



NEWS LETTER

October and November 2019

*National Public School,
Koramangala*



From electrifying inter-house and interclass events to aggressive interschool challenges. From high voltage Children's Day show to highly stimulating Founder's Cup; from inspiring class assemblies to refreshing field trips, the month of October and November was brimming with joyful learning. Our children are making the most of the moment and living life to the hilt. With Sports Day practice in full swing, dear readers, expect a spectacular extravaganza this December and January.

Till then, please read on.....

Achievements

Pranjal – DHRUV experience

Our very own math prodigy, Pranjal Srivastava of grade 10 who was selected for participating in the Pradhan Mantri Innovative Learning Programme – “DHRUV” (8th-23rd October) alongwith sixty gifted students from the field of science and liberal arts across India, is back with a rich life-time experience. Under the mentorship of IIT Delhi professors, Pranjal developed a working model of carbon sequestration for

environment along with team DHRUV. Hon'ble Minister of Education had been closely monitoring the entire program and invited these brilliant children to his residence to spend an evening with him. Pranjal and his team also got an opportunity to interact with Dr Kirk Smith, the 2007 Nobel Peace Prize winner. In a glittering ceremony at Siri Fort, Delhi Pranjal received award from the Honourable Vice President and that's how this enriching programme came to a close.



Anushka Durg of grade 12A has been accepted into the prestigious New York Academy of Sciences- Junior Academy. As a member of The Junior Academy, Anushka will have the opportunity to collaborate with nearly 3,000 students from 94 countries on virtual challenges sponsored by industry leading companies and hosted on our innovation platform, Launchpad. These challenges are designed by the Academy's education experts to help students develop 21st century skills as they prepare for the jobs of the future.

Shubham Goyal of grade 11A has been selected in the top 20 finalists of **Teen Turks 2019**, the nationwide entrepreneurial competition for high school students. Shubham has made the cut from over 1400+ teams in many grueling rounds. The finals will take place in Bangalore on 10th November.

The NASA International Space Apps Challenge was conducted on 18th October at Dayanand Sagar University. 326 participants from all over South India participated in this event. In the 48 hours Hackathon, **Shreyas Prasanna of 11 B and**

Shubham Goyal of 11A were placed 3rd for making an augmented reality game. The game allowed users to customize the characteristics of a star and a planet. The objective was to get the planet in the habitable zone of the star. The app educates students and professionals about the characteristics of star system in a fun way.

PSAT

Over 1.5 million students took 2018 **PSAT/NMSQT** last October. Based on the exceptional academic promise demonstrated in the qualifying test, 50000 students were recognized as **Commended Students**. Three of our students, Samay Godika (12A), Romir Kulshreshtha (12 A) and Dhruv N Vajipayajula (12B), have been named Commended Students in the 2020 National Merit Scholarship Program. A Letter of Commendation was presented to them.

Ignite

On the 12th and 13th of November, Greenwood High held the second edition of their sports and cultural fest *Ignite*. The fest was a marvelous success for the students of NPS Koramangala as they walked out with the **overall trophy**. In the stand-up

comedy event **Parth K of grade 11** and Jacob G of grade 10 placed 1st. In the pop culture quiz, our team comprising **Tanmay P, Shashank, Shivani and Shivansh placed 2nd**. In the drama event **Parth K, Jacob G, Pranav P, Shreya A, Abhinav M bagged the 2nd place**. In the solo dance event **Ishaan K** emerged victorious. In the group dance event **Sumedha R and Trisha M placed 1st**. In the badminton boys, our team comprising **Prithvi B, Jay M and Abhiram N** of grade 11 won the event. **Nikita K, Anika K, Kathryn G and Pranjal S** bagged the 1st place in the treasure hunt event. In the gaming event, **Abhay A** placed 1st.



XAVAGE

On the 5th of November TISB conducted their commerce fest *Xavage*. **Ananya S, Tanushi L and Prarthana B of grade 11** placed 1st in the pitch event. **Arav J, Shubham G**

and Ruchit D bagged the 2nd place in the marketing event.

War of Words

Swati Nair of grade 9 A and Tanvi Koranne of grade 8A bagged the first position in Times NIE zonal round debate held on 7th November 2019. Over 40 students from 20 different schools waged a war of words on *Climate Change – a Global Challenge* in the debate. **Tanvi Koranne received the best speaker award (against the motion)** too.

Sports

NPS Koramangala secured first position in the **NAFL Chairman Football Cup (Jr.)** for grade 10 and below boys on 13th November 2019.



In the Badminton Tournament 2019 held on 22-24 October at Indus International School for grade 6 girls our school secured second position.



Football tournament for Boys Under 12 was held on 23-24 Oct 2019 at Chinmaya Vidyalaya, Koramangala our school bagged second place, **Best Player** award was given to **Anirudh Srinivas of 6A**. In the **Football tournament for Boys Under 14**, the Best Player award was secured by **Joshua Mathews of 9B**.

NPS Koramangala defeated Bishop Cottons School by 61-59 in a friendly Basketball match at Cottons.



Founder's Cup Tournament Fifteen formidable basketball teams locking horns for that crowning glory and shining cup made for a riveting sport of sweat, grit, miss and hit. The annual **U-18 Founder's**

Cup Basketball Tournament held on 7th and 8th November 2019 on NPS Koramangala school grounds, was a spectacle of true sportsmanship.

In their address to the teams, Sports Vice-Captain Smarth Pangal and Sports Coordinator Ridhi Mehra fueled the spirit of the vigorous fighters. The tournament was declared open by the Principal Ms. Jyotsna Nair after a welcome address from the Senior Coordinator Ms. Pramila Menon who urged the players to do their best and not to ponder too much on the results.

In a series of intense and grueling battles, determination and talent took center stage. Even as an intense spirit of rivalry pervaded the atmosphere, the players showed great camaraderie and sportsmanship.

Interspersed with the matches were entertaining performances of song and dance by students from grades 9 to 11, which served to cheer the audience and players alike.

The semifinals on both days were close games which kept

the spectators on their toes till the very end. While all the teams enthralled the audience equally and were poised for victory, **Bishop Cottons Boys School** among the boys and **Christ Junior College** among the girls emerged victors and penned their names in the record books.





Vignesh Arunachalam, Grade 2 B was conferred the Shining Little Star Award for 2019 by **Divine Fine Arts Sabha** at a function held in Tirupur for winning First Prize in the Sub Junior Category. Vignesh also participated in other two group dance performances for which the group won first prize.

Vignesh has also won the first prize for the best group dance

performance at the Karnataka State Level Dance competition during May 2019.

Children's Day celebration

Even the most popular pop star would have envied the ecstatic response of the frenzied audience- read children- watching their beloved teachers performing with superlative finesse, just for them. Just like Teachers' Day, Children's Day is a much awaited event at NPS Koramangala. Teachers make optimum use of this yearly opportunity to express their love and care for their dear children.

The programme made a sweet auspicious start with a group song by our very own *akkas*. Ms. Kavita V, emcee for the day, introduced a string of incredible performances from classical dance, popular Bollywood numbers, Kathak, Garba to mellifluous multilingual musical medley. Each presentation was followed by a thunderous applause and standing ovations. However, there is always a show that stands out and it was the rock-pop band *JAS*, our very own homegrown rockstars with the lead singer Mr. Jason. A deafening sea of

applause arose that refused to ebb for quite some time. Students were amazed to witness the talent of their teachers beyond academics.



Class Assemblies

7A

On 21st October students of grade 7A commendably conveyed the message of self-love through their class assembly titled ***Love Yourself***. The musical skit educated the audience how they can enrich their lives by learning to forgive themselves, having the courage to follow their hearts, spending time with people who make them feel better and doing things that enhances the quality of their lives. The assembly concluded with the song *Love myself ...* by Hailee Steinfeld.



7B

Grade 7 B presented their class assembly on 25th October on the theme **Peer Pressure**. The students enacted a short skit on the contemporary topic stating

the causes and effects of falling a prey to peer pressure. The students very adeptly expressed their opinions on the kinds of peer pressure, its positive-negative impacts, measures to curb it and the role of parents- teachers to aid and assist a child undergoing trauma caused by peer pressure. The skit was followed by music, dance, speech and a poem recital.



7C

Students of grade 7C paid a tribute to our incredible planet through their class assembly '**Respect Mother Earth**' on 6th November. In her speech Ms. Mamta sensitized the audience to the deep impact our unhealthy practices are having on our environment.

She exhorted everyone to adopt responsible ways of dealing with the waste.

Expressive dance presentation and skit were used by the students to portray the plight of mother Earth and the ways to assuage the harm already done. They, however, showed the bright silver lining. That was, if we act responsibly and work with a right intent, we can still help in restoring the beauty of this unique planet.

A video showing our very own unsung crusaders of the environment who have done immense work towards enhancing the green cover, elicited a thunderous applause.



Rashtriya Ekta Diwas or National Unity Day commemorates the birth anniversary of the Sardar Vallabhbhai Patel. On the occasion of 144th birth anniversary of the Iron Man of India, our students paid tribute to the extraordinary work by

this great leader for the unity and sovereignty of the nation.

They took a pledge to dedicate themselves to preserve the unity, integrity and security of the nation and also strive hard to spread this message among the fellow countrymen.



Inter-house Events (Senior School)

NPS Koramangala senior wing vied for top positions in four back-to-back inter-house competitions on 18th October 2019. Students proved their mettle in Dance, Dramatics, Music and Literary events. In both the rounds of Dance contest, classical and western, students marveled the audience and judges alike with their expressions, rhythm and fluidity along with the usage of time of silence- a special

feature of classical round. The Dramatics events saw some sterling performances. Wrath, greed, envy and pride- four of the seven deadly sins- were impressively depicted by the talented actors. The artists impressively used the prop and the emotion assigned to them to enact their thoughts on the topic.

The winners cleverly employed ‘Surprise and tissue paper’ to their advantage. In the Music event, while the Indian classical music vibrated the strings of heart, Battle of Band enthralled the spectators.

The inter-house literary event ran for three days. Crossword, Poem- writing on a challenging rhyme scheme, creativity at dubbing a muted video and a showdown on humorously idiosyncratic debate topics manifested the latent talent of emerging litterateurs. Results are as follows:

Dance event-

1st place – Challengers & Voyagers

2nd place- Pioneers

3rd place- Explorers

Dramatics event-

1st place – Challengers

2nd place- Voyagers

3rd place- Pioneers

Music (Indian Classical) event-

1st place – Challengers

2nd place- Voyagers

3rd place- Explorers

Music (Battle of Band) event-

1st place – Voyagers

2nd place- Pioneers

3rd place- Challengers

Literary event

1st place – Pioneers

2nd place- Voyagers





Inter-house MUN 2019

The inter-house MUN for Grades 6 -12 was conducted in school on Saturday, 26th October. Over 100 students took part with great enthusiasm. In the morning, the students dispersed to the venues of their respective committees. They were no longer just students-they were delegates representing countries with important

agendas to tackle. As the day progressed, discussion became more and more intense. **The UNSC**, chaired by Sankalp Kundu, discussed the Yemen Crisis in detail. **The UNHRC**, chaired by Vidushi Bhartari and Dhruv Gopal, discussed the pressing issue of the Rohingya Refugee Crisis. Last but not the least, **the UNCOPUOS**, chaired by Pranav Parigi and Shivansh Sinha, discussed the futuristic topic of ‘Colonisation of Outer Space’. All delegates spoke with great insight on the given topics and displayed commendable leadership and persuasive skills.

The award of ‘**Best Delegate**’ was won by **Shreya Dev** of grade 10 in the UNHRC, **Koka Sathwik** of grade 11 in the UNCOPUOS and **Rysha Sultania** of grade 10 in the UNSC. In the closely contested event, the Explorers came first overall with the Pioneers and Voyagers tied for second place.

Poster Making Competition

The inter house poster making competition for grades 9-12 was held on the 4th of November, 2019. The task allotted was to make posters for The Founder’s Day Basketball tournament 2019-20. Judging on the

basis of creativity, slogan/ caption, visual appeal and relevance of the poster, Pioneers bagged the 1st place, Explorers the 2nd and Voyagers secured the 3rd position.

Inter House Mascot making (Middle School)

The inter-house Mascot making competition was conducted on 20th November. The theme given was **Disney characters**. The participants brainstormed and came up with creative ways to dress up their fellow house member as a character that would best describe their house. The Challengers dressed up as Mulan, Explorers chose Maleficent, Pioneers came up with a mixture of Tigger and Sher Khan and the Voyagers as Elsa from the movie Frozen. Each house lit up the stage with their ramp walk and put up a good fight. The students enjoyed the creative group activity. Explorers clinched the first position, Challengers the second and Pioneers the third place.



Interclass competitions – Puppet Show, English and Hindi recitations were held as part of the Inter class competitions during the month of October for Grades 2 and 3 and saw enthusiastic participants vying for prizes.

Field Trips

Grade 10 -Picnic

A trip to **Discovery Village** at Kanakpura, Bangalore proved to be a true getaway from the frenzied school and home study schedule for 10th graders on 24th October 2019. In the sylvan idyllic surroundings of the village, the retreaters paradoxically found peace for mind and thrill for the spirits.



While adrenalin rush came from zip line and zorbing the variety of flora around was a treat to the senses. The day flew by as the children

indulged in playing fuse ball, football, beach ball and many indigenous games in the lush green surroundings. An exciting part of the day was the mass Djombe drum beating. Fun with friends and carefree leisure proved invigorating to make a refreshing start at school the next day.



Play – One, Two, Tree.

The play *One, Two, Tree* was staged for Grades 1 to 3 as part of the Book Week celebrations on October 21st. The students loved witnessing the pantomime and took home valuable lessons on conservation and afforestation by growing more trees to save the earth.

Visit to the State Museum

In pursuit of exploring the rich culture and history of

Bangalore, the students of Grade 5 visited the Government Museum on the 18th of November, 2019.

The students were filled with a sense of pride as they walked through this museum of their city which houses a multitude of artifacts like art, pottery, sculpture, grant stones, hero stones and a plethora of other objects belonging to different eras starting from early Mohanjodaro period.



The students were guided through the different galleries of the museum by the dedicated team of volunteers called ‘Friends of Museums’ (FOM). Students also found the presentation on the history of Bangalore quite intriguing and informative.





They also enjoyed testing their knowledge during the quiz session which was based on their learning through the day. A reference to the area 'Koramangala' on a stone dating back to 890 AD was a moment for the children to cherish as they felt they were a part of the rich cultural heritage of the country.

The trip was informative, an invaluable insight into our history, and a desire to learn more.

Vidhan Soudha

“Government work is God’s work”

In tune with this saying and as part of an extended classroom learning, Grade 3 visited Vidhan Soudha, Bengaluru on 13th November 2019. The trip was organized as an extension to the Social Studies lesson-Government Agencies and their functioning.

The students were taken around the gigantic campus and the building of Vidhan

Soudha which comprises 300 rooms, huge corridors and their exquisite architecture. They observed government officials at work and got a life-time opportunity of visiting the Legislative Assembly room. It was indeed a memorable and enriching experience.

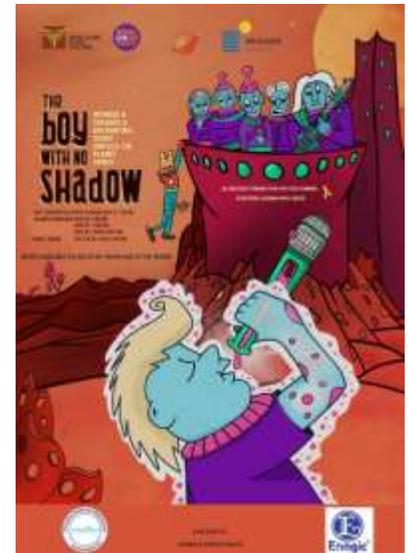


SEWA visit

The students of grade 10 paid their third and final visit to the old age home 'Little Sisters for the Poor and Aged' on 5th and 13th November. While the first two visits were packed with vivid performances by the students, the third visit was made more interactive by playing a game of Housie. The students of all the three

sections as well as the inmates of the home thoroughly enjoyed themselves while playing this game of luck, and winning exciting prizes.

Play by Bangalore Little Theatre



Students of grade 6-9 enjoyed a day of good theater and laughter at Alliance Francaise on 21st and 23rd of November, watching the play A Boy with No Shadow set in Venus. The story sees a small boy who turns invisible after consuming a magic potion meant to reach a plotting military chief. Floating through the solar system, the protagonist is witness (and catalyst) to the celestial crossfire.



The students found the plot very exciting with its many unexpected twists and turns. However, the positive ending displays the triumph of good over evil. Produced by Bangalore Little Theatre, in association with Indian Cancer Society, the proceeds will go to fund diagnosis and initial treatment of cancer for children.

Grade 12- overnight Field trip

18th and 19th of November will always have a secure corner in the memory of students of grade 12, the experience of a lifetime – their last school field trip to Coorg. Having a great time with lots of sight-seeing like Buddhist Monastery, Omkareshwar Temple, Raja Seat and Abbey Falls, students and teachers bonded well playing games, dancing, singing or just sharing light moments together. Mr Dilip from Hammock who was incharge of all arrangements had this to say of the batch, “The students were very well behaved and respected the time schedules,

which helped us to adhere to the time wise itinerary. They are the sweetest batch of Grade 12 that I have accompanied so far!”

Parent Teacher Meeting

PTM was held for grade 6-8 on 12th October. The conference was successful in making the parents aware of their wards’ academic progress and involvement in co-curricular activities. Both the stakeholders shared their experiences and concern with each other for the holistic development of the child.

Career Counselling

On 25th October **Mr. Punit Ahuja, Founder and Director of Lesson Board**, an institute that provides SAT support to aspiring candidates conducted a workshop on tackling SAT Writing part of the competition. Explanation and doubt-clarification session effectively cleared rules and students’ misconceptions.



Talk by IISc Professor on Quantum Mechanics

On 6th November, Dr B.S.Ramachandra, professor from Indian Institute of Astrophysics and co-founder of the Centre for Fundamental Research and creative Education gave a lecture on Quantum Physics. His talk ranged from the icons that revolutionized the field from complex to a simplified method of understanding the concepts that are central to Quantum Physics. Enjoyed by students from grade 10 to 12 alike, the lecture extended for 30 minutes more than the scheduled one hour.

Talk on Palliative Care

On 18th November, **Bangalore Hospice Trust-Karunashrya** – visited our school to give a talk to grade 9 and 11 students regarding palliative care. Mr. Matthew George Chandy, CEO of the Trust and Ms. Priya, Public Relation personnel, addressed the children explaining to them what palliative care is and what a hospice is. They urged the children to develop empathy towards the sick and volunteer as a caregiver or spread awareness in their own community towards it. The students listened with great curiosity and had many questions which were

answered by both the presenters after the talk.

On 30th November **Ms. Suparna Ghoshal from Rotary Club Platinum City** talked to grade 9 students about emotional wellbeing 'I Love Myself'. In the interactive session she urged the students to persevere and chase their dreams with a disciplined lifestyle.

Teacher Workshop

Ms. Shaheen Selat attended a workshop on *Unboxing the Facilitator in You* on 30th October. Conducted by Ms. Shilpa, the session focused on thinking out of the box. The definition of 'the box' varying from person to person, its purpose was unveiled very intriguingly by the resource person. The unboxing session held an array of activities whereby the facilitators were made to sketch their public face; the face or expressions they carry amidst public and hold a discussion on the same with their team mates. In a nutshell, it was truly an outlet to unbox one's pent up emotions and detoxify oneself.

Ms. Sujata Mishra attended **CBSE –Capacity Building Program in Hindi for Grade-10** on 15th & 16th October'19.

The highlights of the workshop were techniques of teaching Hindi language and grammar, improve listening and speaking skills, traditional & constructive methods of teaching, lesson and evaluation plans and having a collaborative approach in assessment of Portfolio & Note book. As a part of professional development,

Ms. P. Sree Vidhya attended a four day workshop from 30th September 2019 to 3rd October 2019 conducted by Alpha to Omega, Chennai at Spastic Society of Karnataka, Bangalore. The session was conducted by the Director of the centre Ms. Lalitha Ramanujan. This session was an eye opener in respect to children with special needs in their academic areas. The session included the various intervention on reading, written expression and basic study skills. These strategies will enhance students learning.

Early Learning

Book Week

The Early learning celebrated a fun filled **Book Week** from 11th to 14th November focusing on children's books

and reading. A Fancy dress show was planned and the enthusiastic participation was heartwarming. The children shared some of their favorite stories and characters. Children watched and participated in the **Puppet Show** demonstrated by one of our teachers. Parents of a few kindergarten students volunteered to come and narrate a story using props to the class while the children identified the characters, made predictions and assumptions on the same.

The highlight of the Book Week was the visit to the office of *Amar Chitra Katha* where children could see and get a firsthand experience on comic book making.

Children were very happy to get a book at the end of the session. We also had professionals from their office come to school and conduct a workshop wherein they dramatized a story, taught them a song and how to draw simple pictures.





Food we eat – Thematic Learning

All the tiny ones need is love. But a little chocolate now and then doesn't hurt

The KG1 showcased a classroom presentation for parents as a culmination of the topic- **Food We Eat**. For the first time parents were introduced to the learning outcomes of 'Thematic Based Learning'. It included an array of topics like, meals of the day, five food groups, healthy and

junk food, tastes...to name a few keys to a healthy and balanced diet. The presentation involved music, song, dance, drama and storytelling as parents got a glimpse of their child's learning experience. Children spoke about the food they eat, why it matters and how they themselves can make the healthiest choices. They also learnt that all the food they eat have a place in their diet. The take-away from the presentation was eating a variety of food keep our meals exciting.



MONTESSORI

Montessori students celebrated Diwali with gaiety,

wearing bright traditional attire. They took home diyas painted and decorated by them.



During the months of October and November all parents were given an opportunity to observe their ward at work. This was followed by a feedback session. All parents responded with much enthusiasm and were amazed with the level of independence and concentration displayed by the students.

During the month of November, the Freshers and Juniors participated in 'Show and Tell' on the topic - **Modes of Transport**.

As an extension to the book week, the Seniors brought in their favourite book and read it to the whole class. Juniors and Freshers too got a book to keep in class and share with their classmates. Post snacks, all

students were seen reading books in small and big groups.



Entrepreneurship -Appeal to Venture capitalists

On 30th November 2019, the venture capitalists (read parents) of the young entrepreneurs of grade 6 were invited to the school premises. Each group pitched their product displaying great persuasive skill, highlighting its brilliant usage, innovativeness, cost-effectiveness and above all the noble cause for which the proceeds will be used. The students were candid and confident, while coming up with pertinent answers to relevant questions raised by the venture capitalists during the interactive session.

Constitution Day celebration

26th November, 2019 marks the 70th anniversary of the day Indians adopted their Constitution. A program was held in the school auditorium to mark this occasion. The celebration started with a speech on the importance of the Constitution. Next was the quiz that dealt with the different aspects of the Constitution and its making. Students eagerly participated in it. The celebration ended with the students reading aloud the Preamble to the Constitution lead by the school

Principal Ms. Jyotsna Nair. This instilled a sense of patriotism in everyone present. The programme was brief, informative and well rendered. A slew of activities till the month of March have been planned to celebrate this day, as per CBSE guidelines.

CBSE – Fitness India School

In compliance to nationwide **Fit India Movement** launched by the honourable Prime Minister, CBSE has given guidelines to all its affiliated schools to celebrate ‘**Fitness Week**’ in second and third week of November (total 6 working days) each year. This is in an endeavor to alter ‘Passive Screen Time’ to ‘Active Field Time’.

NPS Koramangala has enthusiastically taken up the activities which are yoga and free hands exercises, activities on Fitness and Nutrition for students and staff, mental fitness activities like debates, symposiums, poster making on theme ‘Fit Body- Fit Mind- Fit Environment’, physical activities like gardening, poem writing competition on theme ‘Fit India School’ and sports quiz for all students.

Primary

Interclass Competitions-

Indian Light music , Western music , Indian Light Dance, Math Whiz , Spell Bee were some of the competitions held across grades 1 to 3 towards encouraging the little ones and building up their confidence.

Communal Harmony Week

“Vasudaiva Kutumbakam – from the mountains to the sea, let there be peace and harmony.”

It isn't wrong to get along, each of us is so different yet bound together by the threads of humanity. *India is the best country upholding religious harmony and tolerance*, said The Dalai Lama.

We celebrated the coming together of all the communities of the country with a sense of brotherhood and equality through the **Communal Harmony Week between the 25th and 29th of November.**

A superfluity of events included religious festivals of the world, religions of the world, costumes of India, hand printing and not to forget the

depicting of the word ‘Ma’ in different languages on the map of India. The grades 4 and 5 also expressed what communal harmony meant to them through a creative writing competition. A cultural program at the end of the week summarized its essence delightfully.



Musings.....

Dear Parents,

As you all are aware we at NPSKRM have been doing our bit at reiterating the core values which form the foundation of a child's ethical education that is so vital towards evolving as a good human which is imperative in today's context. We do so through Life skill classes, class assemblies, teacher speeches and various other means. These letters are a step in the same direction.

Value for October and November

India is a country that has a culture that is steeped with values and traditions that have been passed down the ages. It was respect for his father and mother that led Rama to take on the hardships of the forest life with a smile. Laxmana's respect towards his brother Rama led him to lead a life that was hard but fulfilling. Respect and devotion towards his guru made Eklavya willingly give up his thumb as guru dakshina. The stories are many, but time has become something of a challenge. Respecting the passing minutes should also become part of our personalities.

Yes the value for the months of October and November is respect. Respect for our belongings, our teachers, parents, grandparents, friends, time and money. If we can inculcate this value in our children, we would have done well with raising them.

Don't let them waste food or money. Teach them to understand the value of anything that is given to them. Wishing a polite good morning, touching their grandparents' feet as

a mark of respect, showing respect to people who help them to keep their houses/schools/streets clean, displaying respect and pride for their own possessions will definitely help our children to become figures that will be respected and loved in society!

“Success is never final, nor failure fatal, is it the courage to continue and conviction to believe in thyself that counts.....”

The value being practised for the month of December - Courage

When 5-year-old Roshan's 9-year-old sister was diagnosed with a rare disease and needed blood, only Roshan's blood was a perfect match. When asked if he wanted to give blood to his sister, he replied “if it helps her, yes!” On the day of the transfusion Roshan lay in the bed next to his sister. At a point he felt a little light headed and asked the doctor if the time had come for him to die. Amazed the doctor only then realized that Roshan did not know how much blood had to be given, he thought his sister needed his entire blood and had still said yes! That's pure courage!

Courage is the ability to overcome fear and do something that is outside your comfort zone. It is the choice and willingness to confront and take on your apprehensions and fears headlong. Courage is definitely something we all want our children to experience and acquire. How can we do this?

Children step up to expectations. Speak to the courage that is coming to life inside them - ‘I know how brave you are.’ ‘I love that you make hard decisions sometimes, even when it

would be easier to do the other thing.’ ‘You might not feel brave, but I know what it means to you to be doing this. Trust me – you are one of the bravest people I know.’

Don’t rush them to take on a challenge. Let them know that it’s okay to hang on while they’re getting comfortable and to take small steps towards overcoming their hesitation. Each forward movement builds courage, making it easier to take the next step and then the next. Each success along the way will show them they can do this and it will lead to the next step.

Boost their sense of adventure. Encourage them to do activities that push them to the edges of their physical or emotional selves – drama, sport, music.

Encourage them to take notice of when something feels right or wrong for them. Let them know that it’s never too late to change direction, change friends, or change their mind. It’s so easy for courage to turn cold when a decision or choice feels final.

To them you are the epitome of what they want to be. Talk to them about the times you have felt nervous, pushed through fear, exhaustion, sadness, anger, to do the thing that was right for you. Let them feel that what is brave in you, is in them too.

Introduce a weekly family ritual – maybe around the dinner table – where everyone shares something brave they did in the week. This is an opportunity to show them that courage comes in many different shapes and sizes and that even adults struggle with being brave sometimes.

The truth is, our children are slaying their own dragons, every day. They’re heroes, every one of them. The key is helping them realise it so they can use it to push through their edges when they feel small, scared, confused, or unseen. Because one of the most important parts of being courageous is knowing that somewhere inside of you, ‘courage’ will be there when you need it, whether you feel it or not.

Remember fear is a reaction, courage is a decision!

“Listen to your elders, not because they are always right, but because they have more experience being wrong...” and most importantly as they made it through school without Google or Wikipedia.

Respect being the value for the months of October and November, dear readers a lot was said and done towards inspiring the same in our students by way of class assemblies, life skill classes etc. Here’s to hoping the New Year is full of good tidings for all of you. Season’s greetings for a Happy New Year from the News desk at NPSKRM. Looking forward to your continued patronage in the coming year.



Compiled by Ms Geeta Kathait & Ms Prathima with inputs from students & teachers; designed by Ms Jijy George and Ms Anupama Rao.