

Birla Open Minds Preschool Newsletter



Dear Parent,

Warm Greetings!

Life in the school is always very dynamic and progressive .Everyday every minute the teachers observe even a slight change in the child and record for the future. The wonderful connectivity between the teacher and the student is always encouraged to ensure the best teaching learning outcomes.

Month of November was as lively and energetic as all the months gone by. Never a dull moment.

The students of Grade 1 and 2, learned the skill of Public Speaking which was well used during the elocution competition in Inter House competition. “Alpha to Omega” the science extravaganza was very well received by the parents .We thank our parents for the positive feedback. Student were amazingly confident and developed scientific temperament.

K1 and K2 students ably showcased their learning through the Theme Culmination.

The students from Pre-nursery to Grade 2 celebrated Guru Nanak Jayanthi in the Gurudwara. They appreciated the importance of celebrating Guru Nanak Jayanthi .

Regards

Editor

Birla Open Minds Preschool.

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Pre –Nursery

Bulky baskets

Simply Strings

Themes in the month of
November

K1& K 2

Popular Paper

Jumping Jute

Comfy cotton

Busy birds

Nursery

Bumpy Boxes

Fancy Fabrics

Themes in the month of
November

Gr 1 & G2

Our Universe

Birla Open Minds Preschool Newsletter

Parent Engagement

By **R Ramya**

You can be a
good parent
with a kind heart
and still say no.

SOMETIMES THE WORD
"no"
CAN BE A GOOD THING



In the last newsletter we discussed about why it's OK to say "NO" and also few circumstances when parent need to say "NO". Now let's see how can we say "NO"

Say NO to the child and actually mean it

If you say no to your child, it's important to show your child that you mean it. Telling your child "no" may be difficult initially, but it is very important as it helps them learn the value of what they actually need. Effective ways to say "NO".

- Say "no" in a clear, firm tone. Firm is not yelling or shouting, it is being calm, collected, and assertive with tone.
- Give your child a definitive answer, they understand they cannot manipulate you.
- Maintain eye contact with the child and also make a serious facial expression if required while saying "NO".
- "NO" with a brief explanation helps your child understand, "Why".
- The child might exhibit anger or frustration when they hear "NO", they might whin or cry. give some space for your child to calm down. They will eventually settle down.
- Make it clear for the child that you are following the "NO". Don't get emotional seeing the child cry and give the child what they want. Just think on the benefits your child would get when they understand "NO".
- You child should understand that there are consequences for their behaviour. But follow through with consequences when required.
- Be very clear about what you expect your child to do moving forward, so that he/she can learn from their mistake and also give them the opportunity to do better next time. Put your expectations in a clear and firm way.
- Set the limits and rules for the child and inform your child on the same.
- Make sure you are saying yes often. So child understands when you say "NO" it's a "NO" and has a valid reason for saying so.
- If your child wants a compromise on "NO", sometimes, you can but with your rules and control.



by *Ms. Sugandha*

IS YOUR CHILD A PICKY EATER?

Where food is concerned, we all have our preferences, likes and dislikes. Often, children only eat a few select foods and mealtimes are a struggle for both the parents and the child. Ideally we need to develop our taste buds to eat different types of vegetables, fruits, legumes and grains. These add nutritive value, are important for a balanced diet and are extremely good for our health.

WHAT IS PICKY EATING?

Picky eating is when a child refuses foods or eats the same foods over and over again. Such a child will also reject new food items. This is worrisome for most of the parents because the child may not be getting proper nutrition, which in turn affects optimal growth.

Take the Quiz to find out if your child is a **PICKY EATER**?

1. Does your child refuse to eat foods because of their color?

- A. YES
- B. NO

2. Does your child refuse to eat foods of specific textures, like gooey, semi- solid or mashed?

- A. YES
- B. NO

3. Is your child scared of trying new foods?

- A. YES
- B. NO

4. Does your child avoid eating an entire food group, like fruits or dals, or eat only white-colored foods like rice and pasta?

- A. YES
- B. NO, eats most fruits, vegetables, dals, except for a few exceptions.

5. What does your child mealtime look like?

- A. Feels boring; does not enjoy the mealtime. Takes really long to finish the meal and feels that parents try to forcibly feed foods that he/she dislike and don't want to eat.
- B. Finishes the meal quickly and mostly left with a clean plate at the end.

6. Does your child eat only a few select foods such as rice, okra (bhindi), curd, French fries or junk food?

- A. Yes
- B. No, Eats different varieties of fruits, vegetables, legumes and grains.

7. Is your child distracted during meal-times?

- A. Yes, Often.
- B. Rarely

If your answer to most of these questions is A, then your child is a picky eater?

Being a picky eater is a normal part of growing up and developing. As children grow, they are curious about different kinds of foods, colors and textures and they like to explore newer foods. Today's favorite dish can become tomorrow's most disliked dish. As the child grows, his/ her likes and dislikes also change.

HOW CAN PARENTS TACKLE PICKY EATING?

With a little patience, practice and perseverance and by following some guidelines:

- Set a routine and have fixed mealtimes.
- Avoid snacking closer to the mealtime.
- If your child cannot eat a complete meal, give him/ her smaller meals more frequently, like fruits every two or three hours.
- Keep all distractions, including cell phones, away during mealtimes.
- On introducing a new food, the child may reject it. However, if the same food item is given on multiple occasions over several days, in small quantities with other foods, the child may develop a taste for it. Studies have shown that a minimum of 10 exposures are needed before the child learns to eat a particular food.
- Always give your child company during mealtimes. Eat with him/ her.
- Follow the principle of 'monkey see, monkey do'. If the child sees the parent or his/ her friends enjoying certain kinds of foods, he/ she will be more open to eating it.
- Avoid preparing a separate meal for the child when he/ she refuses to eat the food cooked for everyone else.
- Let children explore and play with different textures, like making flour dough, cleaning cauliflower or plucking coriander leaves.
- Do not offer desserts as a reward. Doing this sends a message that the dessert is more valuable than vegetables and fruits. Instead, have a fixed dessert night.
- Make mealtimes fun and creative by making simple changes like a dipping sauce with vegetables or adding honey to fruits. Make finger foods like vegetables on stick or chapatti and vegetable rolls that are easy for the child to eat.
- **Let the child eat their food on their own.**

“Don't worry that children never listen to you; worry that they are always watching you.” – Robert Fulghum.

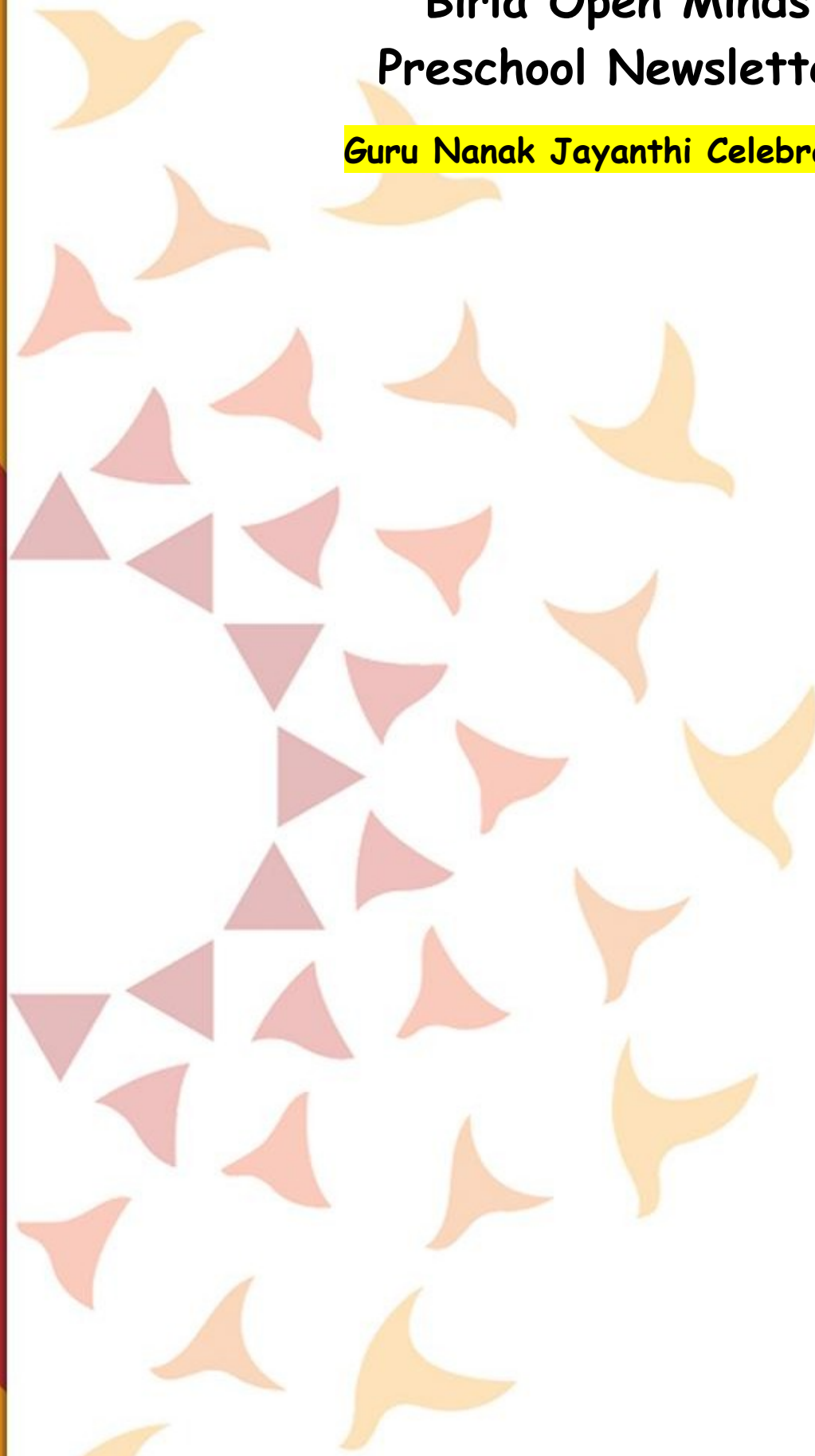
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INTER HOUSE COMPETITION



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Guru Nanak Jayanthi Celebration



Visit us

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Children's Day celebration



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Alpha to Omega



Birla Open Minds Preschool Newsletter **CULMINATION**



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LET'S EXPLORE!!

"Learning one new thing everyday"



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BIRTHDAY BABIES OF NOVEMBER



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When discarded, jute totally decomposes putting valuable nutrients back into the soil.

Jute is the second most important vegetable fiber after cotton.

FUN FACTS - PAPER



TREES ARE PLANTED FOR EVERY CUT DOWN



PAPER IS RECYCLED MAINLY TO SAVE LANDFILL SPACE

56

PERCENTAGE OF PAPER / CARDBOARD RECYCLED IN SINGAPORE

62

PERCENTAGE OF 16 TO 24-YEAR-OLDS WHO PREFER TRADITIONAL BOOKS OVER THEIR DIGITAL EQUIVALENTS

1 TON

OF RECYCLED PAPER PRODUCES OF NEW PAPER



1 CAN ABSORB > 4.5 KG OF CO₂ EACH YEAR

20% OF THE WORLD'S POPULATION

CONSUME **87%** OF THE WORLD'S PRINTING & WRITING PAPERS

RECYCLING 1 TON OF PAPER SAVES ≈ 17

READING A NEWSPAPER CAN CONSUME 20% LESS CARBON THAN VIEWING NEWS ONLINE

The fibre from one 227kg cotton bale can produce around 200 pairs of jeans, 250 single bed sheets, 1,200 t-shirts, 2,000 pairs of boxer shorts, 3,000 nappies or 4,500 pairs of socks...

India is one of the largest producers of cotton in the world accounting for about 26% of the world cotton production.

Cotton is renewable and biodegradable. It is the most sustainable raw material for the textile industry.

Next Month

Important Dates

Celebrations

Christmas Celebration – 23rd December, 2022 Friday.

Holidays

Christmas – 24th to 26th December, 2022.

Events

Inter House Competition – 9th December, 2022. (Grade 1 and 2)

World Soil Day Special assembly - 5th December, 2022 Monday.

World Mathematics Day – 22nd December 2022 Thursday.

Kisan Diwas Day – 23rd December 2022 Friday.

Pre – Nursery

Classy Crayons

Foodie Farms

Nursery

Busy Brushes

Friendly Farm

Upcoming Themes

Upcoming Themes

K1& K 2

Busy birds

Famous flowers

Recap

Gr 1 & 2

Continuity and Change