



GREEN FIELDS NURSERY SCHOOL

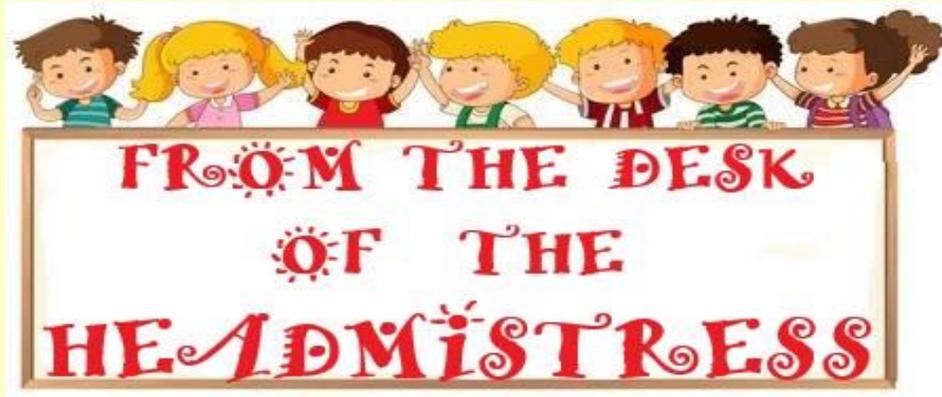
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LOCKDOWN TIMES





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Dear Parents,

How times have changed!

We were all unprepared for the situation when schools were abruptly closed due to the ongoing COVID 19 pandemic. We took it in our stride and with your tremendous support have evolved our curriculum.

The new session began on 1st April 2020 with a welcome message to the parents and children in the environment of your homes.

Our challenges were

- (a) Would the children be able to maintain their attention span in front of a screen?*
- (b) Would they be able to participate in Zoom sessions (which were new to us adults)?*
- (c) Would recorded video based sessions be better?*

All our apprehensions proved to be just that. I must state that thanks to your involvement and possibly the novelty of the methods for children we have achieved more than what we had expected.

A mix of prerecorded videos and live Zoom interactive classes proved to be the answer.

I personally used to monitor and observe the little ones. I was happy to see that each one of them improved their communication skills and motor abilities. They have excelled in interactive assignments as well as assignments in which you were a big source of motivation.

My teachers were extremely happy with the response of the children and indeed your involvement as well. This spurred them to greater levels of motivation and achievement.

We have prepared this time an e-newsletter based on our and your mutual experiences. I would really like to express my gratitude to you for your unstinted support and my little ones for taking the new experiences in their stride.

Best wishes to you, stay healthy, stay safe.

Akshi Dewan

Headmistress





A GUIDE TO KINDERGARTEN

Kindergarten is the first place, where the child gets to meet other children and people, who do not belong to their family. On the first day of kindergarten, your child officially becomes a student. Kindergarteners get used to school routines, practice working together in groups to build teamwork and sharing skills and learn how to be successful students for years to come.



A typical kindergarten classroom may have areas for reading, writing, arts and crafts, pretend play, circle time etc. The school day is structured with time for free play, and structured scheduled lessons for each subject. The main aim is to help them to grow emotionally, physically and mentally.

READING

Learning to read is an exciting milestone for kindergarteners.



Children begin to grow as independent readers and become more comfortable with reading,

To build reading skills they have to know:



Letters of the Alphabet and their sounds



Sight words



Blending Sounds

Listening Skills

Phonological awareness or the ability to distinguish sounds from one another

Reading method - Follows words from left to right, top to bottom, and page by page.

WRITING

In kindergarten, your child begins to truly grow as a writer. While children develop at different rates, by the end of kindergarten, most children should be able to use their knowledge of sounds and letters to write simple sentences. To build writing skills they have to know:



Letter formation – Letters of the Alphabet (upper & lowercase)

Sight words

Writes her/his name

Writes, draws, and dictates about a variety of topics

Uses invented or creative spelling to write a variety of words.

The correct grip for holding pencil (Tripod grip)





PREVENTION AT HOME FROM CORONA VIRUS



The global spread of coronavirus means that many people will now need to take certain action steps to help reduce its transmission.

To prevent the spread of COVID-19:

- *Clean your hands often. Use soap and water, or an alcohol-based hand rub.*
- *Maintain a safe distance from anyone who is coughing or sneezing.*
- *Stay home if you feel unwell.*
- *Don't touch your eyes, nose or mouth.*
- *Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.*
- *If you have a fever, cough and difficulty breathing, seek medical attention. Call in advance.*
- *Follow the directions of your local health authority.*
- *Avoiding unneeded visits to medical facilities allows healthcare systems to operate more effectively, therefore protecting you and others*

**STAY HOME.
SAVE LIVES.**

Help stop coronavirus

1. STAY home
2. KEEP a safe distance
3. WASH hands often
4. COVER your cough
5. SICK? Call the helpline

It can get pretty lonely and boring for kids who need to stay at home for 24 hours, while they are separated from their friends and classmates. Here are a few tips to cheer them up:

- Talk on the phone or do a video call with family and friends.
- Text or use other messaging apps to talk with family or friends.
- Play online games and let them play with other kids from home.
- Do puzzles or legos.
- Read books.

Cover mouth and nose
with mask and **make sure**
there are no gaps
between your face and
the mask



COVID-19 PREVENTION



WASH YOUR HANDS
Wash them often with soap
for at least 20 seconds



COUGHING ETIQUETTE
Cover your mouth when you cough or sneeze
with tissue or the inside of your elbow



WEAR MASK
Make sure your mask fits well with
the nose clip



AVOID HUMAN CONTACT
Keep a distance of 1 meter away from
others





TIPS TO LIMIT YOUR CHILD'S SCREEN TIME

The entire country has declared a complete lockdown which means no going out until the situation becomes better. Children are at home and are spending far more time in front of the screens. Classrooms has been replaced by online learning. Time on the playground is now spent playing video games and watching videos. Parents are also facing the challenge to keep the children meaningfully occupied.

1. Reading stories: Read a bedtime story to your child. Or maybe your child could read to you on a Saturday or Sunday afternoon. Quarantine time can be quality time.



2. Listening to the music: Trading an hour-long TV show with a music system can feel more relaxing and rewarding. Engaging in music leaves your eyes off screen.

2. Enjoy your meals without the gadgets: Make meal time family time. Next time you sit down for a meal, try turning off the TV and placing your phone out of sight or in the other room.





yoga or meditation: *Yoga along with breathing
tion can be considered as an all-round exercise which will
of your and your child's body, mind and soul.*

4. **indoor games:** *Encourage your
child to play indoor games like ludo, memory game,
solving puzzles, snakes and ladder etc. Help him/her
enhance creativity*



5. **Asking children to help you with
some chores:** *This is the best time to engage
children in arranging their books and clothes,
watering the plants, laying the table etc.*

6. **Take a nostalgia trip:** *Pull out old albums and
tell them the incidents/anecdotes related to the pictures
which they never knew!*



7. **Take up Do it yourself
(DIY) projects:** *With all the spare time on your
hands, there's no better time to start taking up
DIY projects.*



POSITIVE IMPACTS OF LOCKDOWN

A healthy immune system is the key to fight corona virus and, for that matter any other infection. Everyone around the globe has been in lockdown for a long time. Most of us are bored and miss our daily routine. We also feel frustrated but what we don't realize is that there is a plus side to this lockdown. Let's discuss how this lockdown has helped us.

Getting sufficient sleep: *When we don't have to travel, get our kids ready for school we get a little more time to sleep. An extra hour of sleep could mean 9 hours in total, instead of 8 hours which is the normal sleep time.*



Eating healthy food: *Due to lockdown we are not just stuck at home also the restaurants and all the delivery services are stopped. Most of us have also become cautious about eating outside food because we fear to catch Covid-19. And as a result most of us are eating home cooked healthy and fresh food.*



Time to Work out: *Since we have a lot of extra time the worry of gaining extra weight has made people to workout at home itself. Be it yoga, meditation or general exercises the world is getting creative with their home workouts.*



Home care: *We do have servants to look after our house but because we are mostly free now a days it has given many people opportunities to look at their household chores.*



Household work is one of the most productive ways to keep ourselves busy. Sweeping, mopping, dusting, cleaning etc are all ways to be active and burn extra calories.

Family Time: *When parents are working from home and kids are not going to school this is the best time to spend time with your family. Families also have more time to do fun stuff together like playing games, cook meals, do art and craft etc.*





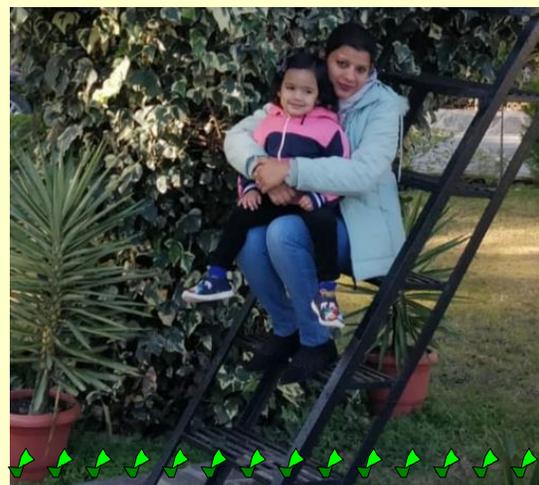
ROLE OF A PARENT DURING LOCKDOWN

Parents play a significant role in a child's life. A parent is the child's first teacher and has a key role in shaping up the character of a child. Parents provide encouragement, support and access to activities that enable the child to master key development tasks.



I am also a parent, a teacher and a homemaker. As a parent I used to take care of my child, as a homemaker I used to cook food for my family and as a teacher I was taking online classes for my little ones.

During lockdown every house has become a school and every parent a teacher. Parents are playing a crucial role in child's life as the schools are conducting online classes



and they are able to see their class teacher on screen everyday and are getting used to their school routine and discipline with the help of their parent's.



In this lockdown not only, the mothers but even the fathers who were at home have helped their kids in the teaching learning process.

So our heartfelt thanks to the parents and grandparents who have played a vital and significant role in their child's life.





EXPERIENCES OF ONLINE TEACHING

The global pandemic caused by the Novel Corona Virus has put the education system in a situation that has been unprecedented. As we all know that due to this pandemic all the schools have been closed resulting in schools looking for other ways of imparting knowledge like conducting online classes so that children continue learning. As teachers, we have reinvented ourselves by teaching students online, using applications such as Skype, WhatsApp, Google Meet, Zoom and other video-conferencing apps.



This is the first instance that all teachers found opportunity in adversity by taking schools into the homes of the students and ensuring the process of learning does not cease.

The experience of online teaching brought in its own share of challenges for both teachers and students. When I first started to think about

online teaching, I realized I had a lot to learn. I had never been a student who learnt online. How was I going to handle this?



Being a Nursery teacher it was a great experience for me to teach my little ones in front of the camera for the first time. On the first day, at 10 AM, I was ready with my hand-puppets, paper, stars, smiley cut outs to welcome the little ones to my virtual classroom. I opened my classroom and my heart to a dozen three-year-olds in a virtual classroom, starting with a prayer, rhymes and the activities. Every day we worked on various activities and tasks together. During the first couple of days, I found it difficult to make the little ones sit in front of the camera. But slowly and steadily, they all started taking interest in my class. This experience was indeed very enriching for me as I learnt something new every day along with my children.





SAVE THE PLANET

SAVE THE ENVIRONMENT

SAVE LIFE

At Green fields Nursery School ,it is our endeavour to spread awareness about the environment in the future citizens of the country as a part of this program, Earth Day was celebrated in a way that was never seen before. The lockdown could not dampen the enthusiasm in our little ones and their teachers.



The budding environmentalists learnt about the ways they could help to save the mother earth. The activities to inculcate green habits were taught through demonstrations, stories and hands on activities. They pledged to become eco-friendly by learning to save water, electricity and other resources in a responsible manner. The concept of reduce, reuse, and recycle were taught through various crafts activities that they thoroughly enjoyed.





FUN WITH ART & CRAFT

As the schools are closed due to the Novel corona virus pandemic, most parents are striving to keep their children active while working from home.



We at GMS utilised this lockdown period in a meaningful way by engaging children in new ways of learning by integrating art and craft in the curriculum. Art & Craft is a process which helps a child in exploring, discovering, creating and experimenting. This all together helps the

child in growing as an individual. This entire process allows children to be more spontaneous, creative and expressive without any inhibitions. Art & Craft is a way to express themselves. It helps in the child's development and growth.

We encouraged children to use items available in their houses to make different crafts there by encouraging recycling.



Teachers and children enjoyed some of the fun filled activities like:

-  *Non- Fire Cooking*
-  *Story Narration*
-  *Finger Puppet Caterpillar*
-  *Tearing and Pasting*
-  *Fork Painting*
-  *Bottle Print Flowers*
-  *Cotton Dabbing*
-  *Triangle Fish*
-  *Sorting of Rajma & Chana*
-  *Making of Playdough*
-  *Citrus Painting*



etc on ZOOM classes thereby ensuring learning does not stop and they are in touch with the concept of school during the lock down.

EVERY CHILD IS AN ARTIST



Prep

FUN ACTIVITIES



ONLINE CLASSES

EARTH DAY

On the occasion of 50th Earth Day . activities were conducted for kids to create objects from natural and recycled material and spend more time indoors.



LEMONADE MAKING



To inculcate healthy food habits, we conducted an activity on how to make lemonade. It is the drink of choice for countless people. The activity was learning with fun and the children enjoyed drinking the lemonade prepared by them. Both parents and kids loved this exercise and shared interesting videos and pictures.

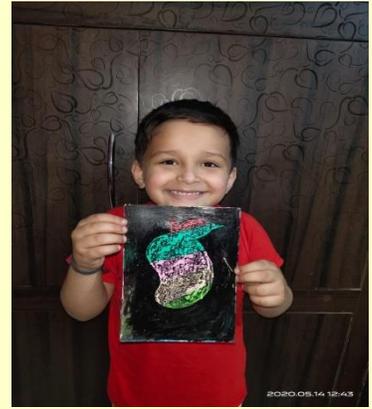
MOTHER'S DAY

On Mother's Day children were encouraged to sing and dance with their mother and to commemorate the day students also made a card for their mother.



MAGIC PAINTING

This creative activity is a great way for children to practice eye-hand coordination, cognitive development, imagination and experimentation. We received overwhelming response from THE parents and kids.



ORIGAMI PAPER FOLDING

We conducted origami paper folding activity for children as it develops eye-hand coordination, maths reasoning, attention skill and mental concentration.

COOKING WITHOUT FIRE (ALOO CHAAT)

This activity was a big hit. The students learnt the spirit of team work with parents. The aim of the activity was to create awareness about the nutritional value of boiled cooked food and also to stay away from junk food.



SINK AND FLOAT

The kids were introduced to the scientific concept of sink and float. This hands-on experiment allowed them to see which objects sink and which float.



WHAT'S COOKING??

To keep your child healthy this season, it is important to ensure they have a good immune system.

Here are some healthy recipes that you can give your little one to boost their immunity.

1. Beetroot Carrot Juice

Ingredients

Carrots – 180 gms

Beetroot – 170 gms

Pealed Apple– 180 gms

Ginger – 2 tsp

Lemon Juice – 2 tsp



Method

Cut the vegetables and apple in cubes. Put in a mixer and blend it till it becomes a thick smoothie. Pour it into a glass. Put a thin slice of lime at the side of the glass to decorate. Serve it.

2. Mango And Banana Smoothie

Ingredients

1 medium mango

1 banana

1 cup milk

Method

Cut the mango down either side of the flat stone, then peel and cut the flesh into chunks. Peel and chop the banana. Put all the ingredients into food processor or blender, then process until smooth and thick. Keep in the fridge and use the day you make it.



3. Dry Fruit Energy Nuggets

Ingredients

50g soft dried apricot

100g soft dried date

50g dried cherry

2 tsp coconut

1 tbsp toasted sesame seed



Method

Whizz apricots with dates and cherries in a food processor until very finely chopped. Tip into a bowl and use your hands to work in coconut oil. Shape the mix into walnut-sized balls, and then roll in sesame seeds. Store in an airtight container until you need a quick energy fix.

4. Rainbow Fruit Skewers

Ingredients

2 cups sliced strawberries

1 large orange, peeled and cut into chunks

1½ cups of sliced green grapes

1 small lime for juice and zest

1 - 15 ounce can pineapple chunks

packed in 100% juice, drain and reserve the juice



Method

Place all the fruit into a large bowl. Zest 1 lime and add to the bowl. Add 2 tablespoons of pineapple juice.

Squeeze the zested lime over the fruit. Toss to combine.

Serve and enjoy eating the rainbow!

So mummies out there get set and go to fill your dining table with all these yummy recipes and many more in this lockdown phase, making your little kids healthy, happy and thus boosting their immunity level.

