



EKLAVYA SAMACHARA

email: contact@eklavyaearlyyears.com

website: www.eklavyaearlyyears.com

Aug 2023

EKLAVYA EARLY YEARS

Vol. 1 / Sr. 1

FORTHCOMING EVENTS

Teachers' Day	5 Sept
Janmashtami	7 Sept
Ganesh Chaturthi	19 Sept
Bhagat Singh's Birthday	27 Sept
Eid-e-Milad	28 Sept

ANNOUNCEMENTS

Parents' Workshop Dates: Sat, 9 Sept, 10 - 11am
Sat, 23 Sept, 10 - 11am

Founders' Note

Namaste Eklavya Early Years Family,

After over two decades of reading Eklavya School Ahmedabad's vibrant and exciting Eklavya Samachars, it is our great honour to present to you Eklavya Early Years' first edition of Eklavya Samachara. Through this monthly newsletter, we hope to further bridge the gap between the child's home and learning environment. We also aim to give you a glimpse into our children's work, play and achievements at Eklavya Early Years.

We hope that Eklavya Samachara is read not only by eager parents but also by loving and caring grandparents and extended family and friends.

May we continue to work together to create a loving and nurturing environment for our children.

Thank you.

Siddharth & Niyati Handa
Co Founders, Eklavya Early Years

Field Visits



18 August - Field Visit to a Flower Garden - Play Group went for a field visit to our neighbouring flower garden on Friday. The children saw beautiful varieties of colourful flowers, felt the textures of the leaves and flowers, discussed how flowers grow, their names and the names of the colours of each flower. They also saw many vegetables being grown and a touch-me-not plant. The Field Visit became a great starting point for discussions on taking care of flowers, not plucking and enjoying and appreciating their beauty.

Festival & Important Days Celebrations

Preparation for Independence Day - In the week preceding the Independence Day, the children learnt about the National Flag, its colours and their significance. They also learnt the rules of the flag code such as it should be hoisted upright and it shouldn't be thrown on the ground.

Children also did bubble wrap painting and collage work to make the national flag. They also saw the world map and the globe, and identified where India is on our beautiful Earth.

Educators also explained the significance of the Independence Day and how India got its freedom.



15 Aug - Independence Day Celebration - Children, educators and staff at Eklavya Early Years celebrated the 77th Independence Day with a flag hoisting ceremony and the singing of patriotic songs in the morning. We sang the National Anthem, Vande Mataram, हम नहे नहे बच्चे हैं, and नन्हा मुन्ना राही है. Jayeeta Ma'am sang the melodious Bengali song आमार जौनमाभूमि.

Children came to school wearing traditional clothes and did finger painting with the colours - saffron, green and white.

They were amazed and happy to see how the educators had decorated the campus and their classrooms.

Preparation for Rakshabandhan

Rakhi Making - In preparation for Rakshabandhan, children of Play Group and Kindergarten made 'rakhis'. They decorated their 'rakhis' by sticking tiny paper balls which were crumpled by them. The activities of tearing and crumpling are very important for the enhancement of fine motor skills and the practice of the pincer grip.

Story of Rakshabandhan - Educators of Play Group and Kindergarten narrated the story of Rakshabandhan to the children during circle time. This helped the children understand the significance of the festival. Educators focused on how it is important for not only brothers and sisters but all of us to take care of each other.



Rakhi Decorations - Educators painted beautiful 'rakhis' on the windows of the classroom. Children were both amazed and thrilled on seeing their classrooms decorated in this way. Their joyful faces made our day.

Preparation for Janmashtami - In preparation for the Janmashtami festival, children of Play Group and Kindergarten were told the story of Krishna and his childhood friend, Sudama. Through the story, educators discussed the virtues of friendship, generosity, altruism, and sharing with the children.

They were also told the story of how Krishna lifted the Govardhan mountain to help the villagers during torrential rains and floods. Through this story, children learnt that it is important to help others and to be courageous and strong. Children are also being taught a dance on the bhajan 'Achyutam Keshavam' in preparation for the Janmashtami celebration.

24 Aug - Chandrayaan-3 Moon Landing - Children of Play Group and Kindergarten were shown photos of Chandrayaan-3 and the moon one day after India became the first country to land a spacecraft on the South Pole of the moon. Educators explained to the children what a spacecraft is, and what is the primary mission of Chandrayaan-3 on the moon.



25 Aug - Mother Teresa's Birthday - In preparation for Mother Teresa's birthday, children were shown pictures of Mother Teresa. Educators told them about how Mother Teresa left her home and came to India to serve the poor and destitute. Children learnt about values such as selflessness and serving others.



30-31 Aug - Onam - In preparation for Onam, children and educators made two Pookalams or Flower Rangolis. Children helped in designing the pookalam by identifying which shapes they wanted to draw and then worked with the educators to pluck the petals of the marigolds, and place the other flowers in the pookalam.

Children enjoyed the entire process of making the creative pookalams. Children were also told the story of the generous king, Mahabali and the significance of the festival of Onam. They were shown pictures of Onam Sadhya and the boat race in Kerala. Children identified all the different delicacies that are prepared for Sadhya and were intrigued to know about the long boats rowed by more than hundred people.



31 Aug - Maria Montessori's Birthday - Children celebrated Dr Maria Montessori's birthday by listening to the story of her life, looking at photos of her and by working on Montessori materials. Children learnt about how she was one of the first female doctors in Italy and that she devoted her life to developing teaching methods and materials that would help all children become independent, confident and self-motivated individuals. After the story, children sang Happy Birthday for Dr. Montessori and blew out candles on her imaginary birthday cake. Then, they saw a presentation of the primary Montessori sensorial material, Knobbed Cylinder Blocks. Afterwards, children were very eager and excited to work with it themselves.

Highlights of August



Farming

Children have started learning how to grow their own vegetables in our farming space on campus. They first helped in making the ridges and furrows and then sowed the seeds of coriander and brinjal. There is a lot of excitement to see the tiny new seedlings pushing out of the soil.



Assembly - Children and educators conduct the Assembly thrice a week. They chant shlokas, sing a prayer and meditate briefly. Then they talk about the day of the week, date and wish each other 'good morning'.

Shloka Chanting - In August, children chanted the Gayatri Mantra during assembly:

ॐ भूर्भुवः स्वः
तत्सवितुर्वरेण्यं
भर्गा देवस्य धीमहि
दियो यो नः प्रयोदयात्।

Meaning: उस प्राणस्वरूप, दुखनाशक, सुखस्वरूप, श्रेष्ठ, तेजस्वी, पापनाशक, देवस्वरूप परमात्मा का हम ध्यान करें। वह परमात्मा हमारी बुद्धि को संमार्प में प्रेरित करे।

Oh Lord, we pray to you who is life-giving, divine and holy. May you grant us the wisdom to choose the right path.

Prayer for August

तुम ही हो माता, पिता तुम ही हो।
तुम ही हो बंधू, सखा तुम ही हो॥।
तुम ही हो माता, पिता तुम ही हो।
तुम ही हो बंधू, सखा तुम ही हो॥।

तुम ही हो साथी, तुम ही सहारे।
कोई ना अपना सिवा तुम्हारे॥।
दया की दृष्टि सदा ही रखना।
तुम ही हो बंधू, सखा तुम ही हो॥।

तुम ही हो माता, पिता तुम ही हो।
तुम ही हो बंधू, सखा तुम ही हो॥। (2)

Other Prayers

Shloka and prayers chanted by children before meals (throughout the year)

(1) ब्रह्मापिं ब्रह्महविः ब्रह्मान्नौ ब्रह्मणाहुतं।
ब्रह्मैव तेन गन्तव्य ब्रह्मकर्म समाधिना॥।

Meaning: खाना एक यज्ञ करने जैसी पवित्र क्रिया है। इसलिए जो शरीर के लिए आरोग्यप्रद है, वैसा ही भोजन करना चाहिए और व्यर्थ नहीं छोड़ना चाहिए।

Eating is a pure and holy act. Therefore, only healthy food which is good for the body should be eaten, and it should never be wasted.

(2) Thank you God for the world so sweet,
Thank you God for the food we eat.

Thank you God for the birds that sing,
Thank you God for everything.

Prayer at the end of the day (recited throughout the year)

Oh Lord,
Send us home,
With your blessings,
Guide and guard us,
For the rest of the day.

Thank you children, bye-bye children,
Have a nice day children.

Thank you ma'am, bye-bye ma'am,
Have a nice day ma'am.



Outdoor Free Play

Every morning children play outdoors in our unique, challenging and exciting jungle gym as well as our large and spacious sandpit. Children learn to push themselves physically and become stronger and more confident. The play in the sandpit enhances their imagination and creativity as it facilitates a lot of pretend play. In a safe environment, the freedom to play outdoors boosts the children's self-esteem and energizes them in the mornings.

Practical Life Exercises

Watering Plants - Children water plants every day in their own, special, child-sized watering can. They fill their watering can on their own and carry it without spilling water. They enjoy this activity a lot as it makes them feel independent and strong. They also feel proud that their educators have entrusted them with this responsibility. Finally, they also learn to care for their environment.



Cleaning Up - As part of their Practical Life Exercises, children learn to take care of their surroundings and keep it neat and tidy. Children learnt how to collect all the chana spilt from the PLS activity set on the floor and to carefully put it in its place.



Work with the Knobless Cylinders - The Knobless Cylinders are an important Montessori material. They are not only an attractive sensorial material but also give the children an overview of dimensions and refine their visual sense. Children

stacked the Knobless Cylinders to make a tower. They did so with equal measures of patience and concentration. They did not give up even if the tower toppled over several times and finally celebrated their success with a jubilant, "We did it!"



Clay Work - Play Group and Kindergarten children learnt how to make perfect balls out of clay. Through the process of taking the appropriate amount of clay and rolling it between their palms to make a ball, the children learnt not only to estimate (pre-Math skill) the amount of clay they need but also improved their fine motor skills.

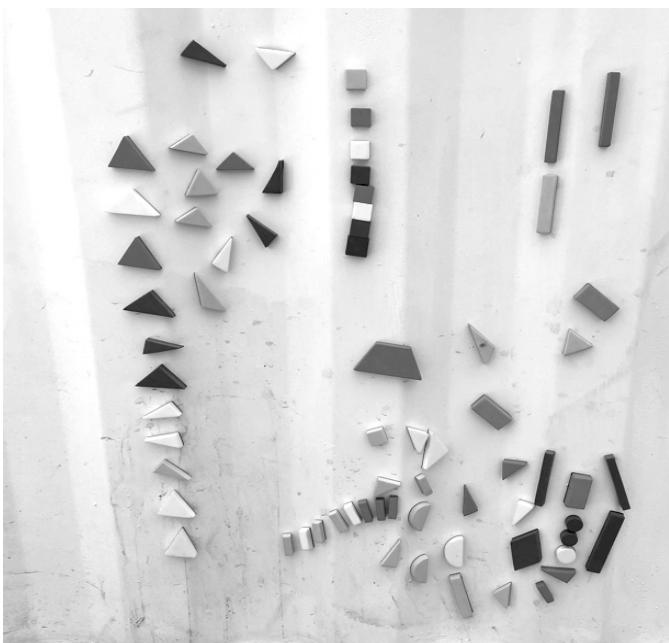
They are also learning to roll the clay using a rolling pin and to pinch a ball of clay using tongs. All of these activities further strengthen their fine motor muscles.

Transferring water through sponge - Children of Play Group are learning to transfer water through sponge. This activity requires a tremendous amount of skill, fine motor muscle coordination, concentration and patience. The children also learn to clean up after themselves if they spill water. These kinds of Practical Life Exercises teach our children to be independent and self-confident individuals.

Transferring beads using a tong - In Kindergarten, the child learnt how to transfer beads using tongs. This activity helps the child enhance her fine motor skills, patience, concentration and focus.



Gross Motor Skills - Walking on a Straight Line - Keiko Ma'am demonstrated the gross motor skills activity of walking on a straight line. The child observed how Keiko Ma'am balanced herself and put one foot exactly in front of the other. Later, the child practiced Walking on a Straight Line several times. This activity enhanced the child's coordination between large motor muscles, improved her balance and brought about grace in her movements.



Fun with Shapes - Children in Play Group and Kindergarten had a fun with shapes activity where they sorted different shapes and stuck them magnetically to the wall of the classroom. This activity enhanced their visual sense and their understanding of shapes. They were also fascinated with the magnetic quality of the pieces and learnt a little about magnetism as well.

Fine Motor Skills

Sticking Activity - Children enjoyed finding and collecting flowers around the campus which have naturally fallen down. After they collected them, Jayeeta Ma'am and Keiko Ma'am did a sticking activity with the children that enhanced their fine motor skills along with their creativity.

Rhymes and Songs in August

Children and educators learnt and sung the following nursery rhymes and songs in August:

1. Teddy Bear, Teddy Bear
2. Open, Shut Them
3. I Hear Thunder
4. पांच baby ducks



Books in August

Children loved these books in August and asked to hear the stories again and again:

1. Peppa Pig: Beep Beep Brrrm Sound Book
2. The Rabbit Listened: Cori Doerfield
3. Jokhu and the BIG scare: Priyadarshini Gogoi
4. Fox's socks: Julia Donaldson



26 Aug - Parents' Workshop - On 26 August 2023, the first Parents' Workshop of Eklavya Early Years was held. The idea for Parents' Workshop was first introduced to Eklavya School, Ahmedabad by a person from UNESCO. He said that if parents and educators meet only twice a year, each will spend the time blaming the other. Instead, if they meet every fortnight, they can create an enduring bond marked by cooperation, shared knowledge and trust. This helps the child make a seamless transition between home and school.

In our first Parents' Workshop, Sobhana Ma'am (Principal) oriented the parents about what the first few days would be like for the little ones at Eklavya Early Years. Then, she gave many valuable tips on how parents can work with Eklavya Early Years to make their children more independent and self-confident.

Eklavya Early Years' Outreach

Eklavya Early Years conducted several outreach programmes and workshops in the months of July and August. These events are fun filled learning opportunities for children. The children sing songs, participate in energetic movement activities, do unique and interesting process art activities such as printing with sponges, bubble wrap art, straw art, etc. They also play with unique wooden blocks such as the Ultimate Construction Set, L Angle, Honeycomb, Vipella Block I, etc





Events conducted in July:

- 2 July: Vajram Essenza
- 9 July: R R Signature
- 16 July: Brigade Northridge
- 23 July: Sobha City

Events conducted in August:

- 3-4 August: Nikoo Homes I
- 12 August: Sobha Palm Court
- 15 August: Sobha City

Professional Development - Educators participate in an ongoing professional development programme at Eklavya Early Years. The PD programme is based on the idea that educators are first and foremost learners and must continuously grow in their personal and professional lives. One aspect of the PD programme is 'book presentations.' Over the course of the year, educators will read many books on education and present their learnings from it. These books have been carefully chosen as they give educators a variety of perspectives on child care and development, child psychology and how to be a capable and conscientious teacher. Furthermore, the introspection and reflection required for the book presentations helps them outline clearly what they have learnt from the book and how they wish to implement it in their personal and professional lives.

Thus far, educators have completed the following book presentations:

1. 'Totto-Chan: The Little Girl at the Window' by Tetsuko Kuroyanagi
2. 'Diwaswapna' by Gijubhai Badheka
3. 'The Blackboard Book' by Eleanor Watts
4. Free to Learn: Introducing Steiner Waldorf Early Childhood Education by Lynne Oldfield

Currently Reading:

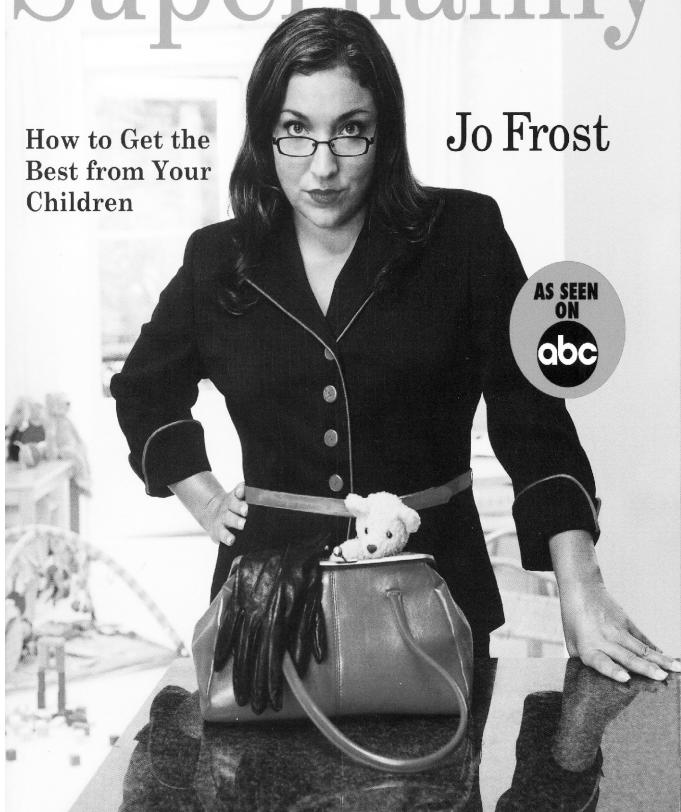
1. How to Maximise Your Child's Learning Ability by Dr. Lauren Bradway & Barbara Albers Hill
2. Helen Keller's Teacher by Margaret Davidson

PARENT CORNER

NEW YORK TIMES BESTSELLER

Supernanny

How to Get the Best from Your Children



Jo Frost

Dear Parents,

Parenting a child is often rewarding and challenging in equal measure. In our Parents' Corner we would like to share with you articles that can help you nurture your child so that she may grow up to be a confident, curious, capable and independent adult.

The article below is excerpted from New York Times Bestseller, 'Supernanny: How to Get the Best from Your Children' by Jo Frost. The author Jo Frost, better known as Supernanny, offers simple but effective parenting and child care strategies in her books as well as her hit TV show titled 'Supernanny'.

This article addresses the conflict that arises due to the busy schedules of modern parents and their little ones who are hungry for their time and attention.

*Lines have been italicised for emphasis.

THE INVOLVEMENT TECHNIQUE

The Involvement Technique is one of my favorites. It works really well with small children. The technique can be a big help when it comes to dealing with jealousy. It can even turn around that typical toddler flashpoint, supermarket shopping.

Small children need attention. When they don't get it, they act up. The trouble is that there simply aren't enough hours in the day for you to give your toddler the attention he wants and deal with everything as well. When you have two or more kids, short of cloning yourself, you have to think of ways around the problem.

You can't always expect a small child to play contentedly while you get on with sorting the laundry, washing the dishes or feeding his little brother. This might work once or twice if your child is in the right mood to get stuck into play. But chances are it won't work all the time, particularly if your child already resents the attention you're paying to a younger sibling.

The answer is to get the child involved with what you're doing. Small children don't find tasks like cleaning, sorting, fetching and carrying as boring as their older brothers and sisters sometimes do. Small children love to help. Helping them makes them feel responsible and gives them confidence. They see it as a challenge they are succeeding in.

Of course, you have to give your child a job that suits what he can do, otherwise you'll be adding to the long list of toddler frustrations, not to mention asking for mayhem and breakage. It's very important that you don't set him up for failure. But while you wouldn't expect him to be able to stack a dishwasher or run a vacuum cleaner over the living room carpet, there are plenty of ways he can join in. When you're changing the duvet cover, he can hold a corner for you. When you're washing the car, you can wrap him up in a raincoat and give him his own sponge and bucket of water. When you're washing the vegetables, you can stand him beside you on a chair and let him wash a potato or two. Little kids love mini dustpans and brushes. Chores may take a little bit longer and things might get a little messier, but you'll get the chore done and your child will get the benefit of your attention.

Most importantly, when you're got to attend to younger siblings, you can nip jealousy in the bud by involving your older child in the same activity. Asking her to fetch a toy or a washcloth at bath time or to help spoon-feed the baby means you can pay her attention at the same time as you pay attention to her younger sibling. That way, you kill two birds with one stone.

The Involvement Technique allows you to keep paying attention to your child by talking about whatever you're doing at the time. And an important part of it is praise. Thank your child for her efforts, tell her what a good job she's doing and how it has helped you.

Frost, Jo. "The Involvement Technique." *Supernanny: How to Get the Best from Your Children*, Kingswell, Glendale, California, 2005, pp. 76-77.