



Bal Bharati
PUBLIC SCHOOL
Sector-21, Noida, G.B. Nagar

NOVEMBER PLANNER

Pre Primary Department

THEME :

**SDG HEALTH AND
WELLNESS**

ACTIVITIES PLANNED

According to SDG, Health and well being is a major issue of this century. Together we can ensure healthy lives and well-being.

The Pre Primary wing is sharing some useful tips for your everyday life that can really make a difference. Lets follow it.



Super Salad

A well-balanced diet provides important vitamins, minerals, and nutrients to keep the body and mind strong and healthy. Eating well can help maintain a healthy body weight, provide energy, and improve brain function.

Teacher In charges :

Ms. Neeru Sharma and Ms. Payal Chauhan

Date : 15th November 2021

Dental Hygiene



A collaboration with the parent fraternity by resource person Ms. Singh.

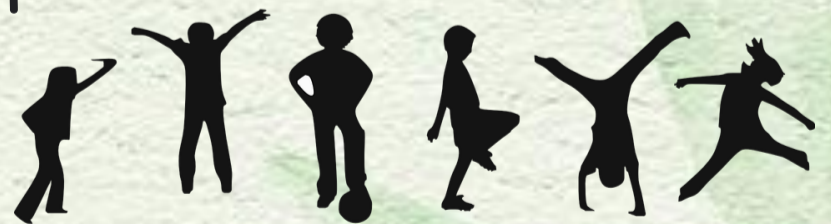
Practicing good dental hygiene is so important, because it can prevent oral disease and dental problems . Good oral/dental health translates to good health overall. Dental problems such as cavities or gum disease can impair your ability to eat and speak properly, cause pain and bad breath.

Teacher In charges :

Ms. Sheuli Ghosh and Ms. Manju Malkoti

Date : 16th November 2021

Fit n Fine



Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. This will be integrated with a story telling session.

Teacher In charges :

Ms. Manami Ghosh and Ms. Rani Negi

Date : 17th November 2021



Yoga se hi Hoga

A collaboration with the parent fraternity by resource person Ms. Gusain

The term "yoga" comes from a Sanskrit word meaning "union." Yoga combines physical exercises, mental meditation and breathing techniques to strengthen the muscles and relieve stress.

Teacher In charges :

Ms. Sheuli Ghosh and Ms. Payal Chauhan

Date : 18th November 2021



First aid kit

The longer you wait for treatment, the more severe your injury can become. Immediate treatment can reduce risk. Children to make their own First aid kit with shoe box keeping sanitiser , Dettol , cotton , tweezers , bandage.

Teacher In charges :

Ms. Kuldeep Sood and Ms. Eva Kulshreshta

Date : 19th November 2021



Virtual Tour

On the occasion of children's Day a virtual tour will be held on 12th November 2021 to Dolls Museum.

Teacher In charges :

Ms. Vibha Khurana and Ms. Anju Raghav.



Story Weaver Session

Story from story weaver to be taken up during the academic session by the respective Class Teachers.

Magazine Sagarika to be released. The theme of the Magazine Sagarika is Multiple Intelligence and the magazine will be published using the tool Microsoft Sway.



Parent Teacher Meeting.



Safety week



Various activities related to the safety like school safety, home safety, road safety etc. will be held during the week. A planner related to Safety Week will be shared with the Parents.

Date : 22nd to 26th November 2021

Teacher Incharges :

Ms. Gitika Thapliyal and Ms. Nitika Bhatia



Shloka chanting

Date : 29th and 30th November 2021

Teacher In charges:

Ms. Neeru Sharma and Ms. Manju Malkoti



Ms. Sarika Passi
HM Pre Primary