



## From Principal's Desk:

I feel parenting is the greatest challenge in today's time.

As parents we find it difficult to set limits for our young kids. Stress at one point of time was unheard of among kids. Now a day's, even a five-year-old can talk about it.

It is observed that kids, who are temperamentally fun loving, easy going and helping suddenly start losing patience. They tend to do things that make no sense. They insist on having things which someone else has or indulge in squabbling.

All these are warning signals for the parents. During this time, we parents need to play a very positive role. We need to help them relieve the stress and also regain their innate joy, confidence and happiness.

For this first we ourselves need to be calm. A child who is already upset will not open up if we are also agitated. Few things that need to be done are:

**LISTEN** – Make eye contact with the child and ask her/him why she/he is yelling, shouting or wants a particular thing. Remember to stay calm.

**LIMIT** – Next is to limit the unwanted behavior. If the child is yelling and does not stop, best thing to do is to pick the child and take her/him in the other room. If she/he wants to have unreasonable number of chocolates then pick up the child in your lap, take her/him away from the chocolates and tell 'you can have it later'. No punishment, no harshness or lectures will work as the child is not in the frame of mind to listen. What works is **BEING GENTLE BUT FIRM**.

**LOVE** – It is important to create an emotionally safe environment at home so that our kids know that they can fall back on us at the time of distress.

**HAPPY PARENTING!**

## SCHOOL EXPO:

Imperial Heritage School participated in the prestigious school expo. It is a platform where almost all the leading and upcoming schools participate and interact with parents and share their curriculum and their best practices. We got an overwhelming response during the expo.



## PLANTATION DRIVE



In today's scenario planting trees is a must if we want to save our planet. Understanding the importance of having a "Clean and Green Earth", our school organized a tree plantation drive on **6<sup>th</sup> of July'18** to celebrate "**VAN MAHOTSAV DAY**". Children planted saplings in the school with their name tags and were explained how this act of theirs will help improve the environment. Children learnt the importance of planting trees and enjoyed the drive under the guidance of gardener and teachers.



## ORIGAMI ACTIVITY

'Ori' means 'folding' and 'gami' means 'paper' i.e. art of paper folding. This activity was done by the kindergarten students on **7<sup>th</sup> July'18**. Our young minds followed the instructions given by the teacher and made beautiful fish using origami sheets. The possibility of transforming a flat, square sheet of paper into different shapes was quite exciting for the little ones. They enjoyed the activity thoroughly.



## MANGO TREAT

A day was dedicated to the king of fruits i.e. Mango on **10<sup>th</sup> July 2018**. Students organized a mango treat where they all brought different varieties of mangoes and made mango sandwiches , custard with mangoes, mango pudding etc. Students enjoyed the flameless cooking activity and relished the treats they had prepared.

**“OUR LITTLE CHEFS”**



## CLAY MODELLING COMPETITION

Clay modelling is a great way to help children develop their imagination and spark creativity. Keeping this in mind, our school organized a day modelling competition on **20th July 2018**. Children made different models using clay like- rose, caterpillar, alligator, turtle, butterfly etc. This activity helped the children enhance their eye hand co-ordination, colour recognition, fine motor skills and problem solving skills.





## GREEN AND YELLOW DAY

Primary wing celebrated green and yellow day on **31st July'18**. The kids came dressed in green and yellow colour clothes and carried the same coloured food in their lunchboxes. They also brought some props of green, yellow vegetables and fruits and spoke a few lines on their importance. The kids were very excited and participated with great enthusiasm.

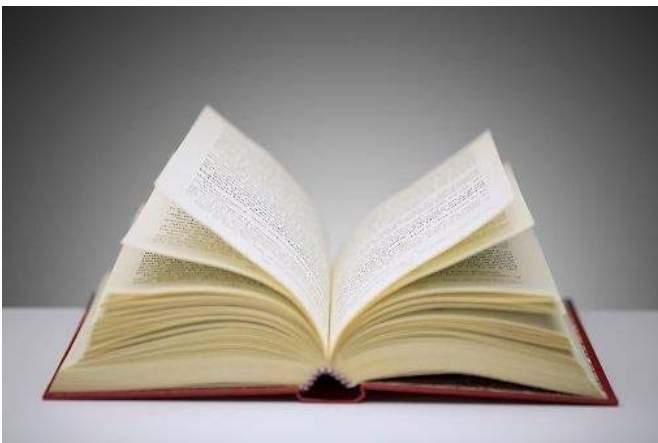


## COMMUNITY HELPERS

Our society cannot work without the support of community helpers. To make our children understand the significance of these helpers, an activity was conducted in class with the kids. The students came dressed as doctors, guards, chefs, teachers, policemen, coolie and postman. They spoke few lines about each job. The students thoroughly enjoyed this activity which was held on **31st July 2018**.



## Let's Inculcate Reading Habits



Reading is a stress buster which is very effective if you have a good book. Try these tips to cultivate a lifelong reading habit.

**SET TIMES:** You should have a set time every day when you will read for at least 5-10 minutes. That's a great start by itself for a reader.

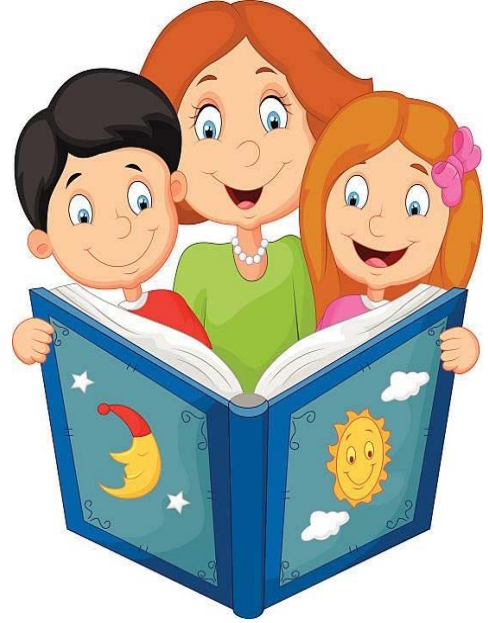
**REDUCE TV/ INTERNET:** This may be difficult for many people but if you really want to read more, try cutting back on TV or internet usage.

**FIND A QUIET PLACE:** Find a place in your home where you can sit on a comfortable chair & curl up with a good book.

**READ FUN BOOKS:** Find books that really grip you and keep you going. Even if they aren't literary masterpieces, they make you want to read and that's the goal here.

**SET A HIGH GOAL:** Tell yourself you want to read 50 books this year (or some other number). Then set about trying to accomplish it. Just be sure you're still enjoying the reading though- don't make it a rushed chore.

**“Happy Reading”**



## UPCOMING ACTIVITIES FOR THE MONTH OF AUGUST 2018

Date & Day	ACTIVITIES	
<b>02.08.18</b> <b>Thursday</b>	Card Making	Creativity plays an important role in child's development. To nurture this talent the students will be engaged in card making activity.
<b>08.08.18</b> <b>Wednesday</b>	Senior Citizen Day (Old Age Home visit)	Respecting and caring for our Elders' is one of the moral values which should be inculcated in the children. In the light of the same, the school is organizing a trip to a nearby Old Age home.
<b>13.08.18</b> <b>Monday</b>	Painting Competition (Independence Day)	Children learn to express themselves more deeply through their art. Keeping this in mind, a painting competition will be held and the theme will be Independence Day.
<b>14.08.18</b> <b>Tuesday</b>	Special Assembly and Kite Flying	To commemorate the sovereignty of our nation a special assembly is going to be conducted a day prior to the Independence Day. Kite flying activity will also be held after the assembly.
<b>21.08.18</b> <b>Tuesday</b>	Rakhi Making Activity	Raksha Bandhan or 'Rakhi' is a special occasion to celebrate the bond of love between a brother and a sister, by tying a sacred thread around the wrist. The Rakhi Making Competition will be conducted in the School. The Parents need to prepare their ward and send material for the Competition.
<b>31.08.18</b> <b>Friday</b>	Janmashtami Celebration  Fancy Dress Competition   Flute Making Activity	A fancy dress competition for all the students will be held where the girls will dress up as Radha and the boys as Sri Krishna with 1 or 2 line dialogues.  To commemorate the birth of Sri Krishna, a flute making activity will be conducted in the school.