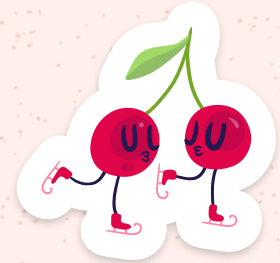
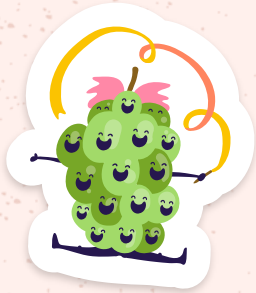


NATIONAL ACADEMY FOR LEARNING

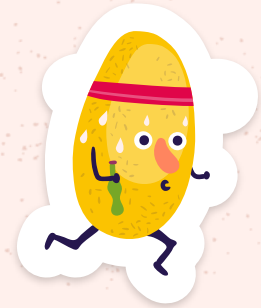
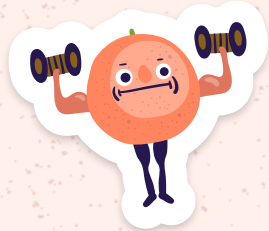
An International School

Bengaluru



Montessori 3 – Calendar

December 2022–2023



December – Nutrition and Personal hygiene

Montessori – 3

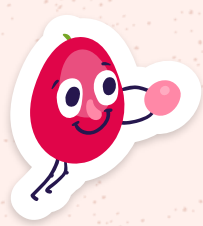
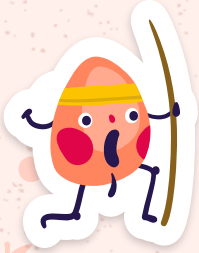


We discuss:

- Favourite food
- Healthy and junk food
- The importance of being fit, watching less T.V and playing outdoors
- To learn a few food terminologies
- To reiterate 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

December – Nutrition and Personal hygiene

Montessori – 3



We discuss:

- Healthy eating
 - Exploring healthy food choices
 - Discovering the colourful variety of fruits and vegetables
 - Identifying feelings of hunger and fullness
 - Selecting balanced meals and healthy snacks
- Difference between baby teeth and permanent teeth; losing a tooth



Montessori – 3

Mark your calendars !

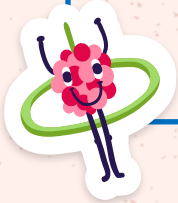


December
16th

December
21st

December
23rd

**Bring your favourite
healthysnack
and speak about it**



**Annual
Concert**

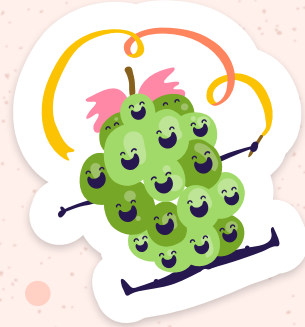
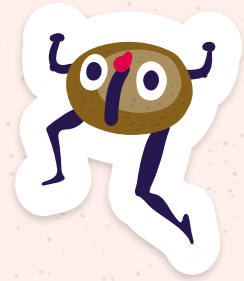
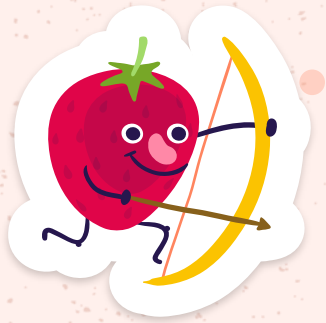


**Christmas
Assembly and
Class Party!**



Montessori – 3

Christmas break is from December 24th to January 1st. School will reopen on January 2nd.



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