



Sanskriti School
Dr. S. Radhakrishnan Marg,
Chanakypuri, New Delhi-110 021

Nursery Newsletter

April/May 2020



“Welcome dear parents to Sanskriti School
Together let us in partnership bloom
Take every opportunity to learn and guide
And make this journey fun for every child.”

Dear Parents,

We welcome all of you to an exciting and happy year designed to promote and enhance your child's growth and development. The year will be filled with discovery and fun as your child learns to work and play in an environment that is safe and joyful. As you talk to your child about their day at school, you shall become a part of their world, a world of imagination and creativity. You will see how our children in nursery are encouraged, supported, and motivated to explore and learn in a creative way. We look forward to a great year!

Our aim is to make this journey a stress-free and enjoyable experience for our little ones. The structure of daily activities is carefully planned to encourage self-confidence, independence and group-cooperation through large group, small group and one-on-one participation in various interactive experiences. The activities will include instruction and skill based reinforcement in

Reading readiness, Number work, Pre-writing Skills, Environmental Studies, Art and Craft, Music, Dance, Physical Education, Social/emotional skills and Language development.



During these unprecedented times of the COVID pandemic, we are putting forth a few suggested activities which will help the children establish a routine akin to school till it re - opens and also prepares them for the year ahead.

So here are a few tips to make the school day routine easier and fun to follow for the little ones in Nursery.

- **Establishing a routine** the night before like having an early dinner and a scheduled bed time helps ease anxiety and stress in the mornings. Patience, preparation, understanding and establishing a routine helps ease fears and reduce tears!



- **Fix a time** to wake up in the morning and go to bed at night. Ensuring that the child gets a minimum of 8 hours of uninterrupted sleep.

- **Toilet training** is of great importance as it can help the child to understand their body's signals and start being responsible for their own bodies. Also this helps to avoid the unnecessary embarrassment the child faces if accidents do happen in the class.



- **Making the child independent**. Activities like helping to lay the table during meal times, eating independently ,carrying plates to the sink, filling water bottles, learning to wear clothes, shoes, back pack (school bag) independently, zipping and unzipping bags, buttoning shirts and trousers ,clearing toys , stationery after activities , arranging books in the shelf, rack etc will help in a big way.



- **Reading books** that are age appropriate, aloud to children and singing rhymes and action songs help develop their language, imagination, vocabulary , listening skills, concentration , memory and diction. So keeping this in mind it is very important to include read and sing - along sessions in their daily routine.



- **Physical activity** is of equal importance as the saying goes “ a healthy mind in a healthy body”. As we are restricted in our movements outdoors simple aerobic exercises and dancing will help keep them active during these lockdown days.



- **Developing fine motor skills** activities like colouring , painting, freehand drawing of objects, sticking (paper, sequins, pencil shavings, cotton, wool) for art and craft activities, sorting, beading , playing with play dough, blocks, puzzles etc will encourage them to engage their fingers and help in developing their fine motor skills.



Here's leaving all of you with a beautiful thought –
Education is the kindling of a flame
Not the filling of a vessel.

Regards
Nursery Class Teachers