

Hope is a renewable resource and sustainable optimism is the key to unlocking it. Sustainable optimism is the belief that a better future is achievable if we work hard and are committed to realize it. It is all about adopting a positive outlook combined with a tinge of pragmatism. Sustainable optimism includes the following:

- Accepting difficulties and complexities while clinging to optimism and hope. Most of the important things in the world have been accomplished by people who refused to Quit. They kept on trying when there seemed to be no hope at all.
- Prioritizing advancement and long term remedies over short term fixes. Try and set up goals that command your thoughts, liberates your energy and inspires your hopes
- Promoting adaptation, resilience, and learning from failures. Convert every failure as an opportunity to learn and develop.
- Having a growth mentality and being receptive to fresh viewpoints, for true learning and growth come from being open to new ideas, embracing feedback, and actively seeking out diverse perspectives.
- Making steady, small changes that lead to improvement. Each small effort helps to maintain motivation and engagement, and each achievement reinforces our sense of progress and competence.

Overall, embracing incremental improvements can lead to increased productivity, enhanced well-being, and a greater sense of fulfilment in pursuit of a better existence. A better and more practical future can be achieved by individuals and communities through the adoption of sustainable optimism, which fosters a culture of empowerment, hope and cooperative problem solving. It is only through gratitude that optimism is sustainable.

- Ms. Meera Nair, Director-Principal



Editorial Team

Ms. Swati Biswas (Preprimary Coordinator)

Quote of the month

"The greatest threat to our planet is the belief that someone else will save it."

— Robert Swan

This quote highlights the importance of personal responsibility in addressing environmental issues. It reminds us that everyone must take action to protect the planet, rather than relying on others to solve the problems.

Article from the Coordinator



"Sustainability is not a goal to be reached but a way of thinking, a way of being, a principle we must be guided by."

– Paul Hawken

Our approach includes engaging, hands-on activities across all grade levels. For example, gardening projects allow students to plant seeds, tend to their growth, and learn about nature's cycles. This teaches patience, responsibility, and environmental appreciation.

We also incorporate storytelling and reading materials highlighting eco-friendly practices and optimistic problem-solving, helping students understand the importance of a positive attitude in overcoming obstacles.

Encouraging sustainable practices such as recycling, conserving water, and turning off lights reinforces positive behaviour and a sense of accomplishment.

Parental involvement is crucial. Demonstrating enthusiasm for sustainable practices at home inspires children to adopt these habits wholeheartedly.

Together, let's guide our students towards a brighter, more sustainable future.

- Ms. Swati Biswas, Preprimary Coordinator



Academic Activities

Learning about Shapes

While learning about shapes, nursery students engaged in various activities to understand the basic shapes. These activities included sponge dabbing, potato stamping, circle tracing, and playing with puzzles. Through these hands-on experiences, students could understand basic shapes and develop essential skills such as fine motor skills, hand-eye coordination, and cognitive recognition of shapes.



Nursery students engaged in a leaf printing activity to understand the concepts of big and small. Using leaves of various sizes to create prints on paper, they explored the differences between big and small objects visually and tactilely.

By closely examining and comparing the sizes of the leaves, students developed their observation and comparison skills, which helped students understand these concepts more clearly. This engaging and educational activity provided a well-rounded approach to learning about the concepts of big and small.

Revising Line Patterns

Nursery students revised line patterns through activities such as using stencils, walking along lines, tracing in a sand tray, and drawing with slate chalk. These activities helped reinforce their understanding of line patterns while developing essential skills. Together, these activities supported the development of motor skills, coordination, and creative expression.









Shape Rainbow

Nursery students created a shape rainbow, an activity that reinforced their understanding of colours and shapes while encouraging teamwork. This engaging project helped revise their colour and shape concepts, as they identified and arranged shapes in a colourful pattern.



Associating letters and words is very important in pre primary education as it lays the foundation for reading, writing and literacy skills. To enhance their phonological awareness, a list of items starting with the letter 'A', were placed in the class like 'apple', 'ant', 'arrow' and 'astronaut' for the students to find. This was an interactive game which helped them with letter recognition and encouraged their critical thinking.

Shape Seeker

Learning shapes aid in identifying and categorising objects, thereby enhancing problem-solving and critical-thinking abilities. The Shape Seeker activity helped our learners to identify and differentiate between basic shapes while developing their fine motor skills and vocabulary.

Finger Dabbing of Swar

Prep I students were introduced to Swar in a fun and engaging manner through a finger-dabbing art activity. This activity aimed to develop fine motor skills and an understanding of letter formation. The students thoroughly enjoyed finger-printing onto the paper, creating small blobs on Swar.

Summarizing Numbers 1 to 10 through a Story

Teaching number skills through stories bring learning to life











by connecting numbers to the real world. "The Very Hungry Caterpillar" story helped recap numbers from 1 to 10.

Students participated in a counting activity where they fed a caterpillar puppet with fruits. This activity involved counting the fruits and then feeding the caterpillar, making the learning experience both fun and educational.



Learning vowel sounds is fundamental for children as vowels appear in nearly every word, making them essential for speaking and reading. With this in mind, an activity was conducted for the students of prep II, where they identified and circled the vowels in their names. This activity not only emphasised applying their knowledge through varied and repetitive practice but also enhanced their ability to decode words more fluently.

Colour Patterns

Understanding colours helps children categorise and classify objects, aiding in cognitive development. Creating patterns enhances learners' ability to recognise and remember visual information, promoting logical reasoning and prediction skills.

With this in mind, an activity was conducted for the students of prep II, where various coloured objects like pom-poms, balls, and coloured blocks were provided for them to create their own colour patterns. This activity not only helped learners identify and learn colours but also aided in building their vocabulary.

Vyanjans

Hindi Vyanjan are the building blocks of the Hindi language. Understanding and learning them is essential for effective communication.











Keeping this in mind an activity was conducted for the students of prep II where they drew pictures related to specific vyanjan. In this activity, they practised writing vyanjan, recognizing objects associated with each vyanjan, and enjoyed drawing and colouring the objects.

Abstract and Concrete Numbers

Understanding the concepts of abstract and concrete numbers is crucial for the mathematical development of our young learners. To reinforce this, an activity was conducted for the students of prep II, where they matched abstract numbers with concrete numbers by counting objects.

In this activity, counting the actual objects provided a concrete experience, while recognising and understanding the given number on paper demonstrated an abstract understanding of numbers. This approach not only enhanced their mathematical skills but also nurtured a problem-solving attitude from an early age.

Assemblies

Doctor's Day

The preprimary section of Amanora School celebrated "Doctor's Day" on Monday, 1st July 2024.

Dr. Anil Khamkar, a Paediatrician at Noble Hospital, was invited to share valuable insights on overall health with the young learners. The event was a heartfelt tribute to doctors.

Ashadhi Ekadashi

Ashadhi Ekadashi is a traditional festival celebrated in Maharashtra, India. It is a vibrant and joyous event that involves a grand procession carrying decorated palanquins, known as "Palkhi."











The Preprimary section of Amanora School conducted the "Ashadhi Ekadashi" celebration on Tuesday, 16th July 2024. Students of the nursery took this wonderful opportunity to present the replica of this traditional Palkhi with great enthusiasm. They were dressed in colourful traditional attire.

A dance performance by the little ones added a spark to the celebration. It was a mesmerizing experience to see the little ones dressed up like warkari carrying out the Palkhi Procession.

International Plastic Bag Free Day

International Plastic Bag Free Day is observed every year on the 3rd of July to motivate people to avoid using plastic and to eliminate plastic pollution. To encourage the reduction of plastic, the Preprimary section of Amanora School conducted a class activity on Thursday, 4th July 2024, where the students made paper bags from newspapers. Nursery students decorated their bags with paper flowers, while prep I and II students decorated theirs with smiley cutouts. This activity showcased the children's creativity and developed a sense of love for the environment.

Blue Day

The preprimary section of Amanora School, celebrated Blue Day on Friday, 12th July 2024 to inspire creativity and imagination in the little learners.

All the children and the teachers wore their favourite blue clothes to show their love for the colour. Children learnt that blue - the colour of the sky and the ocean is a cool and calming colour that makes us feel happy and relaxed. Nursery and Prep I students created wonderful headgear of butterfly and water droplets and prep II students crafted beautiful blue bird badges. It was a day of learning, fun and making blue-tastic memories.





Parent Orientation on Enhancing Reading Skills and Motor Skills

Reading at an early age is profoundly important for a child's development and future success. It serves as the foundation for learning, language acquisition, and cognitive growth. It shapes a child's intellectual, emotional, and social development.

The Preprimary section of Amanora School conducted a Parent Orientation on Reading Enhancement for prep I and II learners and Motor Skills Development for Nursery students on Saturday, 13th July 2024.

Different concepts of reading and writing were explained to grade prep I and II parents. The teachers of the grade Nursery explained the importance of motor skill development for the students.



International Moon Day

On the anniversary of the first human landing on the Moon, the preprimary section of Amanora School celebrated International Moon Day with a special class assembly on 19th July 2024.

The children learned about the historic Apollo 11 mission and watched real recordings of Neil Armstrong and Buzz Aldrin's historic moonwalk.

To mark the occasion, nursery students enjoyed a paper-dabbing activity to create moons with textured prints, replicating the texture seen on the Moon's surface. prep I children beautifully drew and coloured the night sky, while prep II students engaged in a paper-tearing activity.









Drawing and Colouring Competition

Drawing and colouring let students explore their imagination and express their ideas. To tap into the creative potential of young minds, the preprimary section of Amanora School held a Drawing and

Colouring Competition on Tuesday, 30th July 2024.

The theme for the colouring competition for grades Nursery and prep I was 'My House' and 'Garden Scene' respectively where students used different colours to showcase their creativity.

The theme for prep II was 'Under the Sea' where the students beautifully drew and coloured the underwater world on paper with their imagination. The event saw enthusiastic participation and showcased the students' creativity.

School Events

Celebrating Leadership and Academic Excellence

On 13th July, our school hosted a significant event, marking the Investiture Ceremony and the Felicitation of academic excellence for grade XII, X, and ASE Award Ceremony for grade IX students. The occasion was graced by Dr. Angela Murze, Senior Director of Rockspace Technology, and Mr. J. K. Bhosle, Chief Operations Officer of City Corporation Limited.

The ceremony began with a warm welcome to the Chief Guest, dignitaries, parents, teachers, and students, followed by the school anthem and the lighting of the traditional lamp. The Chief Guest, along with the Director-Principal, administered badges to the newly appointed student leaders. Aray Rao was appointed Senior School Captain,





with Mohammed Zaidul Haq as Vice-Captain, and Zahra Bandokwala and Smit Lodha as Junior School Captain and Vice-Captain, respectively. A total of 36 cabinet members were entrusted with various portfolios.

The newly appointed leaders accepted the school flag, symbolizing leadership transition and unity. Director-Principal Meera Ma'am officiated the oath-taking ceremony, where students pledged to uphold the school's values. Senior School Captain Arav Rao delivered an inspiring acceptance speech, reflecting his leadership commitment.

Following the Investiture, the ceremony honoured grade X and XII students for their outstanding performance in the CBSE examinations. Mr. Bhosle and Dr. Murze presented the awards, celebrating the students' dedication to excellence. The ASE Award Ceremony then recognized grade IX students for their exceptional academic achievements.

The event concluded with motivational speeches by Mr. Bhosle and Dr. Murze, encouraging students to pursue continuous learning and excellence. The ceremonies were a celebration of leadership and academic achievement, leaving a lasting impact on the entire school community.





Teacher's Corner

Sustainable Optimism: A Pathway to a Brighter Future

Sustainable optimism is a mindset that combines hope and resilience to create a better future for ourselves and the planet. It's about believing in our ability to make a positive impact and taking action to achieve it. Sustainable Optimism not only encourages positive thinking and attitude but also promotes environmental awareness and responsibility. There are various ways to practice Sustainable Optimism in School e.g.

- 1. Reduce, Reuse, Recycle: We can encourage children to make eco-friendly choices and reduce waste.
- **2. Environmental Projects:** Active participation of the students in initiatives like gardening, conservation, and sustainability.
- **3. Community Service:** Involving the children in volunteer work and supporting local causes.
- **4. Innovative Thinking:** Develop creative solutions for sustainable living.

By practicing Sustainable Optimism we not only enhance creativity and innovation among our children but also prepare them for a sustainable future.

So let's embrace Sustainable Optimism! Together, we can create a brighter future by cultivating a mindset of sustainable optimism. Let's inspire each other to make a positive impact and build a better world for all!

- Ms. Mittal Belani, Preprimary - Teacher

Upcoming Events

- Independence Day Celebration
- Rakshabandhan Celebration
- Janmashtami Celebration
- Tirangaa

