

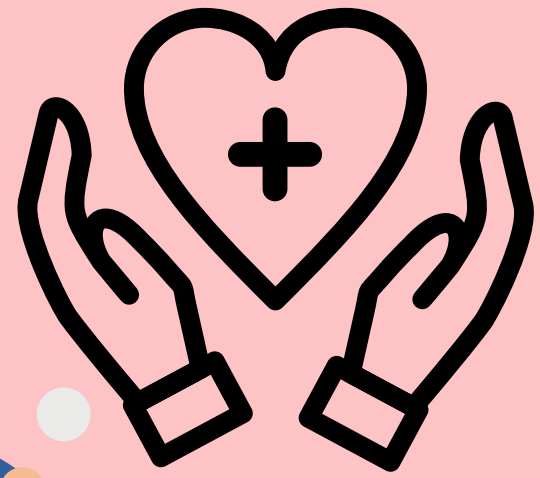


# Delhi Public School Vapi

UNDER THE AEGIS OF DELHI PUBLIC SCHOOL SOCIETY  
EVERYDAY HYGIENE

## 6 Steps to Thorough Hand Washing

DON'T SKIP ANY STEP!



### 1. Wet

WET YOUR HANDS  
WITH CLEAN  
WATER.



### 2. Lather

LATHER YOUR  
HANDS BY  
RUBBING IT WITH  
SOAP.



### 3. Scrub

SCRUB YOUR HANDS,  
IN BETWEEN YOUR  
FINGERS, AND UNDER  
YOUR NAILS FOR AT  
LEAST 20 SECONDS.



### 4. Rinse

RINSE YOUR  
HANDS UNDER  
CLEAN RUNNING  
WATER.



### 5. Dry

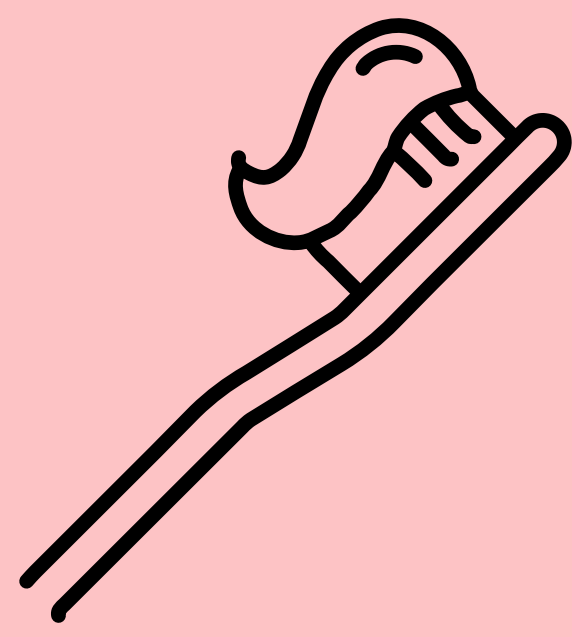
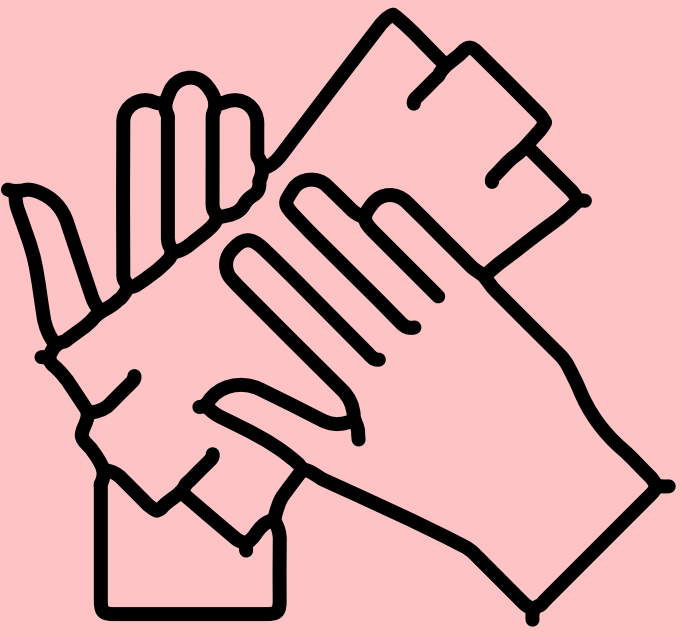
DRY YOUR HANDS  
USING A CLEAN  
TOWEL OR TISSUE.  
YOU CAN ALSO  
AIR-DRY THEM.



### 6. Repeat

WASH YOUR HANDS AS  
OFTEN AS NECESSARY,  
ESPECIALLY BEFORE  
AND AFTER HANDLING  
FOOD.





## **HEALTH AND HYGIENE WEEK**

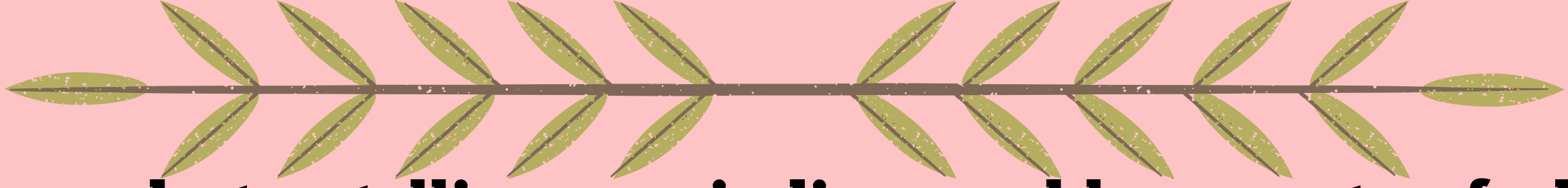
**“Maintaining good personal hygiene, having nutritious food, and being in a safe environment are essential for one’s emotional, mental, and social well-being”.**

**The little munchkins from the pre-primary sections of DPS VAPI participated in a series of activities that were woven around the theme, Health and Hygiene. A week-long of activities was conducted to help students understand the value of observing personal hygiene and being in a safe environment.**

**The week began with sensitizing the students with some tips on staying healthy and fit along with some Do’s and Don’ts they must follow in order to maintain post-pandemic safety.**

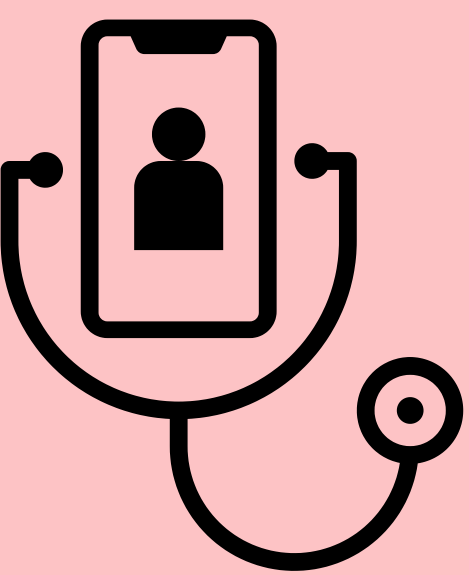
**Our tweenies of Grade I were super enthusiastic to participate in all the creative activities planned. To give a kick start to the week, Grade 1 team did an activity on dirty and clean hands where they understood the importance of keeping our hands clean as we interact with things around through our hands. Next, the students practiced the ways to keep the tooth clean and brushing steps to be used to remove the cavities. Role Play enactments using products from a daily routine like soap, toothbrush, toothpaste, shampoo etc were performed by the children pepped them with confidence.**

**Little moppets of Grade 2 thoroughly benefited from activities and tasks planned and executed efficiently by the teacher. The children enacted nonverbal actions to create a picture story to understand the concept of transmission of germs from one person to another. The teacher introduced the concept of Dental care through an informational video post which the children were engaged in penning down their ideas to keep their teeth healthy and at last, they stuck the chits on a tooth made with the help of chart paper. Children enhanced public speaking and were able to boost their confidence in the Show and Tell activity. Healthy eating practices were instilled in the children while they designed their personalized healthy plates by sticking pictures on the disposable plates under the supervision of the teacher.**



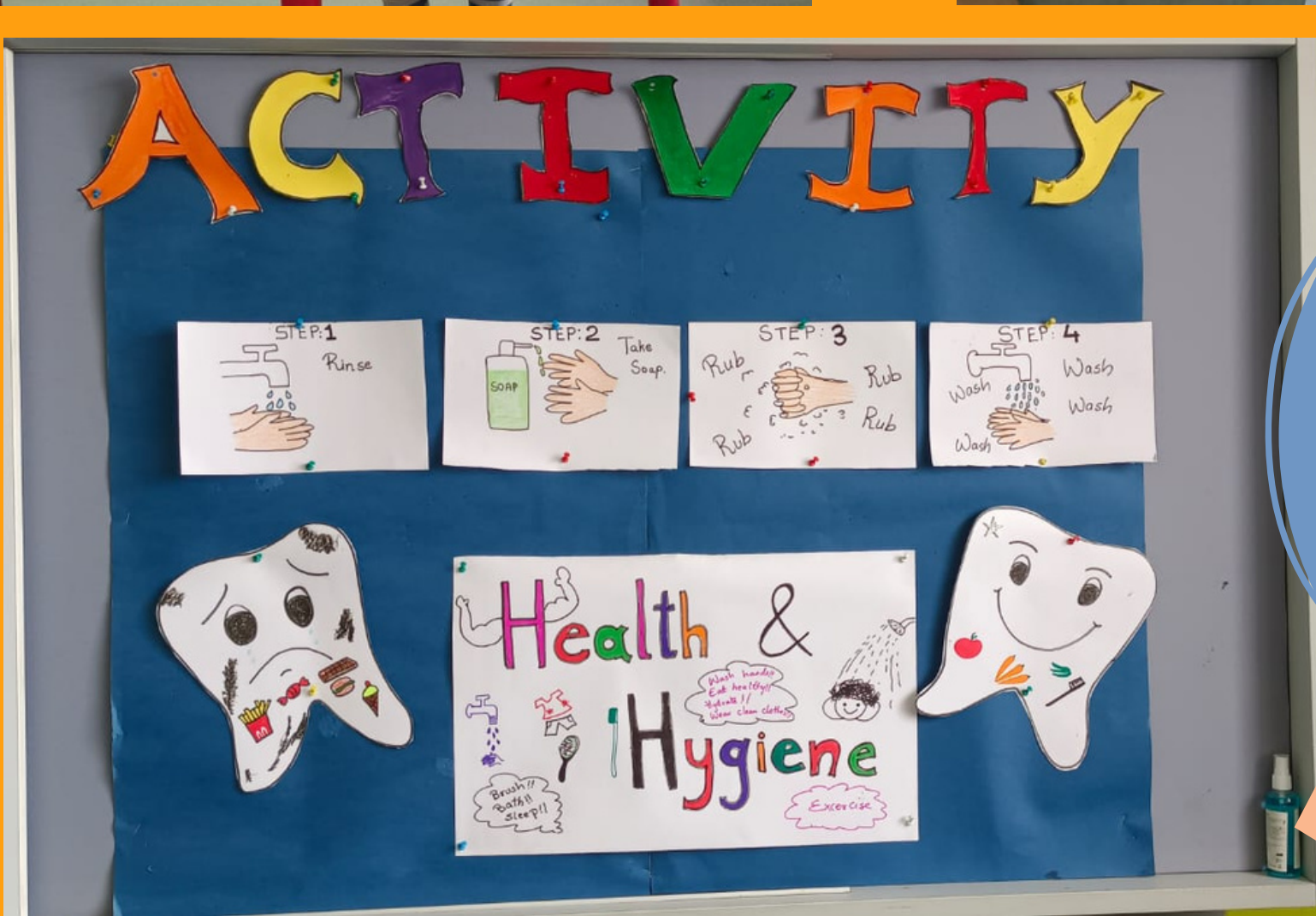
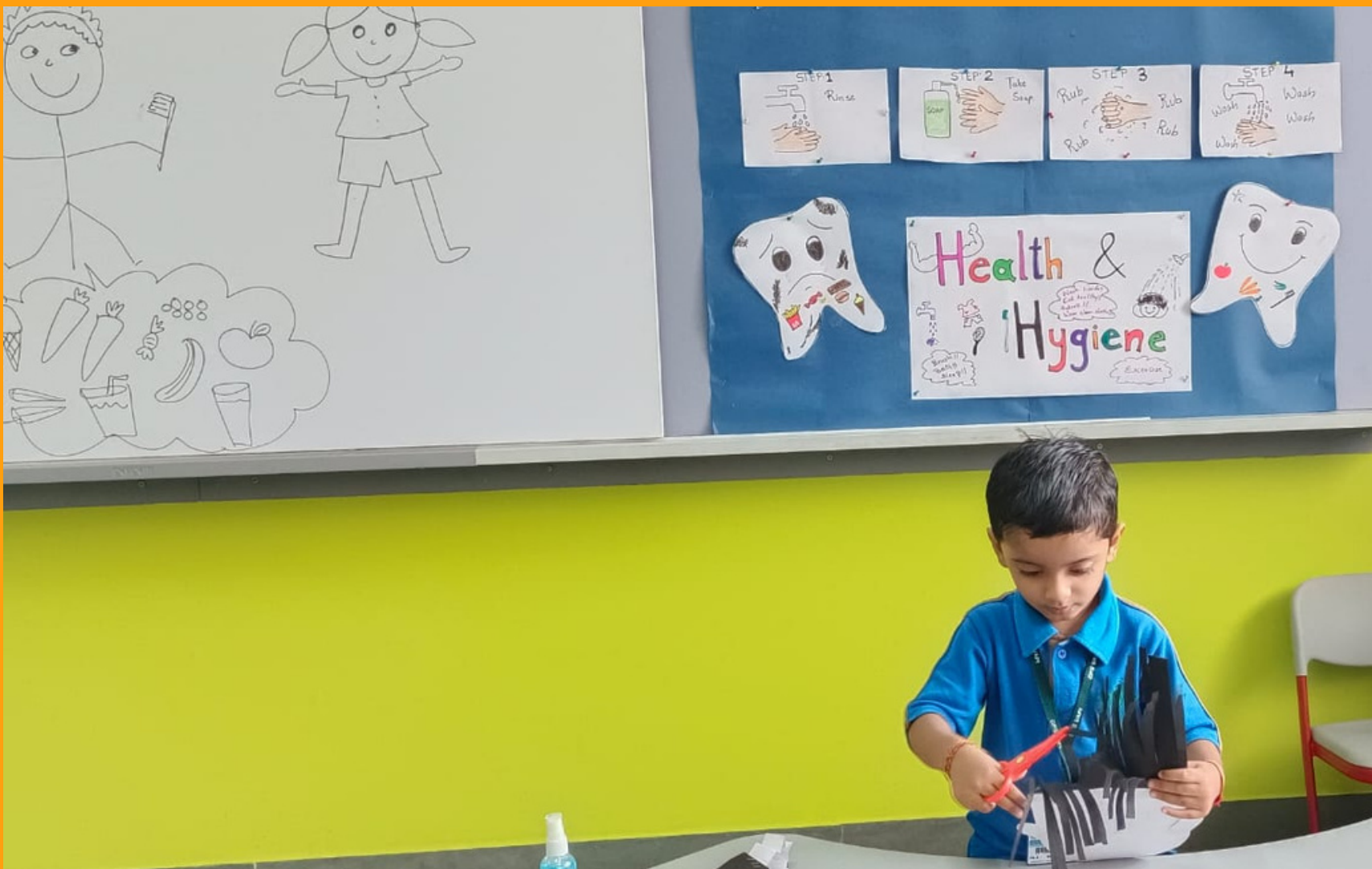
**Puppetry and storytelling are indispensable aspects of children's life. Learning through these techniques is fun and desirable. Grade 1 and 2 children had an infotainment experience of storytelling using puppets on the topic of Cleanliness and Hygiene. Also, the experience of practicing the right physical exercises and aerobic moves by trained professionals at school motivated children to do these exercises as a part of their regime.**

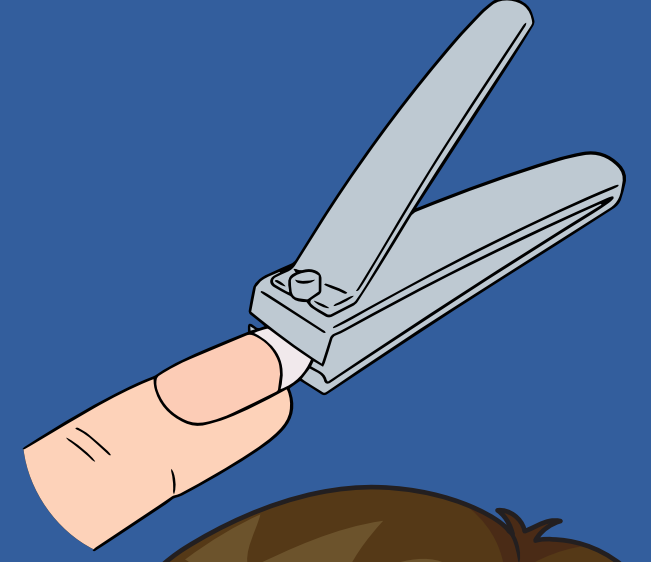
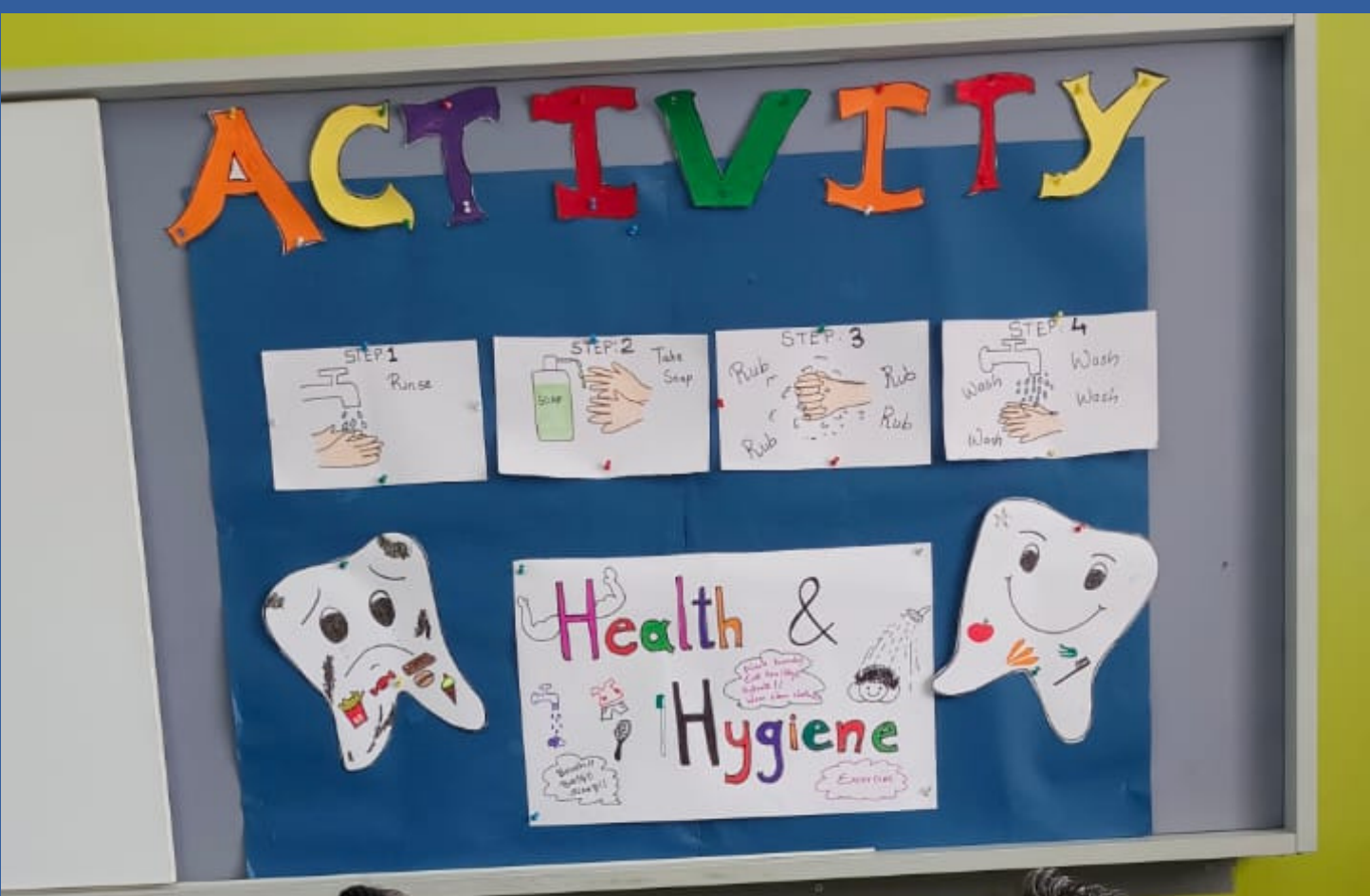
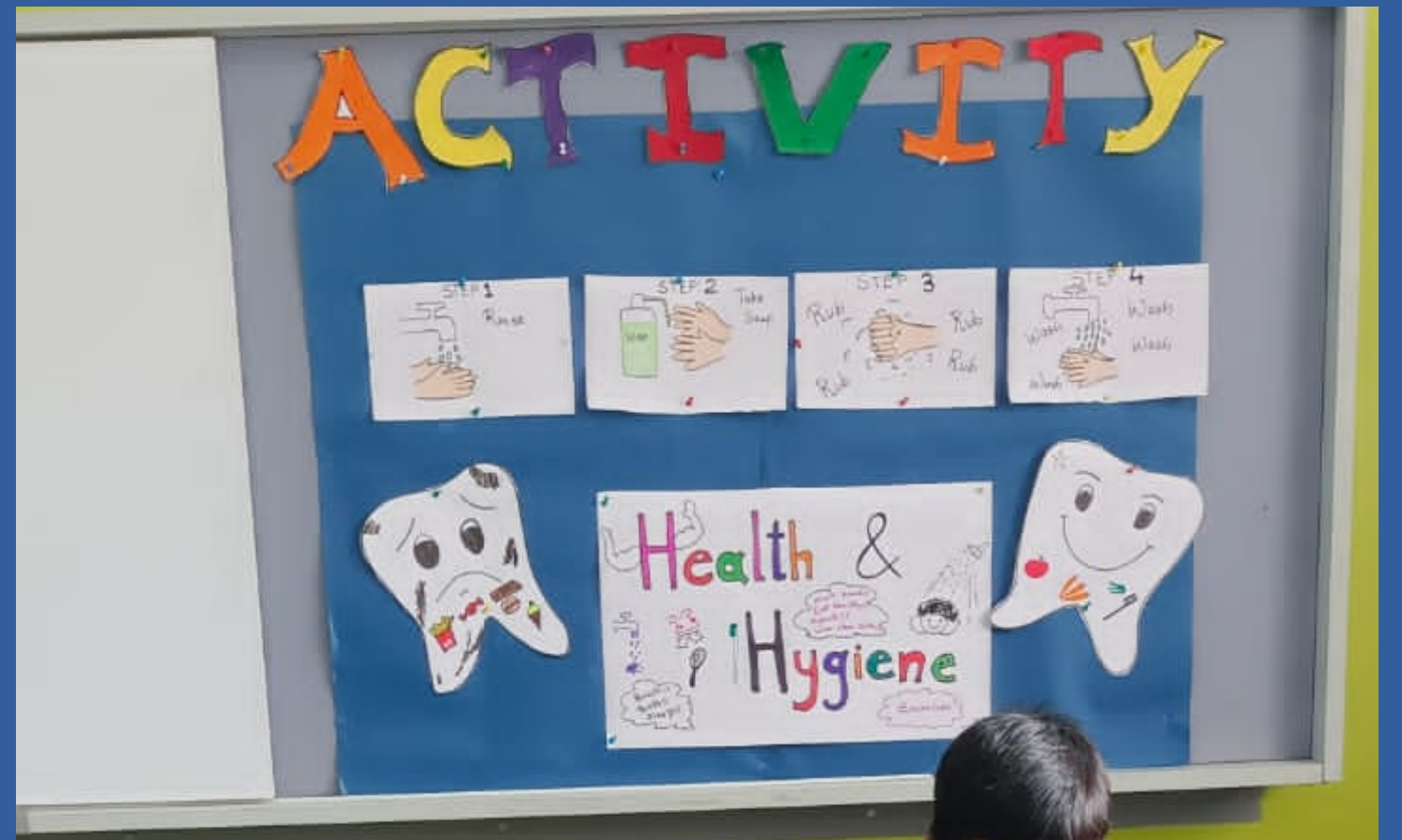
**Our Cherubs from pre-nursery-prep sections also at the end of the week were well informed about following a healthy hygienic regime. The wonder activities conducted in pre-nursery class were Hand wash sequencing with beautiful displays on the soft boards and children were made to practice the right ways and steps of hand wash. The 'Germ Police Game' where kids went on a germ hunt. The teacher facilitated learning through stories titled 'Bad and sad tooth' and 'Healthy and Unhealthy food' Prop demonstration of basic hygiene habits to encourage children to follow the same as a part of their daily routine. The nursery class students apparently the energetic ones were involved in the set of activities like Segregation of pictures of food items in the categories of healthy and unhealthy for the teeth, worked diligently on the worksheets given and enacted healthy dental practices and the stories on healthy living were impactful to instil right habits among the children. The prep class children watched interesting videos and could identify with the characters in the videos to get track of healthy and hygienic practices. The art and craft activities added to the fun of the learning experience of a fruitful and productive week.**



# CLASS PN



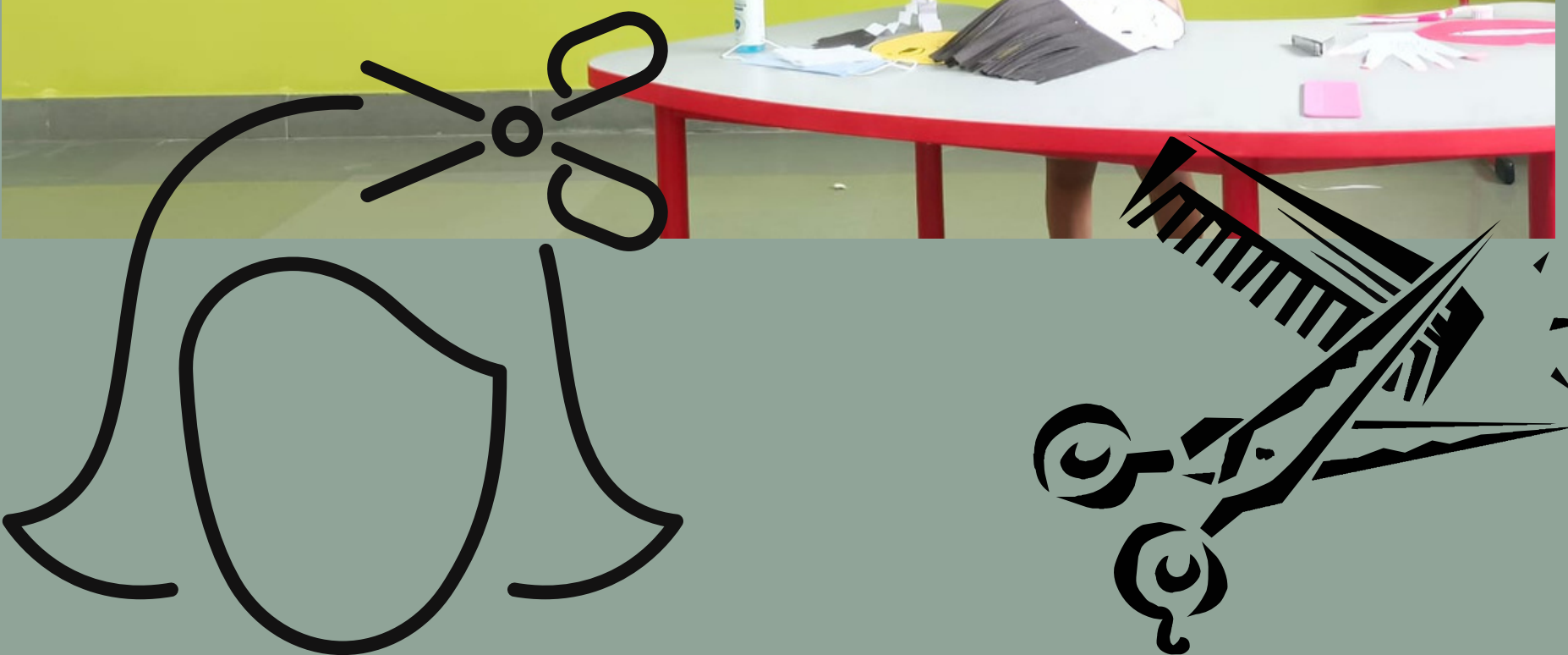
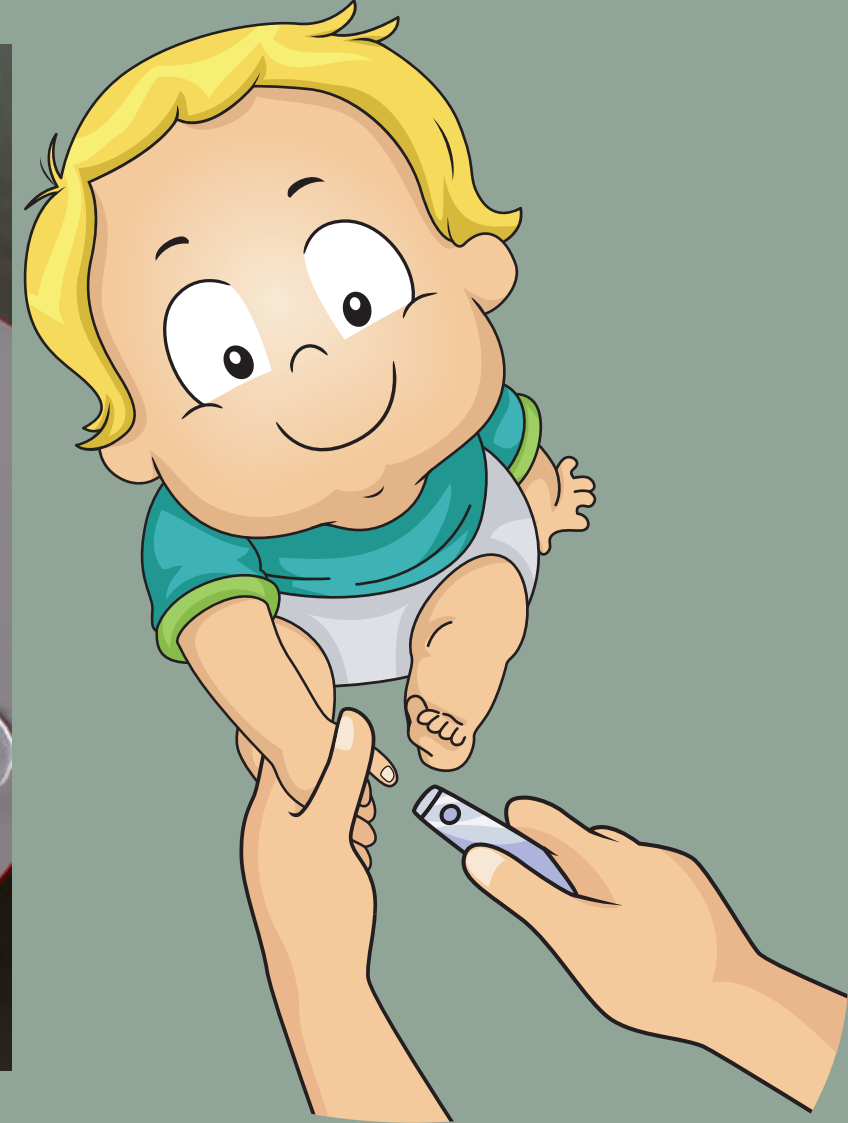
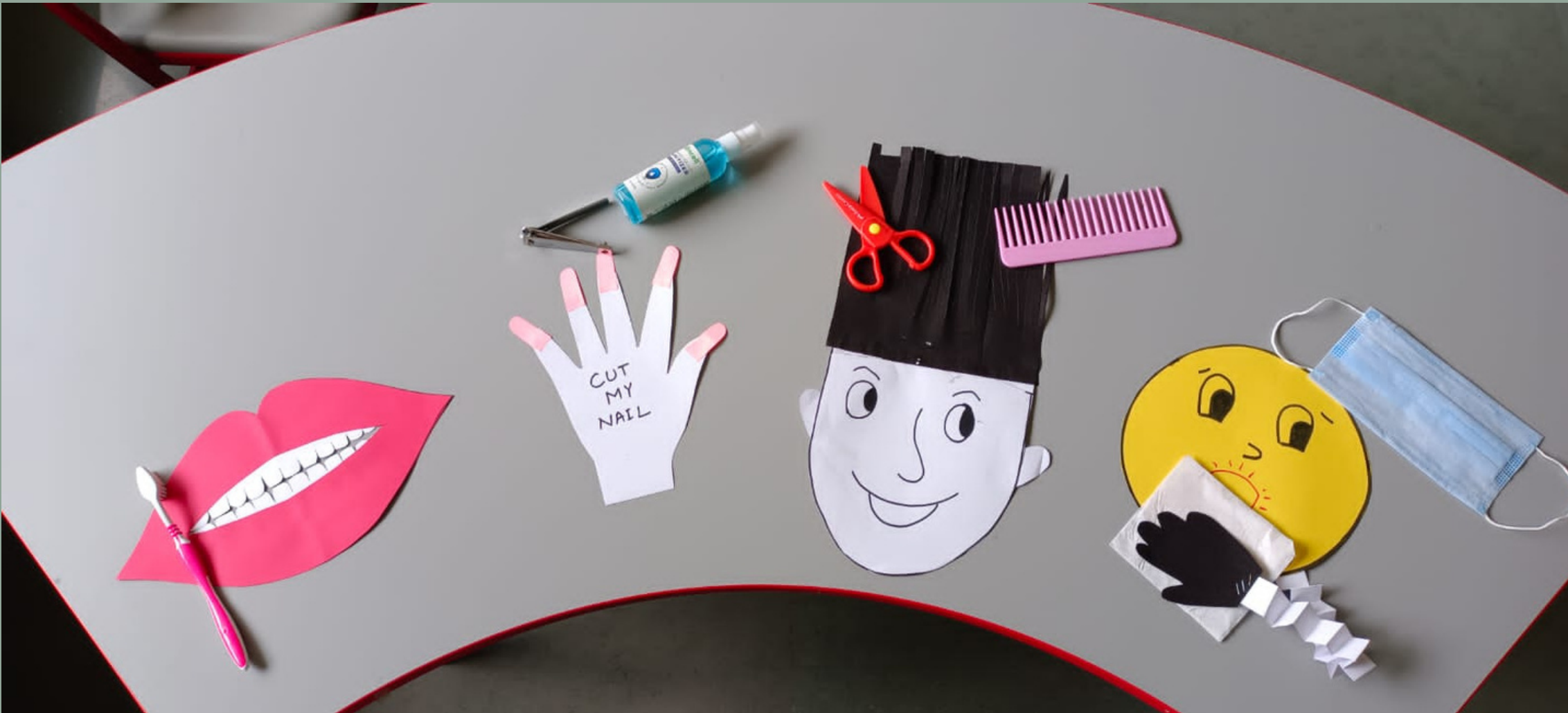




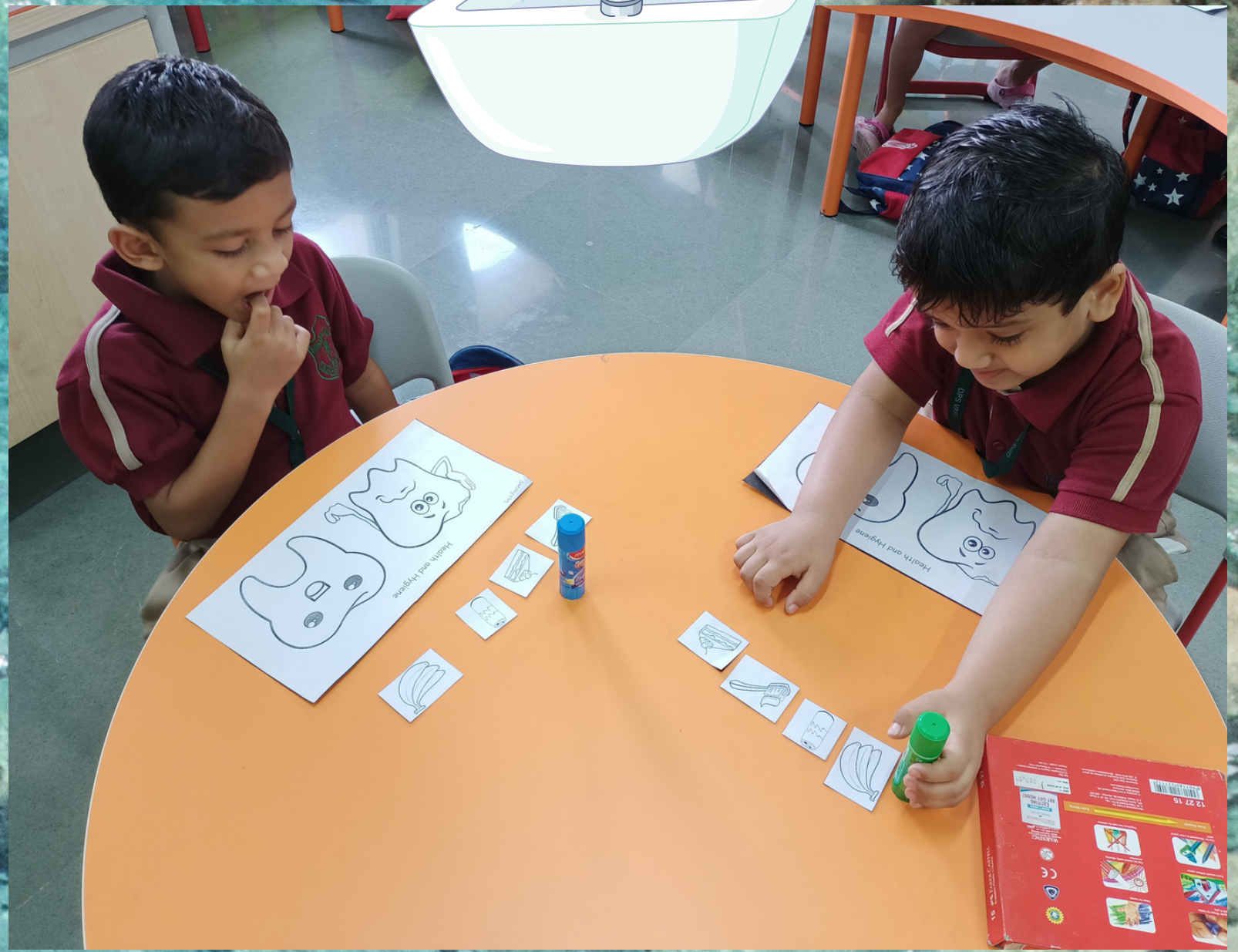
# ACTIVITY



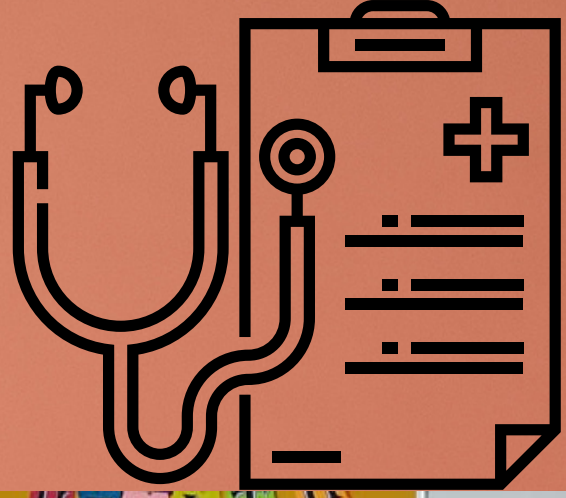
# ACTIVITY



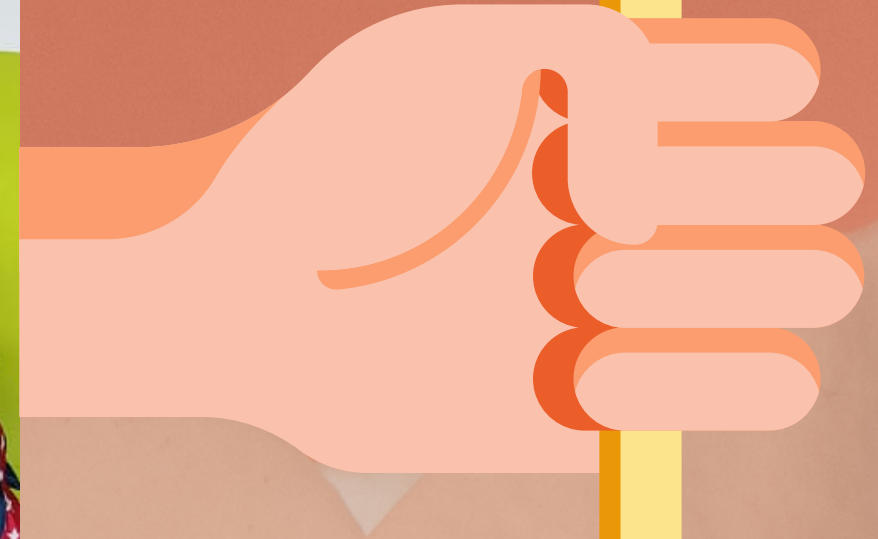
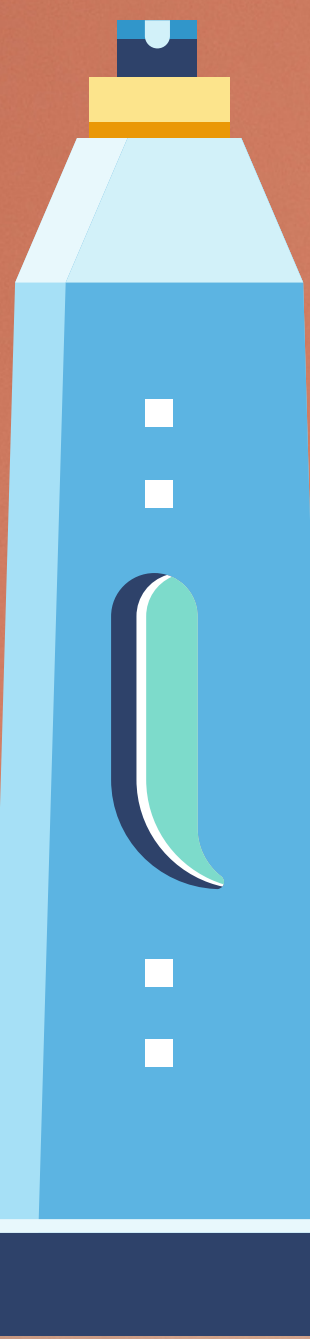
# CLASS NURSERY







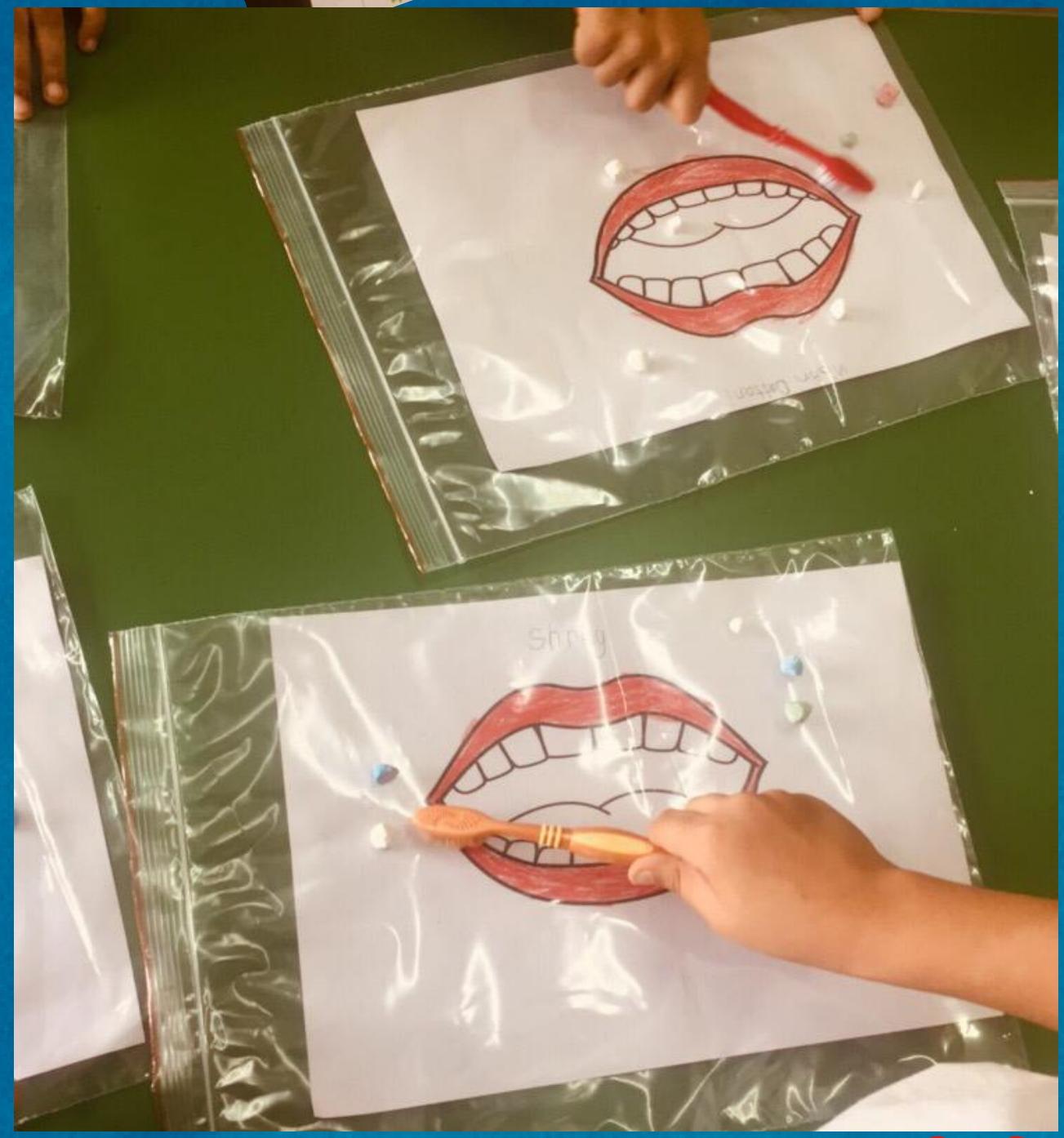
# CLASS PREP



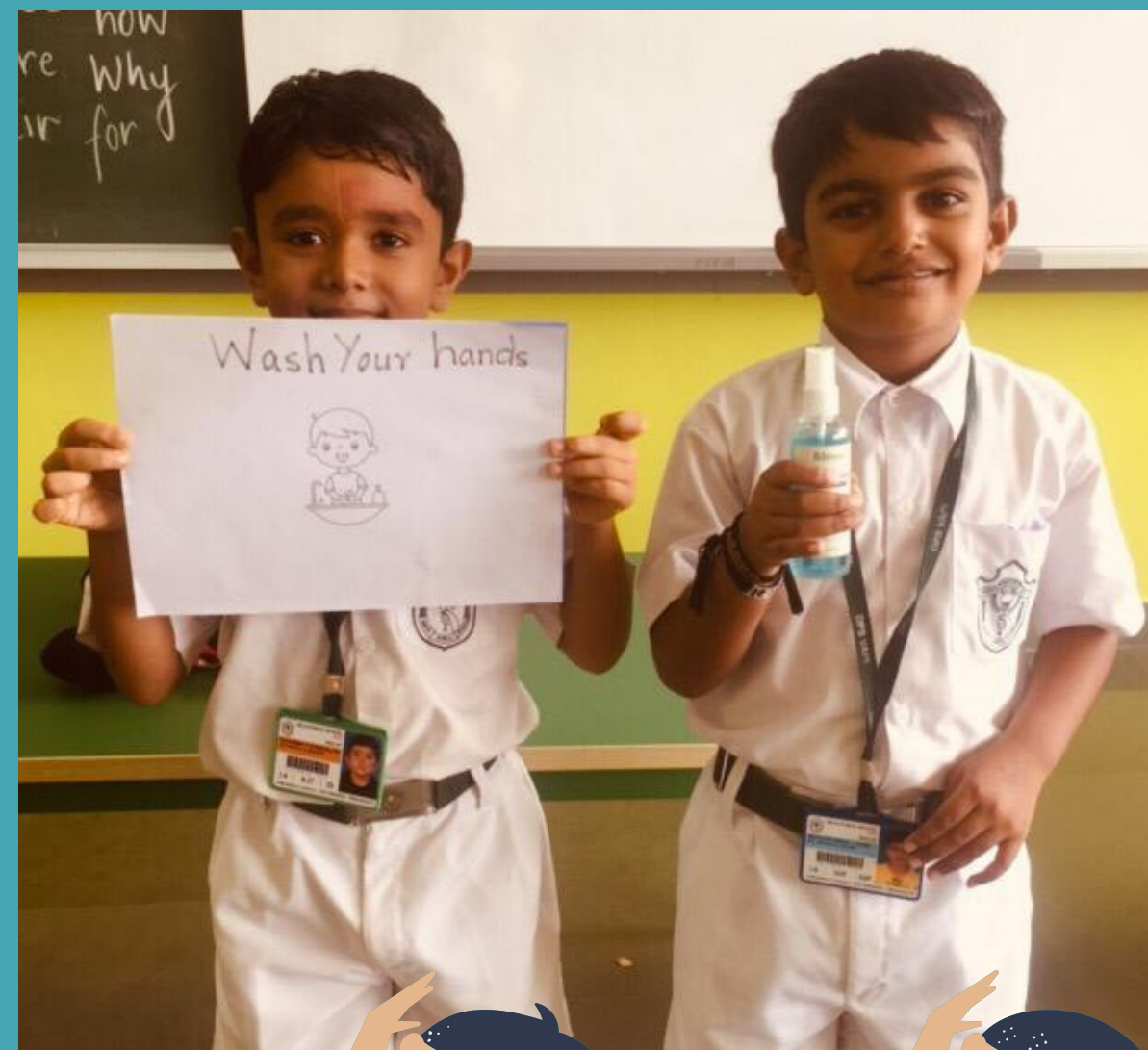
WASH  
your  
HANDS



# CLASS 1







# CLASS 2

