

Patrika

August 2026

Hello Ipsaa Family!

August had us out of the classroom more than usual. This month, Independence Day stopped being a closed-door assembly and became something the whole neighbourhood could walk into — we ran outdoor celebrations right at DLF Phase 5, Sector 91, and ASF Insignia, flags out, songs going, open to anyone passing through. It's one thing to tell people about Ipsaa. It's another to let them stand in the middle of it for an afternoon. A good number of the conversations that started that week are still going.



Learning with Joy

History doesn't always land just from a textbook page. So this month, instead of reading about the freedom fighters, the children performed their slogans, full volume, the way they were meant to be said. That fed straight into a look at India's national symbols — the flag, the emblem, the anthem — and why each one has its own story and importance. A method like this almost always results in a better recall than simply reading it.

Keeping Our Children Safe

Behind the scenes, staff went through this month's training on POCSO, followed by a quiz to make sure it didn't end the moment the session did — not an easy topic, but a necessary one when your day is spent around children who can't always say what's wrong. Alongside that, caregivers sat through a refresher on washroom hygiene, timed for monsoon, when infections among the under-fives tend to spike fastest.



Festivals At Ipsaa

Friendship Day had children swapping bands and promises. Independence Day had them lined up for the flag salute, singing patriotic songs slightly off-key and completely sincere. Onam brought a bit of Kerala into the room. Rakshabandhan had small hands tying rakhis and gluing together cards so they become keepsakes you cherish forever.



Upcoming Events



Teachers' Day

Janmashtami



Hindi Diwas

Ganesh Chaturthi



Mentor's Message



Why routines matter for children

Children don't experience the world the way adults do — a routine isn't a constraint to them, it's a form of safety. Knowing what comes next, whether it's snack time, story time, or the walk to the door at pickup, gives a child a sense of control in a world where very little is actually in their control. Routines also do quiet work on behaviour: transitions get smoother, tantrums get shorter, and children start to self-regulate because the pattern of the day is already familiar to them. At Ipsaa, we build routines not to keep children busy, but to help them feel secure enough to explore, ask questions, and grow.

Ashwini,
Mentor
Magarpatta, Pune

Day-care Corner

Every Ipsaa centre had something to celebrate this August: Friendship Day, Independence Day, Onam, and Rakshabandhan, four in one month, four times the fun!



Between the festivities, learning carried on as usual, plus a rainy-day craft session that's become something of a monsoon tradition here.



And when the rain actually came down, the children didn't retreat from it, they built paper boats, raced them through puddles outside, and treated the whole thing like a little playdate at the end of a school day.



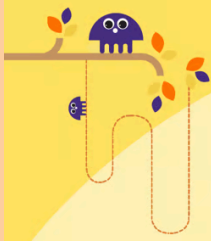
Parent's Corner



Kids are enjoying and learning our Culture too. ✨ Thank you so much for such an amazing activities and celebrations!



Parent's Feedback
Siemens Kalwa Centre



Nature's Marvel

Crows don't get enough credit. They're widely considered among the most intelligent birds on the planet, capable of genuine problem-solving, sophisticated communication within their groups, and — perhaps most striking — the ability to recognise individual human faces and remember them for years. Not bad for a bird most people walk past without a second look.

Amazing Facts

You can tell how old a tree is just by counting the rings inside its trunk. Each ring marks one full year of growth, laid down season after season. This is a tree's entire life story, written in rings of wood.



Health Tip

One Health Tip a Day Keeps Illness Away

Warm water during the monsoon does double duty: it supports digestion and helps keep the season's usual infections at bay. A small habit, easy to build into a child's daily routine, with strong realtime benefits.



Nutrition Corner

Three balanced meals a day should be the goal for children, not a suggestion. Sticking to that rhythm is what keeps unnecessary snacking between meals in check, and it sets up a relationship with food that's structured rather than grazing-based from an early age.





My Neighbour Totoro (1988) — two sisters, a new house in the countryside, and a forest spirit who may or may not be entirely imaginary. Nothing much happens, by design, which is exactly why it works for family viewing: no chase scenes, no villain, just wonder at a pace kids can keep up with.

Fun Recipe

Whole Wheat Pasta Salad

A rainy day classic, and about the easiest thing you can get a child excited to help make.

Ingredients:

- ✦ Pasta: 2 to 3 cups of boiled whole-wheat or millet pasta in fun shapes like wagon wheels, penne, or spirals.
- ✦ Veggies: 1 cup of diced cucumber, halved and diced tomatoes, and finely grated or chopped carrots.
- ✦ Protein: ½ cup of cooked chickpeas, cubed cheese, or cottage cheese.
- ✦ Dressing: 3 tablespoons of extra virgin olive oil with a squeeze of lemon juice — or, as a lighter alternative, thick yogurt with a touch of honey (2 teaspoons) and half a teaspoon of mustard powder.



Method:

Place the boiled pasta in a large bowl. Toss it with a little olive oil so the pieces don't stick together. Add all the vegetables to the bowl and pour the dressing over the top. Mix well and serve with delight!

Closing Note

Thank you, as always, for trusting us with your little ones this month. Here's to more flags, more rain, and more of these small moments together in the weeks ahead.



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