

# Birla Open Minds Preschool Newsletter



Dear Parent,

Warm Greetings!

Welcome Parents to the November Newsletter of the Academic Session 2023-24.

“Health is a state of complete harmony of the body, mind and spirit.” – B.K.S. Iyengar.

A child needs to be looked as a whole person combining the body, mind and spirit. Early childhood education works towards the holistic development of the child. That’s the reason that the first developmental goal of NEP 2020 emphasis on the health and wellbeing, comprising the physical and motor development, socio emotional development, nutrition and hygiene practice and safety of the child.

Birla Open Minds Preschool through its integrated and thematic curriculum, includes activities based on music and movement, free play, structured play, block play, sand play, water play, fine motor skills activities, gross motor skills activities, parachute play, nature walk, warm up sessions, energizers, yoga to promote the physical and motor development of the child. Activities like reading books for children, sing along, happy sun sad sun, knowing various emotions, helping hands, meditation, value education classes, breathing exercises, circle time, storytelling, framing classroom rules, giving class activity in charges, taking turns, sharing and caring, play listening games, puppet play, teaching compassion and honesty, celebrating friendship day, role plays upholds socio and emotional skills along preschoolers.

The nutrition part is taken care of, based on the nutritious and calorie based snacks and food provided by the school to its students, as recommended by the nutritionist. The school gives utmost importance for the hygiene practice and safety of the child. The school supports basic hygiene practices like hand wash before and after food, after toilet time, after activities or play time, teaching them about trimming the nails, clean ironed uniform, which encourages children to acquire positive hygiene habits that last a lifetime.

Regards

Editor,

Birla Open Minds Preschool.

# Birla Open Mind Preschool Newsletter

## Pre -Nursery

**Bulky Baskets**  
**Simply Strings**  
**Classy Crayons**

Themes in the month of  
October

## K1

**Popular paper**  
**Jumping Jute**  
**Comfy cotton**

## Nursery

**Busy brushes**  
**Fancy fabrics**  
**Bumpy boxes**

Themes in the month of  
October

## K 2

**Popular paper**  
**Jumping Jute**  
**Comfy cotton**  
**Busy Birds**

# Birla Open Minds Preschool Newsletter

## Parent Engagement

### “Positive Discipline”

Ms. Susan Keshri, Center Head, BOMPS,  
Chanda Nagar

### Positive Discipline –Necessary for better mental and physical health.

Many a times, parents face a situation when they struggle to discipline their child in a right way. They find difficulty in handling a screaming toddler or an angry preschooler who throws tantrums for every small thing. No matter how much you love your child, there will be moments filled with frustration, anger, and even desperation. Even the most delightful preschooler isn't perfect, and misbehavior can be frustrating.

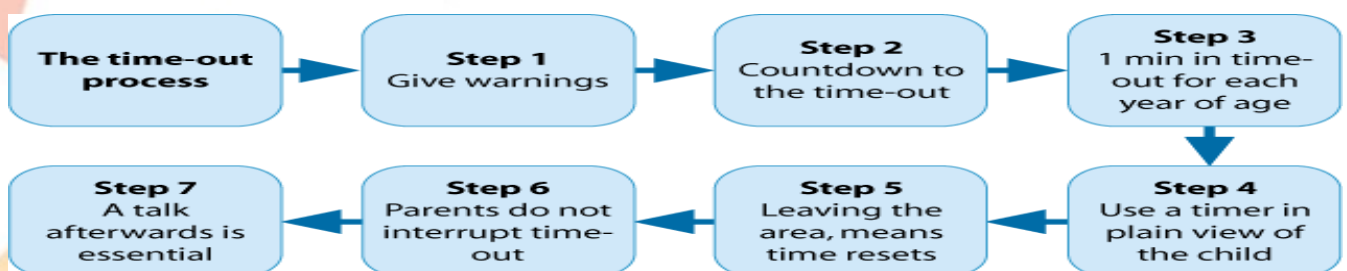
One of the primary human needs is the need to belong, to feel a sense of worth and significance. When a child believes he doesn't belong, he feels discouraged. Out of that discouragement he chooses what Rudolf Dreikurs, author of Children-The Challenge, called a “mistaken goal of misbehaviour.” They are considered “mistaken” goals because the child mistakenly believes the behaviour will help him regain a sense of belonging. I

It's important to know the positive discipline parenting tool which will help to resolve conflicts with your child and to know about his temperament, birth order, brain development and physical and intellectual abilities, and skill acquisition that underlie in his behaviour in these early years.

**Plan 1-on-1 time:** Need to spend some quality time with the child and give listening ears to them .Doing simple home chores for 5 to 20 minutes together or playing their games the way they do, helps in building good relationship with the child.



**Set clear expectations:** Telling the child clearly what you exactly want them to do is more effective than telling them what not to do. And follow the time out rule. But it's important to set realistic expectations.



**Distract creatively:** If the child is being difficult, distracting them with a more positive activity is a useful way to handle them. Introducing them to a new game, leading them to another room and or just going out for a walk with them can help in diverting their energy towards positive behaviour.



**Praises the positives:** Do not call out the bad behaviour of children as they read it as a way to get your attention, perpetuating poor conduct rather than stopping it. Instead make them feel loved and special by praising their small acts of good behavior rather and encourage them to believe that they can do good things. Children always thrive on praise.

**Use calm consequences:** As a part of growing, child needs to know that every act of their's has a result. Defining this to your child will help him to learn about responsibility. Explain him about the consequences of their bad behaviour, give them warning, and time to change the behaviour. If they don't stop, follow through the consequences calmly without shouting consistent is the key factor in positive parenting.

**There are no bad children, only bad behaviour.**

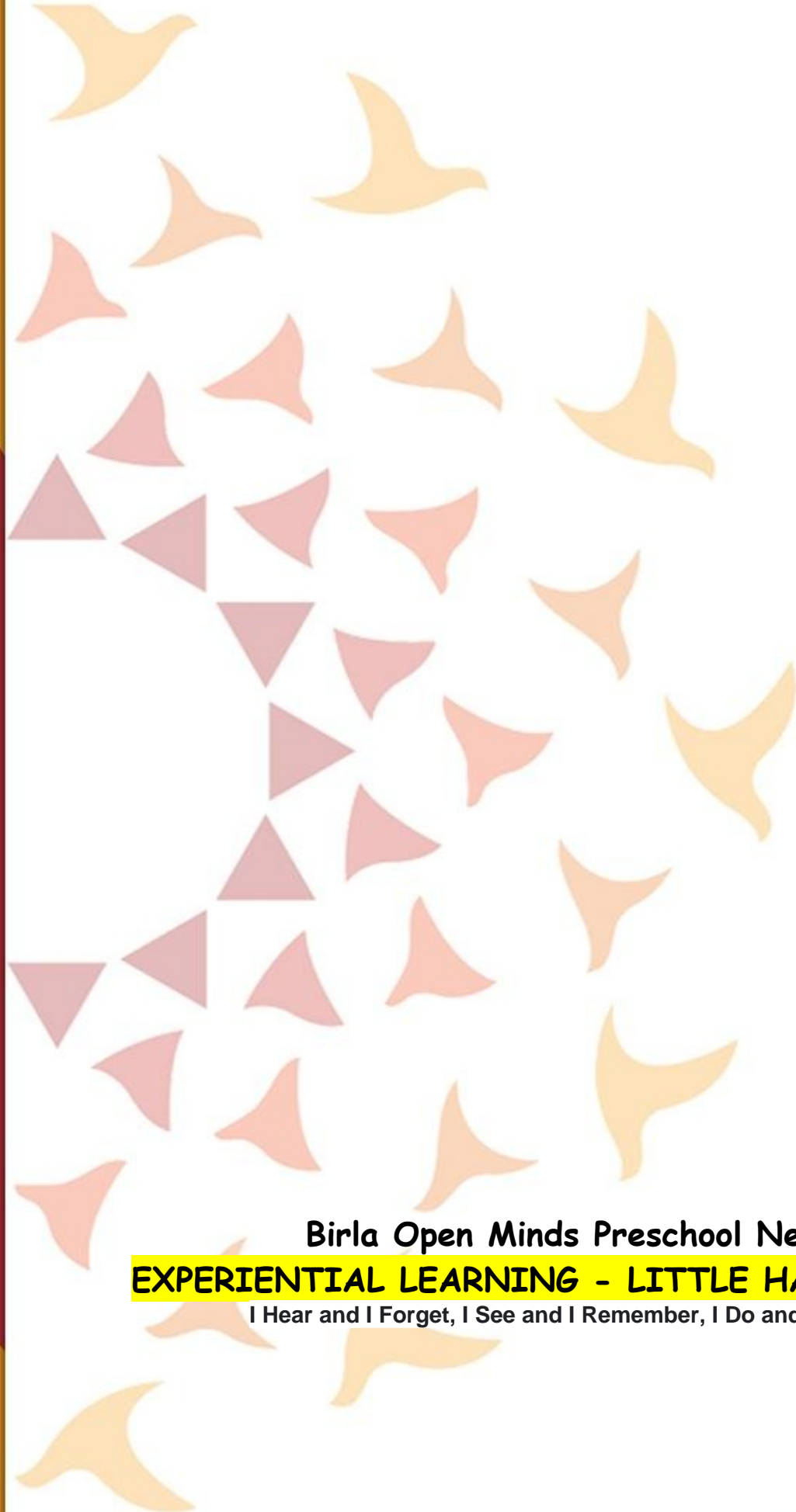


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**ENTHRALLING MOMENTS OF THE MONTH**



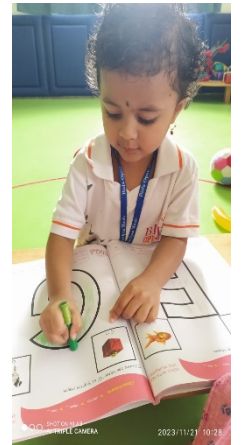
**Birla Open Minds  
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Gurunanak Celebration**



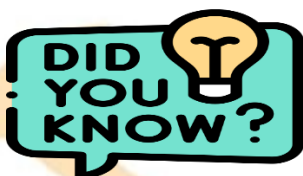
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**EXPERIENTIAL LEARNING - LITTLE HANDS AT WORK**

I Hear and I Forget, I See and I Remember, I Do and I Understand



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## KHADI FABRIC

- Khadi fabric also known as khaddari.
- Khadi clothing is the handspun, natural & organic fabric is ideal for Indian weather conditions & keeps the wearer cool in summer.
- Khadi is a skin-friendly that breathes and uses no chemical in manufacturing.
- It is cool in summer and warm in winter.

The name Cotton comes from Arabic word "Qutn," which means fancy. Cotton was also known as vegetable wool!

**Jute is the second most important vegetable fiber after cotton.**

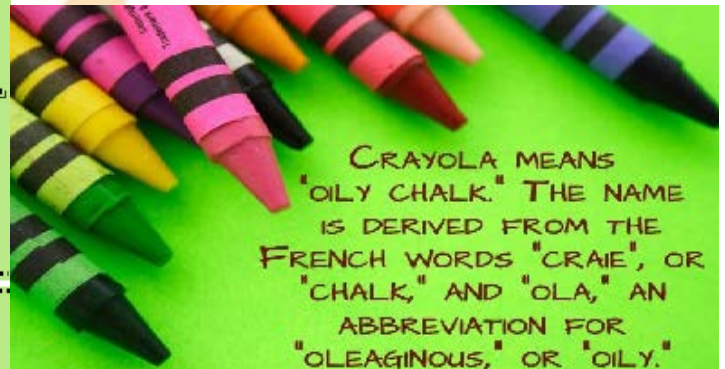
**One Jute bag replaces the need for 624 disposable plastic bags**



## Facts About Paper Recycling



- 1 Majority of the paper that goes wasted all across the globe is high grade paper.
- 2 Recycling paper reduces pollution by 95% when used paper is manufactured into new sheets.
- 3 To manufacture new paper from old papers, it takes around 30 to 50 % less energy than what it is required to make paper from trees.
- 4 In landfills, the 40 % of the waste is paper. If paper is recycled and not dumped in landfills, the usage of landfills can also be extended.
- 5 The products of newspaper recycling include game boards, egg cartons, gift boxes, new newspaper, insulation, animal bedding, and packaging material.
- 6 Office paper is used as paper towels, toilet paper and tissue paper after recycling.
- 7 Corrugated cardboard post recycling is made as cereal boxes and new cardboards.



CRAYOLA MEANS "OILY CHALK." THE NAME IS DERIVED FROM THE FRENCH WORDS "CRAIE", OR "CHALK," AND "OLA," AN ABBREVIATION FOR "OLEAGINOUS," OR "OILY."

## STRING FACTS

- All of the string family instruments are made of wood
- Their sizes are what makes them sound different
- Highest to lowest pitched strings
  - Violin
  - Viola
  - Cello
  - Bass
- Strings are made of gut, steel, or nylon
- Strings can be bowed with a bow or plucked with the fingers

# Birla Open Minds Preschool Newsletter

## BIRTHDAY BABIES OF NOVEMBER





**Birla**

**Open Minds**

**Preschool Newsletter**

**Next Month** 



**Important Dates**

**Celebrations**

**Christmas celebration – 22<sup>nd</sup> December, 2023, Friday**

**Pre - Nursery**

**Beautiful birds**  
**Foodie farms**  
**Blooming buds**  
**Fresh fruits**

**Upcoming Themes**

**K1**

**Busy birds**  
**Famous flowers**  
**Green growers**

**Nursery**

**Beautiful birds**  
**Friendly farms**  
**Fragrant flowers**  
**Fun fruits**

**Upcoming Themes**

**K2**

**Busy birds**  
**Famous flowers**  
**Green growers**

