

# INTERNATIONAL SCHOOL Sector 89, Gurugram

NEWSLETTER MAY 2018 LKG

**RPS International School Mission Statement...** 

At RPS International School, our commitment is to develop young men with active and creative minds, a sense of understanding and compassion for others, and the courage to act on their beliefs. We cherish the total development of each child: in sprit, morals, intellect, social emotions and surroundings, socializing.

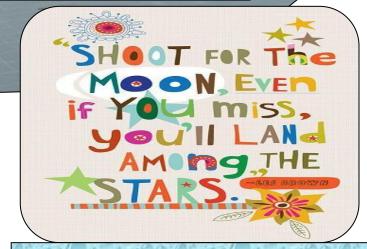
#### Dear Student,

It gives me immense pleasure to welcome you to the new academic session 2018-19. A good beginning makes a big difference. Make sure you begin this academic year with new hopes and positive mindset to make it brighter chapter in your school life full of knowledge and learning.

A new session gives you chance to begin new and fresh. It is an opportunity to look ahead and work harder to make it better and brighter future. Make sure you devote your time to each subject and study according to the time table.

Best wishes to you for this new academic session. May god bless you!!!

### -The Editorial Team.



#### Let Me Mark my Calendar

First Sunday of May every year – World Laughter Day Second Sunday of May every year – Mothers Day 1<sup>st</sup> May – International Labour Day 3<sup>rd</sup> May – International Energy Day 4<sup>th</sup> May – Coal Miners Day 8<sup>th</sup> May – Coal Miners Day 8<sup>th</sup> May – World Red Cross Day 11<sup>th</sup> May – World Red Cross Day 11<sup>th</sup> May – National Technology Day 15<sup>th</sup> May – International Family Day 17<sup>th</sup> May – World Communication Day 21<sup>st</sup> May – National Anti Terrorism Day

24<sup>th</sup> May – World Commonwealth Day

**Be Healthy!** 

Eat Healthy!

Feel Healthy!

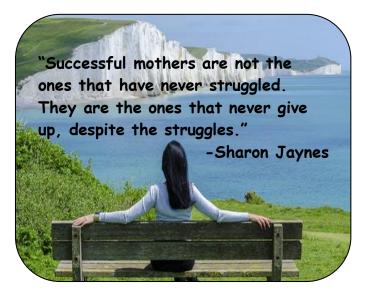
# Meal planner for the month of may

To maintain uniformity, nutrition and a balanced diet for all children, here is a guideline to all parents for the month of May;

Try to stick to it and see wonders happening in your child's eating habits and health.

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Veg Pea Pulao + Muffin/cookies	<b>2</b> Dal Makhani and Parantha + Cucumber Salad	<b>3</b> Vegetable cutlets + Fruit (Apple)	<b>4</b> Vegetable Sandwich + Fruit (Strawberry)
<b>7</b> Veg Poha + Fruit Salad	<b>8</b> Pao-bhaji+ Fruit (Banana)	<b>9</b> Mix Vegetable with Chapati + Kheer/halwa	<b>10</b> Stuffed Parantha (Paneer/Aloo) + Fruit (Mango)	<b>11</b> Kadhi Pakoda and rice + Cucumber Salad
<b>14</b> Puri with Aloo ki sabji + Fruit (Mango)	<b>15</b> Veg Pea Pulao + Muffin/Cookies	<b>16</b> Dal Makhani and Parantha + Cucumber Salad	<b>17</b> Vegetable cutlets + Fruit (Apple)	<b>18</b> Vegetable Sandwich + Fruit (Strawberry)



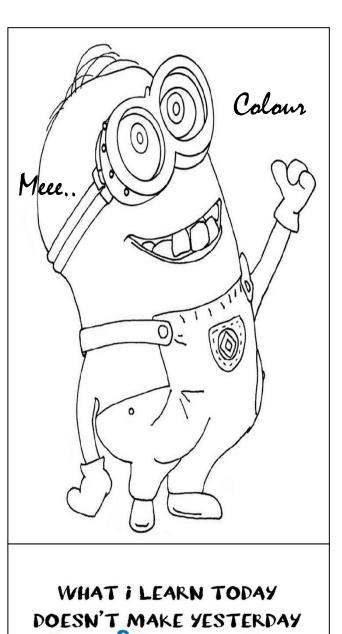


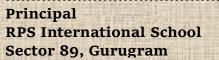
### **Guidelines to Parents**

- Send your ward to school regularly
- Check that your ward must wear proper uniform.
- Kindly make sure that their shoes must be polished and hair must be done properly.
- Do not allow your ward to wear casual dresses on birthday.
- Provide prior information before your ward has to take any leave.
- The tuition fee is to be deposited by 10<sup>th</sup> of every month.
- Please ensure that girls must have two plaited hair everyday.
- Ensure that child's bag must be managed according to the time table.
- Read your ward's diary regularly and give us the feedback.
- Parents and guardians are not permitted to meet their ward in the classroom.
- Make sure whether they are receiving homework messages regularly or not. If not then contact immediately in the school.
- Ensure that your child must wear I-Card every day.
- Do not allow your ward to bring expensive articles in the school.
- It is to be noted that any verbal or physical means of bullying or victimization of any other child is strictly forbidden.
- Please note that strict action will be taken against any damage of school properly.
- Students are expected to keep school environment and local community free from litter.

How can I protect from this hot weather... ????

- Don't wear black.
- Stay in, stay cool.
- Wear summer friendly fabrics.
- Exercise in moderation.
- Take a cool shower.
- Diet full of fruits & fluids.
- Wear sunscreen.





IT MAKES TOMORROW