

# FR. PETER MERMIER PRESCHOOL

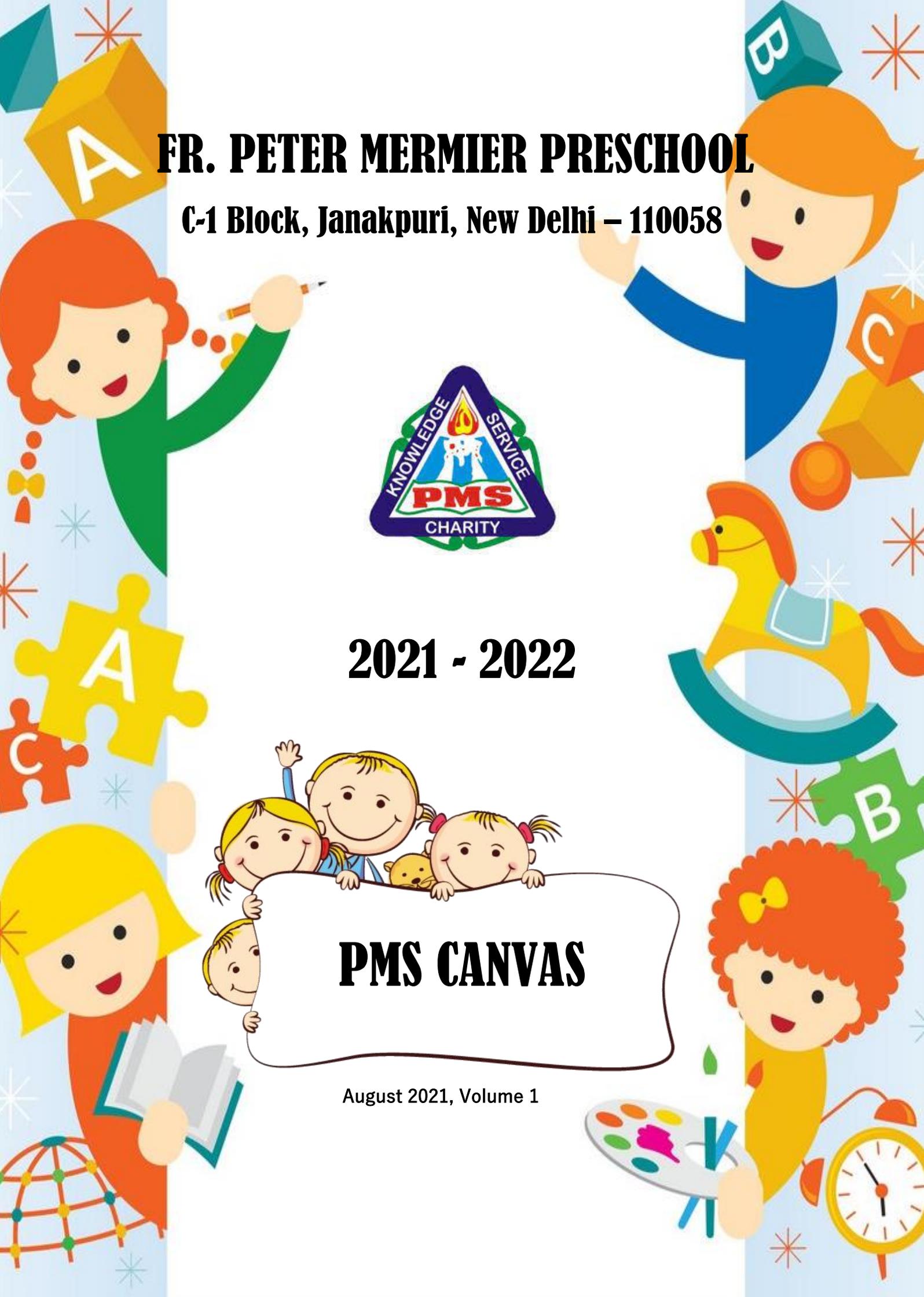
C-1 Block, Janakpuri, New Delhi – 110058



## 2021 - 2022

# PMS CANVAS

August 2021, Volume 1





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### Being Human and Divine...

*“There is nothing more man needs than Divine Mercy - that love which is benevolent, which is compassionate, which raises man above his weakness to the infinite heights to the holiness of God.”*

**-Pope John Paul II**

Dear Parents, Teachers and my dear Students

Have you ever pondered over the quality of being human and the state of being divine? Let me explain with two true stories. In the year 1981, there were assassination attempts on two important personalities of the world - Mr. Ronald Reagan and Pope John Paul II. It is said when Mr. Ronald Reagan was shot, he collapsed and fell to the ground. As he was taken to the hospital, he cracked some jokes with the people around while forgetting his pain. When Pope John Paul II was shot and fell to the ground, it is reported that he told the people near him that he has forgiven his brother who shot him.

One of the news magazines of that time reviewed both the incidents and said that Mr. Ronald Reagan expressed his humanity and showed how human he can be. Pope John Paul II showed his divinity and expressed how divine he can be.

Today, we need to be both divine and human. We know we are tormented by this endless pandemic. In order to handle this situation as a human being, we need to learn, unlearn and relearn and stay focused. We need to have unhindered and unequivocal faith in God which will help us overcome adverse situations we confront these days.

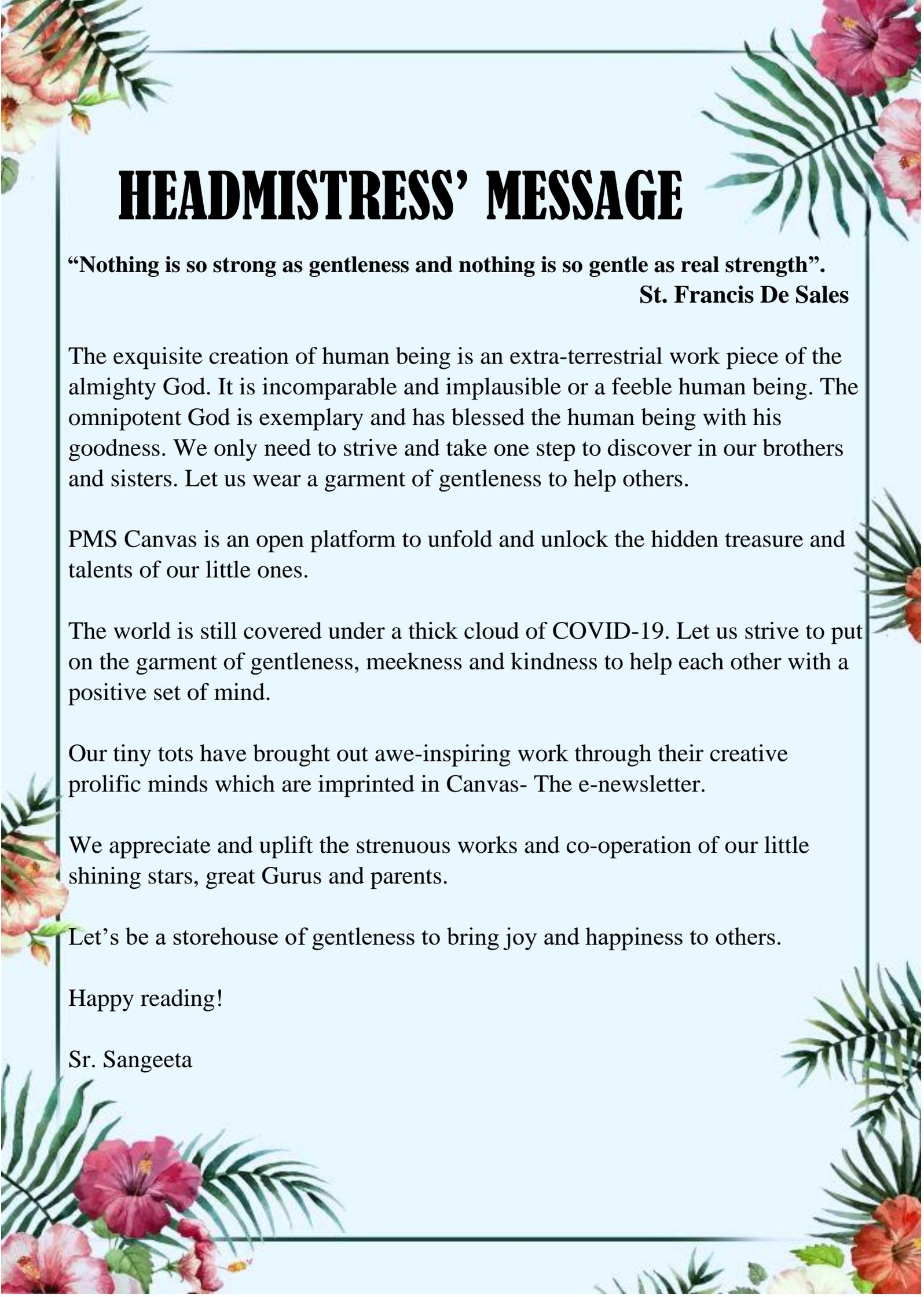
The fact is only breath belongs to us. Therefore, one needs to make all the attempts to keep this breath going as long as the Divine Being wants. Therefore, let us learn to enjoy every moment of our life, create meaning in whatever we do and make ourselves divine by forgiving others.

Stay safe. Stay healthy and humble.

**Fr. B Anthony Amaladoss**

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# HEADMISTRESS' MESSAGE

**“Nothing is so strong as gentleness and nothing is so gentle as real strength”.**

**St. Francis De Sales**

The exquisite creation of human being is an extra-terrestrial work piece of the almighty God. It is incomparable and implausible or a feeble human being. The omnipotent God is exemplary and has blessed the human being with his goodness. We only need to strive and take one step to discover in our brothers and sisters. Let us wear a garment of gentleness to help others.

PMS Canvas is an open platform to unfold and unlock the hidden treasure and talents of our little ones.

The world is still covered under a thick cloud of COVID-19. Let us strive to put on the garment of gentleness, meekness and kindness to help each other with a positive set of mind.

Our tiny tots have brought out awe-inspiring work through their creative prolific minds which are imprinted in Canvas- The e-newsletter.

We appreciate and uplift the strenuous works and co-operation of our little shining stars, great Gurus and parents.

Let's be a storehouse of gentleness to bring joy and happiness to others.

Happy reading!

Sr. Sangeeta



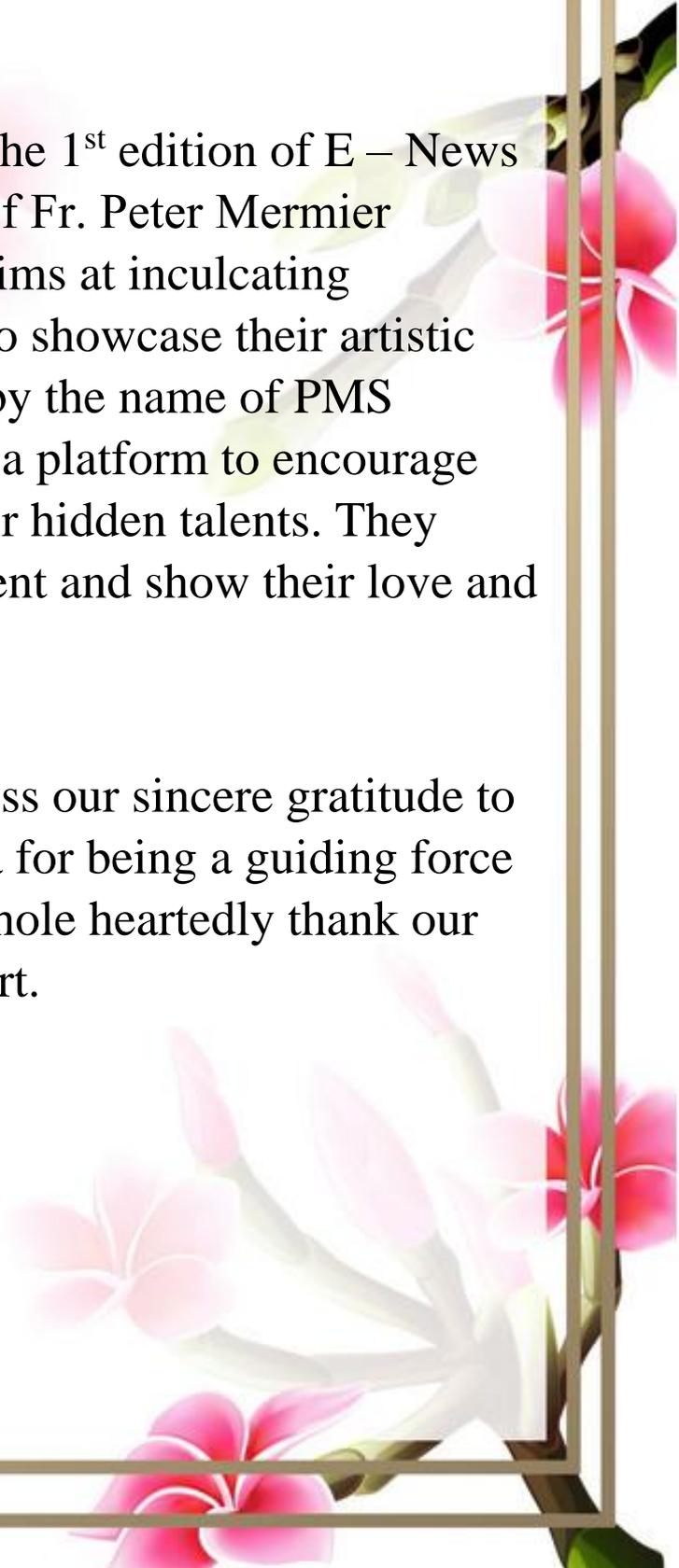
## **EDITOR'S MESSAGE**

### **Greetings to all !**

We are very happy to present the 1<sup>st</sup> edition of E – News Magazine “PMS CANVAS” of Fr. Peter Mermier Preschool. This E-Magazine aims at inculcating creativity in the students and to showcase their artistic skills. The E-newsletter goes by the name of PMS CANVAS as it aptly provides a platform to encourage our students to bring forth their hidden talents. They express care for the environment and show their love and respect for everyone.

We would like to express our sincere gratitude to our Headmistress Sr. Sangeeta for being a guiding force throughout the process. We whole heartedly thank our parents for their sincere support.

Thank you



*Fr. Peter Mermier Pre-School  
Welcomes*



Sr. Sangeeta Macwan  
Headmistress

*Fare thee well !  
We will always miss you*



Sr. Vailankani Fernandes  
Headmistress

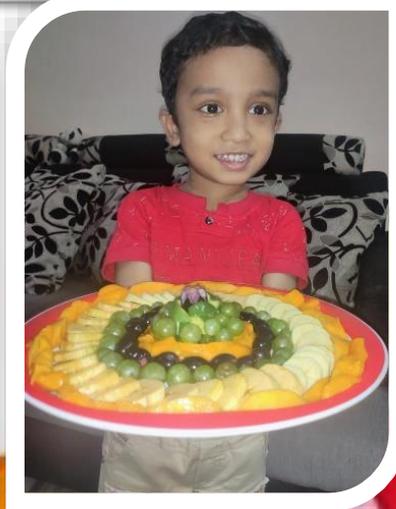
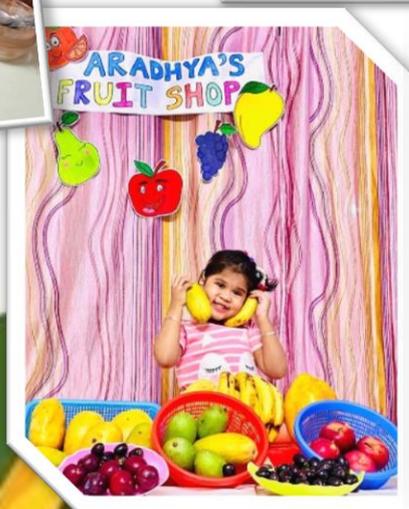


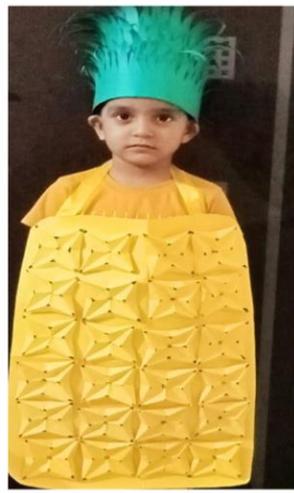
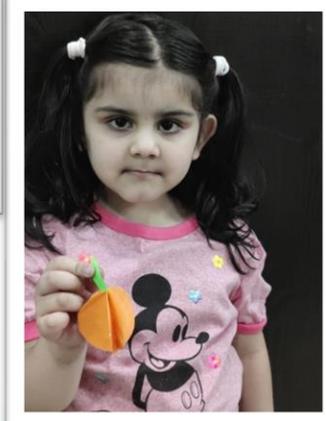
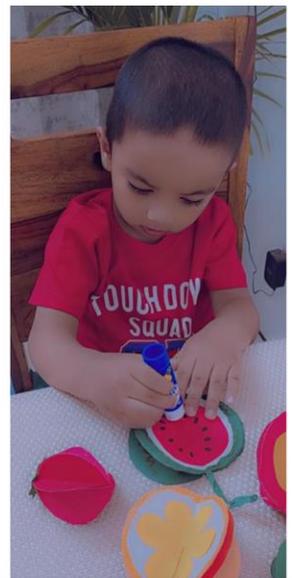
**ACTIVITIES  
DONE BY OUR  
TINY TOTS**

## SUMMER FRUITS

A fruit is the part of a flowering plant that contains the seeds. The skin of a fruit may be thin, tough or hard. Its inside is often sweet and juicy. Fruits are important source of fibre and vitamins, especially vitamin C.

They contain minerals and a large amount of water. Fruits are a necessary part of a healthy diet.

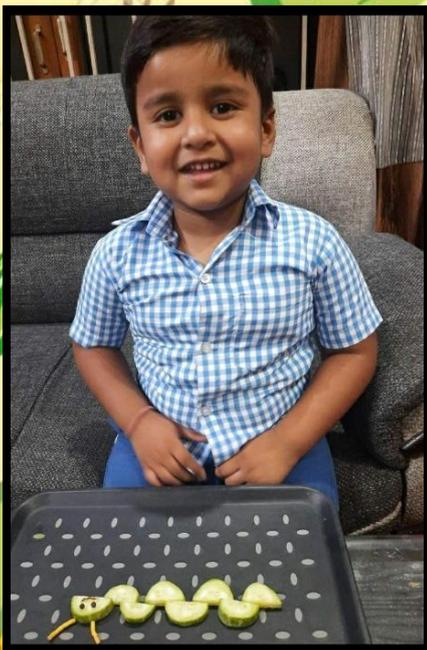




# VEGGIES ON MY PLATE

Vegetables are an important part of our diet. They are called protective food, as consuming them prevent several diseases. Vegetables play an important role in the balanced diet. They not only provide energy, but also supply vital protective nutrients like – minerals and vitamins.







# SUMMER SEASON

Summer is the hottest season of the year. The season of flying kites, the season of yummy icy ice cream, the season of cool watermelon, cucumbers and lemonade. Who can forget the different kinds of delicious mangoes? For children it is the season of vacation, waterpark, picnic and fun.

**I love the summer season**



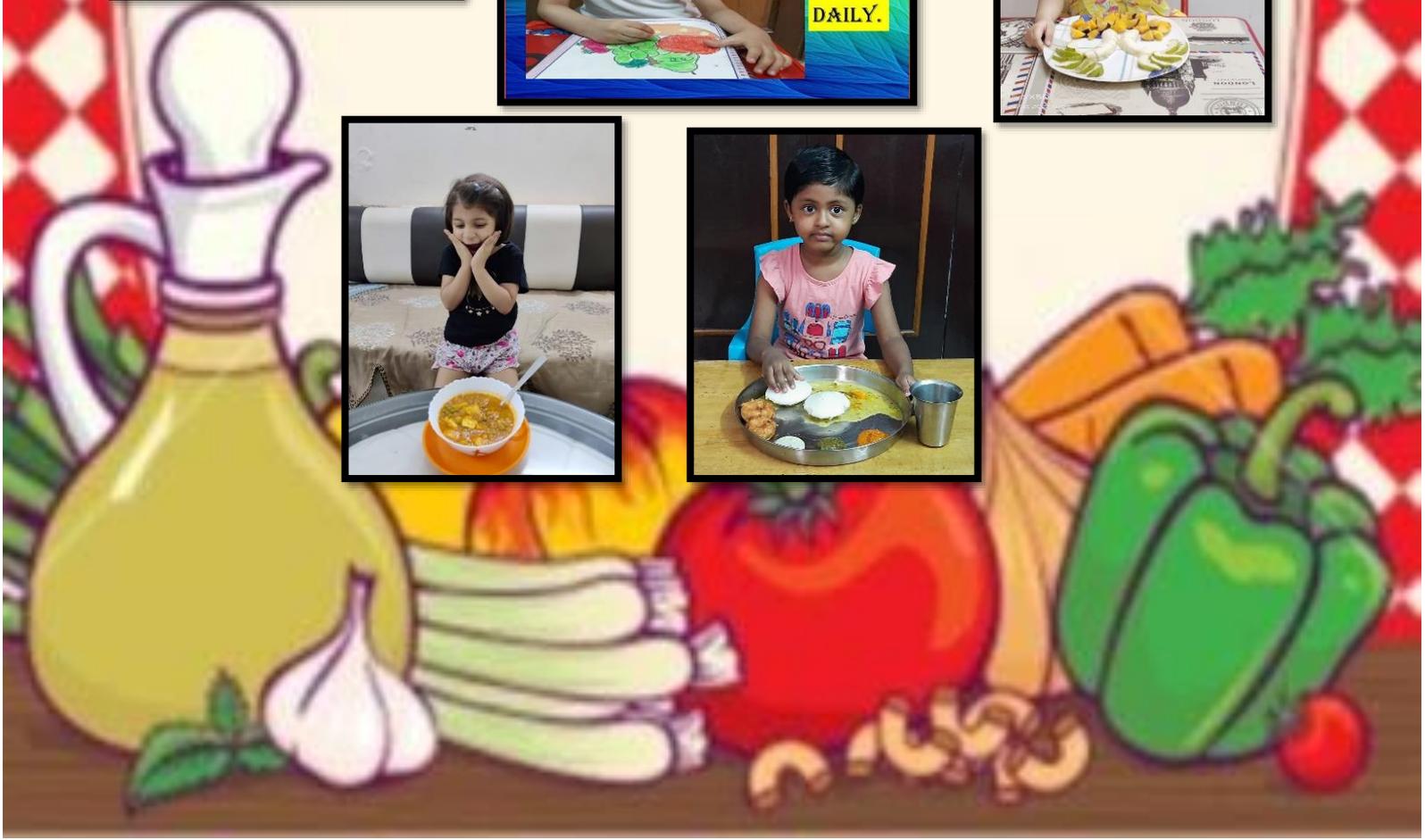


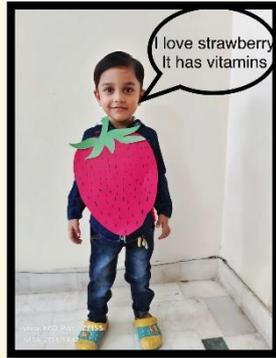
# FAVOURITE FOOD

**Food provides nutrients so that we can grow, be active and healthy.**

**“Children who eat well grow well”**

**So here are our tiny tots showing us what their favourite foods are.**





# MEANS OF TRANSPORT

Transfer of commodities or people from one place to another place is known as transport. Means of transport are of three types – land transport, air transport and water transport. Transport is very important because it helps people and goods to move from one place to another within a short period of time, hence transportation helps us to save time. It also enables trade between people which is essential for development of civilization.





# Father's Day

THE BEST DAD IN THE WORLD

**A father is neither an anchor to hold us back nor a sail to take us somewhere but a guiding light whose love shows us the way. On this Father's Day, our tiny tots expressed their love towards their fathers by making cards and handmade gifts for them.**



FATHER'S DAY





FATHER'S DAY

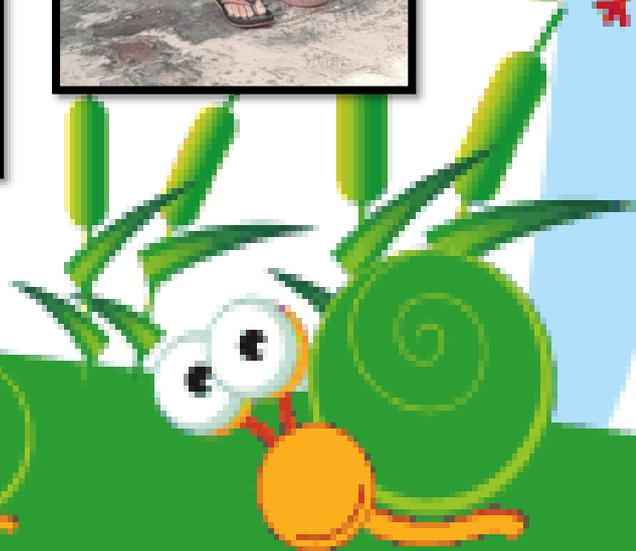


jeremy\_dubois



# SAVE Environment

The environment gives us countless benefits which we can't repay during our entire life. As we are connected with the forests, trees, animals, water and air. The forest provides us food, filter the air and absorbs harmful gases. Plants help purify water, reduce the chances of flooding and maintain a natural balance. All animals depend on their environment.



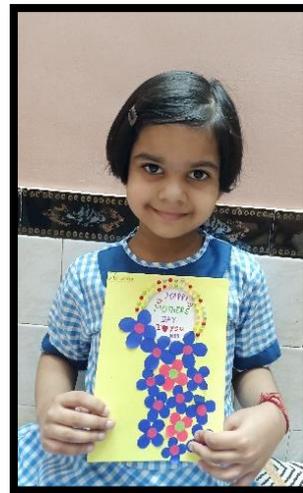


# Mother's Day

**“Mother is a supreme and divine creation of God”**

**Mother's Day is a special day and an occasion celebrated across the world. None of us can afford to miss it and it is enjoyed by all. Prep Lily class celebrated their Mother's Day by making a card for their mothers.**





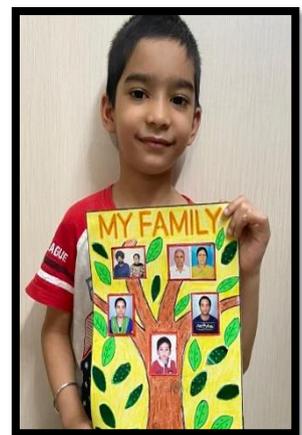
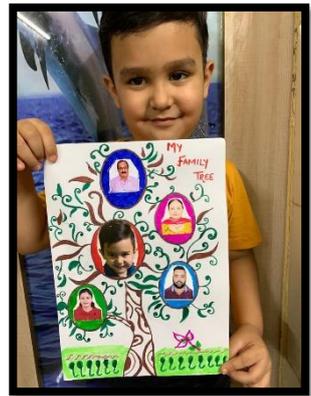
# FAMILY TREE

**Knowing the genealogy of oneself through a family tree helps to understand and treasure the relationship with others in the family.**

**A family holds a special place in the life of an individual and the society in which we live. They teach us good lessons about love, unity and cooperation amongst ourselves. May God protect our families from all evils and keep us safe from all dangers of life.**

**Our kids did this interesting activity and loved doing it.**





# YOGA

**Breathe, Relax and Be Still**

**Yoga is a way of life. It helps to strengthen our body, regain our focus and improve our self-confidence. It is beneficial not just for the grown-ups but even for little children.**

**International Yoga Day is celebrated all over the world on 21<sup>st</sup> June. Here our little ones are practising yoga for a healthy mind and body.**





The background of the entire page is a soft, light pink color with a subtle, shimmering texture. On the left side, there are several branches of pink flowers, likely bougainvillea, with vibrant green leaves. Some flowers are in full bloom, showing their characteristic five-petaled structure and central stamens. There are also some white flowers with a star-like pattern. The overall aesthetic is delicate and celebratory.

**Dear Parents**

**We thank you for your commitment and encouragement in helping your wards to accomplish the given tasks. We appreciate your sincere efforts.**

**Ms Angeli Tigga**

**Ms Margaret Budding**