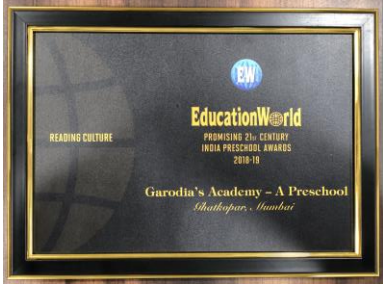




From the desk of the Preschool Coordinator



Dear Parents,
We are proud to share the award received for Reading Culture. We take this opportunity to thank one and all who has been instrumental for this achievement.

- Ms. Sonam Shah
(Preschool Coordinator)

Hustle and bustle on the floor...

The month of January kept us all on our toes with lots of fun and merriment.

Puzzle Day



Whether it's a crossword, jigsaw, trivia, word searches, Puzzles put our minds to work and provide many skills, cognitive

learning benefits and opportunities to toddlers & young children. Our little geniuses of Playgroup to Sr. Kg solved age appropriate 2 - 10 pieces jigsaw puzzles with their friends and celebrated this day.

Concert - Paddington



The little Garodians mesmerized the audience with their performance by showcasing the journey of a young Peruvian bear through London who was in search of a home.

Republic Day Celebration



Our young patriots came dressed in Tricolour attire and participated in various

activities as a part of Republic Day Celebration.



Young Patriots

During a conversation in respective classes, on Republic Day, when teacher asked the kids, "What are you wearing today?"

Dhriti Chauhan (Playgroup A - pointing at her t shirt): "I am wearing Indian Flag and this is our Ashoka Chakra".

Taksh Sampat (Playgroup C - showing the badge on his t-shirt): "This is my Indian Flag."



How to connect with your child using the Love Languages?

- **Big Life Journal**

- a) Physical Touch - sitting near or beside your child,



snuggling close on the couch and reading together, playing games, giving lots of kisses and hugs

- b) Words of Affirmation - using encouraging words often, saying "I love you" often, affirming both their efforts & achievements
- c) Quality time - being there & listening to their stories & feelings, stopping what your are doing and making eye contact, finding silly things to laugh about together, allowing them to help you around the house
- d) Gifts - choosing gifts that fit their benefits, gifting your child a special song, creating a photo album or book about them, framing a special photograph of them
- e) Acts of Service - carrying them to bed and tucking them in, making them their favourite meal, sitting down to do their homework together



Health Tip

Effects of eating too much sugar on kids

- Aarohi Achwal

Some harmful effects of consuming too much sugar in kids include:

Malnutrition - sugar content augments the blood glucose that, in turn, makes the hunger urges fade away.

Causes virus-like symptoms - some kids may also develop a cough when they are asleep.

Obesity - serving your kids excess sugar can definitely lead to obesity. Limit sugar intake that comes from fruit juices, processed foods, pies, chocolates and syrups.

Skin issues - kids who consume more of sugar are susceptible to dandruff, skin roughness, acne. Sugar also leads to inflammation and wrinkles on the skin.

Interfering child's ability to learn and remember - negative effects of sugar on

children may lead to lack of learning or grasping power.

Cavities - sugar reacts with bacteria to create acid, which further results in tooth decay or cavities.

Diabetes - with excess sugar served to kids, they may become vulnerable to developing serious diseases like diabetes.

Behaviour issues - excess of sugar amplifies aggressiveness in a kid. Excessive sugar leads to a rush in adrenaline making children hyperactive thereby making it difficult to handle such situations.

Fabulous February comes with...

Date	Day	Level	Event
5 th & 6 th	Tuesday & Wednesday	All	Class photo shoot
14 th	Thursday	Playgroup	Valentine's Day with Grandparents
15 th	Friday	Sr. Kg	Sleepover
19 th	Tuesday	All	Holiday - Shivaji Jayanti
23 rd	Saturday	Playgroup	Picnic
25 th to 28 th	Monday to Thursday	Sr. Kg	Tell a Fairy Tale Day