

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

NEWSLETTER | DELHI PUBLIC SCHOOL

CLASS: IV-V

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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 witnessed the mini sports event named 'Get Set Go' for grade IV-V as they took active participation enthusiastically. Apart from this, they demonstrated science experiments which bore an explicit testimony that students had immense scientific temper and exhibited divergent thinking skills in full measure. Also, students solved math puzzle as Thursday Activity, which in fact triggered their cognitive skills.

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*.



AMAZING FACTS

- ✓ Cockroaches were there 120 million years before dinosaurs roamed the earth
- ✓ As a kid, Adolf Hitler wanted to be a priest. He also suffered from Ailurophobia, which is a fear of cats
- ✓ Millions of crabs migrate on the Christmas Islands towards the shore to mate and populate.
- ✓ Microsoft has a patent, for opening a new window when you click a hyperlink. It expires in 2021.
- ✓ A man planted 7,000 trees to make a guitar shaped forest as tribute to his wife.

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.

FESTIVE MAGNITUDES OF THE MONTH

Thai Pongal is a Thanks giving to Sun God for Harvest. Tamil harvest festival Thai Pongal is a four-day festival which according to the Tamil calendar is normally celebrated from January 14 to January 17. This corresponds to the last day of the Tamil month Maargazhi, The Thai Pongal Comes on English Date of January **13 or 15 Jan** As the Sun enters into Capricorn & Thai Tamil Calendar Tamil month Starts.



Pongal is a four-days-long harvest festival celebrated in Tamil Nadu, a southern state of India. For as long as people have been planting and gathering food, there has been some form of harvest festival. Pongal, one of the most important popular Hindu festivals of the year. This four-day festival of thanksgiving to nature takes its name from the Tamil word meaning "to boil" and is held in the month of Thai (January-February) during the season when rice and other cereals, sugar-cane, and turmeric (an essential ingredient in Tamil cooking) are harvested.

"Holocaust Remembrance: Friday 27th Educating for a Better Future"

The theme for the Holocaust remembrance and education activities in 2017, including the Holocaust Memorial Ceremony, is "Holocaust Remembrance: Educating for a Better Future". The theme emphasises the universal dimension of Holocaust education as a platform for building respect for human rights, increasing tolerance and defending our common humanity. The Holocaust was a defining point in history and its lessons have much to teach about the danger of extremism and the prevention of genocide today.

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.

