



ਸਿਰ ਉਪਰਿ ਠਾਢਾ ਗੁਰੂ ਸੂਰਾ ॥ ਨਾਨਕ ਤਾ ਕੇ ਕਾਰਜ ਪੂਰਾ ॥

Upon whose head The Brave & Powerful Guru stands, O Nanak, all his efforts are fulfilled.

## E-bulletin for the month of September & October, 2020

### KHALSA MODEL SENIOR SECONDARY SCHOOL (KINDERGARTEN SECTION)

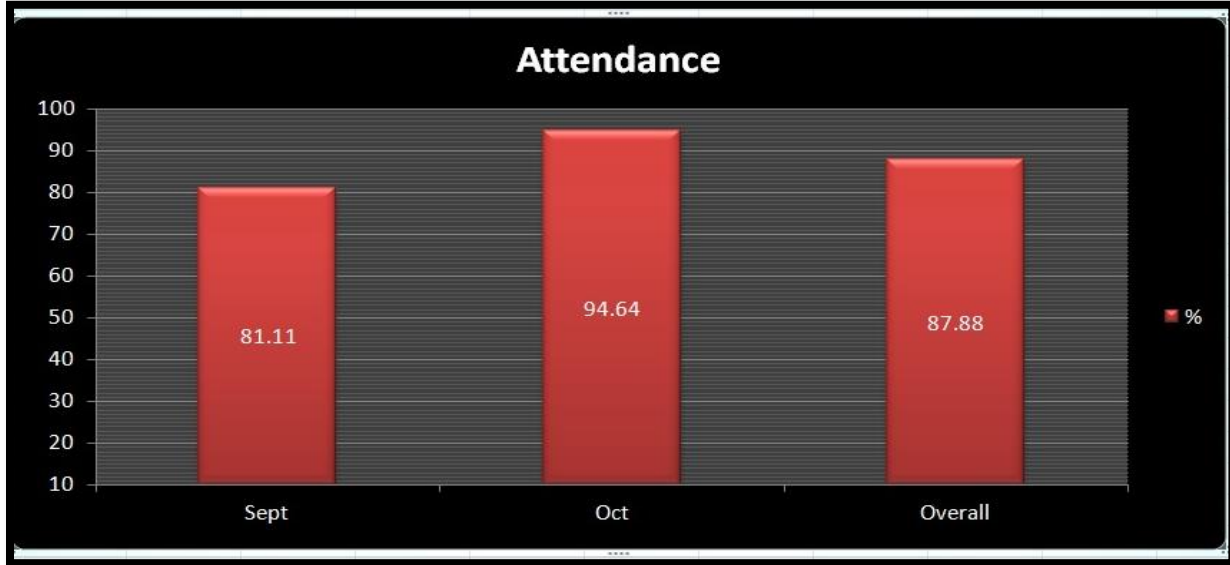
#### *Minding our minds during the COVID-19*

A healthy lifestyle in the middle of a crisis like this is difficult to maintain. The uncertainty, and worries related to finances, childcare, elderly parents, and job security disrupt our routines, our lifestyles and mental health. The uncertainty about the future, the ceaseless news coverage and constant social media driven flood of messages can increase our sense of anxiety. Stress is a normal response to these types of situations. Stress disturbs our sleeping and eating patterns, leads to irritability or emotional outbursts, low motivation etc. It is extremely important to maintain a healthy lifestyle and get back into a routine. Taking care of your friends and your family can be stress reliever, but it should be balanced with care for yourself. Helping others cope with their stress, such as by providing social support, also make the community stronger. During times of increased social distancing, you can still maintain social connections and care for your mental health. Phone calls or video chats can help you and your loved ones feel socially connected, less lonely, or isolated. So it's up to you today to start making healthy choices. Not choices that are just healthy for your body, but healthy for your mind.

*Dr. Gurmeet Kaur Arjani*  
*Principal (KMSSS)*

## Attendance

Attendance graph for the month of September & October is shown below



## ACTIVITIES

<b>Class</b>	<b>Date</b>	<b>Activity</b>
<b>LKG</b>	02.09.2020	Origami - Rabbit
	05.09.2020	Teacher's Day card
	25.09.2020	Origami - Fish
	02.10.2020	Mahatma Gandhi Jayanti
<b>KG</b>	25.09.2020	Photoframe Activity
	02.10.2020	Mahatma Gandhi Jayanti
<b>UKG</b>	04.09.2020	Teacher's Day card making
	09.09.2020	Human figure drawing with shapes
	02.10.2020	Mahatma Gandhi Jayanti

## COMPETITION

Class	Date	Name of the competition	Winners	Names
UKG	19.09.2020	Inter Class Yoga Competition	First	Oyendri Patra (Sec:B)
			Second	Nusrat Jahan (Sec :E)
				Rishika Dutta (Sec: A)
			Third	Rajveer Singh (Sec: D)
				Hrishav Roy (Sec: C)
			Fourth	Kritika Chaturvedi (Sec: E)
Samarjeet Singh(Sec: A)				

### *Webinar for the Parents of Pre-Primary Section*

A series of webinars on the topic of "Supporting Learning at Home" was conducted for the parents of pre-primary section on 7.10.20, 8.10.20 and 9.10.20. The purpose of the webinars were to enable the parents to understand the needs of learning and developmental goals of children among 3-5 years of age. It was also focused on making the parents understanding their roles in fostering self-esteem, building independent mindset and setting limits in their children. Most of the parents participated with the mindset to grasp the new ways of taking care of their child's emotional wellbeing. Parent's spontaneous queries and discussion about various emotional and behavioural issues of children and parenting style made the webinars enriching and successful.

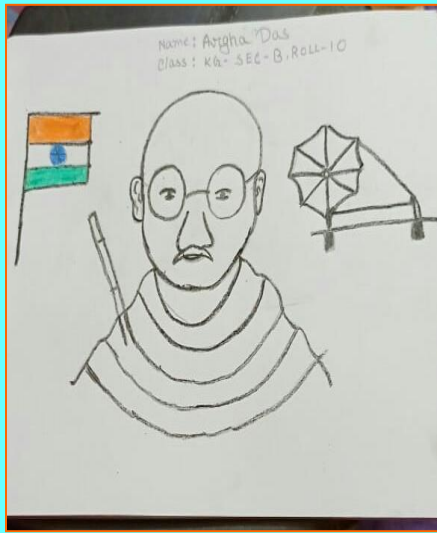
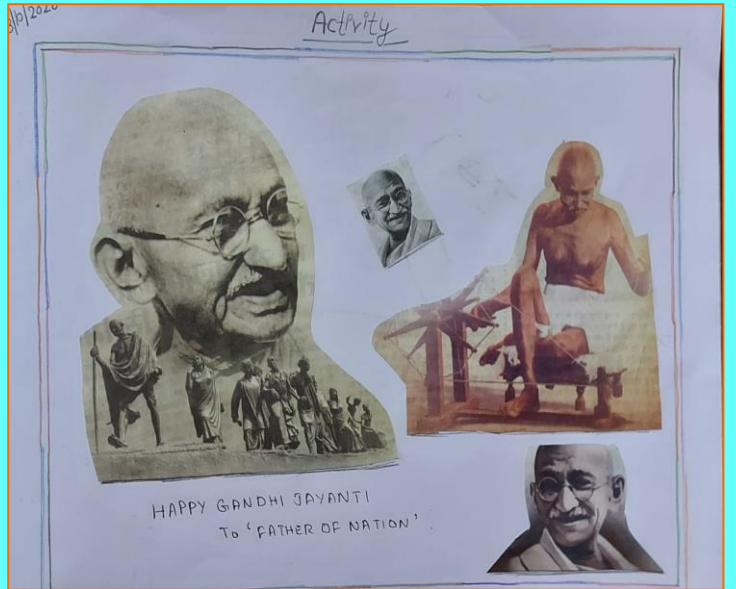
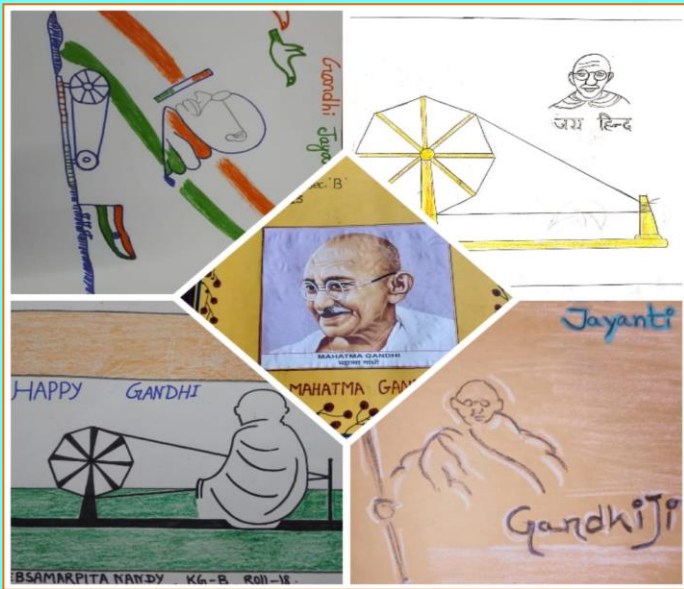


# LKG





# KG





# UKG



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