



Hustle bustle on the floor...

In the jubilant month of August we celebrated important days and festivals with great enthusiasm.

Rakshabandhan



Rakshabandhan was celebrated with zest by one and all. The Playgroup, Nursery and Jr. Kg girls tied rakhi to the boys and shared chocolates, while the Sr. Kg boys made & gifted colourful fancy clips to the girls.

Independence Day



Sr. Kg children displayed their patriotism by presenting a musical skit about the story of

our freedom struggle, emphasizing on the essence of Tricolour - Sacrifice, Peace and Prosperity. They dressed up as our eminent leaders of pre and post-independent India and enthralled the audience with their melodious rendition of patriotic songs.

Janmashtami



Dressed as young Krishnas and Gopis, our Playgroup children celebrated the festival of Janmashtami with great fervor. Children of all levels enjoyed watching a skit performed by the ECCEd trainees depicting Lord Krishna's birth and his endearing antics.

Ganpati celebration



Children across the floor sought the blessings of their favourite Elephant God followed by a visit to the Ganesh Pandal. They made & devoured yummy chocolate coconut ladoos.



Sr. Kg children enjoyed making clay idols of Lord Ganesh.

Medical Checkup



Healthy body creates healthy mind.

Dr. Anita Doshi, Dr. Nikunj Shah & team and Dr. Jayesh Bhanushali conducted a thorough dental, vision and general checkup, respectively for all our preschoolers. We would like to thank all the doctors to take time out of their busy schedules for the checkup of our little ones.

The more I see, the more I learn...

Nursery children visited a vegetable vendor to see and gain



knowledge about various vegetables.



They also enjoyed buying their favourite vegetable.



Holidays in a Pattern

When the teacher told the class about a particular week having one-day school and holiday on the next day, Yuvik Daftary, of Jr. Kg D immediately said, "Teacher it looks like a pattern."



Ten bad habits parents need to break, like yesterday

1. Judging other parents: instead of focusing your energy on the wrongs of other parents, spend

more time focusing on what you do that's right.

2. Negative self - talk: our kids look up to us, we provide them comfort and safety. So when you say something about yourself that isn't flattering - especially when your child is within earshot, don't be surprised when (s)he starts saying the same thing about himself/herself.
 3. Distraction city: try-putting gadgets away for a while. Make that a ritual. Have conversations with your kids, play board games, take a walk. You will feel a lot better about connecting with the ones you love most.
 4. Badmouthing people our kids love: your kids don't need to hear bad things about the people they hold dear. Keep it between the adults and give your kids the gift of enjoying their role models without guilt.
 5. Trying to control everything: give your kids a little space to make mistakes. Keeping them safe is one thing, but controlling their every thought and move is another. Let them learn from their life
6. Photographing everything: we have all become so accustomed to photographing every little thing and posting our pictures on social media and not actually experiencing the joy of the moment. Take the camera with you and preserve the special memories but sometimes put the camera away and actually experience the moment in the moment.
 7. Being the yes man (or woman): you want your kids to have the little extras (a scoop of ice cream, app on the app store or a toy) that they deserve or may be something you didn't get as a kid. Don't make it an everyday occurrence. Let children learn to take 'no' for an answer. Splurge every once in a while but set limits and see your kids flourish.
 8. Being too comfortable: it's really easy to get comfortable as parents and to avoid situations that force us to burst out of our own 'likes'. Spend a little time trying new things and seeing what your kids gravitate



toward, let them explore the world a bit and form their own conclusions and in doing so, you may even change your mind about a thing or two.

9. Faking quality time: when you are not fully engaged in the same activity that you've agreed to do with your kids, they sense it. They know that you're not in the moment with them.

10. Not saying 'I love you': knowing that they're loved is such a precious gift to give your children, both in actions and words. Let them hear it.

You can read the complete article on:

http://www.scarymommy.com/10-habits-parents-need-to-break/?utm_medium=partner&utm_source=happyhooligans

Health Tip

How to prevent children from taking too much junk food?

There are strategies you can employ to help you teach children about healthy eating.

- Keep healthy snacks handy: keep healthy snacks such as fruits & vegetables, whole grain crackers and cheese on lower shelves in the fridge or cabinets, so you

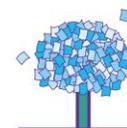
children can reach them when hungry. They are more likely to eat foods that are visible.

- Don't have junk food at home: if you don't want your child to eat a particular food, keep it out of the house. They can't eat food that isn't there. Eating less healthy food occasionally when you are away from home will limit the amount of junk food your child can eat.
- Don't bargain: don't use junk food as bargaining tool. Rewarding children with junk food or using it to bribe kids to get them eat healthier food only makes junk food more appealing and healthier foods less appealing. Children need to be able to choose how much to eat.
- Don't ban junk food: your child will overindulge when he gets an opportunity to eat these foods at a friend's house, a birthday party or school. Teach moderation and permit them to eat small amounts of these foods from time to time, perhaps allowing them to eat them at a friend's house or a birthday party, but not at home.

- Set example: children learn by watching what you do. If you don't want your child to eat too much junk food, model healthy eating and avoid eating junk food yourself. Allow children to help pick out new, healthy foods for snacks.

September surprises are:

Date	Day	Level	Event
5 th	Tues	All	Holiday - Ananth Chatudashi
8 th	Fri	Nur	International Literacy Day
11 th to 15 th	Mon to Fri	Jr. Kg	Kids take over the Kitchen Day
13 th	Wed	Sr. Kg	Roald Dahl Day
29 th	Fri	All	Navratri Celebration
30 th	Sat	All	Holiday - Dassera



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