

Volume 2 : October 2024

Tidings

- From Primary Years



"The sun never quits shining. Sometimes, clouds just get in the way."



The Self-Care Edition



:: Welcome ::

Diary writing has become a slowly dwindling habit and with blogging that was a fad a few years ago, at least the habit was kept alive. Nowadays, nobody has the time to pause in between and with an increase in mobile phone usage (with social media, of course), the ability to lead a balanced life hangs on the edge.

This edition of Tidings focuses on self-care and making oneself a priority. Keeping a diary to vent out our feelings is one of the simplest ways to take care of our mental health. Gratitude journals are seeing an uptrend now and so are colouring books based on Mandalas. Reading a book is a great alternative to watching screen and board games are a great way to spend time with the family. As adults, we should lead by example. When we take good care of ourselves, children learn about the importance of being well groomed, staying healthy, and sparkling with energy, inside out.

We at NPS Koramangala, strive to bring this into practice with our children, ensuring that their learning is holistic and their habits, healthy. But as they say, charity begins at home. So, let's make a promise, that this Dusshera vacation, we will take some time out for ourselves, to unwind and be together, in a healthy, happy way.

So, open these pages of our diary and see the memories it has etched in it!

Learning Centres – Grade 2

"You can teach a student a lesson for a day; but if you can teach him to learn by creating curiosity, he will continue the learning process as long as he lives." - Clay P. Bedford



With the start of the new academic year, Grade 2 students eagerly awaited the Learning Centre. Following the remarkable success of the previous year's program, both students and parents were eager to witness the unfolding of this innovative learning experience. The Learning Centre stations offered a diverse array of exciting activities and interactive experiences, all aimed at igniting interest and fostering a genuine love for learning. This year's program revolved around the theme of "Plants and Animals," promising a transformative experience for everyone involved.

The Learning Centre was conducted in two batches: The first Batch focused on the topic 'Plants' and the second batch focused on the topic 'Animals'. As parents stepped foot into the classrooms, they were welcomed by an atmosphere brimming with vibrant energy and excitement. The students were fully engaged in their tasks, their faces illuminated with enthusiasm and endless curiosity for learning. It was evident that the Learning Centre had successfully created an environment that placed students at the centre of their own learning, encouraging active participation and cultivating a sense of ownership.

One aspect that particularly captivated the parents was the opportunity for students to collaborate with their peers. The interactive stations, hands-on activities, and trivia sessions all encouraged critical thinking, problem-solving, and creativity, empowering the students to unleash their true potential. Looking ahead, the school remains committed to building upon the success of the Learning Centre and pushing the boundaries of innovation even further. Each year will bring new themes, activities, and learning opportunities, ensuring that students are consistently challenged and inspired to reach new heights.



Class Assembly- 5C Superheroes of the Community

Not all of us can do great things, but we can do small things with great love.— Mother Teresa

Grade 5C presented the third assembly in the Superhero series, focussing on the contributions of ordinary individuals who became superheroes through their actions. The underlying message was that everyone can be a superhero in their own way.

5C presented a Sanskrit Shloka emphasizing that hard work is the secret to success, regardless of one's status. The superheroes then journeyed across the country in search of unsung heroes. Their first discovery was Mr. Ahmed Ali, a rickshaw puller from Assam who built nine schools for underprivileged children. Next, they travelled to Honnali village in Karnataka, where they met Padma Shri recipient Tulsi Gowda, who has transformed barren lands into lush forests through her dedication to nurturing plants. This interaction was depicted in a Kannada skit.

Following the skit, a Hindi poem paid tribute to hardworking farmers who toil to provide food for all. A Mime performance honoured everyday superhero, highlighting the essential roles of plumbers, sweepers, teachers, and doctors, including the support staff who contribute to the smooth functioning of schools. The assembly concluded with two melodious songs emphasizing that a superhero exists within each of us and around us—one just needs to recognize them.

Ms. Veena, who gave the speech, also highlighted animals as another vital part of our community's superhero narrative. The takeaway from this assembly can be summarized with the Thought for the Day: "A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles."



Class Assembly- 5A Everyday Superheroes



"Heroes are made by the path they choose, not the powers they are graced with."

Grade 5A's assembly was a culmination of the superhero series conducted by Grade 5. The assembly focused on how each one of us can be superheroes by identifying and unlocking our superpowers.

The assembly comprised 4 scenes which the students could relate to followed by quiz and news.

The first scene was a classroom scene wherein a child becomes a superhero by being kind to the new student and helps her out. The superhero was honoured by others who gifted her a sash that read 'Kindness Crusader'. The second scene was a Hindi skit wherein the students get together to help the supporting staff of the school and empower them by taking after school classes. The student who gave the idea was honoured as Captain Empower. This was followed by scene 3 in Kannada which focussed on the superpower – Care. This was depicted through a story dating back to the building of the Hoysala Empire. The superhero of the scene was honored as Captain Care. The last scene was a staircase scene which students could connect with and how students who are disciplined were identified as the superhero.

The assembly culminated with two melodious songs emphasising the fact that there is a superhero within each of us and all around us – one just needs to recognise them. Finally, Ms. Lakshmi shed light on how we can identify the superhero within us. The word for the day 'mesmerise' aptly sums up the exactly the effect this assembly had on its audience.



Class Assembly- 4A



"Enthusiasm is common. Endurance is rare." – Angela Duckworth

On 18th September, Grade 4A presented a meaningful assembly centered around the theme "Resilience and Endurance in Life." The assembly reflected the students' understanding of how resilience and endurance are important in overcoming challenges and achieving success.



The introduction set the tone for the assembly, emphasising that resilience isn't just about bouncing back from setbacks but also about enduring difficult times with a positive outlook.



The first performance was a powerful skit that depicted the story of a student facing academic challenges and personal struggles. The characters demonstrated how resilience can lead to eventual success.



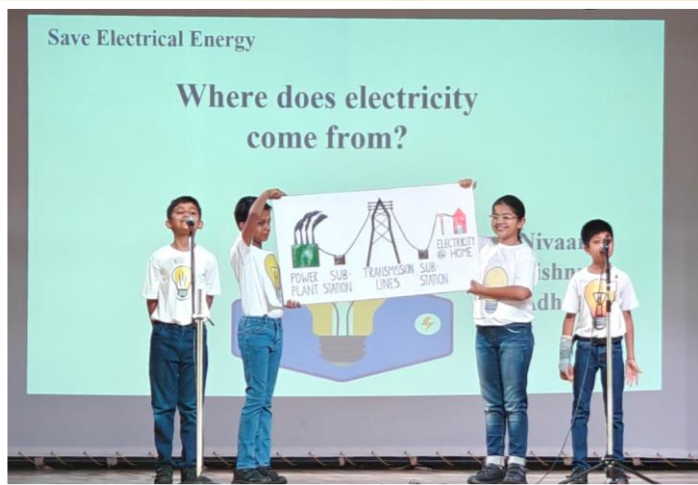
Another highlight of the assembly was a heartfelt poem recited by the students, which beautifully captured the essence of enduring life's ups and downs. The poem resonated deeply with the audience, drawing applause and thoughtful reflection from both students and teachers alike. Overall, the assembly was an exciting experience and exposure to the students.

Class Assembly- 4B

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



Grade 4B organized a class assembly on the 23rd of August 2024, on 'Saving Electrical Energy', highlighting the importance of energy conservation in our daily lives. The program began with an informative presentation, where students explained the environmental and economic impacts of excessive use of electricity. They shared practical tips on how to reduce energy consumption, such as turning off lights when not in use, using energy-efficient appliances, and embracing renewable energy resources. Through skits and posters, students emphasized the collective responsibility we all share in conserving energy to protect our planet for future generations. The event concluded with a call to action, encouraging everyone to be mindful of their energy habits and to spread awareness about the importance of energy conservation. The students swore by the motto "Saving energy today will ensure a brighter future tomorrow."



Class Assembly- 4C

"Champions keep playing until they get it right." – Billie Jean King



'Unleash the Champion Within': With this quote in mind, Grade 4C- the champions of NPS Koramangala, presented the assembly highlighting the importance of Yoga and Sports. Students with exuberant spirits showcased their talents in various sports like skating, cricket, football, hockey etc. through their cute demonstration.



Students conveyed the message to the audience that regular exercise, yoga and sports can improve concentration and enhance overall well-being. The Hindi skit spread a strong message to adopt a healthy lifestyle and make physical activity an integral part of our daily routine.

Students dressed up as great personalities and presented eloquent speeches emphasising the values of determination, perseverance and hard work. The assembly was concluded with the song 'Team India he hum'.

Class Assembly- 4D



"In India we celebrate the commonality of major differences; we are a land of belonging rather than of blood." – Shashi Tharoor

The students of grade 4D presented an assembly on the Heritage of India. They transformed the stage into a vibrant showcase of India's rich cultural heritage. With enthusiasm and creativity, students brought to life the diverse facets of our heritage, showcasing iconic monuments from every corner of the country, each telling its own story of history and artistry.



One of the highlights of the assembly was the captivating Hindi Street play , where students cleverly depicted the significance of cultural symbols that weave through our daily lives, reminding us that our traditions are not just relics of the past but living parts of who we are. Through lively skits, melodious songs, and heartfelt speeches, the students conveyed a powerful message: the importance of preserving and celebrating our diverse heritage.



They urged everyone to embrace this legacy, instilling a sense of pride and responsibility to pass it on to future generations. The assembly was not just an exhibition; it was a heartfelt call to action, inspiring both students and the audience to appreciate and protect India's cultural legacy. Together, they celebrated the beauty of diversity and the strength of unity, leaving everyone with a renewed sense of commitment to honour the past while looking forward to the future.

Nourish to Flourish Week

"So many people spend their health gaining wealth, and then have to spend their wealth to regain their health." – A. J. Reb Materi



Our school celebrated Health Week, a vibrant initiative aimed at promoting healthy lifestyles among our students. Each day featured a special theme designed to engage students and encourage them to prioritize their physical and mental well-being.

We kicked off the week with 'Mindful Mondays', where students participated in various activities. Classes engaged in guided deep breathing exercises, helping students learn how to manage stress and improve focus. The importance of enjoying the moment and self-awareness was emphasized throughout the day.



On 'Treat Yourself Tuesdays', students were encouraged to eat a balanced diet, set aside time for hobbies, and take plenty of rest. A special talk by a nutritionist provided valuable insights into healthy eating habits, helping students understand the importance of nutrition in their daily lives.

'Write It Out Wednesdays' focused on the power of journaling and self-expression. The week concluded with 'Thankful Thursdays', dedicated to gratitude and appreciation. Discussions on the positive effects of gratitude on mental health highlighted the importance of recognizing and appreciating the good things in life.



Young chefs at work

Fireless Cooking Sandwiches



Health Week was a resounding success, inspiring students to take charge of their health and well-being through engaging and meaningful activities. We hope this initiative will encourage our school community to continue making healthy choices every day.

Book Week



Think before you speak. Read before you think. – Fran Lebowitz

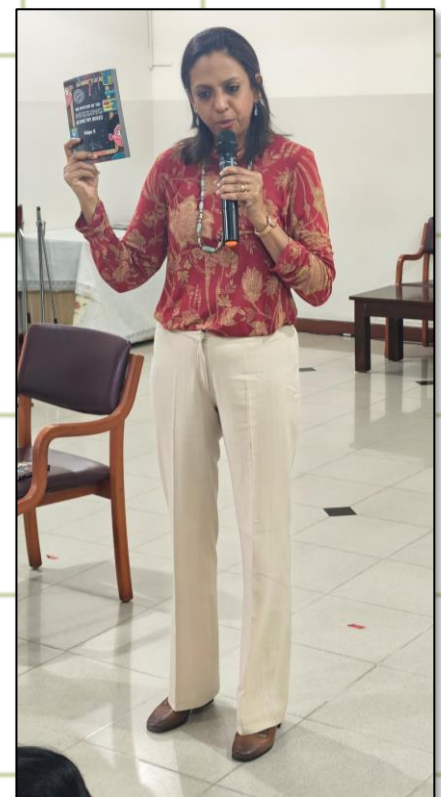
Book Week was celebrated in the second week of September (9th to 13th September). A host of literary events were conducted during this week. Each day a small excerpt from a book was read out to get the students interested in reading the book and to improve their listening skills. Each day began with a reading of a small excerpt from *The Magic Tree House* series for Grade 1, *Charlie and the Chocolate Factory* for Grade 2, *Matilda* for Grade 3, *Mary Poppins* for Grade 4 and *Glimpses from World History* for Grade 5.

Library activities such as story writing, writing blurbs and book titles for the primary grades were conducted in addition to the Reading Program activities. Furthermore, the week witnessed authors and storytellers who enthralled the students with their various forms of storytelling. Grades 1 and 2 were the audience for a storytelling session by Ms. Sharada Sampath Kumar, a professional storyteller from Bangalore who conducts regular storytelling sessions for audiences across all ages.

For Grades 3 and 4, a session with a children's author, Ms. Ridhi Maniar Doda who has published the books such as 'The Boy Who Wore Bangles', published by Karadi Tales and 'Drip Drip Lick Lick Meow Meow', 'Colour Drama' and '64 Squares with Dada', published by Sonalika Publications. Ms. Ridhi took them through an animated story-reading session of her book followed by a Q&A session.

Grade 5 met with Ms. Vidya Varadarajan, an author from Scholastic who has published many mystery novels. She also read a short excerpt of her book 'Mystery of the Graveyard Gold' followed by Q&A session where students also won books written by the author.

Every year, Book Week aims to add to the joy of reading, opening up new genres of reading through peer discussions and this year has added one more step that we need to take to let our children explore the world of books.



CBSE Water Conservation Week



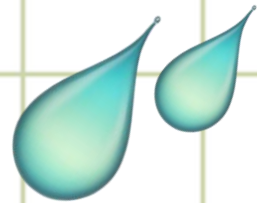
When the well is dry, we know the worth of water. - Benjamin Franklin

“Conserving water is conserving life: Water conservation is important for both the planet and ourselves”

On Tuesday, the 17th of September 2024, Primary students had a talk on water conservation, global warming, water crisis and the ways in which the students could contribute in small ways towards saving water.

The presentation by teachers in various languages highlighted the significance of a seemingly insignificant drop of water and the need to conserve it as a resource. The speakers emphasized the critical role water plays in our daily lives and the increasing global water scarcity.

Teachers also spoke about how simple changes in our daily routines, such as fixing leaks, using water-efficient appliances and practicing mindful water usage, can significantly reduce consumption. It was a great and informative session.



FIELD TRIP – Grade 1

Places of Religious Importance



On 13th September 2024, Grade 1 students went for a field trip to places of worship as a part of their EVS curriculum. The objective of the trip was to develop an understanding and appreciation of different cultures and religious practices. We wanted to encourage open-minded discussions and questions about different faiths and beliefs.

We first went to St Ignatius Loyola Church where students were addressed by the Father on the history of the church and gave them blessings for the future. Students also got to see the church architecture with beautiful painted glass interiors. Our next stop was the Nageshawara temple which is a *panchalinga* or *five lingas* temple. It's a 1000-year-old temple built by the Chola Empire where we got to see the beautiful stone carvings.



The students offered prayers and took prasadam. The last stop was the Gurudwara.

Students were guided by their staff who spoke about the Guru Granth Sahib and taught the students a small prayer.

After visiting various places of worship, students learnt valuable lessons about diversity, tolerance, and respect for different faiths and beliefs.



They gained a deeper understanding of the customs, traditions, and rituals practised in different religions, fostering a sense of cultural awareness.

FIELD TRIP – Grade 2

BBMP Park, Koramangala



As part of Water Conservation Week, the students of Grade 2 were taken on a field trip on September 18th to BBMP Park in Koramangala to learn about rainwater harvesting. This trip provided an excellent opportunity for students to learn about sustainable water management practices.

The park showcases a model of a rainwater harvesting system that allowed students to see the practical application of the concepts they had learned. The students understood how rainwater can be collected and stored for various uses, including irrigation and household needs. They gained insights into the processes involved in collecting and utilizing rainwater.

The students also appreciated the flora of the park as they enjoyed their snacks under the shade of the trees. After the snack, the students had free playtime and had a lot of fun sliding down the slides, going on the merry-go-round, and swinging on the swings.



This field trip enhanced the students' understanding of environmental science and encouraged them to think critically about water conservation practices. By witnessing the bounty of nature and the importance of sustainable practices, students were inspired to implement these ideas in their own lives.

FIELD TRIP – Grade 3

Banerghatta National Park



90 Grade 3 students, accompanied by their class teachers, visited Bannerghatta National Park for an exciting wildlife experience. After a snack break, the students explored the zoo, encountering animals like tigers, lions, elephants, cobras, and peacocks.



For many, visiting with friends made the experience even more enjoyable. The students showed empathy towards the animals and followed zoo etiquette, observing the animals quietly. Some noted how the animals seemed less lively, which sparked meaningful conversations. The variety of reptiles, mammals, and birds captivated them, providing valuable experiential learning.

After the visit, students had their lunch in the park before returning to school. The trip was both educational and enjoyable, helping students appreciate wildlife and conservation.



FIELD TRIP – Grade 4

Jawaharlal Nehru Planetarium



Field trips play a crucial role in education by providing students with hands-on learning experiences outside the classroom. Through exploration and interaction, students develop critical thinking skills, foster teamwork and gain a deeper understanding of subjects.

Grade 4 students (A, B, C, D) embarked on such an exciting field trip to Jawaharlal Nehru Planetarium on 7th August 2024. Students eagerly waited for an exciting and educational experience. This trip aimed at enhancing their understanding of astronomy and the universe.

On arrival, students explored various exhibits about the solar system, stars, and galaxies. The interactive displays allowed them to be inquisitive and research more and more.

The main event was a spectacular planetarium show titled 'Dawn of the Space Age'. The immersive experience transported them through space, showcasing celestial phenomena like supernovae, black holes, and the northern lights. It was an amazing show which made all the students wonderstruck.

Students were highly engaged throughout the trip. They played to their heart's content in the park. They had their snacks sharing with their friends. The field trip to the planetarium was a resounding success. It not only enhanced their knowledge of astronomy but also inspired a greater interest in science..



FIELD TRIPS – Grade 5

APD- Association for People with Disability



“Empathy is seeing with the eyes of another, listening with the ears of another and feeling with the heart of another.” – Alfred Adler.

Grade 5 visited the **APD – Association for People with Disability** as part of planned field trip for the first Semester. Grade 5B and 5C went on the 10th of September and Grade 5A and 5D visited the place on 13th of September 2024.

The students were taken around the campus by a member of APD and shown around the nursery. The personnel explained the nature of soil and care required to grow the different varieties of plants.



The children were divided into groups of 3 for an interaction with the residents of APD. In one of the classes, the children regaled the audience by singing, dancing and playing along with the people with various disabilities.

The icing on the cake was learning the sign language which the students of APD were very kind to teach. The children were extremely excited and eager to learn and implement it.



Following this, the students were looking forward to buying plants for themselves from the Horticulture Society. A variety of flowering plants, succulents, herbs and shrubs were on display for students to buy.

Till date, students are still using the sign language that they learnt at APD for wishing 'Good morning' and for showing the clapping gesture. Overall, the visit was an experience to reflect on our lives and for everyone to express gratitude for what we have now and cherish it.

GLIMPSES FROM OUR VISIT TO APD



Students interacting with the residents of APD and sharing their interests



Students learning the sign language from the residents of APD



Practising their skills in sign language in the APD classroom



Students volunteered to sing their favourite songs and share their common interests.

FRIENDLY MATCHES

Badminton and Throwball matches between NPS KRM, HSR, RNR, NAFL and NPSI Mysore



A friendly Badminton match was played at NPS KRM on 6th August 2024. This was between grade 4 and 5 boys and girls of NPS INR and NPS KRM. After many thrilling rounds, NPS INR won first place in the Boys category and NPS KRM grabbed first place in the Girls category.



In a similar vein, a mixed throwball match was organised for the students of Grade 3 of the various NPS sister schools including NPSI Mysore, NPS HSR, NAFL, RNR and INR. NPSI Mysore won this tournament.



OTHER EVENTS

One book, one pen, one child and one teacher can change the world. –
Malala Yousafzai



Teachers' Day



This year, for the first time ever, students of Grade 5 planned and presented an assembly for Teachers' Day. They had scripted and directed the entire show with little to no guidance from their teachers. Teachers of the Primary grades witnessed the love the children had for them in the form of the touching programme that was presented to them on September 5th. The programme included skits based on an alternate world where students were teachers and vice versa, a poetry recitation, few dances and a speech. It made the day even more special for the teachers. The initiative taken by students reflected their ability to plan, perform and organise themselves extremely well.

Independence Day



On 15th August NPS KRM celebrated Independence Day with great enthusiasm and patriotic fervour. The event began with the hoisting of the national flag by the school principal MS Jyotsna Nair, accompanied by the singing of the national anthem, filling the air with a sense of pride and unity.

The classrooms of the primary grades were decorated by the students in a grand manner to display their enthusiasm and to evoke a sense of patriotism. True to say that the corridors were a burst of tricolour and the hearts filled with pride and a sense of unity.

OTHER EVENTS



Education is not the filling of a pail, but the lighting of a fire. – William Butler Yeats

Parent-Teacher Meetings



During July and August, NPS KRM Primary Division conducted its Parent-Teacher Meeting (PTM) for primary grade students, providing an opportunity for parents and teachers to come together and discuss the progress and well-being of the students. The session focused on each child's academic performance, social skills, and overall development throughout the term.

Parents were encouraged to discuss any concerns or observations, and teachers provided helpful suggestions on how to support learning at home.

The PTM was a good opportunity to connect with the parents to share feedback. Parents appreciated the personalized feedback and the opportunity to collaborate with teachers to enhance their children's educational experiences. The school emphasized that such meetings play a key role in creating a supportive learning environment for students.

Professional Learning Centres

In the evolving landscape of education, teachers and administrators constantly seek ways to improve student outcomes, enhance instructional practices, and foster collaborative cultures.

We at NPS KRM, have professional development sessions regularly to discuss the best teaching practices, student progress, and strategies for improvement in educational practices. Our topic this time was : Teacher Talk Time- Balancing Instruction and Student Engagement through various group discussions teachers listed down points on the merits of reduced teacher talk time and various classroom strategies that can be used in order to do so.





SELF-LOVE AND SUSTAINABILITY

Sustainability is the ability to maintain or support a process over time and self-love is a state of appreciation for oneself that grows from actions that support our physical, psychological and spiritual growth. Self-love and sustainability have a harmonious connection. Self-love is an important element of sustainability because we as humans are the pivotal players to ensure that the three Ps of sustainability- planet, people and profit often referred to as the triple bottom line are balanced in the most judicious manner.

When one's digital cart is overflowing with items bought by the bling of a glamorous advertisement, it's time to be mindful of your purchases. Pause for a moment and contemplate whether it is going to be helpful or can be avoided. Is it going to be one of the packets just adding to the land fill in one corner of the earth? As individuals, we can inculcate self-love by being aware of the products one consumes, its impact on the environment. Setting boundaries and choosing healthy and sustainable habits aligning with values also helps you cope better with stress which is imperative for self-love.

Communication and connection with people also enhance self-love. Engaging with people for a cause, connecting with people for a purpose allows one to contribute to a better world, empowers oneself and others around. We need to consciously cultivate self-love for sustainability and this process requires all of us to understand that a sustainable ecosystem can only be developed and maintained by ensuring that we as humans are in consonance with sustainability. Mindfulness and meditation are essential tools to decrease common stresses and contribute to developing awareness of both the self and the surrounding enabling the fulfilment of making sustainable choices which will go a long way in achieving this goal.

We need to prioritize physical and mental health through exercise, nutrition, and adequate sleep. A healthy body and mind are better equipped to make sustainable decisions. It is also important that we understand and imbibe the essence and power of gratitude as a concept and to focus on the positive aspects of life. Gratitude can enhance our emotional intelligence and propel us towards incorporating sustainable behaviour as a lifelong habit. We need to realise the importance of setting realistic and attainable goals and gradually incorporate sustainable practices into your daily life.

When one chooses to live in alignment with one's true self, a new kind of happiness is found. We can cultivate a more fulfilling and responsible way of living which benefits both ourselves and the world around us, by embracing both self-love and sustainability.



Thank you!

We hope you enjoyed reading this edition of Tidings. As with all values that we try to drive home, this edition has also aimed to encapsulate the value of self-care among all of us. As we put together this issue, it was also something that all of us realized that we need to do more of.

With that thought and reflection, we will wait to see our beloved students soon after the Dusshera holidays when we reopen on the 21st of October. We wish you a very happy festive season!

Team KRM!