



## Hustle Bustle on the floor...

The youngest ones of Academy, Playgroup children have begun to adjust to the new routine whereas the Nursery, Jr. Kg and Sr. Kg children were happy meeting their classmates after a long Summer vacation.

### International Doll Day



Playgroup children celebrated International Doll Day by dressing up as and bringing their favourite doll adding a bit of excitement on a regular day.

### International Yoga Day

*"Yoga adds years to your life and life to your years"*

*-Alan Finger*



Yoga is an invaluable gift of India's ancient tradition. It's a

holistic approach to health and well being. Jr. Kg and Sr. Kg children celebrated International Yoga Day by practicing various yoga postures.

### World Music Day

*'Music gives wings to the soul and teaches it to fly.'*



Nursery children celebrated World Music Day by singing their favourite rhymes & songs and listening to various sounds of the instruments played creating their own symphony.

### Chefs in the making

The little chefs from Nursery to Sr. Kg prepared and relished savory corn chaat.

**The more I see, the more I know...**

### Safety in school

Children got an insight of the Do's and Don'ts at school and in the school bus, through a skit performed by teachers.

## Bones, bones, bones...



Children of Sr. Kg visited the school's Biology Lab and studied the Skeleton model for the topic 'Myself'. They learnt various names of bones in the human body.



**All members in the family are important**

After the concept of 'Family', when the teacher asked to draw family members Abhinav Surlikar of Sr. Kg A said, " I will draw 'bai' (House helper) because she stays with me".



## Three ways you unknowingly destroy your children's self-esteem

- Damara Simmons

Parents want their children to grow up self-confident and capable. Sometimes without realizing, your responses may be doing the exact opposite.

### Saying "It's easy"

Tasks that your children struggle through might be easy for you but not necessarily to them. Saying, "it's easy you can do it" is causing them to feel discouraged and want to give up.

Instead tell them, "This can be tough or this is difficult." If they cannot figure out, at least they know it was tough to begin with.

### Doing too much for them

Your children want to do tasks on their own which gives them a great sense of accomplishment

and helps them feel good about themselves. Do not rob the opportunity to learn life skills and the satisfaction of feeling independent.

Instead of doing too much for your children, break the task into smaller more kid-friendly tasks.

### Freaking out when they make mistakes

Your children will make mistakes and the way you respond either helps your children learn and grow from the mistake or teaches them mistakes are bad.

Instead of freaking out when your children make a mistake, teach them how to make amends and be accountable for their actions.

You can read the complete article on:

<https://familyshare.com/20467/3-ways-you-unknowingly-destroy-your-childrens-self-esteem>

### Health Tip

#### Care tips for kids in monsoon

- Keep your children's room clean and dry.

- Give hot bath adding few drops of antiseptic liquids.
- Keep their rooms ventilating in the daytime.
- Close all the doors and windows at evening time.
- Keep the cold, flu, and fever medicines handy.
- Use mosquito nets instead of mosquito coils.
- Maintain their feet clean and dry.
- Serve moderately hot food.

### July pitter-patters with...

Date	Day	Level	Event
12 <sup>th</sup>	Wed	All	Etch a Sketch Day
20 <sup>th</sup>	Thurs	All	Lollipop Day
29 <sup>th</sup>	Sat	All	1 <sup>st</sup> Parent-Teacher Meeting Art Week- Mosaic and Murals