

# Birla Open Minds Preschool Newsletter



Dear Parent,

Festival Greetings!

Welcome Parents to the October Newsletter of the Academic Session 2023-24.

“Without mathematics, there's nothing you can do. Everything around you is mathematics. Everything around you is numbers.” – Shakuntala Devi.

NEP 2020 has recognized the primacy of early education. It has recommended preschool education as a part of formal education system. The period of foundational learning is a crucial phase for the development of intellect, ability, physical growth, mental maturity and values says NIPUN BHARAT, a national mission on foundation literacy and numeracy. In the September edition of the News Letter, I had given a short brief about importance of Foundational Literacy. In October edition I highlight the importance of foundation numeracy and mathematical skills in Child's holistic development, as it helps the children to think analytically and reason logically. Mathematical skills play a significant role, as it aids children to learn, experiment, reason and create, to be active and informed citizens, and to contribute socially, culturally and economically. Foundation numeracy and mathematical skills includes pre-math concepts, numbers and number operations, shapes and spatial understanding, measurement, patterns and data handling.

The pedagogy implemented by Birla Open Minds Pre-school, gives ample scope for the children to practice mathematical skills. Children are motivated to do various activities like sorting, seriation, patterns, one to one correspondence, classification, number identification, quantification, reading of symbols, comparison of numbers, data management, puzzles, position and places, pre-math concepts, story based numeracy learning, music and movement, etc. Physical activities, cooking experience, sensory skills are also interlinked with the mathematical skills. Mathematical terminologies are used as a part of daily language.

Regards

Editor,

Birla Open Minds Preschool.

# Birla Open Mind Preschool Newsletter

## **Pre –Nursery**

**Simply sounds**

**Playful pets**

**Themes in the month of  
October**

## **K1**

**Only Ocean**

**Flickering fire**

## **Nursery**

**Singing sounds**

**Fussy Fish**

**Themes in the month of  
October**

## **K 2**

**Only Ocean**

**Flickering fire**

# Birla Open Minds Preschool Newsletter

## Parent Engagement

### “Understanding and Alleviating Stress in Preschool Children: Fun Activities as Stress Busters”

Ms. Natasha Baruah

Preschool years is a crucial time in the milestone of child's development, marked by rapid cognitive, emotional, and social growth. However, it is not uncommon for preschoolers to experience stress due to various factors such as separation anxiety, new environment and social interactions. Recognizing and addressing stress in preschool children is essential for their overall well-being.

We need to keep in mind that children are **good observers**. Have you ever experienced your child parroting back something you may have said, thinking that they might not have paid attention? Have you been surprised by them mentioning a topic you thought they didn't know anything about? They pick up on any ongoing verbal exchanges effortlessly, even more so, they absorb and understand the feelings / atmosphere around them. Children notice when their parents or caregivers are stressed and may react to the emotional state of adults. However, children don't always have the emotional intelligence or vocabulary to express themselves. They also lack an understanding of what is truly happening. **For them, it just feels different, uncomfortable, unpredictable, and downright scary.** The best we can do is to remain calm and tune into their emotional or behavioral cues to provide support and guidance in these turbulent times.

Stress in children can manifest as changes in their typical behavior. Each age may show it differently.

#### Common changes can include:

- Being moody or irritable.
- Withdrawing from activities they once enjoyed.
- Routinely expressing worry.
- Complaining about school.
- Crying.
- Showing fearful reactions.
- Becoming overly clingy.
- Changing eating and sleeping patterns.

#### Sources of Stress in Preschool children:

- Separation Anxiety:

Preschoolers often experience separation anxiety when leaving their parents or guardians to attend school. This can lead to feelings of unease and stress.

- **New Environment:**

The transition from home to school can be overwhelming for preschoolers. Unfamiliar surroundings, new faces, and routines can contribute to stress.

- **Social Interaction:**

Developing social skills is a significant part of preschool education. However, interactions with peers can sometimes cause stress as children navigate friendships and group dynamics.

- **Academic Pressure:**

While preschool education primarily focuses on play and socialization, some children may feel pressured to excel academically, leading to stress.

**We at School help children by incorporating few Fun Activities as Stress Busters to their daily routine:**

- **Creative Arts and Crafts:**

Engaging preschoolers in art activities such as drawing, painting, and crafting can serve as a therapeutic outlet for stress. These activities promote self-expression and creativity, allowing children to channel their emotions positively.

- **Outdoor Play:**

Physical activity is an excellent stress reliever. Outdoor play, whether it's on a playground or in a natural setting, helps children release pent-up energy, reduce tension, and foster a sense of well-being.

- **Storytelling and Imaginative Play:**

Storytelling sessions and imaginative play are effective ways to transport preschoolers into worlds of wonder and fantasy. This not only enhances their creativity but also provides a break from potential stressors.

- **Mindfulness and Breathing Exercises:**

Simple mindfulness exercises, such as focused breathing or guided imagery, can help preschoolers calm their minds.

- **Music and Movement:**

Music has a powerful impact on emotions. Dancing or playing musical instruments, can be both enjoyable and stress-relieving.

- **Sensory Play:**

Sensory play, involving activities that stimulate the senses, can be particularly soothing. Examples include playing with textured materials like sand, water, or clay, providing a calming and enjoyable experience.

- **Comfort Corners:**

Creating designated "Comfort corners" at home with books, soft cushions, blankets, and

comforting items can serve as retreat spaces where children can go to relax and unwind when feeling stressed.

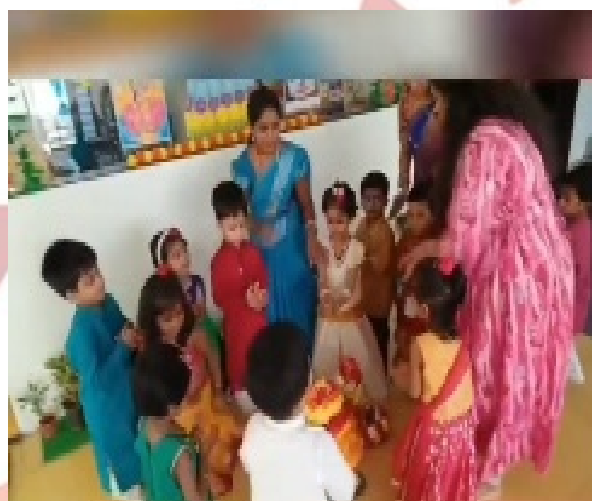
As parents and adults around children, it is important to make **conscious effort** to be **positive ROLE models** in creating a happy home and school environment. Acknowledging each emotion and finding a solution together as a family acts as catalyst to nurture stronger individuals for future. Moreover, incorporating some engaging and enjoyable activities into the child's daily routines including job responsibilities , we educators and parents can provide valuable tools for stress relief. These activities not only serve as stress busters but also contribute to the overall well-being and happiness of preschoolers as they navigate the exciting journey of early childhood.

**FASCINATING MOMENTS OF THE MONTH**

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## BHATUKAMMA CELEBRATION



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ENTHRALLING MOMENTS OF THE MONTH

**GRANDPARENTS DAY CELEBRATION**



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## EXPERIENTIAL LEARNING - LITTLE HANDS AT WORK

I Hear and I Forget, I See and I Remember, I Do and I Understand



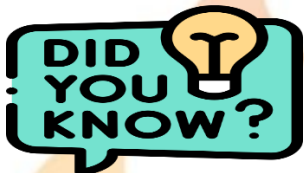
## Birla Open Minds Preschool Newsletter

### EXPERIENTIAL LEARNING - LITTLE HANDS AT WORK

I Hear and I Forget, I See and I Remember, I Do and I Understand



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A flame colour is affected by the oxygen supply. Low-oxygen flames emit a **yellow glow**, while high-oxygen ones emit a **blue glow**.



A majority of uncontrolled fires are started by small objects, such as **cigarettes** and **candles**.

The only planet where a fire can burn is **EARTH**. All other planets lack sufficient oxygen.



A **house fire doubles** in size every minute.



### Fire Safety Rules

1. Matches and lighters are not toys. Do not play with them. Give them to adults.
2. Do not hide during a fire. Let the firefighters see you and know where you are.
3. Stay low and crawl towards the nearest exit if you see and smell thick smoke.
4. Get out and stay out of burning buildings.
5. Stop, drop and roll if your clothes should catch on fire.
6. In case of an emergency, call 911 for help when you get to a safe place.
7. Keep safe and do not play with fire.

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**BIRTHDAY BABIES OF OCTOBER**



## Birla Open Minds Preschool Newsletter

**Next Month**



**Pre - Nursery**

**Bulky Baskets**

**Simply Strings**

**Upcoming Themes**

**K1**

**Popular Paper**

**Jumping Jute**

**Nursery**

**Busy brushes**

**Fancy fabrics**

**Upcoming Themes**

**K2**

**Popular Paper**

**Jumping Jute**