

National Public School, Koramangala

Newsletter - July 2021

Early Learning and Primary



“You have to find a way to respect these new boundaries imposed upon us, but still live the version of life you’re used to. That’s what life is, regardless of circumstance.” - Caroline Wright

“I don’t know what the future may hold, but I do know who holds the future”, and the answer no doubt lies with our young vibrant minds -our students.

Dear readers, welcome back to the first edition of the Primary and the Early Years newsletter for the academic year 2021-22.

The year began on 3rd June with the Principal, Ms. Jyotsna Nair addressing the students of grades 3,4 and 5.

Ms. Jyotsna Nair advised the students to participate wholeheartedly in all events so as to grow, explore and challenge themselves, thereby exceeding their potential. She reiterated that NPSKRM was a school for the students, of the students and by the students, with diverse opportunities to excel. She advocated the mantra of never giving up as well as the judicious use of time, while advising them to explore new hobbies and varied interests. Stressing on the importance of taking ownership of one's learning, she emphasized that

students also need to be supportive of parents by helping out in the daily chores at home.

The address included another milestone for NPSKRM – the commencement of the Commerce Stream in Grade 11. The Principal listed the important events scheduled for 2021-22, as well as the various student initiatives planned for the year.

She ended by wishing everyone a year filled with wonderful memories and exhorted all to keep safe during the pandemic.

While the pandemic has changed our mode of teaching, it has done little to dampen our spirits and we have an array of activities unfolding as the year progresses.

Environment Day Celebration Primary School



Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has.”

—Margaret Mead

True to these words by Margret Mead, young nature crusaders of the primary years of National Public School, Koramangala, celebrated Environment Day in the school on 4th June, 2021.

The students watched a presentation prepared by the Eco Club members of the Senior school and took a pledge to do their bit to maintain the fragile ecosystem balance. The little ones not only made a number of resolutions to save the earth but

also gave innovative suggestions to heal the ailing planet.

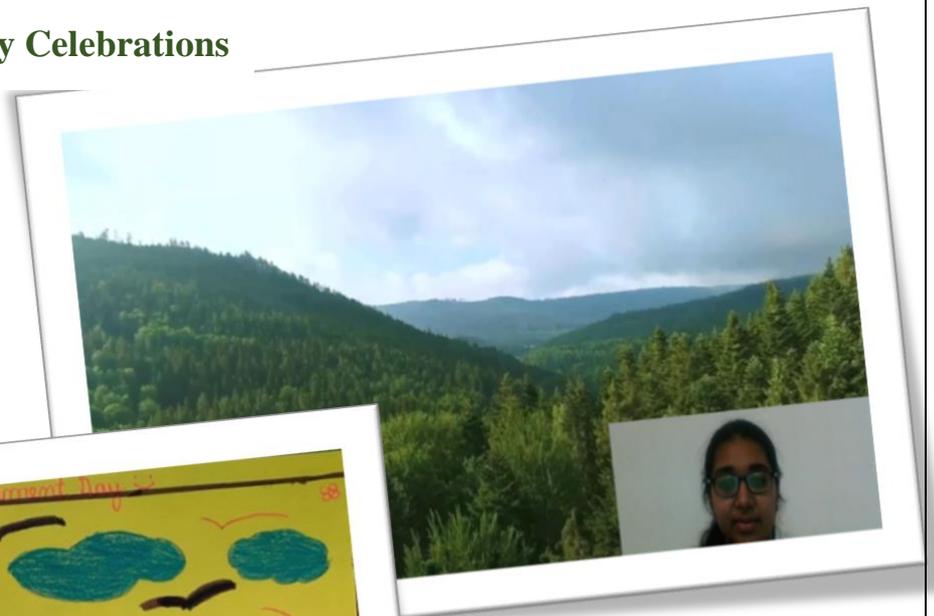
The presentation concluded with the soulful rendition of a Shloka praying for the wellbeing of the entire universe.

The celebration ended with a hilarious but extremely thought-provoking video on animals becoming homeless due to human greed with the suggestion that the hope of rectifying things lies with children who are the citizens of tomorrow.

One of the first conditions of happiness is that the link between man and nature shall not be broken.”

—Leo Tolstoy

Grade 5 -Environment Day Celebrations



Vidarsha Karthik Reddy-1B

International Yoga Day

“What you think, you become. What you feel, you attract. What you imagine, you create”-Buddha

Yoga teaches us the invaluable lesson ‘endure what you cannot cure’ and has played a significant role in keeping us healthy during the world crisis of Covid-19. Keeping in mind our vision of the holistic development of our students, on Monday 21st June 2021, we celebrated the International Yoga Day. The excitement of the students in performing the asanas was palpable as they

practised sincerely in the days leading up to the big day. The asanas were introduced through a commentary that enumerated their multifarious benefits. Students of Grades 4 and 5 guided the—students of Grades 2 and 3 through the Asanas and Pranayama.

It was indeed a fabulous team effort by the teachers and the students.





From the Early Years Desk

The earlier we begin to instill values in our children and steer them on the right path, the easier it will be for the children to assimilate these values and make them an integral part of their psyche.

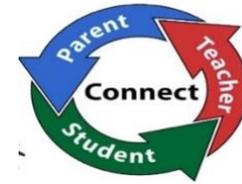
The rationale which highlights the importance of instilling good moral values in our children is that, it helps to differentiate between right and wrong, build character and instill empathy. It also influences their perception of the world and the ability to cope with different situations. We believe in instilling values from an early

age, by bringing to focus one value every month for the students of Kindergarten and Montessori. The value in focus for the month of June was '**Being courteous**'. Songs, games and stories on when to use the magic words- thank you, sorry, pardon me were part of the synchronous classes.

Now, more than ever, it is vital for our children to practice these values to make the world a better place and grow up to be responsible members of the society.



Parent Orientation



The Parent Orientation for Montessori Freshers was held on 9th June, Kindergarten on 10th June and Montessori Juniors and Seniors on 12th June 2021 on the MS Teams platform. This was mainly for the parents to understand the teaching – learning methodology implemented in school.

During the Kindergarten Orientation, the teachers presented a concise view of the objectives of the curriculum and the integrated approach to deliver the same. The weekly schedule which includes hands-on-activities, literacy, numeracy, reading, EVS, art, music, PE and dance was shared with the parents.

Tips on promoting and supporting positive behavior at home, setting up a healthy, systematic and organized routine with regard to work, play and eating habits were also shared.

The Montessori Orientation began with the coordinators' welcoming the parents and sharing the online plan for the Academic year 2021-22. 'Knowing Your Child Better', saw parents breaking into class-wise groups to view a video of a child performing a household chore. The ensuing discussion concentrated around the importance of Exercise of Practical Life activities and its relevance across the other areas of learning.

The importance of partnering and collaborating to help all children in the crucial years of their development was the focal point of the orientations.

Parent Orientation Early Learning



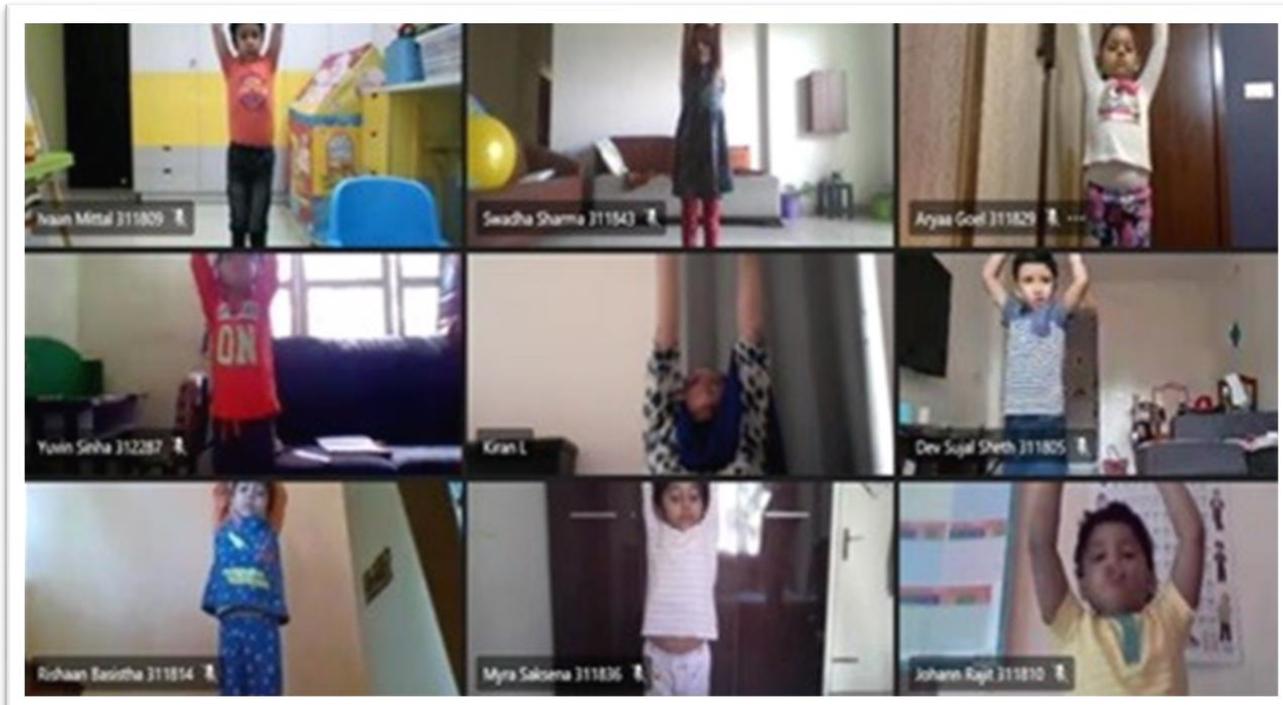
International Yoga Day - 2021

“Just 5 minutes of yoga a day can boost the mental and physical health and wellness of our children.” - To spread this powerful message, International Yoga Day was celebrated by the students and teachers of Early Years on Monday, 21st June 2021 with great enthusiasm.

Celebrations began with deep breathing exercises like smelling flowers, facial exercises like blowing out candles and bubbles. Videos on how to do Surya Namaskar or Sun Salutation in a fun and easy way were shared. Yoga postures

inspired by animals were also shared. The event continued throughout the week with more age-appropriate games, animal sounds and creative names making it a fun learning experience.

Yoga helps to build and strengthen muscles, improve flexibility and coordination. Research shows that yoga can improve focus, concentration, memory, self-esteem, academic performance and classroom behaviour. It reduces anxiety and stress in children.



Musings

My Fairy Garden

“Life doesn’t get easier or more forgiving, we get stronger and more resilient.”

- Steve Maraboli

Since March 2020, time has been challenging for all of us in every possible way. A period when unfathomable strange circumstances surrounded us and tried to pull us down. At such a time if we could beat the blues and emerge victorious, it was only because of our extraordinary resilience power.

It was interesting to observe that how this period of darkness, gloom and uncertainty gradually gave rise to positivity, solidarity and creativity. I’m sure we all will go down in history as people who were witness to this time which I call ‘The Period of Great Awakening’, a period that awakened the slumbering artists, musicians, comedians and master chefs in all of us. Videos on social media are witness to the hidden talents that came out in the open.

It was our irrepressible spirit and determination that kept us afloat and helped us keep our sanity through these testing times. During this time, we all realised that the best way to maintain a balance was to find an engagement or a hobby to keep us

occupied, focussed and above all... positive.

In this quest, I found myself drawn to nature. It didn’t take me long to figure out that some plants needed a gentle, mindful nurturing while some plants were just survivors and could brave all harsh conditions and these survivors became my favourite picks. I soon realised that plants could create a magic when put together in a combination with some stones and artefacts. That is when I created my first ‘Fairy Garden’. It was quite fascinating to observe that this little garden had its own eco-system which created its own unique symphony.

When I started my tryst with the green world, I did not know that this hobby will become my road to peace...my ikigai one day!!!!This makes me believe in **Dieter F. Uchtdorf’s words that,**

“It’s your reaction to adversity, not adversity itself that determines how your life’s story will develop.”

-Abha Gairola

My Fairy Garden



“Ends are not bad things, they just mean that something else is about to begin. And there are many things that don’t really end, anyway, they just begin all over in a new wonderful way.”



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