

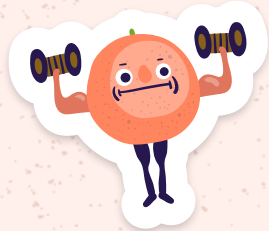
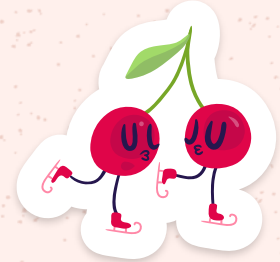
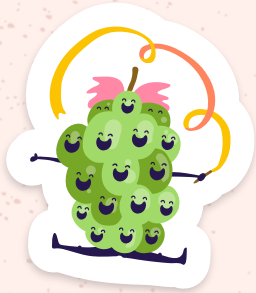
# NATIONAL ACADEMY FOR LEARNING

An International School

Bengaluru



## Montessori 1 – Calendar December 2022–2023



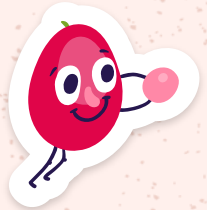
# December – Nutrition and Personal hygiene

Montessori - 1



We discuss:

- Favourite food
- Healthy and junk food
- The importance of being fit, watching less T.V. and playing outdoors
- The significance of personal hygiene:
  - keeping nails clean and trimmed to prevent illness
  - covering nose and mouth while sneezing or coughing
  - brushing techniques and dental hygiene
  - washing hands to prevent spread of germs
  - safe eating habits and the dangers of eating food off the floor





# Montessori – 1

## Mark your calendars !

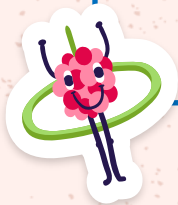


December  
16<sup>th</sup>

December  
21<sup>st</sup>

December  
23<sup>rd</sup>

**Bring your  
favourite healthy  
snack and speak  
about it**



**Annual  
Concert**



**Christmas  
Assembly and  
Class Party!**



# Montessori – 1

**Christmas break is from December 24<sup>th</sup> to January 1<sup>st</sup>. School will reopen on January 2<sup>nd</sup>.**



**Principal: Ms. Indira Jayakrishnan**

**Coordinators: Ms. Pushpa, Ms. Divya**

**Grade Teachers: Ms. Ridhi, Ms. Krithika, Ms. Shubha,**

**Ms. Anupama, Ms. Deepti, Ms. Neethu, Ms. Srimathi, Ms. Ashwini**

