

COVID-19 ADVISORY



State of Illinois
Illinois Department of Public Health

COVID-19 General Prevention

Protect yourself from all infectious diseases by using these precautions.



Stay home when you are sick



Avoid contact with people who are sick



Get adequate sleep and eat well-balanced meals



Wash hands often with soap and water for 20 seconds or longer and dry hands with a clean towel or air dry



Wear a cloth face cover when going out in public



Avoid touching your eyes, nose, or mouth with unwashed hands or after touching surfaces



Cover your mouth with a tissue or sleeve when coughing or sneezing



Clean and disinfect "high touch" surfaces often



Call before visiting your doctor

Clean all "high-touch" surfaces every day.

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tables and bedside tables. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product, including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.



Questions about COVID-19?
Call 1-800-889-3931 or email dph.sick@illinois.gov
Illinois Department of Public Health - www.dph.illinois.gov

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ADVISORY REGARDING COVID-19

1. PRACTICE FREQUENT HANDWASHING WITH SOAPWATER OR USE HAND SANITIZER
2. MAINTAIN SOCIAL DISTANCING - 6 FT. (2 M.)
3. WEAR A FACE MASK
4. COVER YOUR MOUTH AND NOSE WITH FLEXED ELBOWS OR HANDKERCHIEF WHILE SNEEZING
5. THROW USED MASKS INTO CLOSED BINS AFTER USE
6. DO NOT SPIT IN PUBLIC



Green Fields Nursery School
B1/12 Safdarjung Enclave, New Delhi-110029.
Prep Class Virtual Classes Planner Week 31
{25th January – 29th January 2021}

TIME TABLE

DAY AND DATE	SESSION1	SESSION2
Monday 25-1-21	English	Republic Day Celebration
Tuesday 26-1-21	Holiday	Holiday
Wednesday 27-1-21	Hindi	Maths
Thursday 10-12-20	English	EVS
Friday 11.12.20	Maths	Hindi

Weekly Planner In Detail :

Day and date	Session 1	Session 2	Home assignments
Monday 25-1-21	English: Dictation of 7 th cluster words Link https://youtu.be/sCN4fogl-mTo	Celebration of Republic Day Activity : Handprint Peacock	English: Worksheet Maths: Number names (1-10)
Tuesday 26-1-21	----- HOLIDAY	ON ACCOUNT OF REPUBLIC DAY	-----
Wednesday 27-1-21	Hindi: खाली स्थान भरें Link https://youtu.be/d7LwUCegQJM	Maths: Number names 17- Seventeen 18-Eighteen Link https://youtu.be/N-6nHbtIJMD	Hindi: Worksheet Maths: Same as Classwork
Thursday 28-1-21	English: k and ck Phonic Rule Link https://youtu.be/Zw-Cke_gZsE	EVS: Drawing of Living and Non Living Things Link https://youtu.be/HGMrZ2-DV6	English: Worksheet EVS: Worksheet
Friday 29-1-21	Maths: Number names 19-Nineteen 20-Twenty Link https://youtu.be/N-6nHbtIJMD	Hindi: खाली स्थान भरें Link https://youtu.be/PYHMxerKBds	Maths: Same as classwork Hindi: Shabd Gyan page 36 English: Worksheet

Co-Scholastic Activities

Subjects	Contents
<u>Dance</u>	Fitness dance and various dance moves like zumba.
<u>Music</u>	Thematic Rhymes and songs. Prayers, hindi shlokas and chants
<u>Physical Education</u>	Mass P.T, jumping jacks, fun filled indoor games.
<u>Yoga</u>	Meditation, Surya Namaskar, Suksham Vyayam, Stula Vyayaam, Pranayam

Summary:

Total Number Of Session Per Subject :

English- Twice this week

Hindi- Twice this week

Maths- Twice this week

E.V.S - Once this week

Celebration - One this week

Yoga/Music Class/Dance Class - One per week