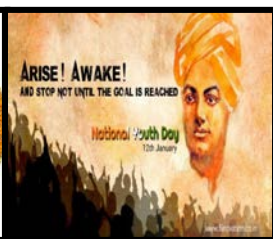


Exercise is the key not only to physical health but to peace of mind.  
– Nelson Mandela

# NEWSLETTER | DELHI PUBLIC SCHOOL

CLASS: III

ALL RIGHTS RESERVED JANUARY 2018



## GLOBALLY IMPORTANT DAYS OF THE MONTH

**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 Sports and exercise in every day life. The children seemed to be quite fascinated with the Project Badminton; it helped them to learn more vocabulary related to badminton and court. They were able to discuss about the top players of Badminton in India during project week. The Thursday Activities 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

Reader: Unit 6 Race for Space

Workbook: Unit 6

MATHS

Unit 17 / Measures of Mass

EVS

The Plant Fairy, Web of Life(only for activities)

HINDI

साहित्य:- सबसे अच्छा पेड़ (कहानी)।

व्याकरण:-पर्याय।

अनुच्छेद लेखन :- गणतंत्र दिवस।

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



**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**

Solving a problem



A problem of solving a problem is not a problem, but when a problem solves a problem without any problem, then the problem is not at all a problem.

**THEME OF THE MONTH – PLANTS**



Plants are living things that are made up of cells. They need air, water, soil, and sunlight to live. They cannot move from place to place, but their leaves move to catch the sun and their roots move towards water. Their seeds can be carried by animals or blown by the wind. We get food from all different parts of the plant: flowers, fruits, vegetables, seeds, nuts, stems, and leaves. Grass gives us a cool, soft place to walk. Some

plants give us medicine, and trees are used to make paper and furniture. In this book, you will learn about how plants are classified (organized), how they live, and how they make their own food. You will discover that the world uses plants in many different ways. Over 270,000 species of plants have been identified and classified, but scientists believe that there are millions more waiting to be discovered.

**PROJECT OF THE MONTH –HERBS**

Herbs are plants with leaves, seeds and flowers that are eaten or used to flavor foods. Herbs have been used by people since the beginning of time. Some herbs can also be used as medicine. Herbs can be grown in the wild, in a garden or flower bed or even in your house. It is important that you know what herbs look like and how to use them. If you don't you might accidentally use a poisonous plant or use an herb in the wrong way.



Some small plants have soft and green stems. They are called herbs. Most herbs live only for a few months. Grass, mint, wheat, sunflower, lady's finger, etc., are herbs. Herbs are smaller than shrubs. They have soft, green and thin stems. They can stand erect on the ground. They are seasonal plants.

**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.

**Healing Herbs and Spices**  
**Medicine Cabinet in Your Kitchen**

<b>OREGANO</b> helps soothe the stomach muscles		<b>Thyme</b> relaxes respiratory muscles	
<b>MINT</b> can ease hiccups		<b>TURMERIC</b> anti-cancer	
<b>GINGER</b> anti-nausea remedy		<b>BASIL</b> can relieve gas and soothe the stomach upsets	
<b>GARLIC</b> natural antiseptic		<b>BLACK PEPPER</b> help relieve indigestion	
<b>FENUGREEK</b> helps flush out harmful toxins		<b>CAYENNE</b> can stop a heart attack	
<b>Fennel</b> can reduce bad breath and body odor		<b>CINNAMON</b> helps lower blood pressure	
<b>CLOVE</b> anti-microbial		<b>Dill</b> treat heartburn, colic and gas	
<b>SAGE</b> antiseptic and antibiotic		<b>Rosemary</b> antioxidant	