



SAMITE NEWSLETTER

JOLLY JANUARY AT SAM KIDS

“Do it again. Play it again. Sing it again. Rehearse it again. Run it again. Try it again. Because again is practice, and practice is improvement, and improvement only leads to perfection.”

— *Richelle E. Goodrich*

During the month of January, all SKIPS centres were engrossed in practise sessions, preparing our little tots to perform to their best for the upcoming annual day event. This helped our children learn the importance of teamwork which in turn develop skills to work successfully in a group setting. Meanwhile, January also witnessed some major events like the winding up ceremony of Readathon and Go Green Campaigns.

During the 1st week of January, all centres organised a **Costume party** for our children to mark the last day of **READATHON** 2019-20. Lots of fun filled reading activities were conducted from October to January as part of readathon to instil the love for reading in our little Samites. The winding up of redathon campaign for the year 2019-20 was celebrated in a grand way with a costume party organised for Samites on 10th January. The little ones came dressed up as their favourite character from a story of their choice. Our samites from Nursery, LKG, and UKG spoke a few lines about the favourite character during this wind up party. The children also enjoyed the ramp walk and dance. Through this campaign our children cherished every minute spend with their parents and teachers reading books.

During the 2nd week of January, all centres had the winding up of **Go Green Campaign** for the year 2019-20. As a part of this campaign, we had planned a social cause event called the “ **Fun Trash-Stick**” which was based on the concept of 3R- Reduce, Reuse & Recycle. With the full support of parents, all our samites submitted an item which they



created out of waste material found at home or surroundings. Similar recycling projects were done class wise in the school as well.

India's 71st **Republic Day** was celebrated with great reverence by our teachers and children. The day began with a prayer song and a special assembly where the young minds were nourished about the importance of this day by our teachers. This year, we emphasized on enlightening the children about various freedom fighters. Children watched a video showcasing the value of non-violence as taught by Mahatma Gandhi. Our celebrations came to an end by reciting the national anthem which is a perfect tribute to our motherland.

As always, we celebrated the colour of the month during the last week of January. The **colour of the month** was **Indigo**. Indigo is a deep and rich colour close to the blue. It is traditionally regarded as one of the seven colours of the rainbow: the colour between violet and blue. Like many other colours, indigo gets its name from the plant named indigo once used for dyeing cloth. Indigo reflects great devotion, wisdom and justice. Samites from all centres wore indigo colour dress and celebrated this colour on 31st January. Samites were also engaged in various craft activities based on the colour indigo which helped to reinforce this colour in their minds.

The **Theme of the month** for January was **Healthy Food and Junk food**. Junk food is high in calories, fat and sugar .This food does not contain vital nutrients required for a good health and is made up of fried and preserved food. Obesity is the most common result of eating junk food. Children eating junk food often lack concentration. On the other hand, healthy food increases immunity and reduces the risk of health problems. Children must consume green healthy vegetables, fruits, milk and water to ensure healthy growth. Understanding this concept of healthy food and junk food at this early stage will help our children choose the right diet in their life.

The **Moral Rearmament for the month** was about **Politeness**. Politeness is the practical application of good manners or etiquette so as not to offend others. Politeness can be



showcased as regards for others in manners, speech, and behaviour. It is important to be polite because it puts other people at ease and helps build strong relationships. Politeness also helps decrease the social distance between two people, making it easier to communicate. The teachers discussed this moral value with the children and explained its importance to children through role plays and stories.

The **Cuisine** for the month of January was scrumptious which included *Sweet Poha, yummy peanut ladoos, banana ghee roast, vegetable patties and crispy French toast* as our brunch. Our appetizing lunch menu consisted of *Plain rice served with sambar and cabbage stir fry, hot roti served with rajma curry, rice pancakes served with coconut chutney, Vegetable pulav served with onion & tomato raita and Roti stuffed with mixed vegetables served with Potato masala.*

We are off to an exciting new year to continue our journey of learning. While our samites are all set to showcase their talents on the annual day, it is a moment of great anticipation and excitement for our parents and little samites.

Keep connected to this page for more exciting news and fun filled experiences at Samkids....