

Birla Open Minds Preschool Newsletter

JANUARY

Dear Parent,

Warm Greetings!

“The reward for work well done is the opportunity to do more.”
- Jonas Salk.

With the advent of the New Year, new expectations are visualized and set in various aspects. The month commenced with a meaningful Sankranti celebrations where the students extended their gratitude to the Sun God, farmers, cows and bulls and for the food they eat. The Bonfire night party was excitement personified, students had a gala time with friends enjoyed the warmth of the bonfire, dance floor, movie and dinner.

Regards

Editor

Birla Open Minds Preschool.

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Pre -Nursery

Blooming buds

Fresh fruits

Themes in the month of
January

K1

Green growers

Growing grains

Nursery

Fragrant flowers

Fun fruits

Themes in the month of
January

K2

Green growers

Growing grains

Parent Engagement

By **R Ramya**



The way a child behaves is the product of many factors inside and outside the home. Parents have to recognize and have to create the kind of loving atmosphere in which good behaviour can flourish.

Setting the stage for Good Behaviour

- **Planning ahead –** Prearranging the environment lead to good behaviour. Create a kind of busy atmosphere with constructive activities of different kinds.
- **Need for routine –** Children are creatures of habit. By working out a reasonable schedule for playtime, meals, naps, study hour and other activities, provides the child with stability which is essential to good behaviour.
- **Allow choices –** Allowing the child to make some choices helps the child to hone their decision making skills and encourages independence as well as good behaviour
- **Importance of explaining why –** Children models much of their behaviour of their parents. So be prepared to tell your child the reasons for your actions so that they understand your values.
- **Communication –** Good communication promotes good behaviour. Discussion is a excellent way to get your message across and also listen to your child. To help your child learn how to communicate, instead of asking yes or no questions, ask for opinions.
- **Identify emotions –** it is important to teach the child to identify the emotion and label it. Once the child know the feeling he is going through, it is easy to control it.
- **To avoid misbehavior away from home,** tell the child what to expect and explain how she might feel and react. Focus on the positive aspects.

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SANKRANTHI CELEBRATION



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BONFIRE NIGHT PARTY



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PARENT TEACHER CONFERENCE



Birla Open Minds Preschool Newsletter REPUBLIC DAY CELEBRATION



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VASANTHA PANCHAMI CELEBRATION





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LET'S EXPLORE!!

"Learning one new thing everyday"



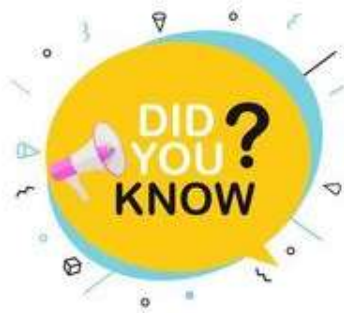


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LET'S EXPLORE!!

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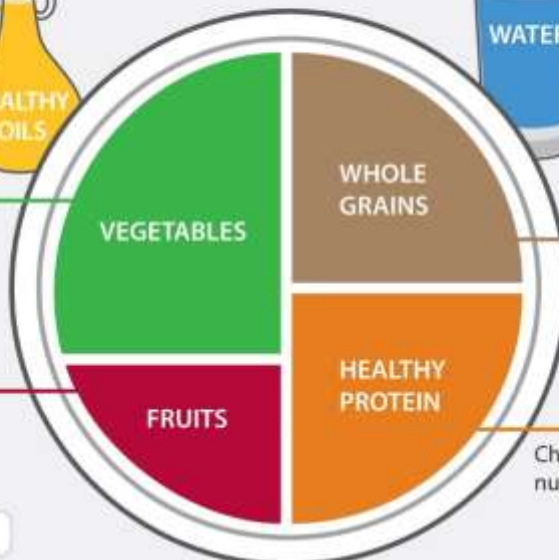
HEALTHY EATING PLATE



Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Cherries help calm your nervous system



Grapes relax your blood vessels



Strawberries can potentially fight against cancer and aging



Bananas are great for athletes because they give you energy



Peaches are rich in potassium, fluoride, and iron



Apples help your body develop resistance against infections



Pinapples help fight arthritis



Blueberries protect your heart



Watermelon helps control your heart rate



Oranges help maintain great skin and vision



Kiwis increases bone mass



Mangos protect against several kinds of cancer

Next Month

5 Important Dates

Events

Annual Sports Day – 4th February, 2023, Saturday.

International Mother Language Day – 21st February, 2023, Tuesday.

Parent Teacher Association (PTA) meeting – 25th February, 2023, Saturday



Pre – Nursery

Puffy potatoes

Comfy cars

Busy boats

Upcoming Themes

K1

Growing grains

Why wheels

More materials

Nursery

Various vegetables

Vroom Vehicles

Upcoming Themes

K2

Why wheels

More materials

Easy exercise