



You are not a tree. You are not bound  
to the ground you walk on. You have  
wings and dreams and a heart full of  
wonder. So pick up your feet and go.  
Spread kindness like a wildflower  
wherever you go.

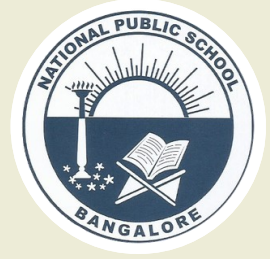


# Tidings

From Primary Years

To the first term break and holidays...

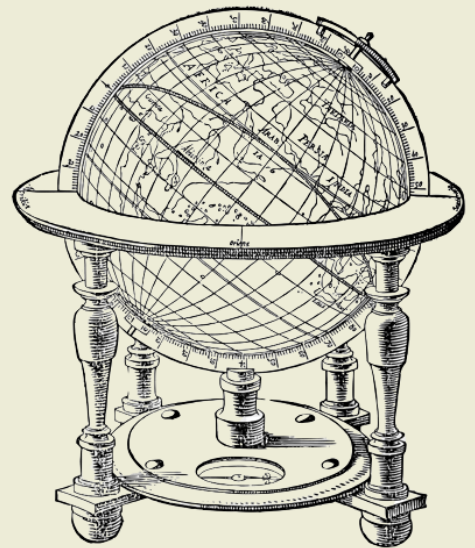
# Welcome





A semester has gone by already and reminiscing about the events of this past semester certainly brings a smile to our faces and a sense of pride in our hearts.

Various events have kept us busy this semester - the inter-class competitions, Olympiads, exams, field trips and workshops, the list goes on and the learning was unparalleled, the fun limitless.

At the close of a semester, with the exams completed, it is truly a time to unwind, relax, refresh ourselves and prepare ourselves for the start of a new semester. So, let us take a small hiatus and return with more vigour because the new term also promises to be a lot of fun, with places to visit and learn from, a galore of events and of course, the learning never stops here at NPS Koramangala.



 *A mind stretched by a new experience can never go back to its old dimensions" - Oliver Wendell Holme* 





## Grade 3B Assembly- Unity in Diversity

On 21<sup>st</sup> September, grade 3B presented an assembly on the theme of Unity in Diversity.

The purpose of this assembly was to celebrate and promote the understanding and acceptance of diverse cultures, religions, and backgrounds within our school community. The assembly began with a melodious rendition of a Hindi song that emphasized the importance of embracing diversity and building a harmonious community. Thereafter, students dressed up in traditional costumes of different states spoke about the richness of their state highlighting the beauty and richness of our diverse heritage.

This was followed by a group dance performance which was a visual treat to the audience. The Hindi skit “Ek chidiya anek chidiya” imparted the message that when we come together, we are stronger as a community.

The assembly concluded with an energetic group song performance that invoked a resounding applause from the audience. The Unity in Diversity assembly reinforced the message that diversity is a strength and that by embracing it, we can create a more inclusive and harmonious society.



*“Alone we can do so little; together we can do so much.”*

*- Helen Keller*







## Grade 3C Assembly- Teacher's Day

Teachers Day is celebrated every year on the 5<sup>th</sup> of September to commemorate the birth anniversary of Dr. Sarvepalli Radhakrishnan. It is a special occasion to honour and appreciate the educators who play a significant role in shaping our lives. Students of grade 3C presented their assembly on "Teachers Day" on 12<sup>th</sup> September 2023.

The assembly started with a prayer on 'Guru'. The melodious rendition set the tone for a joyful celebration. This was followed by a speech on the famous teachers of India Dr. Sarvepalli Radhakrishnan, Dr. A.P.J Abdul Kalam, Vivekananda, and Savitribai Phule. A touching video message was played on how teachers leave a lasting impact on their student's lives.

The assembly also featured a series of delightful performances showcasing the student's talents and their appreciation for teachers.

The synchronized group dance performance left the audience in awe and received a resounding round of applause. The energetic and lively group song performance captivated the audience and brought the curtains down on yet another memorable celebration.

This assembly served as a reminder of the invaluable role teachers play in shaping the lives of students and inspiring them to achieve their full potential.



*"A good teacher can inspire hope, ignite the imagination, and instill a love of learning." –Brad Henry*





## Grade 3A Assembly- Hindi Diwas

Class 3 A conducted their assembly on Hindi Diwas.

Hindi Diwas is observed on September 14 every year. Hindi ranks as the world's fourth most-spoken language, following English, Spanish, and Mandarin. It's widely spoken in North India as a mother tongue.

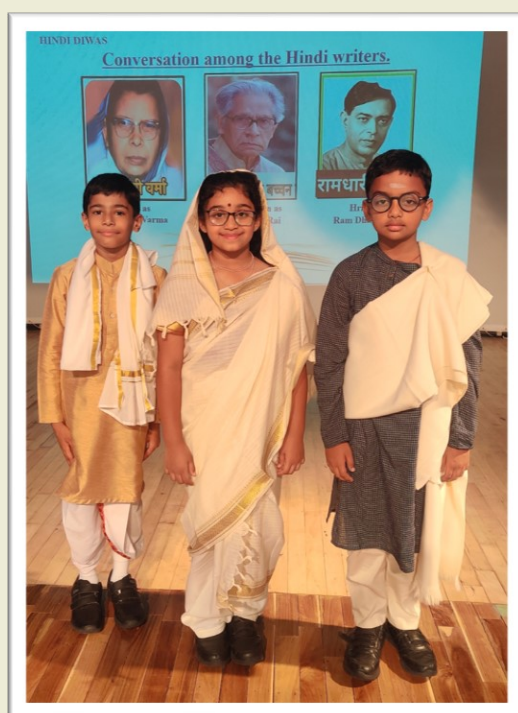
The assembly focussed on the importance of Hindi in students' lives.

The assembly began with a roleplay, followed by 'Thought for the day' 'Word of the day', Recitation of Dohas and 'Facts about Hindi Diwas' These all were shared in Hindi and translated in English.

Congregation of some well-known Hindi writers and conversation among them was the highlight of the assembly. Foot tapping group dance, quiz and songs in Hindi and English kept the audience enthralled.

The assembly was concluded by a speech on Hindi Diwas by Ms. Geeta Rathod.

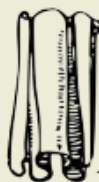
The celebration of the event 'Hindi Diwas' gave an opportunity to students to participate in a variety of programmes and take pride in Hindi language.











## SaPa Workshop

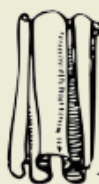
The SaPa workshop was conducted on September 14<sup>th</sup> for Grades 1 to 4 in the school auditorium. It aimed to introduce participants to various musical elements, enhance their understanding of rhythm and melody, and foster their creativity through hands-on activities and collaborative learning.

The workshop was facilitated by Mahesh Vinayakram, the illustrious son of the Ghatam legend Padmabhushan T.H. Vikku Vinayakram and the first Indian male singer to be cast in the theater Cirque du Soleil. The workshop started with a brief overview of different notations used in Carnatic music by the facilitator followed by an explanation of their importance in music. Later participants were engaged in rhythm exploration exercises, using body percussion to create and perform rhythmic patterns.

He guided participants in creating simple patterns using voice and body movements. Participants were encouraged to experiment with different notes, scales, and rhythms to develop a unique piece of music. He also guided the students in learning a new song from their SaPa book. Before concluding the workshop, the facilitator answered questions from our enthusiastic young participants on the different genres of music. This workshop helped the participants gain a better understanding of rhythm and melody in music. The facilitators' expertise and enthusiasm contributed to the overall success of the workshop.



*"Music is the universal language of mankind" – Henry Wadsworth Longfellow*



## Workshop on Dyslexia

It was a day with a difference for all the teachers at NPS-KRM, on 27th September 2023.

We had a professional development workshop on 'Awareness on Dyslexia'. This was conducted by Ms. Lakshmi Hariharan, who is heading the Resource Centre at Madras Dyslexia Association (MDA),

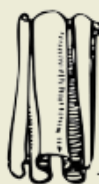
The session gave all the teachers an insight into Dyslexia –its facts, concerns, causes and kinds. Few strategies, professional guidance and brain gym techniques were shared with the teachers.

It was an interactive session wherein each teacher gained knowledge and awareness about Dyslexia. In the short span of three hours, teachers experienced an exponential learning curve in dyslexia .



• “The soul is healed by being with children.” – Fyodor Dostoyevsky





## CBSE Workshop

The teachers at NPSKRM, attended a CBSE workshop on 12<sup>th</sup> October 2023, on Stress Management. This was a part of Professional Development of teaching faculty.



The workshop was conducted by CBSE resource persons- Ms. Anuradha Ramesh, Principal NPS Agara, Kengeri, Bengaluru and Dr. Malini Mandhata Dutta, Principal BGS National Public School, Bengaluru



It was a full day session that enabled the teachers to identify the knocking signs, red flags, causes and remedies for stress.

The workshop had a lot of interactive activities along with discussion on various case studies. The teachers enjoyed and learnt a lot during the group activities.

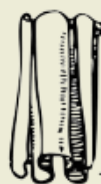


The learning is never complete without a task. All teachers took time to reflect on their learning by completing a questionnaire.

This learning on 'Stress Management' is sure to enable the teachers to deal with stress in their personal and professional life in a more streamlined manner.



*"Learning is a treasure that will follow its owner everywhere."*



## Grade 1 Field Trip

On 11<sup>th</sup> September 2023, Grade 1 embarked on an enlightening field trip to various places of worship in the city. The objective of this trip was to foster cultural understanding and promote respect for different religious practices within our diverse community.



The field trip left a lasting impact on both students and teachers. They expressed their newfound respect for different religions and a deeper understanding of the significance of places of worship in people's lives. Many students were particularly moved by the hospitality and warmth they received from the practitioners, which showed them that all humans follow the path of kindness and love no matter which religion they follow.

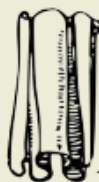
Accompanying the students were three school support staffs and seven teachers; Ms Piyali, Ms Rajni, Ms Chandrani, Ms Varunika, Ms Carol, Ms Sumangala and Ms Fathima.

The field trip to places of worship was a resounding success in achieving its educational objectives. It instilled in students a sense of cultural empathy and an appreciation for the diverse religious fabric of our community. We hope that this experience will foster a more inclusive and understanding society for the coming generations.



*"Music is the universal language of mankind" – Henry Wadsworth Longfellow*





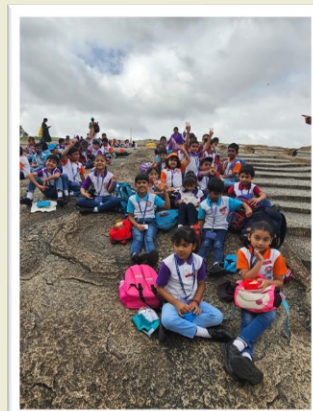
## Grade 2 Field Trip

A field trip was organized to Lalbagh Nursery within school hours for the students of Grade 2 as an extended learning program for their EVS lesson: 'Plants'.

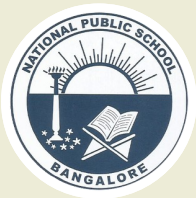
The aim of the field trip was to broaden their understanding of different types of plants. This trip gave the students an opportunity to take a close view of the flora and learn about the significance of how a green environment can benefit the living beings on the planet.

The teachers accompanied the children and showed them various kinds of plants and trees. The students could identify the climbers, creepers, shrubs, and trees as these concepts had been taught in EVS class. They also discussed with their teachers about the various uses of plants.

The proximity to nature kindled their curiosity and filled them with excitement. They also got a first-hand experience of how plants are nurtured in a nursery. This trip was a reinforcement of how experiential learning can be used to inculcate student's respect for nature.



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## Grade 4 Field Trip

The beautiful and serene morning of 23<sup>rd</sup> September saw one hundred and twelve students of Grade 4 accompanying their class teachers to the most awaited field trip to Lalbagh.

The team was all ready to set off to visit the exotic flora collection of Lalbagh Botanical Garden as a part of their science curriculum on plants. They were also accompanied by their other along with support staff. The students enjoyed their bus travel singing, asking riddles and playing games. On reaching the destination, students enjoyed a long nature walk guided by the teachers and guides.

It was observed that children looked upon this as an excellent opportunity to relate to plants and their adaptations. They were very curious to know more and asked plenty of questions. Children were awe struck at the rare collection of flora at the botanical garden. After a long, tiring trek, the students settled in groups under the shade of the trees and enjoyed their snacks. It was heartwarming to see the children laugh, bond and have a good time with their friends and classmates.

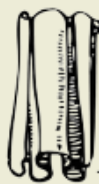
The highlight of the day was the buggy ride for every section with the teachers accompanying them in the vehicles. It showed the children the most unique trees and carvings at Lalbagh. On the way back, the children shared their experiences. A few also mentioned that they were proud to be a part of Bengaluru where this expansive garden was located. They also recalled the names of a few plants and trees that they had noted in their journal. All in all, it was an experience that the students will cherish and remember for times to come.



• "In every walk with nature one receives far more than he seeks."

— John Muir.





## Grade 5 Field Trip

Grade 5 visited the **LENS and APD Horticulture Training Centre** in September 2023.

After reaching the place, the students were asked to be seated for a presentation by Ms. Sheron and Ms. Prerna, to learn and infer the differences between a disability, an impairment and an impediment. Students were given simple activities to empathise with the people who had spinal injuries and were being rehabilitated. They were asked to write two lines without using their thumb, not only to understand the predicament that the recovering patients went through but also to understand that they were adapting to their new normal.

A simple 'Simon Says' activity was demonstrated to help them understand the concept of inclusivity in their surroundings. Case studies which helped students think about the possible difficulties and safety issues that a disabled person could face, were also presented and analysed with student participation. Students interacted with two people who were currently being rehabilitated and asked them questions on how their lives had changed post-injury and now. No one could miss the aura of confidence and the warmth of their smiles when people there spoke about how they were leading independent lives in LENS.

This session was followed up by a game of Wheelchair Relay and Basketball which engaged all the students, who could empathise with the challenges people faced in a wheelchair as well as how they adapted to this change. Refreshments were provided for the children by the centre after this.

A seed planting activity was done with the students with Mr. Ganesh of the horticulture society, to work hands-on in the garden. Children could ask questions about the various plants grown there as well as see the various fruits and blossoms that adorned and filled their gardens.

Following this, students went around to buy plants for themselves from the Horticulture Society. A variety of flowering plants, succulents, herbs and shrubs were on display for students to buy from. Students reached school by 12.30 and continued the rest of the day at school after having lunch.

Overall, it was an experience to reflect on and for everyone to express gratitude for what we have now and cherish it more.



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Wadsworth Longfellow*







## Musings- The Kolam Connection

In our rich Indian culture, there exists a tradition that speaks volumes about our relationship with the world around us. This tradition involves creating intricate patterns known as “Kolams” using rice flour or other natural materials, right outside our homes. These aren’t just decorative designs; they hold a profound message about our interconnectedness with all living beings, no matter how small.

One of the most touching aspects of drawing Kolams is the belief that it’s not just an art form, but also an act of kindness. Have you ever wondered why we take this extra effort every morning, right at the doorstep? It’s a silent message to the tiniest members of our family, the ants and other minuscule creatures that share our living spaces. As we draw these intricate designs, we also provide sustenance for these small beings. The rice flour we use serves as their breakfast buffet. It’s like a gesture of goodwill and a display of respect for even the most inconspicuous members of our ecosystem.

This simple yet profound tradition beautifully mirrors the essence of “Vasudaiva Kutumbakam,” the idea that the entire world is one family. It reminds us that our interconnectedness extends to all living creatures, and by nourishing these tiny insects, we acknowledge their place in this grand tapestry of life.

It’s a lesson that speaks to us, young and old, about the importance of kindness and empathy. It’s a reminder that even the smallest acts of care and consideration can make a significant difference in the lives of others, no matter how tiny or seemingly insignificant.

So, the next time you see a Kolam gracing the threshold of a home, remember that it’s not just an artistic expression; it’s a symbol of love, kindness, and our shared responsibility to care for all living beings, no matter how small, as part of our vast and intricate family.

**-Veena Pillai**

# Thank you

Travel always brings a sense of warmth and happiness. It becomes a time to bond as a family or even take time for ourselves as individuals. Travelling without leaving the comfort of your home is also possible to help us achieve that. So as this term ends, we hope you have a great break and you can make great memories. We hope you enjoyed this edition of Tidings. We wish you all a very happy season! Be sure to stay safe and happy!



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