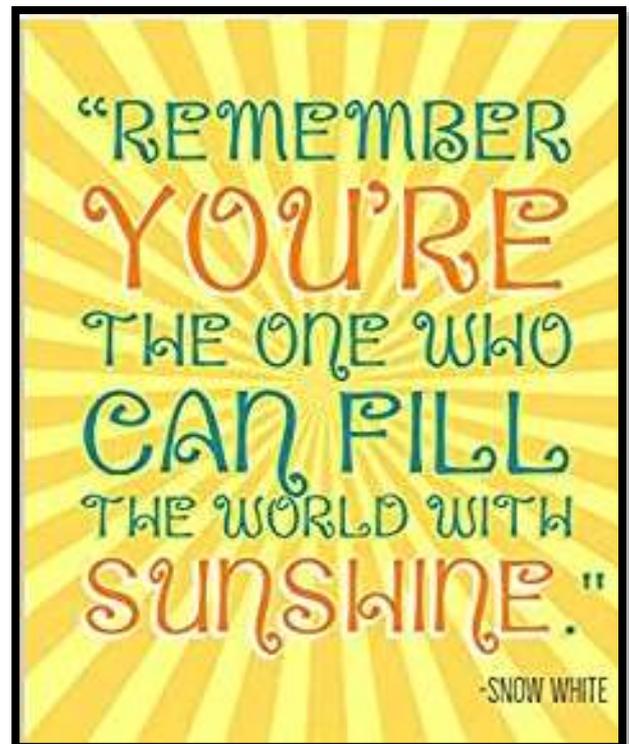


Classes I - V

"Imagination is more important than knowledge."

Encouraging children to try out new things and ideas is a crucial factor in their intellectual, physical and emotional growth. Everything kids experience and explore about themselves influences their further development.

This newsletter gives you a peek into the great learning experiences of our children from July - September 2019.



# Health Week



**“Your diet is a bank account. Good food choices are good investments.”**

A healthy lifestyle not only strengthens your body, it changes your mind, your attitude and your mood.

It is essential to inculcate healthy eating habits and promote good health in children from a young age. With the aim to spread this awareness, Classes I to V, observed ‘Health Week’ from 22<sup>nd</sup> July’19 to 26<sup>th</sup> July’19. Each day started with Zumba moves, a special attraction during the Health Week that made the children more active and happier.

Activities like Little Chefs at Work, Mastering the Art of Table Setting, Rethink Your Drink, Say no to Junk Food,



Show ‘n’ Tell Activity, etc were conducted.



A healthy wholesome tiffin meal plan was followed throughout the week by the students and the teachers as well.

It was indeed a practical learning experience for all as the Health Week emphasized the great thought ‘Preservation of Health is a duty.’

# Dental Hygiene Workshop

“A smile is beautiful with Healthy Teeth & Gums”



Oral hygiene is an everyday part of life that people have to be mindful of. If care is taken each day, it can prevent a lot of negative health effects. In order to highlight the importance of oral hygiene among children and instill the habit of taking care of their teeth from an early stage, a workshop in association with Public Health Dentistry was organized on 23<sup>rd</sup> July, 2019. The workshop included an interactive session on dental awareness telling students about common dental ailments especially stressing on problems of cavities, gum diseases and tooth decay. The skit showed by the volunteers of Public Health Dentistry on Oral Hygiene was very informative and thoroughly enjoyed by the students. It was followed by a quiz on oral health. The students creatively, actively and enthusiastically participated in these events.



# Independence Day

The celebration of 73<sup>rd</sup> Independence Day flavoured with patriotic fervor, zeal and zest made it a very unforgettable occasion. The whole ambience of the school vibrated with the festivity, painting the school premises in the flamboyant hue of tricolor – saffron, white and green.

Pride and patriotism came to the fore as children participated in various activities organized especially for this day. Kite flying, tricolor rangoli making, tree plantation and craft activities set the mood of the day.





## Natkhat Kanha

Janmashtami was celebrated with passion and zeal on August 27, 2019 during the special assembly conducted by students of class III. Students enacted the roles of Lord Sri Krishna, Yashoda, Vasudeva amongst many other characters related to Janmashtami. The assembly comprised of a skit on Krishna Janam, group dance by Gopis, Maiya Yashoda and Kanha, and a group song. It conveyed the strong message of “Victory of Good over Evil.”



# Quizmania

“Learning gives Creativity, Creativity leads to thinking, Thinking provides knowledge, and Knowledge makes us Great”

Quiz competitions are always interesting and informative, which provides excitement among the students and also makes them more informed and knowledgeable. An Intra - Class Quiz competition was conducted in the school on 6th September 2019 for the students of classes I to V. Every round was a mixed bag with questions from history, sports, books, languages, vocabulary and science. The questions put forth to the teams were intriguing, exciting and made the audience applaud excitedly when the teams answered correctly. This quiz truly was a learning experience, for both the audience and the participants.



# **Trips and Excursions**

**‘Travelling opens eyes, warms hearts and frees minds’.**

Trips and tours that form a part of the school curriculum are very valuable as they provide the students the opportunity of learning through travel. Apart from this, the trips also provide relief from the drudgery that academic study sometimes becomes, an opportunity for close interaction with peers that students enjoy so much, and a chance for the teacher to observe and interact with the student in a structure different from and more informal than the classroom. A number of educational and recreational trips was organized in this quarter which were:

## **National Science Centre, Delhi**

An educational trip was organized to the National Science Centre, Delhi for the students of class IV on 21<sup>st</sup> August, 2019. The visit proved to be a great way to arouse curiosity in the minds of school students and was a thrilling and motivating experience. The students took a tour of the following galleries- Water- the elixir of life, Hall of nuclear power, Human biology, Pre-historic life, Information revolution, Emerging technologies- Space Technology, Information and Communication Technology, Oceanography and Earth Sciences, Agricultural Technology, Material Science, Nanotechnology. The galleries showcased a plethora of exhibits that covered various topics. Magic tap, stingless piano, Tesla coils, energy ball, marine and freshwater aquariums were the main attractions at the Science Centre. The Science Centre provided a whole world of wonder and amazement with 137 interactive ‘hands -on’ exhibits. It was a great learning experience.



# National Bal Bhawan

The students of class III undertook a trip to the National Bal Bhavan on 29th August 2019. The children enjoyed the set-up of the exclusive galleries- "Hamaara Bharat", "Gaurav Gatha" and creative works of children. They were thrilled to observe the "Mini Traffic Park". The main attraction for



the kids was the "Funny Mirrors" where they spent watching themselves in different sizes and shapes. They truly had a memorable trip that was both educational and entertaining.





## Shankar's Dolls Museum

Students of grade I accompanied by their class teachers visited the Shankar's Dolls' Museum at Connaught place on 13th September, 19. Before the visit, students were shown videos of different dolls as their pre-activity with an objective of breaking the stereotype 'Dolls

belong to Girls'. Students enjoyed observing the dolls of ancient time from different countries, culture and dance forms. They made paper dolls as their post visit activity. It was a memorable experience for the students and development of their aesthetic sense.



## Waste to Wonder Theme Park

*"CREATIVITY IS MAKING MARVELOUS OUT OF THE DISCARDED".*

It was the human creative mind that gave birth to this extraordinary idea of using unwanted material in a useful way. Habit of getting the best out of waste should be instilled in the children from an early age, not only to teach them about recycling but also to encourage their creativity.

The students of class II visited The Waste to Wonder theme park on 13<sup>th</sup> September which is one of a kind of



amusement park in Delhi that shows the replicas of different wonders of the world made completely out of waste materials. The visit aimed to forge ahead towards transforming waste to wealth. The highlight of the park is the generation of electricity by solar and wind equipment. It was an exciting experience for everyone as the children were thrilled to see the seven wonders of the world.

# Sports Events

“What can be learned on the ground cannot be learned in the classroom”

Nobody can deny that games and sports help children to learn how best to overcome the challenges of life. Our school lays special emphasis in this area where children develop and enhance skills like strength, speed, endurance, agility, flexibility, control, balance etc. For this various sports event were held like races, football match, cricket match, etc. The results are as follows:



# Races

Position	Boys	Girls
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## 50 Meter Race (Class I)

I	Panav Bharadwaj (I A)	Vaishnavi Gupta (I B)
II	Aniket Kumar (I A)	Alia Praveen (I B)
III	Gurnoor Singh (I A)	Avni Thapa (I A)

## 80 Meter Race (Class II)

I	Harshit Sachan (II A)	Anishka Srivastav (II A)
II	Naman (II A)	Trisha Maheshwari (II B)
III	Ansh Srivastav (II A)	Poorvi Mishra (III B)

## 100 Meter Race (Class III)

I	Aarav Pal (III B)	Pranjal Tonger (III B)
II	Arnav Sharma (III B)	Manika Sharma (III A)
III	Ishaan Chaubey (III B)	Sachi Bala Kumar (III A)

## 100 Meter Race (Class IV)

I	Ayan Chaudhary (IV A)	Amishi Rastogi (IV C)
II	Aarush Mittal (IV B)	Anusha Tripathi (IV C)
III	Naman Chaudhary (IV A)	Navya Soam (IV A)

## 100 Meter Race (Class V)

I	Rithivk Raj (V C)	Pratyasha Mukherjee (V A)
II	Aniket Chaudhary (V A)	Yana Joshi (V A)
III	Ajitesh Mishra (V B)	Tanishi Kachhap (V C)

# Hurdle Races

Position	Boys	Girls
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## 50 Meter Hurdle Race (Class I)

I	Jai Pandey (I A)	Aniya Choudhary (I B)
II	Harshit Kumar (I A)	Priyal Bhardwaj (I A)
III	Arjun Tanwar (I A)	Anaya (I A)

## 80 Meter Hurdle Race (Class II)

I	Jason A Victor (II B)	Preeti Verma (II B)
II	Kartik Gaur (II A)	Aadrika Upadhaya (II B)
III	Akshit Sharma (II A)	Ridhisha Attri (II B)

## 100 Meter Hurdle Race (Class III)

I	Ayush Latawa (III A)	Muskan Gaur (III A)
II	Harshit Sharma (III A)	Gaurri (III A)
III	Siddharth Bansal (III A)	Shubhangi Tomar (III A)

## 100 Meter Hurdle Race (Class IV)

I	Md. Shaad (IV A)	Kritika Singh (IV A)
II	Pranit Mavi (IV B)	Parneet (IV A)
III	Anurag Yadav (IV C)	Siddhi Sengar (IV B)

## 100 Meter Hurdle Race (Class V)

I	Firaas Shakir (V B)	Adhya Thakur (V B)
II	Ayush Bhati (V B)	Ifra Rahman (V B)
III	Abhinav Bhardwaj (V A)	Gaurika Kapoor (V A)

# Lawn Tennis Championship



Position	Boys	Girls
<b>Class III</b>		
I	Garvit (III A)	Spandana A (III A)
II	Shreet (III B)	Maanya Arora (III A)
III	Swastik (III B)	Innika Jain (III B)
<b>Class IV</b>		
I	Lakshya Benjwal (IV B)	Navya Soam (IV A)
II	Anshuman (IV B)	Naisha Choudhary (IV C)
III	Pranit Mavi (IV B)	Parneet Kaur (IV A)
<b>Class V</b>		
I	Rithvik (V C)	Kamakhaya Bhalla (V A)
II	Agataya Shukla (V C)	Shrashti Dixit (V B)
III	Firaas (V B)	Tanvi (V A)

we Shall soon get back to you with the highlights of the next quarter as we urge our students to:

**'Climb every mountain,  
ford every stream,  
and follow every rainbow, till  
you find your dream' .**



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