

Highlighted activities of the Month**Environmental studies**

The students started with the basic introduction of their next theme "Food and Nutrition". This theme was started with few activities on which they brainstormed about their existing understanding of Food and Nutrition. They enhanced their understanding on components of food by doing different food tests. They also learned about various deficiency diseases that lack nutrients and can cause diseases in their bodies.

**Mathematics**

Introduction of Prime factorization method and Factor tree was done and rigour for the same was given to them. Word Problems of Addition and Rigour of fraction was also done in class. Recapitulation of reducing fractions to its lowest terms was also done. EVS theme "Food and Nutrition" was also integrated with Maths in their Performance task wherein they grew healthy vegetables and measured the Area and Perimeter of the space where the veggies were grown. This was a fun-filled activity for them.

English

The students started reading "Stone Soup" and "The Faceless Wonder, The Alien and The Tail" which are two plays inside a play. They enjoyed reading the dialogues in the class with various pitches and intonations and all of them enjoyed the play. This not only taught them how a play is written, but they also learnt about the set-up of the stage and everyone's role in it.

Hindi

The children made a word web, wrote facts on 'Food and nutrition' in groups. They learnt hindi vocabulary related to the topic and also learnt many concepts of grammar like:- one word, karak shabd, muhavare, synonyms etc. They also wrote Anucched lekhan on 'Bhojan or Poshan' in their own words.

ICT

Children created flow chart in word program using shapes and tools on the topic "Food and Nutrition". They also learnt various terminologies related to Internet.

Co - Curricular Activities:

Celebrations:

- World Space Week
- International Day of non-violence
- Indian Air Force Day
- Dussehra and Navratri Celebration
- Diwali Celebration



Sports:

- **Football:** Children practiced the skills of passing the ball and defending it. They also practiced certain skills like dribbling, body co-ordination and agility exercise. Selection for Reliance foundation football tournament was also done.
- **Athletics and games:** The children were practicing the sprint of 100 meters and 50 meters running. They also practiced certain co-ordination activities which are required for all types of races and sports activities.
- **Karate:** Students practiced different moves of karate like Mae Giri(Front kick) and Mawashi Giri(Round Kick). They also practiced different punch styles like Mid Punch, Upper Punch and lower punch. They learnt certain self defense techniques and Kumite was also introduced for the tournament.
- **Yoga:** Students practiced doing certain Asanas like Surya Namaskar, Tadasana, Padahasthasana, Trikonasana and Padmasana. They also practiced doing Pranayam.

Visual Arts: Children were asked to make an abstract art as per their skills learnt during previous year. They created beautiful art work which was very unique in nature had its own meaning.

Performance Arts:

- **Music:** The students have learnt Saraswati Vandana for Diwali Celebration.
- **Dance:** The children practised for garba celebration on the song 'Gori Radha ne Kado Kaan'.
- **Drama:** The students finished writing the script of "school skeleton."

Extra-curricular Activities:

- **Self enrichment:** Students continued with their module on 'Challenges in Growing Up' where they discussed the concept of Bullying, Teasing, and Harassment, and ways in which they can deal with the same. Through activities and discussion, students also learnt the importance of acceptance and respecting everyone in their surroundings. They also discussed about gender stereotypes, ways in which it impacts their everyday life, and how to build healthy ideas about gender roles and expectations.

- **Interest Center:** After exploring different areas of writing a book, children started working on their Final product of creating a book for "Tiny Tots". They enhanced many skills during the project like descriptive writing, appropriate illustrations and designing. They were very much excited to see their final products.

Students reflection:

Class 4A

- **Aaditya:** " I will never eat junk food from now. Not even on my birthday."
- **Muska:** " My mother says Maggi never digests in our body."

Class 4B

- **Saanvi:** "If we eat same food everyday, our taste buds will get the habit to eat same food and we won't like anything else."
- **Srishti:** "If we will not eat our body will not get energy to perform activities".