

**ISSUE 5**

**JUNE- JULY ,2022**

**NPS, HOSUR ROAD**

# **FIRST FORUM**

**DREAMS MAKE LIFE  
BEAUTIFUL**





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”  
**Don't let what  
you can't do  
stop you  
from what you  
can do.**

**John Wooden**

# PRINCIPAL'S MESSAGE



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## MOBILE AUTISM



"Too Busy" is a myth, people make time for the things that are really important to them. No amount of money or success can take the place of the time spent with family.

Technology has made our lives easy and effortless. While there are several benefits to the advancements in technology, there are also certain drawbacks.

The invention of Mobile phone - the most advanced and effective communication device in this century was one such innovation that was designed to make our lives convenient. We have gotten so accustomed to this little device that it has become a natural extension to our daily lives. A mobile phone is not only being used by a corporate or highly qualified professional. People from all types of social groups have mobile phones in their hands now. The usage of the mobile phone is not increased only with all social groups but also with people of all age groups. Children are the more noticeable group as they are using cell phones of all types.

It's time to pause and check if these gadgets are truly making us smart or making us a victim of losing ourselves and family to various addictions. Risk of cell phone addiction is a social and psychological problem which has been proposed by psychologists, psychiatrists, and educational supervisors.

Apart from stress, anxiety, depression; mobile/ computer addictions can have much greater, deeper and long-lasting psychological effects. Moreover, serious implications on the young minds.

### **\*\*Infections\*\***

We as parents prioritize our kids health and hygiene on top of our list. Do we realize that a child on mobile can ingest germs? With kids using mobile while eating, Yes , all the germs on your phone's screen ultimately go inside the body leading to different types of infections.

### **\*\*Decreased cognition and motor skills.\*\***

Smartphones may also impair cognitive performance by affecting the allocation of attentional resources. Making the child's brain less functional. Cases of digital amnesia is also reported.

### **\*\*Insomnia\*\***

Bed time stories of the books have been replaced with bed time on the net. It seems to be quiet easy to snap the mobile to the kids rather than reading out to them. Long time use of mobile before going to bed can in fact reduced the sleep cycle that leads to irritable behaviour due to insomnia.

### **\*\*Low self esteem\*\***

Child may feel a lack of confidence in school academics, sports or even at home in peer group.

### **\*\*Social seclusion\*\***

A clear social drift. The child hesitates to socialise due to mobile addiction. The child is safe and secure in the internet world hence withdraws oneself from people.

### **\*\*Mobile autism\*\***

A mental disorder which is commonly referred to as 'virtual autism'. Autism is a neuro-developmental disorder which manifests as problem in speech among patients who face difficulties to communicate verbally and non-verbal.

The list goes on... it's essentially important to surge this smart phone syndrome that is slowly crippling and conquering the tender minds of our little ones. Small lifestyle changes that can go a great way in hampering these viscous addictions are:

1. Engage kids in unstructured playful activities.
2. Involve them in household chores.
3. Tap the creativity in them.
4. Yoga is a simple yet complete life nourishing habit.
5. Encourage family get together with children actively participating in the proceedings.
6. Friends are great support . Fun filled friends' activities could help in increasing cognitive performance.
7. No mobile day . Refrain from gadgets at least once in a week/ once fortnightly. A practical implementation can work wonders on child's psychology.

Chart out your own custom-made tricks to handle this fast-spreading mobile addiction. It's never too late to start. Maintain a healthy and happy mental state by balancing your engagement in the real world along with your screen time. Your child needs your support that's consistent and conscious.

Ms. Usha Mahesh Reddy  
Principal, NPS Hosur Road



# Editorial

Dear Readers,

It is right to say that last year has been nothing but 'normal' and after having experienced the whole of it, we realize just how much we have grown together despite being apart. 2021 was an amazing year- from an almost world war, to our forests burning down, from UFO's and blackholes to a global pandemic - we have come a long way and so has humanity. The deep scars we left on our earth are healing and she is being restored to her former glory.

We angered mother nature with our selfish actions in the name of development and now she is reclaiming what is rightfully hers while we sit at home wondering just where we went wrong.

We have been given a chance to reflect and introspect and most of us have used it wisely. This newsletter is a record of our sentiments throughout the last few months. Some deal with emotions like angst, happiness or hope while others explore the fantastical and the magical side of our creativity.

Nothing can encompass and convey our emotions better than our art. Thus, this collection embodies the passion for our world and the people in it, our animosity towards the greed of our kind, our mixed feelings towards COVID 19 and our compassion towards nature's creatures.

So dear readers, this is one for us- for being patient and kind and having faith in such trying times when the universe seemed to be sending us a message, a big one at that. Let us take a moment to slow down and remember to never forget what 2021 has taught us.

We proudly give you the new issue of our newsletter- THE FIRST FORUM.



Editorial Board

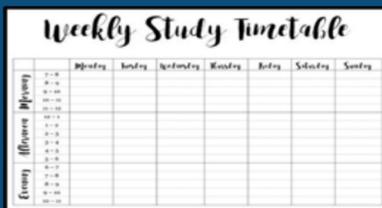
I no longer feared  
the darkness once  
I knew the phoenix  
in me would rise  
from the ashes.....

KEERTHI PYATIGANIGER, UDBHAV R KUMAR, SWATI PALLIKUTH,  
SARA GUPTA, ALINA MONDAL

# TIPS FOR AN EFFECTIVE STUDY SESSION

Ms. Ashwini Manjunath

## PREPARE A SCHEDULE



A grid titled 'Weekly Study Timetable' with columns for days of the week (Monday to Sunday) and rows for time slots (6:00 AM to 11:00 PM).

Write down how long you plan to study and what you want to study within this time. Keep it as specific (like which topic in the chapter in the subject) and realistic as you can.

## TAKE REGULAR BREAKS

Research shows that taking purposeful breaks (anywhere from 5–15 minutes) for every 40 mins to 90 hour of studying, to refresh your brain and body, increases your energy, productivity, and ability to focus.



## REMOVE ALL DISTRACTIONS

It is ideal to have a separate study environment where you can relax. It is also sensible to remove toys, story books, mobile phones and laptops because like it or not, they are distractions. These things can distract you from the work you are doing, and can take lot more time than usual to finish.



## TAKE CARE OF YOUR HEALTH

A balanced diet and healthy lifestyle are important for students. Studying mainly during exams, hobbies and activities may take up a lot of energy and, hence, the right amount of nutrition, physical activity and rest are a vital part of a student's life. 'Getting sick' will upset your planning and preparation.

## DO NOT PROCRASTINATE

- Delaying things may lead to piling of more and more work in the end.
- Another disadvantage of procrastination is that it only keeps adding more stress on the top of daily work load.

### THE PROCRASTINATION CYCLE



AFTER THIS EPISODE I WILL CONTINUE STUDYING



OOH LOOK! ANOTHER EPISODE IN 5...4...3...

# FOUNDER'S DAY

At NPS HRD, one of the reputed schools in India, we enthusiastically celebrated its Founder's Day on 17th June 2022 by organizing basket-ball competition among the various houses of the school. The entire school participated wholeheartedly towards the success of this grand event. The triumph was made possible by the relentless efforts of our management. We were fortunate enough to have the founder of the school as the Chief Guest. The ceremony received a grand opening with big rounds of applause at the arrival of the honourable school founder followed by the competition.

There was a tough competition among the students of various houses. All participants put their hearts and souls to emerge victorious. From round one to the finals the competition had a nail-biting finish. Both the teams played a tough game in the finals and the winning team was awarded with a prestigious trophy. The winners were greeted with rousing cheers from every nook and corner of the school, making it a day to be cherished. The memories of the day left indelible footprints on our minds and gave us the reasons to look back and ponder. We are looking forward to many more Founder's Day lining up in the future which will imbibe inspiration in us, in the path of success.





# ENVIRONMENT DAY



Environment Day-a term we all are quite familiar with. We all know that it is a day to spread awareness regarding the conservation of our environment. A day to plant more trees and save water. We also know that it affects our dear nature and its beings. But, have you ever wondered about HOW it affects them? Well, to take you on that journey, we the students of grade 9 of NPS HRD planned out a perfect skit..

It all started with our dear grandpa (Shreyas) having an interesting conversation with his grandchildren, Tanya (Souparnika) and Amit (Udbhav) regarding environment day. It seemed that all of them learnt something new (including us of course!).

Next, they all watched a thought-provoking TV interview hosted by Sara.

Finally, to give us a flashback in time, came grandpa Jo (Gaurav) and Alina with their greens and fresh air.

And last but not the least, we had a lovely dance performance by the students of grade 9 on the song 'Dhak Dhak Dharti'.

A display of medicinal plants, planting of trees, compost making, collage making, reading programme on environment awareness were some of the other events organized.

# INVESTITURE



In the words of Mahatma Gandhi – “A sign of a good leader is not how many followers you have, but how many leaders you create.” Last month, NPS Hosur Road held an investiture ceremony to formally introduce the Grade 9 leaders to the students of our school. Before we started the ceremony, the teachers including our honourable Principal Usha Mahesh Reddy Ma'am, Vice principal Nirmala Mohan Ma'am and our chairman Mr. Mahesh Reddy all gathered around the magnificent deepam to light the diya in order to inaugurate the function.

Firstly, our various club leaders were called upon the stage - President of the literary club, art club, science club and the quiz leader. Keerthi, Sneha, Swati and Sarvesh respectively, had the responsibility of managing and maintaining all aspects of the same. They each received a sparkling golden badge in recognition of their duties. Next, we were introduced to our house leaders i.e., the captains of Challengers, Pioneers, Explorers and Voyagers. Gaurav, Dishita, Alina and Udbhav will each keep their house flag soaring high and encouraging the students of their houses to make an effort to do the same.

NPS has declared itself a Fit India school and we will surely honour this declaration. During the assembly we acknowledged our school's Fit India Representer, Gagan where he was presented with the Fit India flag. Sticking on the topic of fitness, next we called upon our Sports Captain, Shreyas.

All the council students then took position around the flag taking the oath for promoting the welfare of National Public School. One by one they placed their respective flags on the stand, where they stood in unison, representing the essence of our school council.



# FIRE DRILL



THE ALARM FOR THE MOCK DRILL RANG. ALL THE STUDENTS RUSHED OUT THE BUILDING AS FAST AS THEY COULD AFTER LINING UP. THE TEACHERS HAD TWO CARDS A RED ONE AND A GREEN ONE, ALL THE TEACHERS SHOWED GREEN CARD TO SHOW THAT ALL STUDENTS WERE PRESENT. AFTER SOMETIME FIREFIGHTERS ARRIVED AND EXPLAINED ABOUT HOW WE ARE SUPPOSED TO ESCAPE FROM FIRE AND HOW TO HELP OTHERS TO ESCAPE. IT WAS A VERY EDUCATIONAL SESSION WITH THE FIREFIGHTERS. THE FIREFIGHTERS SHOWED THE STUDENTS HOW ALL THE WATER PIPES IN THE TRUCK WORK, AND HOW THEY ARE USED TO PUT OUT FIRE, THEY ALSO SHOWED US A LOT OF OTHER EDUCATIONAL THINGS. WE LEARNED A LOT OF THINGS. THANK YOU FIREFIGHTERS.





# MUSIC & YOGA DAY



The most awe-inspiring moment of the year is recognized as the International Yoga Day, celebrated every year across the globe, on 21st June. It took less than three months to be declared as The World Yoga Day by the United Nations general assembly. Indian Prime Minister, Narendra Modi had called for it on 27th of September 2014 which was finally declared on 11th of December 2014. The word yoga, which means to unite, symbolizes the union of body and consciousness, and the philosophy originated in India about 5,000 years ago. We at NPS HRD are proud to vocalize that we have carried out this event with utmost enthusiasm and efficiency, in the school field. The program was given a grand opening by an introductory speech delivered beautifully by a student of grade 9. As the main motto was to impart knowledge, the event instantly slipped into a quiz round to send chills of thrill through the spines of the students. The quiz round gave way to an inspiring students' skit performance, which highlighted the healing qualities of yoga over medicines and a positive vibe which yoga brings, in the mindset of people. Finally, the International Yoga Day was ended by yoga asanas demonstrated by the students across grades. The day was celebrated with full swing, and it encouraged all yoga practitioners to hold family-friendly yoga classes and to make yoga a part of their daily lives.

# Author's Talk....



## Ms. Mala Kumar



Renowned author Ms. Mala Kumar gave an insightful talk to the students as part of library week celebrations. Mala Kumar is a writer who enjoys playing with words and with children. Her books include Paper Play, the Happy Maths series, the Rupaiya Paisa series and Crazy Mazy's Maths Puzzles. An editor at Pratham Books, she keeps her insanity intact by growing greens and talking to dogs and cats.

With her witty talks she encouraged and inspired students to write about anything in the world. The children thoroughly enjoyed the session.



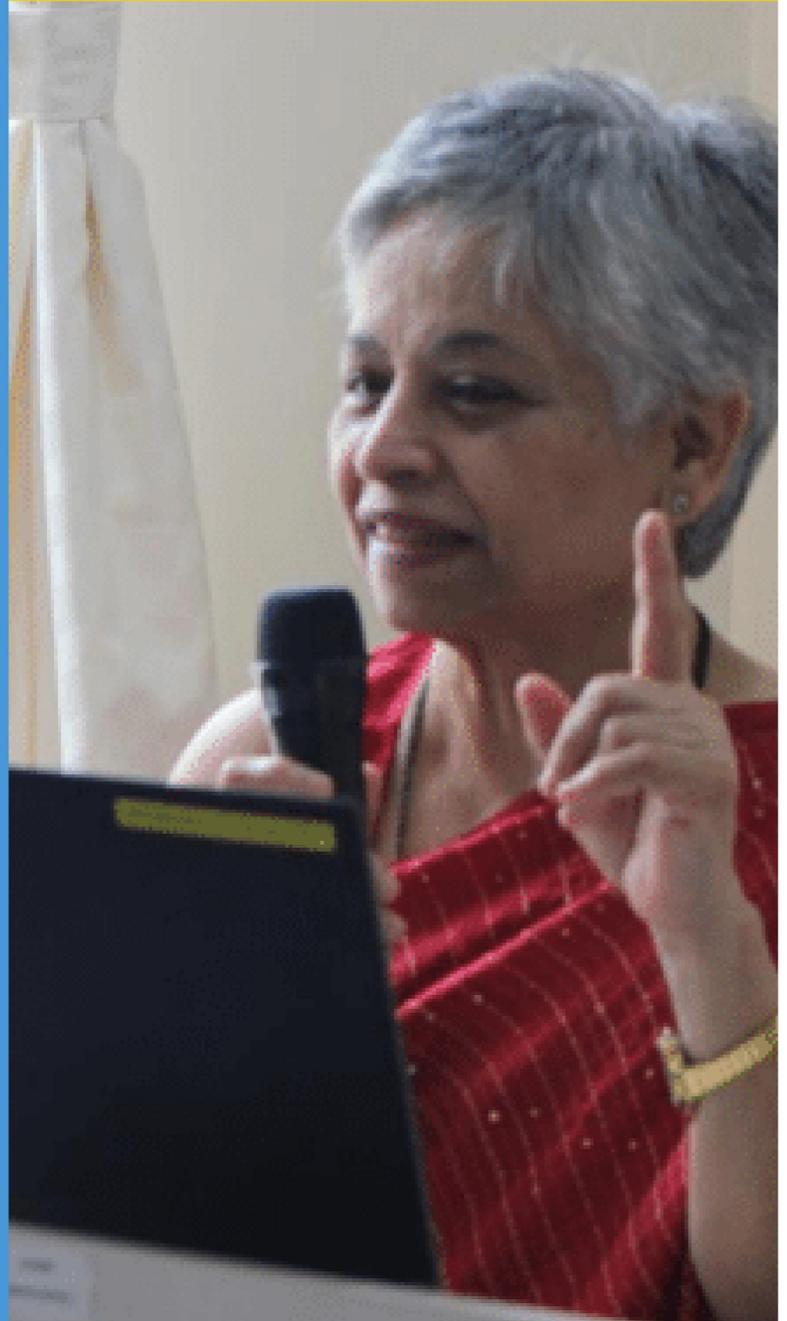


# Doctor's Talk....



## Adolescent Gynaecology

Dr. Leela Bhagvan, renowned gynaecologist gave a session to students on adolescent gynaecology. Dr. Bhagavan's 40-year-long medical career has granted her a place of prominence in Bangalore's gynaecology realm. The famous gynaecologist threw light on the female anatomy and the female reproductive system, thereby increasing the awareness of the students. She emphasized on the importance of female reproductive system, hygiene, the remedial measures which the girls can adopt against the heinous anti-social elements. Her speech acted as an eye-opener and we were all enlightened and spell-bound with her knowledge and expertise. With the far-sightedness of our young leaders and with the constant support of the mind-boggling live interactive sessions, the students are empowered to become self-directed, independent and to pursue a career which will suit their future needs. In a nutshell, the session was a great step taken by our school towards enhancement of knowledge, which is reflected in the budding confidence of the students of our school.



# FATHER'S *day*

We watch superhero stories and cartoons as children. Everyone wants to have a superhero in their lives. However, a child's father is the true and very first superhero in his/ her lives. For every individual, the father represents power and unites the entire family. A father devotes his entire day and night supporting his family.

The first person we think of when we are in a bind is our father. Father is a crucial part of society and the family's pillar, so we can rely on him. In order to honour all fathers worldwide and their contributions, Father's Day is observed on June 21 every year.

**"Thank you for being there every day with just the love and guidance I've needed. Everything you've taught me has stuck with me and I'm lucky to have a dad like you."**





# Awards & Laurels



The proud Olympiad winners with principal and vice principal

Top L to R - Avantika Namboothiri GR 6 A, V Smayan Adityan GR 4B, Abhimanyu Kalra GR 4A, Sahasra Kotakota GR 3B, Shreyan Sai Panda GR 4B, Sujan GR 6B, Kiash Gangineni Gr 5B  
Bottom L to R - , Adwita Gupta GR 2B, Anamika Namboothiri GR 2D, Avaneesh Akshay GR 2B, Sai Aradhana GR 4A, Ayansh Bhatnagar GR 2C , Gauri Sunil Gurav GR 2A, Kashvi Arora GR 2A

**Shashwini Puvi, GR 4 A with her chess trophies .**



**Kiash Gangineni, GR 5B With his Clash of Pi certificate**

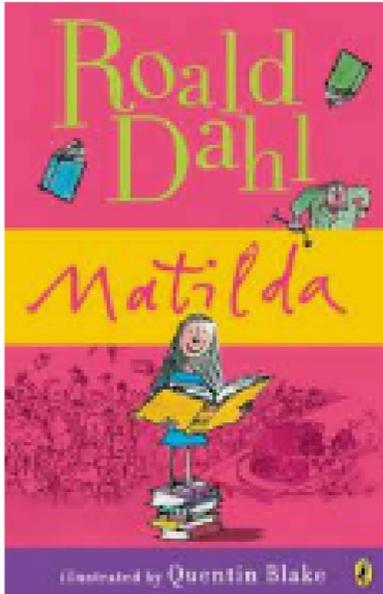


**Spell Bee winners with Principal and Vice Principal  
Aikansh Tripathi GR 4 B, Mishka Kalra GR 7B, Manvith Kappa GR 5A,  
M Kritik GR 2D**

# BETWEEN THE LINES & REELS...



## MATILDA



*In this amazing novel, Matilda discovers her passion of reading and, by the age of three, has learnt herself to read. She has finished reading every book for kids in the library at the age of four. She does not recognize her intelligence, and her parents are not exactly supportive.*

*Not until Matilda enrolls at school and meets the charming Miss Honey. But there, Matilda must survive in a hostile environment under the reign of the menacing and enormous Miss Trunchbull, who has Matilda in her sights.*

*Roald Dahl immerses his readers in the world of a young child who experiences brutality, loneliness, and an overpowering ability to teach adults in her life.*

*With a surprise blend of humour, adventure, and mystery, this tale is incredibly touching. Matilda delivers a powerful message to kids, just like any Roald Dahl story does.*

## THE PURSUIT OF HAPPINESS

Swati Pallikuth

*This is a real story based movie, anyone watching this will learn valuable lessons for their lives. Watching this movie made me learn few things. In the start of the movie everything looked fine but slowly got worsened, it was hard for Christopher but he became mentally strong and overcame his fears and fought till the end and achieved his dreams through his job and became a stockbroker. There were few parts which made me cry, laugh and curious. I wanted to know what would happen at the end; how he will lead his and his son's life. Well at the end it was a happy ending. The acting by Will Smith and Jaden Smith was so great, they were natural actors. I recommend everyone to watch this movie as it's a feel-good movie and makes you happy at the end. . This also gives another lesson – To achieve your dream, you shouldn't only dream but also work hard and focus. Christopher here worked hard, took shelters at night in unknown places with his son and never gave up.*



Keerthi Pyatiganiger



# TRAVELOGUE



## DARJEELING



I went to Darjeeling in December 2018. A hill station located in the uphill of Westbengal, Darjeeling is indeed a must visit place. I stayed in a resort named Samsan. Toy train, trekking etc were some of the mind-blowing experiences. The food especially momos just took us to heaven. It is said that the best tea in the world comes from India. It will not be an exaggeration to say that the best tea in India comes from Darjeeling. The road from New Jalpaiguri (NJP in short) to Darjeeling is flanked by tea plantations. Along the way the scenery is undoubtedly breathtaking; in some places breath stopping. Here, on one side there is a sheer mountainside, and on the other side, a ravine so deep that you can only guess where the ground is. But the most scenic route to Darjeeling has to be by the 'Toy Train' from NJP. The same 90 odd kilometres between NJP & Darjeeling can be covered in less than 4 hours by taxi or jeep.



The train winds its way at a modest 10 to 15 kms/hr. At times it is so slow that school children actually race it and win! Indeed, it is a journey the likes of which you are unlikely to undertake anywhere else in the world. When the train is going through some of the villages en route, it passes so close to the houses that you can actually pick off clothes from the clotheslines in the yards without leaving your seat! This is no exaggeration. School children frequently jump off the moving train, pop across the road to a sweet shop, and re-board the train a few minutes later. You can get off during one of the frequent stops the train makes, stretch your legs, take photographs or go and chat with the engine driver, guard or a local shopkeeper. Indeed it was the finest experience in my life.

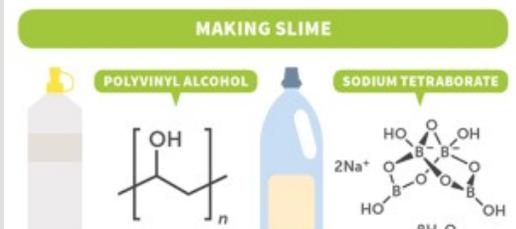
Gaurav Rathi





# THE CHEMISTRY OF SLIME

Ms. Chetna Sharma  
Dept. of Chemistry

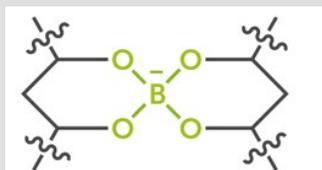


The slime making craze is sweeping schools and homes worldwide. here, we investigate the chemistry and science behind slime's gooey properties.

Most slime recipes use a combination of PVA glue(which contains polyvinyl acetate and polyvinyl alcohol) and laundry detergent (which contains sodium tetraborate decahydrate or borax). In the European union , where borax is not part of detergents, people use borax containing contact less solutions.

### SLIME'S PROPERTIES

Tetrahydroxyborate ions form cross- links between PVA polymer chains. This creates a three dimensional network that traps water, creating a a semi solid gel.



When squeezed, slime shows viscous behaviour because the cross links between its polymer chains can break and re-form. But slime will break if its pulled apart abruptly.



Adding acids such as vinegar (acetic acid) to slime destroys the cross- linking causing it to become a liquid. Then adding a base such as baking soda(sodium bicarbonate ) neutralizes the acid , allowing the cross links and slime to re- form.

### HOW TO MAKE SIMPLE SLIME???

1. Pour half cup of the PVA solution into a beaker. If you want coloured slime use any food colour also.
2. Add 2 teaspoons of borax solution into the PVA solution and stir well.
3. Try lifting some of the solution with the stir stick.
4. Once the slime is formed , play with it. Please dont eat it.





## ಮರಳಿ ಬಾ ಶಾಲೆಗೆ

MS. SUSHMA S, DEPT OF KANNADA

ಮರಳಿ ಬಾ ಶಾಲೆಗೆ  
ಶಾಲಾ ಪಠ್ಯ ಪುಸ್ತಕಗಳ ಕಡೆಗೆ  
ಆಟಗಳನ್ನೆಲ್ಲಾ ಆಡಿದ್ದಾಗಿದೆ  
ಶಿಕ್ಷಣದ ಬಗ್ಗೆ ಗಮನ ಕೊಡಬೇಕಿದೆ

ವ್ಯರ್ಥವಾಗಿದೆ ಎರಡು ವರುಷಗಳು  
ನೂರಾರು ಸಂತಸದ ಹರುಷಗಳು  
ವಾಪಸ್ಸು ಬರಲಾರದು ಕಳೆದುಹೋದ ಕ್ಷಣಗಳು  
ಶಾಲೆಯಲ್ಲಿ ಕಳೆದ ಅತ್ಯಮೂಲ್ಯ ದಿನಗಳು

ಎಲ್ಲರೂ ಸೇರಿ ಶಾಲೆಗೆ ಹೋಗೋಣ  
ರೋಗಗಳ ವಿರುದ್ಧ ಹೋರಾಡೋಣ  
ನಾವು ಯಾವುದಕ್ಕೂ ಭಯ ಪಡಬಾರದು  
ಹಾಗಂತ ಮಾಸ್ಕ್ ಸ್ಯಾನಿಟೈಸರ್ ಮರೆಯಬಾರದು

ಗ್ರಂಥಾಲಯಗಳಲ್ಲಿ ಸಮಯ ಕಳೆಯುತ್ತ  
ಶಿಕ್ಷಕರುಗಳ ಮಾತುಗಳನ್ನು ಗೌರವಿಸುತ್ತ  
ಶಾಲಾ ನೀತಿ - ನಿಯಮಗಳನ್ನು ಪಾಲಿಸುತ್ತ  
ಸಾಗೋಣ ಒಟ್ಟಾಗಿ ಉತ್ತಮ ಭವಿಷ್ಯದತ್ತ

ಮರಳಿ ಬಾ ಶಾಲೆಗೆ  
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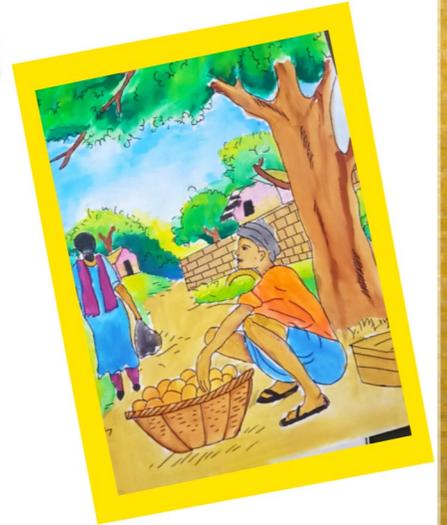
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**Good schools ,  
like good  
societies and  
good families ,  
celebrate and  
cherish  
diversity !**

*Deborah Meier*



**Colours are the smiles of nature**



# PHOTOGRAPHY



Dishita Khajuria



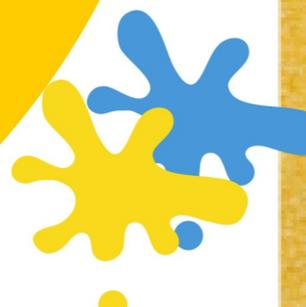
Shreyas Aggasare



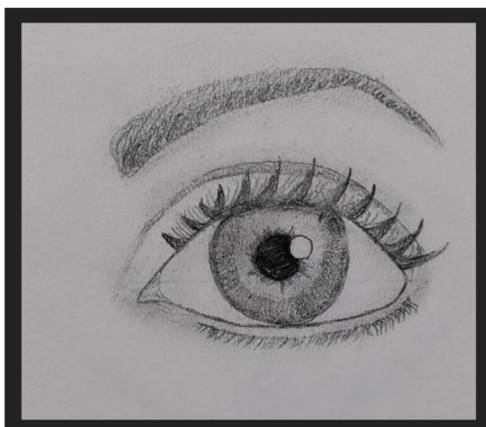
Sara Gupta



# GALLERY



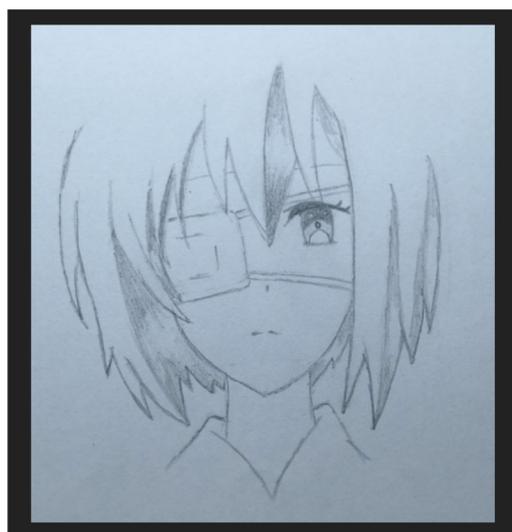
Alina Mondal



Sara Gupta

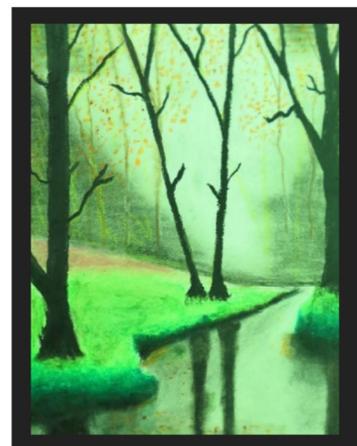


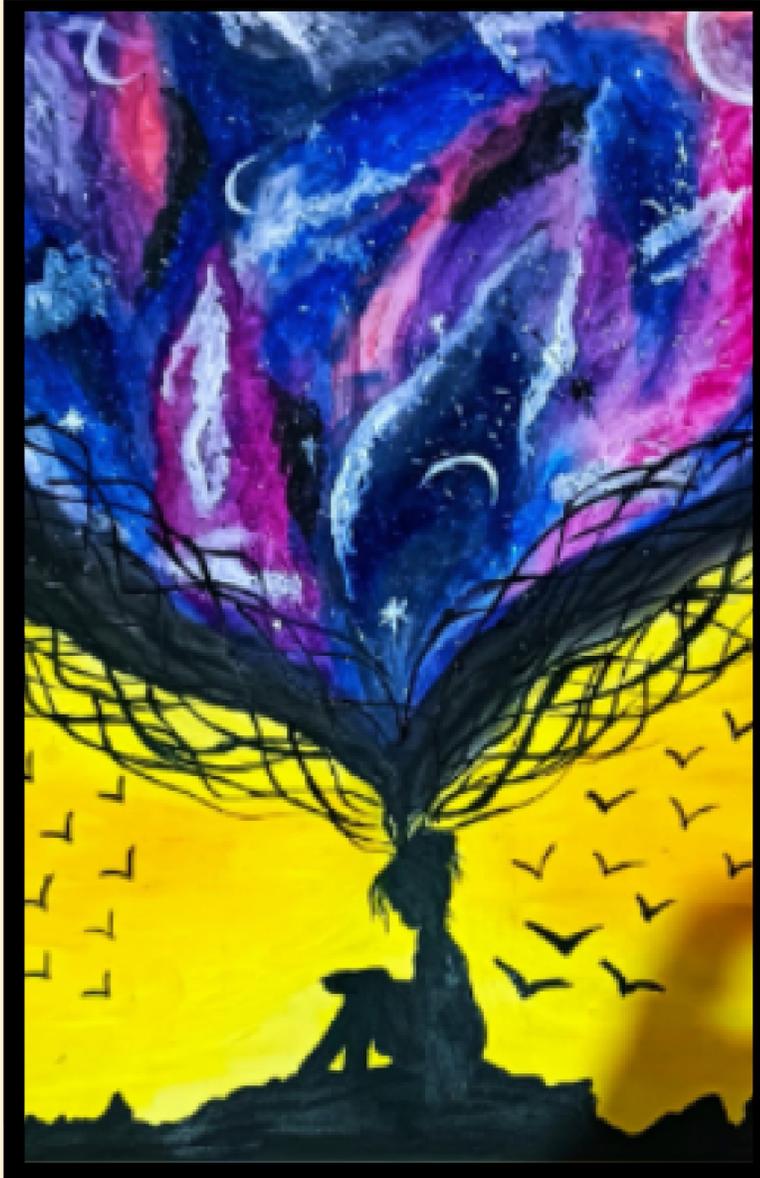
Nishanth Kapa



Alina Mondal

Sneha Manjunath





**SHE.....**

I thought she had it  
all

money, cars; big and  
small

a pretty face

To go with her dresses

pretty, with lace

Her perfect

Hollywood smile

Hiding problems

longer than a mile

Through her flawless

eyes

She sees,

All the flaws in her

I thought she had it

all

but why at the end of

the day,

does she feel so

small....

By Sneha Manjunath



The path from dreams to success  
does exist. May you have the  
vision to find it, the courage to get  
on to it, and the perseverance to  
follow it.

———— Kalpana Chawla ————

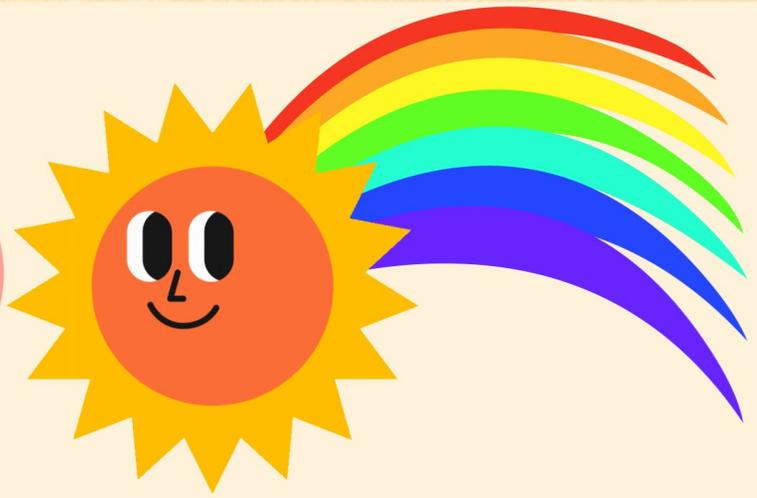


The KG-2 welcomed the children on June 1st and KG-1 on June 8th. We witnessed a group of anxious parents and teachers. The teachers and the school management tailored and sustained support to help them read just and catch-up after the pandemic. A child's entrance into kindergarten is a major milestone for students and their families. The transition can be filled with trepidation, anticipation, eagerness, and uncertainty.

Play is a critical element of a good kindergarten programme. The time that children spend playing is not just a break from learning, but it is an essential element of learning. There are some skills like collaboration, leadership, and problem solving that are only learned through experience, and playtime is the perfect opportunity for that learning to occur. Lot of importance was given to structured play and free play.



# A Day in Kindergarten



This is a time for the class to meet and start off the day on a positive note. We start the day with a prayer, circle time, calendar activities, and quickly practice an academic skill. Then it is followed by the snack time.



prayer

Circle Time

Snack Time



Tell me and I forget  
Teach me and I remember  
Involve me and I learn.  
Benjamin Franklin



Hands-on learning is a form of education in which children learn by doing. Instead of simply listening to a teacher, the student engages with the subject matter to solve a problem or create something. After the introduction of the topics in class the children moved into the activity classes in smaller groups where they learned by doing things.



# EVENTS



## International Yoga Day

The age old saying 'Health is Wealth' was reinforced to the Kindergarteners on International Yoga Day June 21. The students played their role of participating in the Yoga Day by practicing along some basic asanas demonstrated by the teachers.

The culmination of the General Awareness topic was done by celebrating the "Five senses station" by KG-1 and Introducing "My Family" by KG-2. The children confidently spoke about their sense organs, and it was a touching moment for the teachers as they introduced their families. The children and the teachers enjoyed the shows.



1. Five senses station-KG 1

[File 1](#)

2. My family KG-2

[File 2](#)



# MONTESSORI

## News

### 'Silent Journey' – An Orientation with a difference

The Academic year started with an Orientation for parents to provide detailed guidelines about the various aspects of the school. While the parents of Juniors and Freshers visited the environment and got an understanding of the materials that their children will be working with, the parents of the Senior Montessori children were in for a surprise.

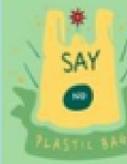
The 'Silent Journey' as it is called is an event where the parents explored and worked with a few apparatuses in the environment. While some materials had printed instructions which had to be followed, for some they were ably guided by teachers on how to work. Just like the children, the parents enthusiastically worked with the activity one after the other until they heard the bell ring.

**Silent Journey Video Link**

**File 3**



# HEALTHY ENVIRONMENT FOR A BETTER FUTURE



On the occasion of World Environment Day, Montessori Seniors were acquainted with the current condition of Earth and issues such as excessive use of plastic, pollution deforestation etc. The various measures that could be adopted to save Earth were discussed. The children watched attentively a video about Jadav Payeng, the boy who grew a forest, following which children shared their experiences.

They watched a presentation on saving Mother Earth and were concerned about the various dangers to the environment. The day concluded with some artwork using pencil chaff, to reinforce the concept of recycling.

# YOGA FOR WELL BEING

Yoga se hi hoga...



YOGA IS  
ESSENTIALLY  
A PRACTICE FOR  
YOUR SOUL,  
WORKING  
THROUGH THE  
MEDIUM OF  
YOUR BODY.

- TARA FRASER

Yoga consists of a set of specific exercises or poses combined with breathing techniques and meditation principles. Performing yoga has many benefits for children like it enhances their concentration and memory, improves balance, strength, and flexibility of their body.

On International Yoga Day on 21st June, the Montessori Seniors and Juniors watched a short story of a girl 'Rachel' performing various asanas and followed her by doing the same poses. They performed raising hands, bending down trying to reach for their feet, trying to balance by standing on one leg, lying down, tried the butterfly pose and finally relaxed with the sleep pose.

# SPLASH OF COLOURS

The month of July experienced a plethora of colours at GMC, with the theme of the month being 'A Splash of Colours'. As part of this celebration, the children came dressed in the colour of the day. Few of them carried an object and others a picture in that colour and stuck them on the colour wheel. Some children shared their thoughts on the new dresses they had bought, few about the matching hair band and about the coloured socks they were wearing. The children were excited to see all their friends come dressed in the same colour.

The Freshers did a variety of artwork using their hands and footprints. The Junior children coloured pictures in the colour of the day on their worksheets while the Seniors traced their favourite geometrical shapes with different colours.

The month-long celebration culminated with children coming to school wearing dresses of their favourite colour and making handprints of their favourite colour.

Colour day video link

[File 4](#)



# Eat Right with A Healthy Bite



## MONTHLY TREATS



To inculcate a healthy eating and to make snack time interesting 'Monthly Treats' is conducted on the last Friday of every month at the Montessori.

The theme for the month of June was 'Healthy Food.' The children across all age groups brought delicious healthy snacks and participated in the discussion on mindful eating as a part of healthy lifestyle.

In sync with the celebration of Colours, 'Colourful Healthy Food' was the theme for the month of July. Parents' creativity in preparing food for the students was evident in the enthusiasm with which the children showed their classmates the colourful snacks in their tiffin boxes. The tiny tots are now able to share their thoughts about eating healthy and staying healthy.



# UPCOMING EVENTS

## JOY OF GIVING....



## INTERHOUSE EVENTS



## INDEPENDENCE DAY



## FRIENDSHIP DAY



## SPORTS DAY....



## ONAM



## TEACHERS' DAY



## INTERNATIONAL TIGER DAY



## APPRECIATION DAY FOR SUPPORT STAFF



## GUEST SPEAKERS

