

Exercise is the key not only to physical health but to peace of mind.  
– Nelson Mandela

# NEWSLETTER | DELHI PUBLIC SCHOOL

CLASS: II

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## GLOBALLY IMPORTANT DAYS OF THE MONTH

Dear Parents

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination." – Jimmy Dean

It's greatly cheering to step into the threshold of New Year with abundance of optimism, aspirations and dreams by bidding adieu to the bygone year. Well, it's an ideal time to retrospect ourselves and move ahead valiantly to face the challenges with indomitable spirit and tenacity. **New Year's Day** is widely celebrated all across the globe on January 1 with pomp and splendour. A New Year's **resolution** is a decision to **do** or not **do** something in order to accomplish a personal goal or break a habit. It comes at a time when **people** look back at the past year and **make** an effort to improve themselves as the New Year begins. The New Year is slowly nearing, and with the holiday season already upon us many people are indulging in retrospection and re-evaluating some of their life choices.

- ❖ **Stop procrastinating:** Once you get used to procrastinating it's difficult to snap yourself out of it, so you'll need to put in a lot of work to change this bad habit.
- ❖ **Become more confident and take some chances.** A good dose of self-confidence will help you lead a much happier life overall. Don't hesitate to get some **input** on ways to **boost your morale**.
- ❖ **Become more organized:** It doesn't matter how much time you have on your hands if you can't manage it properly.
- ❖ **Read more:** Books are an excellent way to gain a lot of knowledge on a huge variety of topics, and are also a great exercise for your brain.
- ❖ **Improve your concentration and mental skills:** People have been trying to find ways to improve their focus and cognitive capacities for thousands of years.
- ❖ **Meet new people:** When we get stuck in a rut, we usually end up staying at home most of the time, missing out on a lot of interesting opportunities for networking and having fun.
- ❖ **Become more polite:** Good manners have always been an important part of a civilized society.

Wishing you all a very blessed, healthy and successful New Year!!!

Warm Regards,  
Principal

**New Year (1)** is the time at which a new calendar year begins. Many cultures celebrate the event in some manner and the 1st day of January is often marked as a national holiday.

**Pravasi Bharatiya Divas(9)** is celebrated to mark the contribution of the overseas Indian community to the development of India. The day commemorates the return of Mahatma Gandhi from South Africa in Bombay on 9 January 1915.

**Jayanti Guru Nanak Gurburab(5)**, also known as Guru Nanak's Prakash Utsav, celebrates the birth of the first Sikh Guru, Guru Nanak. This is one of the most sacred festivals in Sikhi.

**Republic Day(26)** honours the date on which the Constitution of India came into effect on 26 January 1950 replacing the Government of India Act (1935) as the governing document of India. 26 January was chosen as the Republic day.

### CAMPUS CLANDESTINE

The month of December was inundated with activities which proved to be quite engaging and interesting for the students. The children participated in their Annual Sports Day event, Get Set Go with gusto. The theme and project of the month helped to establish the importance of exercise and yoga in the young minds. The children seemed to be quite fascinated with the concept of measurement of weight and the problems related to the concept. The Thursday Activities, Cooking Activity and Reggio Emilia Activity were well received by the children. Art program and the related activities kept the children involved and interested.

**National Youth Day (12)** is celebrated on the birthday of Swami Vivekananda. In 1984 the Government of India declared the day as the National Youth Day and since 1985 the event is celebrated in India every year.

**Lohri(13)** is a popular winter time Punjabi folk festival, celebrated primarily by Sikhs and Hindus from the Punjab region of Indian subcontinent the festival commemorates the passing of the winter solstice.

**Makar Sankranti (14)** marks the first day of sun's transit into the Makara (Capricorn), marking the end of the month with the winter solstice and the start of

longer days *Makar Sankrant*.

**Pongal(15)** is a four-days-long harvest festival celebrated in Tamil Nadu, a southern state of India. The harvest festival, Pongal, falls typically on the 14th or the 15th of January and is the quintessential 'Tamil Festival'.

## SYLLABUS

### ENGLISH

Unit-8: Zig Zag Boy and Girl(Poem), Unit -4: Colours of the Rainbow(Poem) Workbook: Unit-8 Words that Connect, Unit -4 Past Continuous tense

### MATHS

Measuring liquids, Revision of Multiplication and division.

### HINDI

साहित्य-नटखट चहू, बाघ का बच्चा(कविता)  
व्याकरण- रचनात्मक लेखन (9-२०) तक  
संख्यावाची शब्दों का पुन; अभ्यास

**Ingredients:**

- 1 cup whole wheat flour
- 1/4 cup oats
- 1/2 cup milk
- a pinch of nutmeg powder
- 1/4 tsp cinnamon powder
- 1 1/2 tbsp powdered sugar
- 1 tsp oil
- a pinch of salt
- 2 1/4 tsp oil for greasing and cooking

**For Serving**

- 2 tbsp honey
- 1/2 cup orange segments

**METHOD**

Combine all the ingredients, in a bowl and mix well to make a batter of pouring consistency using enough water. Grease a non-stick mini uttapa pan using 1/4 tsp of oil. Pour 2 tbsp. of the batter in each of the 7 uttapa molds and spread it evenly to make a 67mm. (2 1/2") diameter circle. Cook the pancakes, using 1 tsp of oil, till they turn brown in colour from both the sides. Repeat steps 4 and 5 to make 1 more batch of 7 pancakes. Serve hot with honey and oranges.

**TONGUE TWISTERS**

1. Tongue Twister
2. Thirty-six thick silk threads.

**THEME OF THE MONTH – CLOTHES**

"You have a more interesting life when you wear impressive clothes" -Vivienne Westwood



Clothing is one of our basic needs. Man has been using clothes since time immemorial. Right from the Stone Age, man is trying to cover his body and has been using grass, leaves, tree bark, animal skin, etc. Gradually with the advancement of civilization, man learned the art of weaving natural fibers. Till date, there is gradual development in the art of cloth making. Through various activities and discussions, the children will learn the function of clothes and will gain knowledge about the different types of cloth worn during the different seasons. Children will be introduced to various kinds of clothes by interesting ways like narrating stories related to the theme and puppetry/role play based on the concept.

**PROJECT OF THE MONTH –SILK**

Silk is a natural fiber made by the silkworm larvae. Silk is often used to make cloth. The cloth can be made into dresses, rugs, bedding, or can be used to write or paint on. Silk fibers are vigorous. In the past, silk was used to make parachutes. In history, silk came from China and was very expensive. The practice of growing silkworms for silk production is called sericulture. Most spiders make a natural fiber that is also called silk. Children will be introduced to the life cycle of a silkworm, and will be given in-depth knowledge of the stages of making silk. Discussion on the history of silk and the Silk Route will be quite interesting for the children. Vocabulary words, activities, and videos related to the project will add more value and make it more interesting.

**PARENT PLUS**

- Encourage the children to play outside rather than staying indoors, engaged with some or the other gadgets.
- The children must understand the importance of regular study. For that, the parents must take the upper hand and initiate these sessions.
- Discuss the importance of having good and healthy habits and the benefits of hygiene.

**Life cycle of a Silk Worm**