



Vol 2 September 2023

TIDINGS

from the Primary Years



To festive cheer and happiness

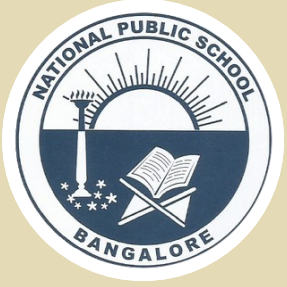


:: Welcome Note ::

As we welcome the season of festivities, with music in the air, colour everywhere and smiles on faces, it is also a season to reflect and introspect about what we can do for others. A simple act of kindness goes a long way in cheering up a person's day. A smile, a cheer, a word of encouragement, they may seem like small acts but they make a big difference. The acts of kindness start from home.

At NPS Koramangala, the school year is filled with donation drives, campaigns to save our planet, initiatives to beat plastic and many more. As always, we are glad that our community of students, teachers and parents are all enthusiastic participants in all such measures that we partake in. As they say, what we sow, we reap. We aim to create socially responsible citizens of tomorrow who can take our values forward.

Let these festivities become an opportunity for us all to do our share for society so that there is cheer in the air as a result of gratitude in our hearts.



Grade 4A Assembly

The theme for the assembly of Grade 4A was “*Festivals of India.*” The theme is close to our hearts as we all look forward to festivals every year. This time of the year brings joy and cheerfulness into our lives. As people of a nation that is home to many cultures and traditions, we enjoy celebrating festivals with a lot of grandeur at home with our family and friends.

The assembly was scheduled at the most apt time, just before the festive season could commence. The assembly started with an appropriate thought for the day that highlighted how we should be happy and treat every day as a festive occasion. It then progressed into the main events with a song in Hebrew ‘*Hava Nagila*’ which means ‘*to rejoice.*’ The song was sung by all the students of 4A with a lot of energy that set the right tone for the rest of the proceedings. The students presented speeches in English, Hindi, and Kannada on festivals like Ganesh Chaturthi, Eid, Sankranti, Dussehra and Christmas.

“Festival season is a perfect time to reflect on our blessings and seek out ways to make life easier for people around us” – Teri Marshall

Every speech was followed by a dance set to foot tapping songs to suit each of the festivals.

Across grades, the students were quizzed about festivals and this witnessed a lot of involvement and enthusiasm among the participants who volunteered to answer actively. The assembly ended with carol singing by the students. A few students dressed up as Santa Claus, adding to the festive mood. The auditorium reverberated with the feeling of festivity into the minds and hearts of all present, some recollecting good old memories of celebrations and few young ones smiling away at the thought of festive holidays.





"Ask not what your country can do for you. Ask what you can do for your country."- Jawaharlal Nehru

Grade 4B Assembly

Grade 4B presented their assembly with great enthusiasm and patriotic fervor on the theme of Independence Day on 10th August, 2023.

The presentation included a plethora of events revolving around the theme of Independence Day. It started with the freedom fighters entering the stage with gusto and chanting powerful slogans for their mother land. The skit and the dance performances filled the audience with awe. The interview with the tiny soldiers and the poem recitation 'Hum Naye Bharath Ke Chehra hai' filled the hearts of everyone present, with patriotism.



Musical rendition of melodious songs awakened patriotism in the audience. Indeed, it was a day of joy and a day to show love and respect to our country. The Principal addressed the gathering appealing to their nationalistic spirit and urging them to take pride in being an Indian and fulfilling their duty towards their country.



If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."
— Hippocrates

Grade 4C Assembly

National Sports Day is celebrated every year in India, on 29 August, to commemorate the birth anniversary of Indian hockey legend, Major Dhyan Chand. On 17th August 2023, Grade 4 C conducted their assembly titled 'Awaken the Sports Person in You!' on the occasion of National Sports Day. The assembly emphasized on the importance of sports and fitness in our lives.

The topic of the assembly was introduced through an entertaining skit. The assembly showcased a beautiful dance, melodious songs, and quiz. The act of round table interview with the sportspersons enlightened the audience on their fitness routine. The entire show conveyed the message, to the audience, about the benefits of keeping our body and mind fit.



The Primary Years Coordinator conveyed her thoughts on the assembly by laying emphasis on the importance of playing games to strengthen our body and mind.





Grade 4D Assembly

The assembly of 4D, on 22nd August 2023, was a captivating celebration of the Onam festival and showcased the story of Mahabali.

The entire assembly was weaved into a skit and began with an explanation of the importance of pookalams in welcoming King Mahabali during Onam, emphasizing the beautiful artistry involved.

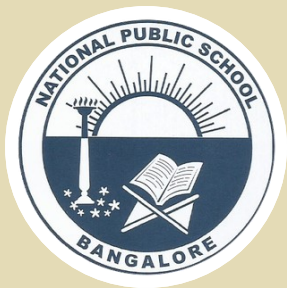
Students enacted the tale of Mahabali and Vamana, with Vamana pushing Mahabali into the netherworld and bringing the legend to life. The sumptuous dishes of an Onam Sadya were introduced, including avial, sambar, and payasam, showcasing the significance of food in the festival. A linguistic twist introduced the concept of a palindrome, with 'Malayalam' being a prime example. Students delighted the audience with a welcome song- 'Onapattin thaallam thullum,' a Thiruvathira dance, an Onam dance; and a lively boat song which brought a rhythmic end to the assembly.

*"In the symphony of life,
the festival of Onam is
the sweetest note,
reminding us that the
melody of togetherness is
timeless."*

The Principal and Ms. Sandhya, in their speeches reflected on the values embodied in Onam, encouraging gratitude for life's blessings, while drawing parallels with Lal Bahadur Shastri's humble childhood.

The assembly offered a vibrant and educational celebration of Onam, reminding all attendees of the festival's cultural significance and the importance of gratitude and unity in our lives.





"Take care of your body. It's the only place you have to live."

Health Week

Health is a state of complete physical, mental and social wellbeing. For a healthy life cycle, a person needs to have a balanced diet and regular exercises.

Mental health too can impact the academic performance and success of students both positively and negatively.



Hence, this year at NPS, Koramangala, we celebrated 'Health Week' between 14th to 18th August 2023. Students displayed their enthusiasm for 'Fitness Monday' by joining in an energetic exercise routine for complete fitness of body and mind. Students of Grade 3 to 5 participated in 'Wellness Wednesday' in which they listened to the Guest Speaker's Presentation on Food Labelling and making the right food choices through an interactive presentation.

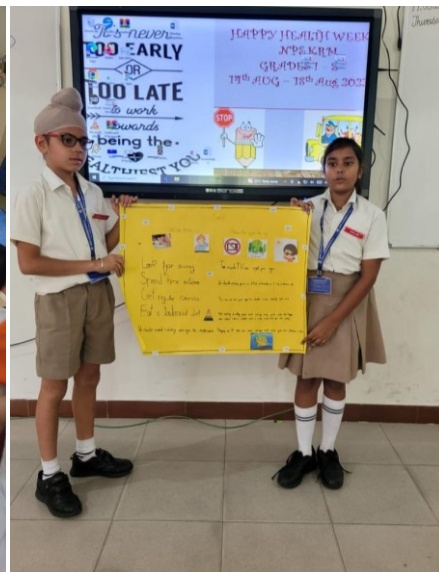
Students of Grades 2 and Grade 3 had an opportunity to listen to insightful discussions on the topic of eye care, personal hygiene and good sleeping habits. Students of Grade 4C came up with a powerful assembly on the message of 'Sports; its importance and its impact on physical and mental well-being'.

The week culminated with an energised outdoor aerobics session keeping in mind the benefits of dance and aerobics on our body and soul. The students also had a chance to discuss about 'Anger management and mental well-being'.

Through the week, students proudly wore their self designed health badge and pondered upon inspiring quotes on health. During the LS periods our students had a chance to make their own healthy salad through a 'Junior Master Chef Cooking Without Fire Challenge'. The music periods also involved singing songs on good food and healthy living.

Students performed yoga asanas during the yoga periods to strengthen their body and mind. They promised and pledged to maintain a healthy and hygienic self.

A week of promoting Health and Happiness...





"India is the cradle of human race, birthplace of human speech, mother of history and the grandmother of legend."
Mark Twain

Independence Day Celebrations

The Independence Day has a great importance in every citizen's life. This day reminds us that freedom is sacred and we must do everything to ensure that it is not endangered.

The 77th Independence Day was celebrated with great joy at our school. On this day, the school campus was well decorated with flags. In the morning, the principal Ms. Jyotsna Nair hoisted the national flag on the school grounds. All the students and the teachers saluted the flag and then sang the National Anthem. This was followed by the Cultural Programme in the school auditorium. There were speeches by teachers, patriotic songs, dance, and a skit by senior students. The students of the primary came dressed as Kittur Rani Chennamma, Rani Laxmi Bai, Sarojini Naidu, Sangolli Rayana, Bhagat Singh, and Subash Chandra Bose.



Each student spoke a few lines about the sacrifices made to free our country from the shackles of slavery. Every speech filled the audience with inspiration and patriotism. There was a feeling of pride in every heart.

In the end, the principal appreciated the student's performances and spoke on the significance of the historic day. The program concluded with a vote of thanks and chocolates were distributed to the students.



Parent-Teacher Meetings



"Collaboration between parents and teachers is the key to unlock a child's potential."

The Primary grades PTMs took place on two separate dates: August 5th and August 19th. These meetings were conducted smoothly, providing an opportunity for parents and teachers to engage in meaningful discussions about their children's progress.

During the PTMs, both parents and teachers shared their observations and concerns, fostering a collaborative environment aimed at supporting the students. The primary focus of these discussions was the students' performance in the first assessment, allowing for a comprehensive review of their academic progress.

Overall, the PTMs were productive, strengthening and enhancing the support system for the students.





"The joy of life comes from our encounters with new experiences, and hence there is no greater joy than to have an endlessly changing horizon."

Field Trip-Grade 3-Visit to Bannerghatta Zoo

One hundred and twenty-one students accompanied by their class teachers, visited Bannerghatta National Park, on the 11th of August . After a healthy snack break, they headed to the zoo. Over there the students came across many animals like tigers, lions, elephants, bear, cobra, python, peacock etc. The students were enthusiastic and made it a point to take notes of all that they saw in the little journals.

The students were thrilled to watch so many reptiles, mammals, birds in the National Park. This helped them to have an experiential learning experience about the animals and birds. Everyone enjoyed the visit to the zoo. The students shared their lunch with their peers in the lush green environment.

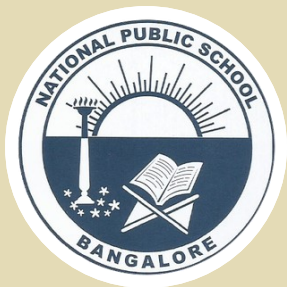
At the Butterfly Park, the children were very excited to walk through the different colourful butterflies fluttering all around. The detailed life cycle of butterflies which was displayed helped them to connect to the topic "insects" in General Science.

All in all, it was an experiential learning for all the students which they will cherish and remember for times to come.



Glimpses of the
Grade 3
Bannerghatta Trip





Book Week

The second week of September was a time for celebrating the joy of reading. Each day of the Book Week began with a daily quote about books and a question for the day that kickstarted discussions for the students and class teachers of Grades 3-5. Students actively participated in the daily activities and came up with peer recommendations for books and even penned their own quotes on reading.



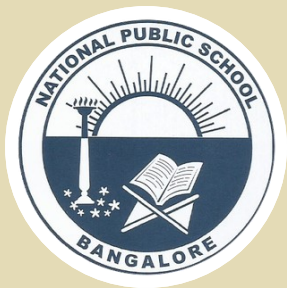
"If you don't like to read, you haven't found the right book."
— J.K Rowling

Grade 1 and 2 teachers turned storytellers and they read out stories for the students every day, bringing into the little one's lives, the happiness of listening to stories. Grade 4 and 5 also got to interact with Ms. Rachna Chaabbria, a children's book author who has penned stories such as 'The Little Worm Goes to School' and "Festival Stories Through The Year" as a part of Book Week.

A handwriting competition was held on the 8th of September as a part of the 'World Literacy Day' for the students of Grades 1-5. Students not only learnt about the significance of Literacy Day but also wrote down the same for their handwriting competition.

'Book Week' is held for the week, but as always, we continue to see the love for reading fostered in our children who enthusiastically discover and read books throughout the year. Let the love for books never cease!





Our pride...our joy.... another reason to celebrate...



*Kabir Sharma of Grade 2C
won a bronze medal at the 1st Open Nationals in Skateboard held in Pune in September.*



Musings

Everyone is born with wings to fly high.....

'The Wings of Fire' is an autobiography by Dr. APJ Abdul Kalam, who from a very humble beginning rose to be the president of India. The book is full of insights and life experiences of Dr Kalam. As I came across the opportunity to read the book, some of the anecdotes made touched my heart and filled me with inspiration.

I would like to share some quotes which struck my mind and heart. "Let not thy winged days be spent in vain. When once gone, no gold can buy them back again." Of course, each one of us is born with wings of power but they are crumpled as we haven't acknowledged them. Our background doesn't matter, what matters is our grit to set our goals high and work hard to conquer them. Dreams and hard work go hand in hand.

'Reach for the sky' is a famous saying but it isn't easy, yet one mustn't just give up easily. Thomas Edison invented the bulb after so many failed attempts. His constant effort and perseverance fetched him the fame and victory. Chandrayaan -3 by ISRO isn't an overnight mission. After a series of setbacks, it was ultimately successful. Every expert was once a beginner. So, believe you can and you are halfway there. Use the magic wand of perseverance and it will open up the crumpled wings bit by bit steadily.

Another quote from the book 'Wings of Fire' that caught my eye was; "Adversity always presents opportunities for introspection." As I read the quote again and again, I traversed back to a time in my life which was filled with adversities and how I overcame those in due course of time. Our weaknesses and fears shouldn't be the stumbling block to achieve success. At every stage, identify the area that needs to be worked upon and make a constant effort to overcome the hurdles you encounter. Eventually we will succeed.

Opportunity doesn't knock twice. As students, grab every opportunity you can. From humble roots in Rameswaram, Tamil Nadu, Dr Kalam has set an example par excellence and worth emulating. With perseverance and creativity and you can soar high in the sky on wings of fire....

- Prameela C





The best festivals aren't the ones that are loud but the ones that let the good actions make all the noise. That is not to say that we must not enjoy the festive cheer. While the world is rejoicing, if we can make someone else rejoice with us, that makes a world of difference. In essence, it embraces the true spirit of a celebration.

We hope that this season makes us reflect on what we can do for others, what we can do for our families and what we can do for ourselves in order to make this world a much better place.

Thank you and we'll be back soon with our next edition of Tidings.

