



PRE SCHOOL 2020-21

A WARM WELCOME & REGARDS TO THE 'NEW' PARENTS AT BBPS, NOIDA

Namaskar!

It is indeed our proud privilege to Welcome you to the **Bal Bharati Parivar**. The circumstance, we all realize is a special one...but, in it we are TOGETHER...to fight it and grow out of it in a very responsible manner...not only to give our little children wholesome well-being, but, also to make them **bold, aware, balanced and fittest 'Global' Citizens**...right from the word 'GO'.

Dear Parents, at Bal Bharati, we have always worked 'together' with the Parent community to make 'our' children **Future Ready**. In this special circumstance when the World has joined hands to outlive the Coronavirus Pandemic, we at School strive to 'handhold' with you to make this dark-but-passing phase and give you the following Orientation Package and guidelines to make the toddlers 'Smart Learners'....who are just a few days away from entering School:

1. **PRIMARILY, HELP THE CHILD 'CONCEPTUALIZE & VALUE TIME' AND 'EAT' A BALANCED, WHOLESOME DIET FULL OF RICH NUTRIENTS AVAILABLE IN WATER, CEREALS, PULSES, VEGGIES, FRUITS & NUTS.**
2. **PHYSICAL STAMINA & MOTOR CO-ORDINATION:**

Physical stamina is a **simple** but **broad** concept when it comes to young children. Please make your toddlers oriented for stronger physical growth & development with the help of the following indoor activities whenever you can take some time out from you household chores:

WALKING : Please don't ignore this as a normal routine activity in the child's development. Making walking a little structured with the following hints can go a long way in making your toddler **School Prepared**. Your attention to the following aspects will make the child's stay at home meaningful and entertaining - for you and for him/her:

- Walking freely in any direction
- Walking on a straight line drawn on your living room floor with the help of *atta* – may be, if any other drawing material is not available
- Walking on a tiptoe
- Walking backwards & sideways
- Walking with a ball
- Walking with a book balanced on the head
- Walking with a lemon & spoon in the hand & in the mouth
- Walking over obstacles
- Walking on a rhythm/music

STANDING :

- Standing on both legs with feet together
- Standing on both legs with feet apart
- Standing on one leg – for one minute
- Standing on the toes
- Standing with one leg on the floor and the other on a slightly higher level
- Standing with feet crossed

JUMPING:

- Jumping up with both feet at a given point (6" to 8")
- Jumping off a low wall, stool/step
- Jumping with an accompanying rhythm
- Imitating animal & bird movements such as frog jump, leaping like a lion

CLIMBING, HOPPING, CATCHING, CRAWLING & STRETCHING

- Climbing stairs
- Hopping forward
- Hopping backward
- Hopping on one foot for a distance...say one meter
- Hopping in rhythm
- Catching objects as per the space available indoors
- Crawling freely & using rhythmic patterns
- Repeatedly stretching towards and away from an object/person

BENDING, TWISTING, TAPPING FEET

- Bending entire body in place – forward, backward & sideways
- Twisting body parts while in space – arms, legs, trunk, wrists, ankles, fingers, neck.
Rotating arms & legs inward & outward
- Tapping feet (sitting position) with both the legs continuously
- Tapping with rhythm

CLAPPING

- Clapping continuously
- Clapping soft-loud, slow-fast
- Clapping in a rhythm & music

FOLLOWING ARE SUGGESTED FOR FINE/SMALL MUSCLES OF THE HAND – WITH WHATEVER MATERIAL (Clay, Atta, Besan, Pulses, Utensils in the Kitchen, Books small/big, Beads etc..)

- Arrange/Thread beads
- Try lacing shoes
- Buttoning
- Handkerchief / Napkin Folding
- Paper Crumpling
- Lacing designs on punched cards
- Building Blocks & Constructing designs with the resource available
- Squeeze (lemons), pat, roll & knead clay/atta
- Sort pulses
- Sort things as per texture (smooth/coarse, hard/soft for example)
- Cutting, colouring, pasting, painting activities
- Self-feeding
- Self-dressing

3. **LANGUAGE & LITERACY ORIENTATION:** Following steps/activities if carried out with your involvement and with BIG doses of ENCOURAGEMENT from you can go a long way in the Classroom lessons that we are going to undertake once the *Lil Champs* are with us at School:

- Recite popular rhymes with the child. Also, following are the BBPS School Songs for your ready reference; make the children recite and learn these to the extent possible.

BBPS.....BBPS.....BAL BHARATI
BBPS.....BBPS.....BAL BHARATI

When I was three plus
I entered the school
My first day in BBPS
I felt good and cool!

BBPS.....BBPS.....BAL BHARATI
BBPS.....BBPS.....BAL BHARATI

At school I learn
At school I paint

At school I count
I go everyday.....

At school I play
At school I sing
At school I dance
I go everyday....

BBPS.....BBPS.....BAL BHARATI
BBPS.....BBPS.....BAL BHARATI

Let's all come together
All stars of Bal Bharati
Let's make our nation
World's best creation!

BBPS.....BBPS.....BAL BHARATI
BBPS.....BBPS.....BAL BHARATI

" है नमन बाल भारती को "

नन्हें नन्हें कदमों से हमें
जिसने चलना सिखलाया
है नमन बाल भारती को,
जिसने ज्ञान का दीप जलाया I

मुस्कराते खिलखिलाते
हँसते-गाते आते हैं,
मिलजुल कर रहना है सबसे
हरदम सीखते जाते हैं I

सच और झूठ का भेद बताकर,
सही मार्ग दिखलाया,
है नमन बाल भारती को,
जिसने सही सोचना सिखलाया I

पढ़-लिख कर मेहनत कर,
अपनी पहचान बनाते हैं I
हर दिन हम कुछ नया सीखकर,
आगे बढ़ते जाते हैं I

- Narrate meaningful stories (***this time NOT making the child sit in your lap—in view of Social Distancing Rules***)
- Make a little space for a small, low stool in your living room and encourage the child pop up on this at least twice a day to say/recite something for the family...THIS SHOULD BE A PROUD MOMENT FOR YOU!!
- Try making simple riddles & tongue-twisters with children
- Take the child close to a window every morning & evening and make him/her recognize and differentiate sounds of animals, birds and other things in the near surroundings.
- Help the child recognize the letters & their sounds in her/his name
- Help the child trace simple patterns and join dots (with crayons only) drawn by you on blank sheets
- Help the child differentiate between Big-Small, Long-Short, Heavy-Light, More-Less, Far-Near objects in the home environment.
- Listen carefully & follow instructions
- Help them indulge in Role Plays of family members, helpers in the environment, Radio Jockeys, News anchors
- Match Pictures and objects

4. **POSITIVE & SELF-CARING INDIVIDUALS:** We as adults, caring parents and teachers always foresee successful, healthy & prosperous lives of our youngsters and realize very well that the times we are passing through are 'extraordinary'. So, with all positive wishes and hopes for ourselves and our children we also need to realize that in this special circumstance we need to foster very **special notions, high spirits and high order values and morals** in our kids. Thus,

- Make the children active listeners & participants in family discussions for fighting away the Coronavirus phase. Don't hush away matters and alter news channels to make little ones anxiety prone...explain them the situation (though not frequently) and measures for dealing with it...upload conducive words in their vocabulary like Hand-washing, Sanitizing, Health-care, Community, Nature, Self-care, Co-operation, Social distancing and most importantly the term and practice of '**Namaskar**' that we very staunchly follow at Bal Bharati Schools all across.

Make this critical period that we are all going through, a very informative and sensitizing one for the toddlers; please do not infuse any ANXIETIES in them and also make the older siblings conscious as well for not doing this.

Media – all across - is transmitting the virtue of SELF-CARE...the first step in community care. Please make conscious effort to help the toddlers indulge in these practices – cleanliness, hygiene, good eating habits and the importance of good sleep.

At the same time, keep counselling the little ones for looking forward to **JOINING SCHOOL SOON.**

5. **RESPONSIBLE CITIZENS FOR PEACEFUL CO-EXISTENCE:**

We are observing and it is so much viral on the social media that since the time we humans have been restricted indoors, the natural environment with all its elements – air, water, leaves, the sky, birds – appear to be in their best of colours, forms, cleanliness and activity; make the children aware of all this in simple words & manner, telling them that we need to live with every creature and natural element in **co-existence**...as 'one & all' and as **Citizens of the Planet**, without destroying anything. Now is the time to initiate their sense of love and belongingness for Mother Nature.. help them understand this and we promise to follow it up through our curriculum in School.

6. **CREATIVE BEINGS:**

We will be extending special assignments for this aspect in the following weeks. Meanwhile, with loads of time that our children have at hand, keep them busy with any creative activity of their interest – vegetable printing with potato slices or ladyfinger pods/ water colours/ crayons/clay or even Clip-Art and other related activities in your systems.

Let's Work Together to make this phase as Positive as is possible for our children...giving them balanced lifestyles & help them evolve as **Smart, Tolerant & Future Ready Kids.**

Most importantly, please remember that we do have any right to impose our impatience & insecurities on our young stars...We All Need to Stay Balanced! Take this situation to work upon the *interest areas* in your child's personality.

With the confidence that you will keep working on the above guidelines and hope to meet at School **SOON!**

Asha Prabhakar

Asha Prabhakar
(Principal)

स्वच्छ भारत

एक कदम स्वच्छता की ओर

VPL, HMs, Website I/C
Staff, Broadcast Groups
A Razdan (File)

