artistic expression found its roots in the decoration of Indian flag and the map of India. The slogans by our freedom fighters and the chanting of the same by these little children was reminiscent of the freedom struggle. They were able to relate their online classroom rules with the guidelines in our constitution for the smooth functioning of the sessions in their own miniscule way.

**Editor**

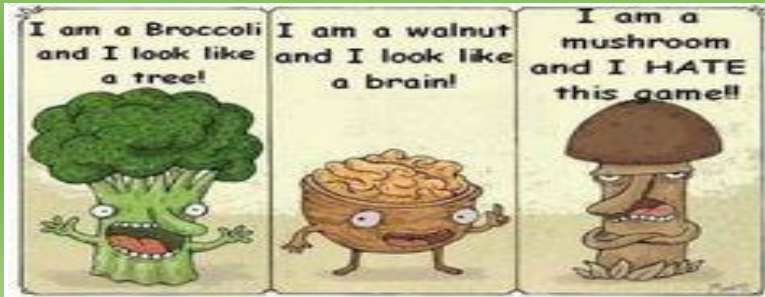
**Birla Open Minds Preschool**

Visit us @ [www.dsredu.in](http://www.dsredu.in)

<https://www.birlopenminds.com/preschool/chanda-nagar-hyderabad/index.html>

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## VEGETABLE MEMES



## Important Dates

### Events

3<sup>rd</sup> February 2022, Thursday-Read Aloud Day

21<sup>st</sup> February 2022, International Mother Language Day

14<sup>th</sup> February 2022-19<sup>th</sup> February 2022 - PTC- Nursery and K1

### Up Coming Themes

#### Nursery

#### K 1

#### K 2

Vroom Vehicles

Growing Grains

Why Wheels

Unique Utensils

Why Wheels

More Materials

More Materials

Easy Exercise

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Home isn't a place...  
it's a feeling.



## PARENT CORNER

### Family Rituals for Growth of Mindset :

Family rituals are nothing but personalised touch given to routines that kids follow every day. As toddlers show lot of fuss to follow routines, these can be made fun by adding family rituals with routines which have powerful benefits. These family rituals allow members to strengthen bond among themselves and helps to connect with each other well.

### Rituals that teach Responsibility

1. Assign each family member a specific task when setting the table.
2. Create a rotating chore chart for all to follow.
3. Allot a time when all members can come together to clean the house, or paint a wall or shell peas together etc.



### Rituals that promote kindness and Compassion

1. Practice Loving Kindness Meditation.
2. Discuss and share what each member did one kind thing that day.



### Rituals that Boost Positivity

1. Family cuddle time –when everyone arrives home ,all should cuddle together for few minutes and spend time.
2. Each member should share about high and low points of their day.

### Rituals that build strong Family Connection

1. Choose few favourite songs to use as 'goodnight songs.
2. Have each member contribute something to dinner preparation.
3. Have weekly theme dinners, like Taco Tuesday, Pizza Fridays etc.



### Rituals that develop a Sense of Belonging

1. Go for holidays each year and sing songs that hold significance to your family.
2. Keep a 'Gratitude Jar' each year.
3. At the end of the year watch family videos to reflect on the year.



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## Mesmerizing Memories of the Month



Republic  
Day  
Celebration



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## Art Activity-- Making a Kite



Makara  
Sankranti  
Celebration

## Sankranti Celebrations

