July 2009 Newsletter

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Dear Parents,

"There are only two lasting bequests we can hope to give our children. One is roots; the other, wings".
----HODDING CARTER

The two lasting gifts we can give our children are –a good foundation and freedom to achieve their dreams. We can strengthen our child's roots by making him/her aware of our rich culture and heritage and giving him/her the confidence of being there for them and at the same time give them freedom to dream and dream big. Nothing is impossible for a child to achieve once he/she realizes that his/her parents are behind them 100%.

Welcome to the academic year of 2009-2010. I deeply apologise for the delay of this year's PTA and newsletters. The reason is the completion of the construction at Prayag, thank you all for your patience and support.

We have scheduled the first PTA from 25th of July to 1st Aug 2009. My first presentation to the new parents will be on the 01st August, 09.30am – 10. 30am for Activity Centre & Nursery Parents & 10.30am – 11.30am for Pre Mont & Montessori Parents, at Prayag. We will also have an open house for our old parents after their respective presentations. You are welcome to visit your school to see the renovations done.

This year too will hopefully be an eventful year. To help us to achieve this we have prepared the holiday & the events list. The only major difference with this year's list is the Annual day. Yes, this year we decided that instead of an Annual day we will have a Funfair at our Discovery Village. It is scheduled on the 14th Feb. 2010 .This will give an opportunity for both parents and us adults to know each other better. This is also according to feedback we received from some of the parents last year. Some of them felt that we should alternate our Annual day and Funfair every year as they felt that parents don't get to interact with the management and other parents on our Annual day's.

The second thing which I would like to get to your notice is this year's Dasara vacation. The Government has declared holidays from Sept 18th 09 to Sept 28th 09. We will work in the month of Oct and Sept will be our month for Dasara vacations.

It has been a wonderful month of interacting with all our old and new children at Prayag. Every year we go through the phase of settling our new enrolments and this year it has been relatively easy to settle all of them. We were working on schedule right from week two onwards.

If you need more information or want to give your feed back please e-mail me at prayag_montessori@yahoo.co.in.

Thanks & Regards - Amitha Prashanth

Initial Days of school for newly enrolled children

August Event Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
31 Aug 09					01 Aug 09 / 02 Aug 09
03 Aug 09	04 Aug 09	05 Aug 09	06 Aug 09	07 Aug 09	08 Aug 09 / 09 Aug 09
10 Aug 09	11 Aug 09	12 Aug 09	13 Aug 09 Holiday - Krishna Janamashtami	14 Aug 09	15 Aug 09 / Independence Day Celebration
17 Aug 09	18 Aug 09	19 Aug 09	20 Aug09	21 Aug 09	22 Aug09 / 23 Aug 09
24 Aug 09	25 Aug 09	26 Aug 09	27 Aug 09	28 Aug 09 Sports Day	29 Aug 09/ 30 Aug 09

Highlighters in August

04.08.2009 Tuesday Raksha Bandan celebration

12.08.2009 Wednesday Krishna Janamashtami Celebration

[Dress Code for Krishna Janamashtami Celebration: Boys as Krishna's & Girls as Radha's]

13.08.2009 Thursday Holiday - Krishna Janamashtami

15.08.2009 Saturday Independence Day Celebration

28.08.2009 Friday Sports Day [Check circular for your child's group & timings]

Theme of the Month(July)

Montessori I - Colours

Montessori II - Good Habits

Montessori III- Safety

[Parents are also requested to introduce their respective themes in the surrounding environment to the child.]

Editorial

Good Habits

(By Mrs.Sindhu Sudhakar)

Habits can be good or bad. It is always desirable to cultivate good habits. As children grow, they start picking up habits from the surroundings especially, from people around. We all want to see our children growing up with good habits. That's why it is very important to start early. The younger the child, the more absorbent their minds will be and thus is easier to inculcate good habits in them. They are at a stage when they don't really know much about life and that could be very disturbing at times. To promote these good habits parent can be a positive role model. Children also build likes/dislikes/habits which stay with them for a long time if not changed. One of the most important facts that parents need to understand is this: **Children who practice healthy habits early in life are much more likely to continue those habits through their teen years and into adulthood.**

We all know that no human is perfect and hence it will be unreasonable for us to even expect our children to be perfect, but when they do exhibit non-desirable habits or behavior it would be best to gently guide them to help them get over it. It would make the child feel good to reward him /her when he exhibits good habits or desirable habits .This would give them a positive feeling, Ask them to be organized which will help them to be more independent.

Courtesy, politeness or having good manners are all about respecting others and yourself.

Guidelines for parents:

1. Be a positive role model.
2. Encourage physical activities that children really enjoy. Every child is unique. Let children experiment with different activities until each finds something that he or she really loves doing. They'll stick with it longer if they love it.
3. Have Family time more often for the whole family to get active.
4. Limit TV, video game and computer time.
5. Be supportive. Focus on the positive instead of the negative. Everyone likes to be praised for a job well done. Celebrate successes and help children and teens develop a good self-image.
6. Set specific goals and limits.
7. Use reward system and it should be simple like extra bedtime story, delay in bedtime for 30min, Motivation is must to learn.
8. Make dinnertime a family time. Get the kids involved in cooking and planning meals. Everyone develops good eating habits together and the quality time with the family will be an added bonus.

Activities for You & Your Child at Home

Colour Activity

Ask the child to drop diluted orange colour on a plate & wet the tissue and hold it close to the diluted colour on the plate & see how the primary colours of orange disintegrate.

Language Activity

Keep a telephone book and encourage your child to enter the name of the person called, time and date and message if necessary.

Botany Activity

Ask your child to collect different types of petals and press it in between newspaper and ask them to stick it in the scrap book.

Birthday's in June & July

01 Jun 2005 Krishna.A.Iyer

03 Jun 2006 Anushka Sumedh Mithsagar

04 Jun 2005 Niyati Arvind

05 Jun 2007 Arjun Vishwanath Nukal

05 Jun 2006 Priyan. M

07 Jun 2005 Amrita Konaje

12 Jun 2007 Leisha.G.Reddy

14 Jun 2004 Shreya Kiran

15 Jun 2004 Ishaan Jajodia

17 Jun 2006 Stuti Almal

28 Jun 2007 Chiraayu Sneha Nanda

24 Jul 2006 Dhruvika Bararia

09 Jul 2005 Tanvi.G.Nesari

01 Jul 2005 Rishikesh.K.R

11 Jul 2005 Mohit Bararia

14 Jul 2005 Shreyas. S

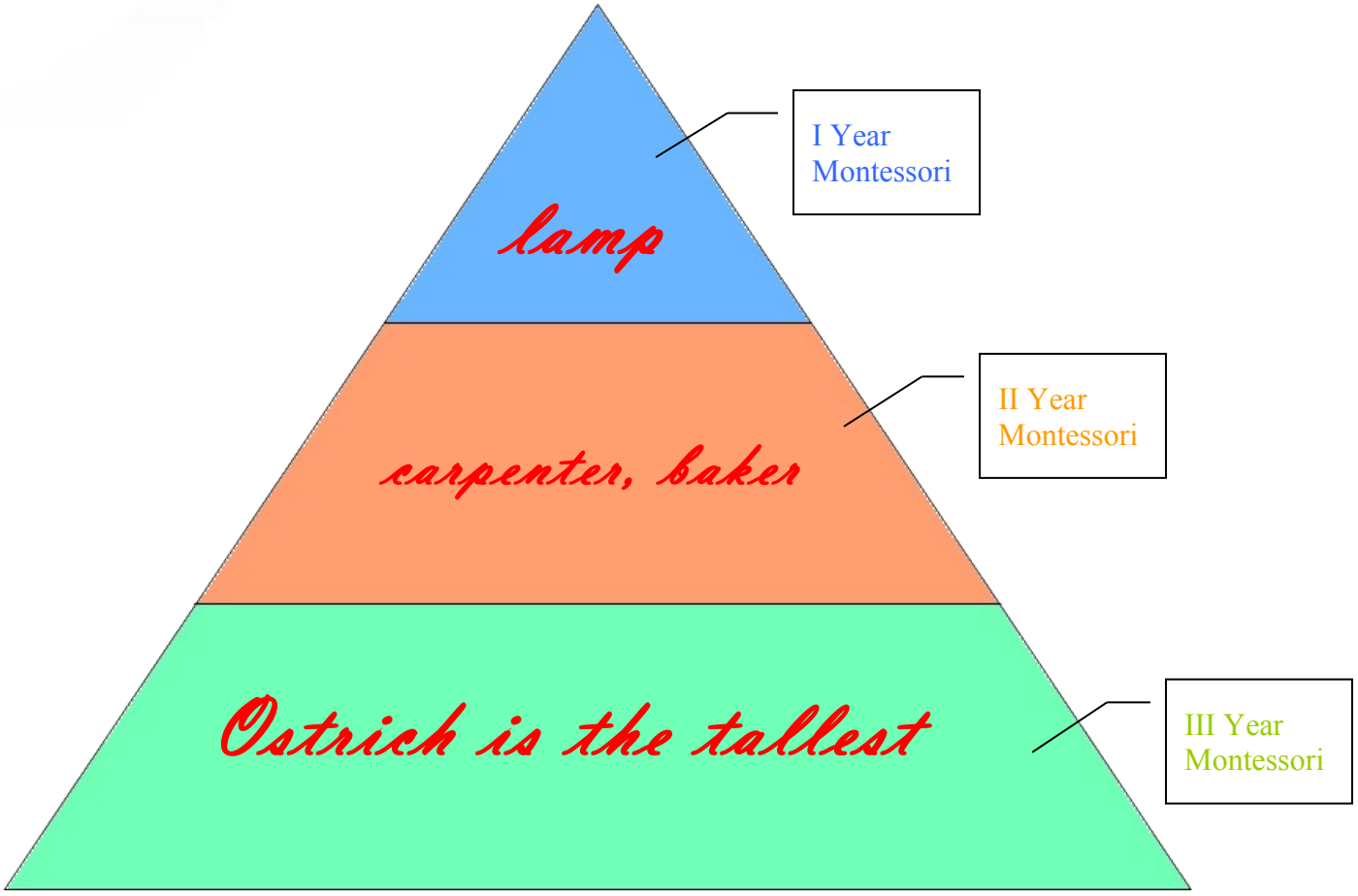
17 Jul 2004 Amogh Santosh Anoo

18 Jul 2004 Aditi Kiran

21 Jul 2004 Aditi.P.P

30 Jul 2005 Smrithi.D.Honalli

Reading Pyramid



Extra Curricular Activities at Prayag

Prayag Activity Centre

Afternoon Care Facility for Children

(Age Group 2 years to 10 years)

On Prayag Working Days, 01.00 PM to 06:00 PM

Yoga Ratna Academy

Regular Yoga classes in BKS Iyengar Style using Props

Tuesdays, Thursdays, Saturdays: 06.00am to 07.00am / 07.15am to 08.15am

Mondays, Wednesdays, Fridays: 04.00pm to 05.00pm / 05.00pm to 06.00pm

For Age Group: 8 ~ 80 yrs

Contact: Mrs. Rekha Swaroop: 9845644941

Jnana Lahari

[Extract the Real Essence]
Spiritual Sadana for building mind power

Shlokas, Bhajan & Bhagavad-Gita Classes for all age groups
(Children above 3 years of age)

Every Man is Divine. But we do not know the divinity inherent in us. But the Indian tradition has many ways to understand what secret lies in every one of us. Our effort to know the divinity. Mind has to be empowered for this. Among many Sadana, Chanting of Shlokas, Singing Songs, Praising God, Listening Moral Stories, Reading and Reflecting upon Spiritual texts are very important. Practicing and adopting this in our daily routine increases our mind power. Knowledge, wisdom, concentration of mind are the benefits.

Thursdays, 05.00 pm to 06.00 pm

Contact Mrs. Yamuna Naveen: 9448536800

Western Dance Classes

For age group 4 ~ 10 years
Western and Bollywood style Two days a week - Saturdays & Sundays

Timings - Saturdays - 05.30 pm ~ 06.30 pm
Sundays - 11.30 am ~ 12.30 pm

Contact Mr.Sameer: 9886478836

Contact our office if interested in enrolling for the above classes