



# EAST POINT SCHOOL



**NEWSLETTER**  
**For The Month**  
**September**  
**Class:- V**

**EX·CEL**

**EX·PLORE**

**EX·PERIENCE**







Students learned how to remove insoluble impurities from water by sedimentation, decantation and filtration.



**Problem solving activities** were conducted to develop scientific temper in students.

To find the mass and density of a wood block by water displacement method.



Ping pong ball activity helped students understand and explore the concept of buoyancy.





The rainbow salad: children learned about the importance of different colours in our diet.



Geetansh



Harmit



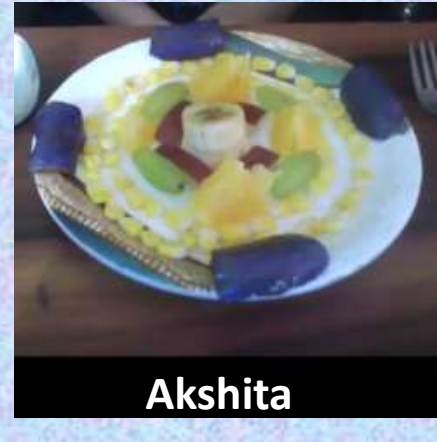
Anshika yadav class 5-A



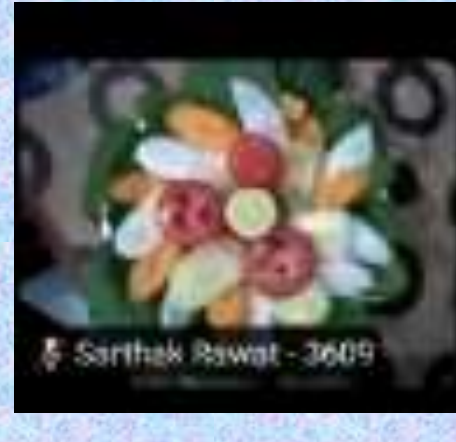
Aarav Rawat V-B



Geetansh



Akshita



Sarthak Rawat - 3609



Aryan Kumar Singh 5 D a...



Shagun Bisht



Yash Sharma



Idhant Bisht



**Dietary analysis activity** to understand the concept of balanced diet was conducted. Children enjoyed and chose a variety of traditional dishes to explore its nutritional content.

Science Week,  
Activity 1: Dietary Analysis  
The Great Indian Thali

Q) My favourite traditional Indian thali?  
Ans) Gujarati Thali

Q) 5 main dishes from my thali?

1. Bandeli Ki Khichdi
2. Gujarati Curry
3. Dhokla
4. Mango Sharkhand
5. Vadhiyu

Name of the dish	Ingredients	Nutritional Value / food group analysis
1. Bandeli Ki Khichdi	Rice, pulses, spices, peas, potatoes	Carbohydrates, proteins
2. Gujarati Curry	Maam flour, yogurt	Proteins and calcium

Aryan

Gujarati Thali

Supriya

Odia Thali



Science Week  
Activity 1: Dietary Analysis The Great Indian Thali

Q) My favourite traditional Indian thali?  
Ans) PUNJABI THALI

Q) 5 main dishes from my thali?

1. Dal
2. Shahi Paneer
3. Malai Palao
4. Malai Kebab
5. Rassa

Name of the Dish	Ingredients	Nutritional Value / food group analysis
1. Dal	Lentils and spices	Proteins & Carbs
2. Shahi Paneer	Paneer and spices	Carbs & Proteins
3. Malai Palao	Rice and Paneer	Carbs & Proteins
4. Malai Kebab	Paneer and spices	Carbs & Proteins
5. Rassa	Spices and Milk	Fats, Carbs & Proteins



Pamphlet making activity to spread awareness about diseases spread by mosquitoes. Children made pamphlets and stuck them in their neighbourhood.



Akshita



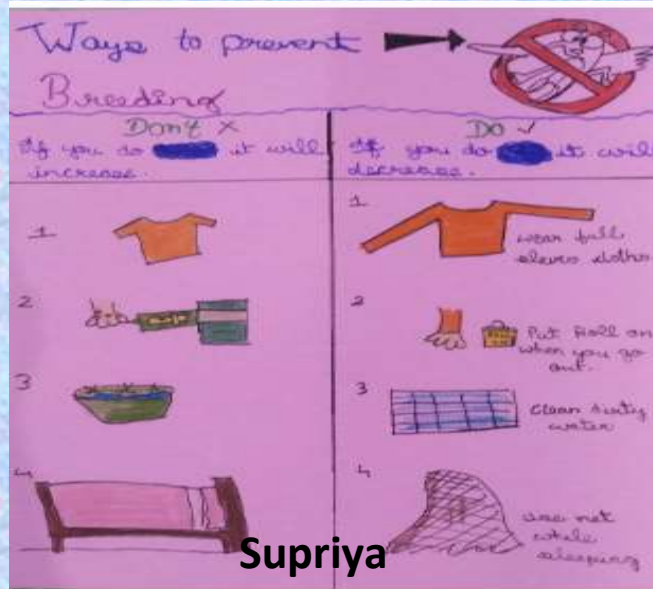
Vedant



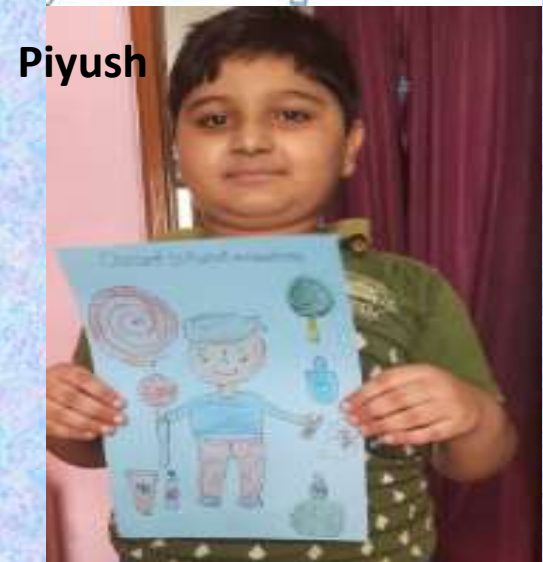
Harshit



Aryan



Supriya



Piyush



Think Green



The children celebrated ozone day by doing a debate on “Has the ozone layer healed due to covid 19. If yes, why and how . Followed by a poster making activity “Let’s heal the ozone layer “

OZONE DAY  
CELEBRATIONS  
16 September 2020





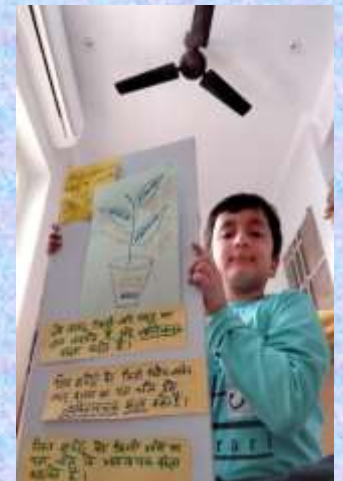


हिंदी

इस गतिविधि में बच्चों द्वारा अलग-अलग व्यायाम व योगा करके दिखाए गए और साथ में बच्चों ने यह बताया कि इसे करने से वे किन-किन बिमारियों से बच सकते हैं।



इस गतिविधि में बच्चों ने व्याकरण संबंधित अलग-अलग विषयों पर प्रोजेक्ट व मॉडल प्रस्तुत किए और उसके बारे में भी बताएं। इसमें बच्चों के ज्ञान को जानने के लिए कुछ प्रश्न भी पूछे गए।





# Math Corner: How many calories???

Students were asked to calculate the calories they consume in a day and year by eating healthy food.

Food Items	Qty/Day	Calories per day	Calories prr. year
Milk		56	$56 \times 365 = 20440$
Chapati		81	$81 \times 365 = 29565$
Ferni dgc		20	$20 \times 365 = 7300$

**Calories**

Calories prr. year =  $24,575 + 20,440 + 29,565 + 7,200 = 81,780$

Calories per day =  $95 + 56 + 81 + 20 = 152$

1) Collect the data on calories consumed by your family members and then find the product maximum calories intake and minimum calories intake by your family members.

mustard



How many calories???






**HOW MANY CALORIES???**

Take Small Calculating Worksheet

How many calories does a 10 year old boy get each day? what about the old people? how to fulfil the daily requirement?

1) 5000 calories per day are required for a 10 year old boy for his normal needs with fruits, vegetables etc to fulfil the daily requirements

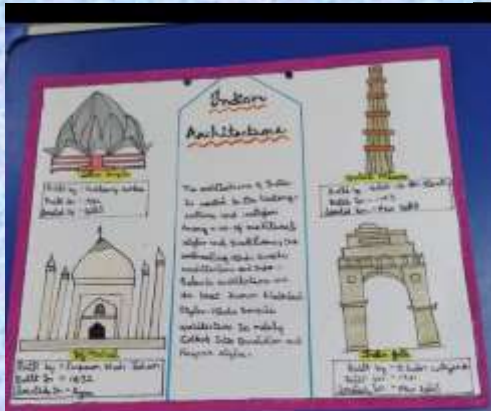
2) calculate the calories consumed by you to make your diet healthy and eat other like measure in grams of food items.

Food Item	Qty/Day	Calories per day	Calories per year
Ferni		55	$55 \times 365 = 20075$
Milk		56	$56 \times 365 = 20440$
Patte		72	$72 \times 365 = 26280$
Chapati		81	$81 \times 365 = 29565$
Patte		20	$20 \times 365 = 7300$

mustard

CONSCIOUS & COMMITTED

# Indian heritage and culture: students presented different topics to showcase the varied culture of India.





# Peace card activity

As the main aim of UNITED NATIONS is to spread peace all over the world. Students made Peace Cards and enjoyed making these cards using water colours.

Peace is not the absence of conflict. It is the ability to handle conflicts in a peaceful manner.




# Snapshots of Library Week


## RUSKIN BOND



It's a 1980 Indian novel written by **Ruskin Bond**. It was adapted into 2005 Hindi film by the same name, directed by Vishal Bhardwaj, which later won the National Film Award for Best Children's Film.



The blue umbrella:  
Reading by Aryan



Cherry Tree  
Reading by  
Supriya





# Vitamin A rich food study for Raoul's character

