

GRADE 8

JULY 2021

# FIRST FORUM

Issue No.1 National Public School Hosur Road

"YOU ARE BRAVER THAN YOU BELIEVE  
STRONGER THAN YOU SEEM,  
AND SMARTER THAN YOU THINK".

-A.A.MILNE



# *NATIONAL PUBLIC SCHOOL*

## *HOSUR ROAD*

### *FIRST FORUM* *JOYFUL JUNE 2021*

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**FROM THE PRINCIPAL AND VICE PRINCIPAL'S DESK:**

*We are happy and extremely proud to launch the first edition of our very own monthly school newsletter 'First Forum' for this new academic session.*

*What makes this newsletter special by NPS Hosur Road is that it has been largely put together by our students. They have displayed a lot of enthusiasm, team spirit, effort and commitment to work on this bulletin, and our hearts swell with pride because they have done such a fantastic job.*

*The idea behind this newsletter, is not just to give you updates of the events and happenings of our school but to showcase the colossal creative talents hidden in our students. This is not to just applaud and move on, this labor of love needs to be encouraged and supported.*

*We want more children to come forward and express themselves, as this platform has been specially crafted for them.*

*The theme of this edition of First Forum is 'Joyful June' and the newsletter starts off with a write-up on the joy of being back to school. It was a virtual meet but the feelings of getting back to school will always be the same.*

*On Environment Day, the children went green and made a vibrant variety of collages, hand paintings, hand impressions and took a pledge to protect the environment. You can get a sample of their work here. We got active on Yoga Day and Music Day and celebrated it with fervour and you will get to read and see how the teachers and students were engaged in these events.*

*There's art, recipes and musings penned by our 8th grade children. Truly, they are wizards and have created a magical world in these pages. Just step in.*

*Stay safe, till we meet you in our next edition.*

*Best Wishes,*

*Principal and Vice Principal*

*"All the world is dressed in green, lovely red roses and amazing birds flying by sing the chorus" – Joyful June*

## **HAPPY FIRST DAY OF SCHOOL**

Every year as students walk through the hallways of the school on the first day, they are surrounded by people who deeply care about them, who are guided by a passion for helping the students to reach their potential and are inspired to come to school just to see the smiling faces of all the students.



This year, it was no different. After a relaxed and a recharged summer, students were ready to start a new school year. Even though, the meet and greet happened online, nevertheless it started with a bang.



The class teachers across all grades made the virtual classroom introduction fun. The students introduced themselves, interacted with the teachers and each other. The introduction was followed by ice breaking sessions and fun activities which made the day special. The day ended on a positive note where teachers promised to make this school year one of growth and achievement for all children.

*"Wisdom comes not from age, but from education and learning" – Anton Chekhov*

# ENVIRONMENT DAY



After the much-needed summer holidays, we welcomed the children back to the online session. In the educational program for our students, we are planning to give them a learning environment through online classes adding a variety of co-curricular activities along with the core subjects.

In the month of June, we celebrate World Environment Day which inspires people around the globe to become aware of what is needed to be done to protect our environment and do our bit to ensure that the future of our planet is safe.

World Environment Day is celebrated annually on 5th June and is the United Nations' principal vehicle for encouraging awareness and action for the protection of the environment. First held in 1974, it has been a platform for raising awareness on environmental issue such as marine pollution, human overpopulation, global warming, sustainable consumption and wildlife crime.

We at NPS Hosur Road celebrated World Environment on 7th June by engaging all our children in variety of art activities.

The Theme for 2021 is "Ecosystem Restoration" An Earth Anthem penned by poet Abhay K is sung to celebrate World Environment Day.

Our cosmic oasis, cosmic blue pearl  
the most beautiful planet in the universe  
all the continents and all the oceans  
united we stand as flora and fauna  
united we stand as species of one earth  
different cultures, beliefs and ways  
we are humans, the earth is our home  
all the people and the nations of the world  
all for one and one for all  
united we unfurl the blue marble flag.

*"Earth provides enough to satisfy every man's needs, but not every man's greed" -  
Mahatma Gandhi*



Variety of theme-based art activities included across all grades were –

Grade 1 – HAND PAINTING OF THE EARTH

Grade 2 – HAND IMPRESSION OF THE TREES "HEAL THE EARTH"

Grade 3 to 5 – COLLAGE MAKING SAVE ENVIRONMENT SAVE LIFE

Grade 6 to 8 – BEST OUT OF WASTE - 3R's - REDUCE, RECYCLE & RECYCLE

Finally, the teachers and students took the pledge to be an allegiance to the earth.

We are going through challenging times, as Covid-19 is taking shape of a crisis situation which we have never experienced before; it is impacting each one of us in one way or the other. However, we need to adapt to changing situations and ensure that teaching-learning process continues successfully.



### GRADE 1

Hand  
Painting of  
the Earth



*"A nation that destroys its soil, destroys itself" - Franklin D Roosevelt*





## GRADE 2

Hand  
Impression of  
Tree "Heal  
the Earth"



## GRADES 3 TO 5

Collage/Poster  
making  
"Save  
Environment  
Save Life"



"The Greatest threat to our planet is the belief that someone else will save it" – Robert Swan



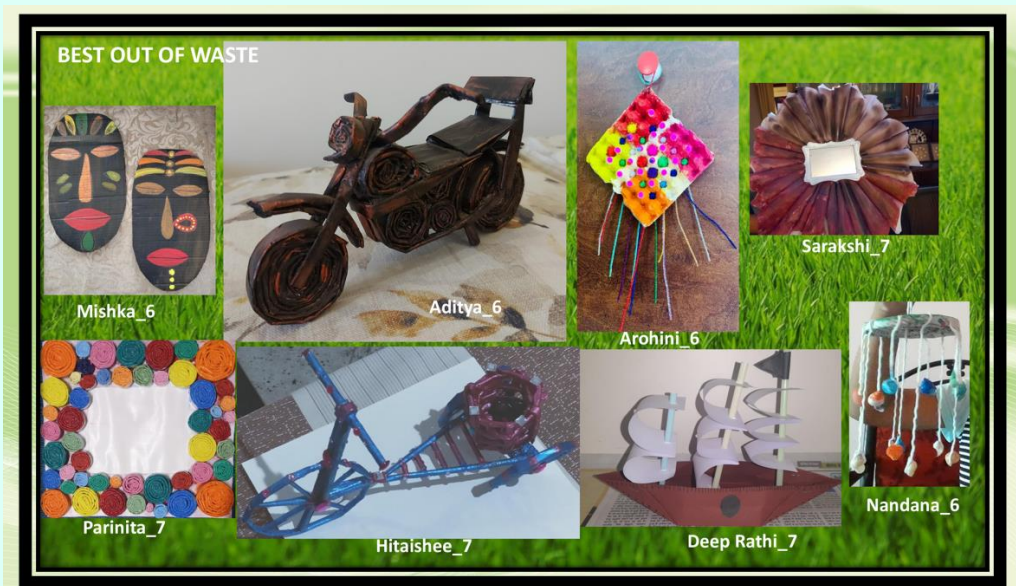
## GRADES 3 TO 5

Collage/Poster making "Save Environment Save Life"



## GRADES 6 TO 8

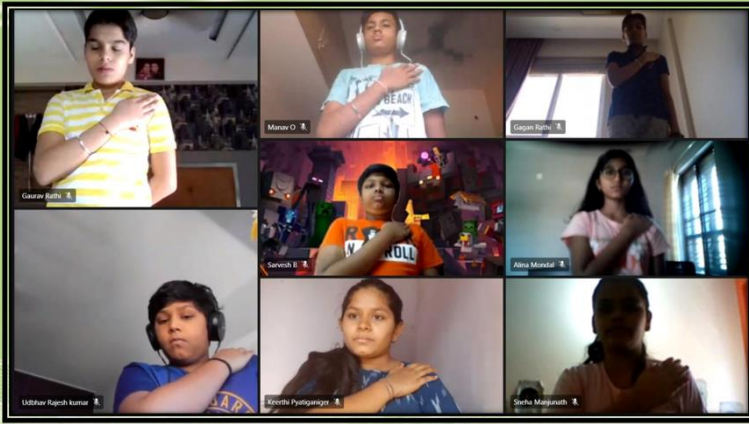
Best out of Waste – 3R's – Reduce, Reuse and Recycle



"I can find God in Nature, in animals, in birds and the environment" – Pat Buckley



## PLEDGE



## YOGA DAY



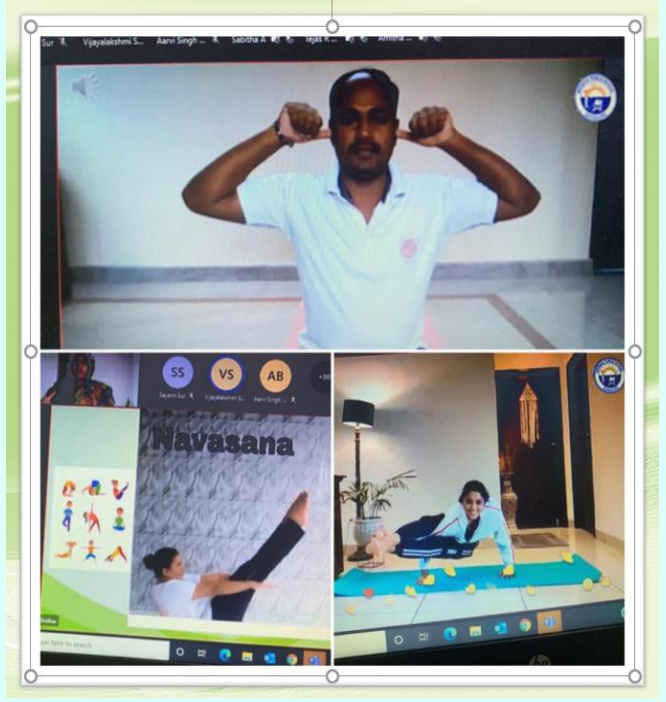
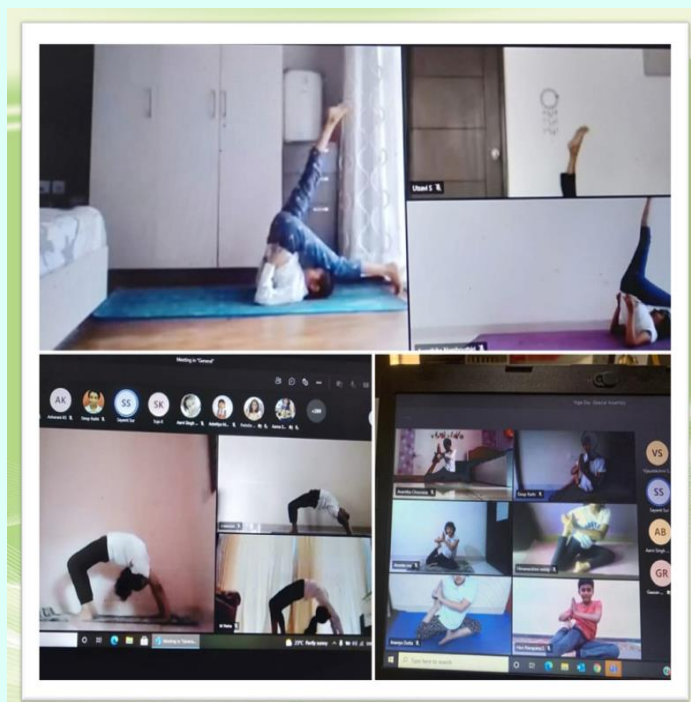
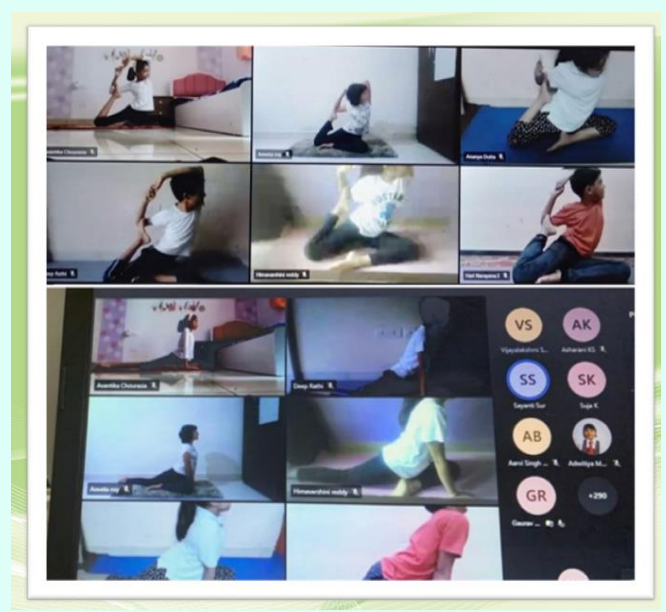
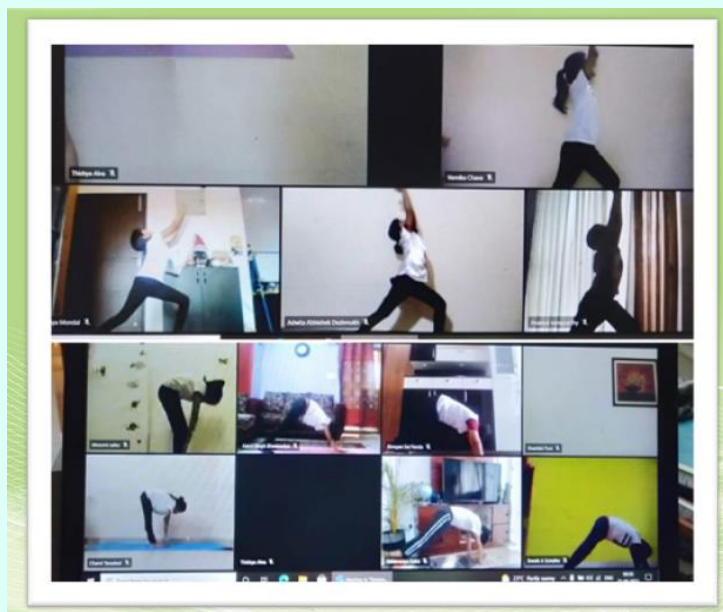
The International Yoga Day celebrations at National Public School, Hosur road commenced with the school prayer and chanting of shlokas celebrating the importance of consonance between the mind and body. Yoga is a discipline that leads to the communion of mind and body, imparting physical flexibility and mental tenacity.

The beautiful video revealed the importance of yoga and briefed the audience about the declaration of International Yoga Day by the UN and the significance of the date coinciding with the longest day in the Northern Hemisphere.

*"Yoga is the journey of the self, through the self, to the self." -- The Bhagavad Gita*



This was followed by the display of various yoga asanas by the yoga teachers and the students under the guidance of the physical instructors. Many students across all the grades participated in the event fervently. The event was successful and encouraged everyone to practice yoga on a daily basis which will create overall harmony of body and mind. The entire performance seemed magical. The efforts of both the yoga instructors and the students paid off well.



*Yoga adds years to your life and life to your years*

# MUSIC DAY



World Music Day is held every year on June 21st to promote and celebrate Music.

Music gives soul to the universe, wings to the mind, flight to imagination and life to everything.

Mesmerizing performances by students, presented a spectacular Musical show with great enthusiasm and enthralled the audience, accompanied by our Music teacher on his Guitar, gracefully to the following renditions.

- 'Maha Ganapathim' Carnatic fusion by Smarani
- 'Take me home' country roads vocals by Avantika
- 'Shape of You' Carnatic fusion by Smarani

This celebration of music not only plays vital role in the overall holistic development of the students but also creates awareness among the children about the importance of music in our life.

*Music is the wine that fills the cup of silence.*



# Wizard's Corner – Grade 8

## Master Minds

### BUTTER GRILLED CHEESE SANDWICH

This is an energizing, and tasty snack that will surely bring a smile to your face. Making this snack is also very easy. For students who have never used grill before I strongly recommend adult supervision.

Things you will need:

- Bread (any kind I recommend wholewheat for extra crunchiness)
- Butter salted
- Cheddar Cheese slices (if you don't know where to get this just buy Amul Cheese)
- A Grill a mini grill will do. (CAUTION: You use this grill at your own risk)

Recipe: -

The recipe is so simple even a 1<sup>st</sup> grader can do it.

1. Spread a thin layer of melted butter on one side of each slice of bread.
2. Put a slice of cheese between the two pieces of bread such that the side with the butter does not touch the cheese.
3. Do this process again until you have made enough sandwiches for you or any other friends or family to eat.
4. Load the grill to full capacity. Choose medium cooking option.
5. Close your grill and count till 20 in your mind. (Some grills can open all the way 180 so do not do that. The bread should be cooked from both top and bottom.)
6. After counting twenty open the grill and make sure the sandwich is golden brown in colour.
7. Cut diagonally and voila! You have delicious cheese sandwich.



-SARVESH

### AMUSING FACTS



1. Sea otters hold hands while sleeping to keep from drifting apart
2. When you were born you were the youngest person on the earth for a moment
3. Blind people smile even though they have not seen anyone smile
4. Squirrel's plant thousands of trees each year simply by forgetting where they put their acorns
5. Macaques in Japan use lost coins to buy snacks from vending machines.

-RISHITH

### "WE NEVER MISS THE WATER TILL THE WELL RUNS DRY"

"We never miss the water till the well runs dry" Have you ever once in your life heard this quote? Probably not. Well, it's never too late. You see, there are many things in life that we take for granted. The water we drink, the company of annoying friends we have, the light, the darkness. We never really realize the value of these things until they are gone. We are always focused on what we don't have.

Actually, someone had once said that you realize the value of something when you don't have it and when it's gone. And it's absolutely true! You see, we all want this pandemic to end and continue with our normal lives. But, after we are back normal, we will miss the days when we were always together with our families. We might never again be together in this way. Appreciate everything you see, feel, hear and taste. So, I guess by now you know what the quote means, don't you? Remember, a moment does indeed become a memory at one point of time.



-ALINA MONDAL

### A STUDENT'S LIFE...



Being a student, I know the hustle and bustle of school. Doing homework, studying for hours and in the current situation, staring at the screen for a ridiculous amount of time!

Naturally, a thought comes to us: "Why are we doing this? What result are we getting out of this? Why should we put so much time and effort in this?" Well think about it this way.

A plant always starts as a small sapling. It's not huge or doesn't have any specialties. But over the time, it starts absorbing nutrients, minerals, water from the soil and by the time you know it, it becomes a huge tree, giving shade, fruits, flowers and whatnot.

Imagine yourself as the plant and education as the nutrients and school as soil. You start out small, but by absorbing the education given by school, voila! You become a successful person in life. You just have to put in the hard work and belief in yourself, like a plant. I hope this helps everyone through the course of academic prowess and motivates us to work harder.

-SHREYAS AGGASARE

### SPROUT SALAD



Ingredients:

Sprouts (green gram, horse gram, wheat or any other gram will do) – 1 cup  
Tomatoes – 2 (chopped finely)  
Cucumber (grated) – 1  
Carrot (grated) – 1  
Juice of one lemon  
Coriander leaves – 2 tablespoons  
Salt as per taste  
Black pepper powder as per taste  
Rock salt or green chillies could be a substitute for table salt and pepper powder.

Method:

- 1) Take a bowl of sprouts. We can either pressure cook them for 1 whistle or use them raw. This step depends upon one's preference. Both ways, sprouts will retain their natural value.
- 2) In case, we are cooking the sprouts, let them cool down.
- 3) Once cooled, add the rest of the ingredients mentioned above in the list.
- 4) Healthy sprouts salad is ready to be served.

-UDBHAV

### TODAY A READER TOMORROW A LEADER

Reading is a very important part of our life as it helps us in improving our knowledge. If we read today, it will help us for the lifetime. For beginners, it helps them to expand their mind and think more briefly about the given topic.

Reading is to our mind what exercise is to our body. Reading keeps our brain active.

There are many benefits of reading like;

- It improves our vocabulary
- It reduces stress
- It gives us the power of imagination



-GAURAV

**"If you love life, do not waste time, for time is what life is made up of" - Bruce Lee**



## Eggless Oatmeal Choco chip Cookies

### Ingredients:

- \* Oats - 1 1/2 Cup
- \* Plain Flour - 1/2 Cup
- \* Baking Powder - 1/2 Teaspoon
- \* Baking Soda - 1/4 Teaspoon
- \* Choco Chips - 1/4 Cup
- \* Cinnamon Powder - 1/4 Teaspoon
- \* White Sugar - 1/4 Cup
- \* Brown Sugar - 1/4 Cup
- \* Honey - 2 Teaspoon
- \* Butter - 1/4 Cup
- \* Milk - 2 Tablespoon



### Method:

1. Sieve all the dry ingredients and mix them thoroughly.
2. Whisk the butter, then add white sugar, brown sugar and honey until the batter becomes creamy, then add milk and mix it properly.
3. Add all the dry ingredients into the batter and mix it thoroughly with a spatula.
4. Cover the cookie dough with a cling film and place it inside the refrigerator for at least 15 mins.
5. Preheat the oven for 10 mins at 180 degrees Celsius.
6. Take a baking tray and place some butter paper over it.
7. Shape the cookie dough and bake it for about 12-15 mins at 180 degrees Celsius.
8. After the cookies are ready, take them out of the oven, prepare a glass of milk and enjoy!

-SARA

## Grow More Trees To Lessen Pollution

*"Trees are poems the earth writes"*

Trees and plants are one of the main reasons why people came to existence.

The significance of planting trees has been emphasized time and again. This is because of the countless advantages they offer. They make the world a finer place to live in.

They absorb the harmful rays protecting us. The places with many trees are quite cooler compared to houses with air coolers.

Unfortunately, urbanization is leading to the extinction of forests and parks. The only way to preserve them is to grow them at a faster rate.

As a Chinese proverb states 'The best time to plant a tree was 20 years ago. The second-best time is now'.

So do your bit and make this world beautiful.

-SWATI



## Tips To Stay Focused

- Divide your goals into small tasks
- Reward yourself after every task
- Keep your surroundings clean it reduces the chances of distraction
- Get 8 hours of sleep
- Eat healthy and in moderation so that you won't oversleep

-SNEHA



## Failure Is The Stepping Stone To Success

You have to experience failure at least once in your life to be successful. Many people who are very successful to this day have all experienced failure. Let's look at some examples.

Thomas Alva Edison was an American inventor who has been described as the America's greatest inventor, surprisingly, did not do well in school and was sent back home. Finally, with over a thousand tries he invented the lightbulb. Where would the world be without this invention?

Cristiano Ronaldo one of the most successful football player in the world, his teacher told him that football would not fill his stomach, but now he proved his teacher wrong. If you ever face failure in your life, try not to give up, who knows? Maybe you could become one of these people.

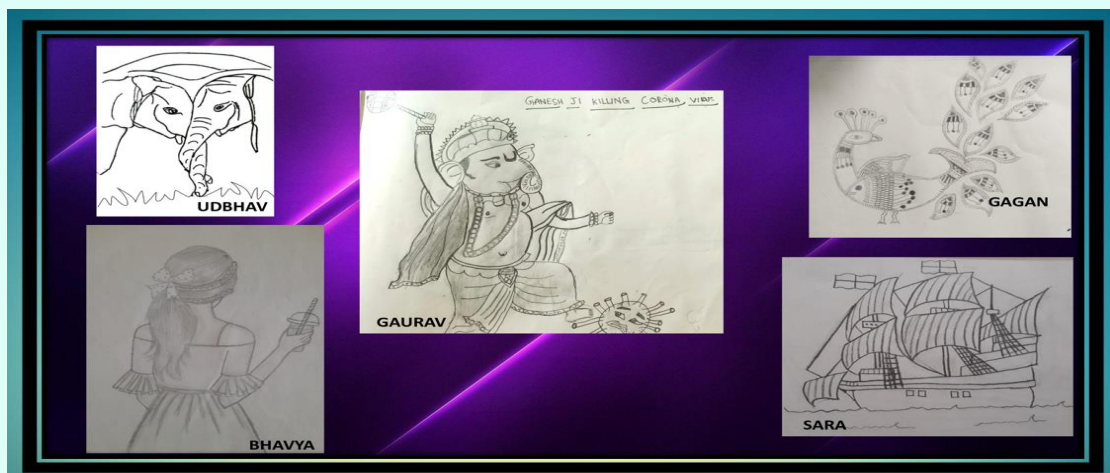


-BHAVYA

**"The secret to getting ahead is getting started" – Mark Twain**



# Budding Artists of Grade 8



*If you hear a voice within you say, 'you cannot paint,' then by all means start painting,  
and that voice will be silenced.*

# MONTESSORI

At the Montessori, we opened the new academic session by celebrating 'Environment Day'. Teachers interacted with the little ones talking to them about taking care of their surroundings, and the wonders of nature around them.

The true story of a young boy from Assam 'A Boy who grew a Forest' was streamed for the seniors and they saw how the efforts of just one person could convert a barren land into a forest.

One of the key features that makes the Montessori pedagogy distinctive from the other educational approaches is the sensorial exploration. Here, the children learn through touch, feel and doing, to start experiencing the world around them.

Hands-on learning is especially important for young children because it allows them to engage in kinaesthetic learning, to experiment with trial and error, to auto correct and internalize their learning.

This may pose a challenge in an online learning setting. But the teachers have worked a way around this and are creating immersive and engaging experiences.

Parents are a critical element in e-learning. So, individual PTMs were conducted for all the three age groups in a phased manner throughout the month where the curriculum, schedule and plan for the year was laid out in detail for the parents. We need the strong support of the parents to make this work.



*"Education is the most powerful weapon which you can use to change the world" – Nelson Mandela*



International yoga day was celebrated on the 21st of June to establish yoga an important form of exercise, health and relaxation. The children were introduced to various postures - such as the tree pose, cobra pose, butterfly pose etc. via a story.



In order to reinforce the concept of Junk and Healthy food, a 'Greet and Eat' day was organized where the Juniors got a chance to have a meal with their friends. They spread a napkin, placed their plates/tiffin boxes and water bottle and had a feel of what 'snack time' would look like at school. While the Seniors were shown a healthy way to stay hydrated. They prepared lemonade with step-by-step instructions online and relished the refreshing drink as a healthy alternative to beat the summer heat.



# KINDERGARTEN

## Round and about with kindergarten 1 and 2

Little hands can go a long way

How can little ones help in making the planet cleaner and green?

Our kindergarten kids took baby steps in learning what it means to save our planet. Shortly after the Kindergarten opened this year (Kindergarten -2 started on the June 3, and the kindergarten -1 on June 7), the teachers started the academic session with a focus on “The World Environment Day”.



Through a PPT, teachers explained how children can close the taps in their homes to conserve a precious resource like water, and how to keep their homes and neighbourhood clean by not littering.

They were made aware of the little things they could do to help to make their planet better, which will also make them happy! The children absorbed the images which gave them a glimpse into the importance of conserving water, about reusing and recycling.

*“Creative Thoughts come from Creative minds!! And they are not sown, they are harvested” –*

*Partha Aakash*



The yoga day was celebrated next on June 21 with teachers getting on a yoga mat to demonstrate and explain the benefits of practising yoga every day. The children were sincere and enthusiastic and readily performed yogic postures and stretches. They closed their eyes and watched their breath laying the foundation for a better life.



When there are children can fun be far behind? The fun activity-oriented days Wednesday (KG-1) and Friday (KG-2) started with “Let us eat together”, for the simple act of eating together gives a perfect platform for children to talk freely, to express themselves in any way they want, bond and learn from one another.

The children could talk about anything under the sun. Not only does it enrich the feeling of belonging, but it is also here that children learn etiquette, table manners and the essential skill of how to effectively use their fork and spoon.



### **Letters, shapes and colours come to life**

To awaken the sense of joy in seeing and touching, children were taught to see, touch, and move real objects to complete tasks.

This means that letters, numbers, shapes, colours, and more are brought to life! Children begin to get a glimmer of understanding behind the meaning of what they are doing.

And, they were excited and engaged because they were having FUN! It is here they begin to develop a longer attention span. In turn, being focussed on one activity lays the basis of increasing their knowledge and their long-term memory.

*“Tell me and I forget. Teach me I remember. Involve me and I Learn” – Benjamin Franklin*

Besides strengthening their fine motor development, children also get to learn control, communication, concentration, and dedication to finishing tasks and problem-solving skills.

### **What is life without a story?**

In the story-telling session, the teacher narrated stories like the mother duck and ducklings, Ranganna the elephant, the Moon God and the Elephant King and more, with the help of a PPT. The stories carried a message to open a window to imbibing good values. The children loved the guided drawing and the quiz that followed the story narration.

### **Being an Involved Parent in digital learning is the key**

As we begin another year on the virtual platform, the objective of the new digitally enabled learning program is to ensure that learning continues for children. And secondly, it gives the children an opportunity to interact with their peers and teachers to ensure the bond is maintained.

Our virtual classes flagged off with individual Parent Teacher Meeting (PTM) in a phased manner. Parents were informed about setting up dedicated learning spaces and interactive activities that would keep them engaged during the learning sessions. The teachers emphasised the importance of “Being an involved Parent”.

Specific questions on homework, routines and our upcoming school events, exploring the seven areas of learning while having fun were discussed and the teachers had a productive conversation during the meeting.

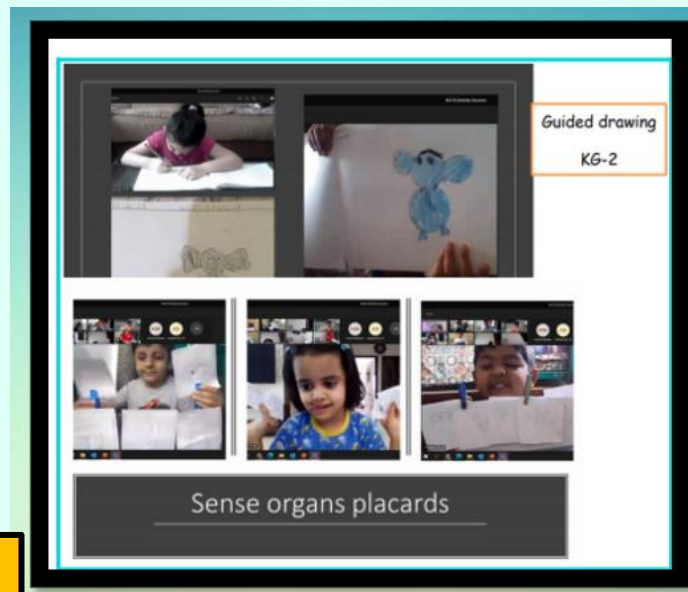
### **What we teach at Montessori and why?**

Our curriculum focusses on nurturing the all-round development of the child. We foster cognitive development, physical and spiritual development even as we stoke creativity and the spirit of inquiry.

The children learn math, language arts, science, social studies, and religion through a wide variety of learning opportunities and activities. All the subjects are standards-based and developmentally appropriate.

And, more importantly the children also have fun since we foster the joy of learning.





## VICTORY CORNER

Congratulations to our Montessori Munchkin \*Vedanth Avinash\* for his Diamond Performance in securing \*First\* Rank in the Junior Spell Bee Contest. We wish him the very best for the next level.



*"Success doesn't come to you; you've got to go to it" -Marva Collins*