



**AMANORA
SCHOOL**



SCHOOL Connect

Oct & Nov 2024

Grades I to V

From the Director's Desk

“Gratitude turns what we have into enough, and more.”

Gratitude and giving are two sides of the same coin, embodying the essence of compassion and selflessness. In our fast-paced world, where expectations often overshadow appreciation, it is vital to pause and recognize the blessings in our lives—big and small. Gratitude is not merely a polite “thank you”; it is a profound acknowledgment of the goodness around us and the people who enrich our lives. It transforms ordinary moments into extraordinary ones and shifts our perspective from scarcity to abundance.

Giving, on the other hand, is gratitude in action. It is a powerful way to connect, empathize, and contribute positively to the world. Studies reveal that giving enhances happiness, reduces stress, and strengthens relationships. Whether it is helping a friend, sharing resources, or simply offering a kind word, giving reflects our humanity and creates ripples of positivity.

True gratitude extends beyond grand gestures to the overlooked joys—a hearty laugh with a friend, the warmth of the sun, or the kindness of a stranger. Recognizing these small blessings helps us cultivate a mindset of appreciation and fosters resilience, hope, and satisfaction.

By practicing gratitude and giving, we cultivate a mindset of hope, contentment, and purpose. Let us nurture these values in and around our community, building a culture of appreciation and generosity. As responsible humans, let us commit to embedding these values in our daily lives. Together, we can build a culture of gratitude and generosity, where every act of giving and every expression of thanks strengthens our bonds and inspires us to grow as individuals and as a community.

Let us strive to be grateful for what we have and generous in sharing it, for in doing so, we not only enrich the lives of others but also discover the true meaning of fulfillment.

**- Ms. Meera Nair,
Director-Principal**



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Quote of the month

"Gratitude turns what we have into enough and more. It transforms denial into acceptance, chaos into order, and confusion into clarity. It makes sense of our past, brings peace for today, and creates a vision for tomorrow"



Article from Coordinator



“Let us rise up and be thankful, for if we didn’t learn a lot today, at least we learned a little, and if we didn’t learn a little, at least we didn’t get sick, and if we got sick, at least we didn’t die; so, let us all be thankful.”

– Buddha

Gratitude is a powerful lens through which we can view our experiences, transforming even the smallest moments into opportunities for growth. The essence of the Buddha's words encourages us to recognize that every day, regardless of its challenges, offers something to be thankful for. Learning, whether substantial or minimal, enriches our lives and fosters resilience.

When we look back on our daily experiences, we often miss the importance of small lessons. Each little insight adds to our understanding and shapes our perspective, helping us navigate life with greater wisdom. In challenging times, gratitude acts as a stabilizing force, reminding us that simply surviving is a victory. Even on difficult days, recognizing our health and well-being fosters a mind-set that embraces positivity. By focusing on these aspects, we empower ourselves to find strength and bounce back in every situation.

Ultimately, this attitude of gratitude fosters a deeper appreciation for life’s journey. By focusing on what we have gained—be it knowledge, health, or simply the gift of another day—we open ourselves to growth and joy. In this way, gratitude becomes not just an emotion but a transformative practice, empowering us to find meaning and strength in every experience.

**- Ms. Tanya Chawla,
Middle School Coordinator**

Activities @ School

Assemblies



Safe and Unsafe Touch

An insightful and interactive session on "Safe and Unsafe Touch" was conducted by Ms. Renuka Kumar, the grade I teacher, for students of Grades I and II. The session, designed to promote body safety awareness, used engaging toy characters to narrate a captivating story that held the young audience's attention.

Students learned to distinguish between safe touches, which make them feel loved and secure, and unsafe touches, which can cause discomfort. Practical guidance was provided on responding to unsafe situations: leave immediately and inform a trusted adult, such as a parent or teacher.

The session not only equipped students with tools to identify and handle unsafe situations but also empowered them to prioritize their safety and well-being. With its thoughtful approach and age-appropriate methods, this session left a lasting impact on the students, reinforcing the importance of personal boundaries and trusted communication.

Children's Day Celebration: A Joyful Occasion

"Children are the world's most valuable resource and its best hope for the future."

– John F. Kennedy

On 14th November 2024, students from grades I to V celebrated Children's Day with great enthusiasm and joy.

Grade I and II enjoyed a colorful puppet show and a creative puppet-making activity, followed by a surprise dance performance by their teachers, spreading smiles and laughter.



Activities @ School



Grade III hosted a Class Assembly featuring a heartfelt speech, a poetic recitation, and a lively dance performance, concluding with an inspiring message from the class teacher to dream big.

Students from grades III to V participated in **TV Star Spotlight**, where they portrayed TV characters using props and songs, followed by a fun-filled **Statue Dance**. A special video message from Mr. Pinto, Ryan Education Chairperson, added a heartfelt touch to the celebrations.

The day ended with personalized activities and chocolate distribution, making it a memorable celebration of creativity, joy, and appreciation for all students.

Celebrating the Magic of Math in School Assemblies

The students of grade I and II showcased their enthusiasm for mathematics through vibrant assemblies aimed at fostering a love for numbers.

Grade I conducted an assembly titled "Value of Zero," featuring a lively math rhyme, a thought-provoking skit about the importance of zero, and a creative mathematical dance. Teachers added insights about the role of math in daily life, leaving students inspired by the subject's relevance and problem-solving beauty.

Grade II followed up with an assembly called "A Journey Through Number Land," where a musical skit highlighted the journey of overcoming math fears through perseverance. The event concluded with a spirited Hindi poem about math, leaving the audience entertained and motivated.

Both assemblies emphasized that while math cannot directly measure emotions, it teaches us that every problem has a solution. The events not only sparked joy and curiosity but also deepened the students' appreciation for mathematics in their everyday lives.



Activities @ School



Diwali Celebration: A Festival of Light and Green Initiatives

On 22nd October 2024, grade I 'H' conducted a special assembly to celebrate Diwali, symbolizing the triumph of light over darkness and good over evil. The event began with a role-play on the importance of Diwali, followed by a skit on the need for a "Clean & Green Diwali." The students highlighted the harmful effects of pollution on the environment, animals, and birds, promoting the importance of eco-friendly celebrations.

A captivating "**Diya Dance**" was performed, with students holding traditional lamps symbolizing hope and purity. The assembly ended with a pledge from the students to celebrate a Green Diwali and avoid firecrackers.

Empowering Minds - World Literacy Day Assembly

The students of grade III conducted a thoughtful assembly on **World Literacy Day**. The highlight of the event was a skit that emphasized the importance of literacy, illustrating how reading opens new adventures waiting to be discovered. Through their performance, the students conveyed that reading helps us learn, imagine and grow.

Their confident and joyful performances effectively communicated the skit's message. After the skit, the teacher highlighted the ongoing challenges many individuals face in accessing literacy. Students were encouraged to promote literacy by donating books and educational resources, reinforcing the day's theme and reminding everyone that each contribution can make a difference. It was an inspiring day that underscored the importance of literacy and encouraged students to take meaningful action.



Activities @ School



Connecting the World Through Stories and Screens - World Television Day

Television is a window to the world." – This quote captures the essence of the special assembly held by grade IV on World Television Day.

The students gathered to discuss how television plays a vital role in our lives. They highlighted how TV keeps us informed about global events through news programs, helping us stay updated on important developments worldwide. Educational channels and documentaries were also celebrated for making learning fun and interactive, with shows that teach about history, science, and nature.

The assembly also focused on how television serves as a source of entertainment, offering shows, movies, and sports that bring joy to people of all ages. Lastly, the students pointed out that TV can strengthen social bonds, as families and friends enjoy watching programs together, and it helps us connect with different cultures across the globe.

Through their reflections, the students emphasized how television is not just a form of entertainment, but a powerful tool for learning, staying informed and building connections.

Inspiring Innovation and Empowering Generations

"I don't believe in taking the right decision, I take a decision and make it right."

– Ratan Tata.

The students of grade IV organized an inspiring assembly themed "An Entrepreneur - Ratan Tata," showcasing their enthusiasm and dedication towards honoring a great man. Through a mix of posters, speeches, stories, poems, and a role play, they highlighted Ratan Tata's significant contributions as both an industrialist and philanthropist. The assembly celebrated his legacy, recognizing his pivotal role in India's



Activities @ School



growth and development. By sharing stories from his life, the students aimed to inspire their peers to adopt his values of integrity, perseverance and vision in their own lives.

Moving Together for a Greener Tomorrow - World Public Transport Day

Grade V students held an engaging assembly to mark **World Public Transport Day**, raising awareness about the importance of public transport and its impact on the environment and daily life.

The assembly began with the school prayer, thought for the day, and news, followed by a skit that humorously highlighted the benefits of public transport in reducing traffic congestion and environmental impact. Students also performed a song and a dance emphasizing how small changes in travel habits can make a big difference.

The event concluded with a message encouraging the use of public transport to reduce pollution and traffic. Overall, the assembly was a success, leaving the audience with a meaningful message about sustainability.

CCA Activities (Grades I to V)

Celebrating Diwali with Creativity and Sustainability

To celebrate the vibrant festival of Diwali, the students of grade I and II students engaged in two exciting activities: Diya Decoration and Diya Crafting, reflecting the themes of light, joy, and togetherness.

The Diya Decoration Activity allowed students to unleash their creativity by decorating traditional diyas with vibrant paints, glitter, and other craft materials. This activity



Activities @ School



enhanced their fine motor skills and hand-eye coordination while deepening their understanding of Diwali's cultural significance.

In the Diya Crafting Activity, students used reusable paper plates to create their own diyas, promoting sustainability and environmental consciousness. This hands-on experience introduced them to the values of reusability and eco-friendly practices, adding a meaningful layer to the celebration.

The bright colors and festive spirit filled the classroom, with students proudly showcasing their finished diyas and eagerly looking forward to lighting them at home.



Creativity and Cultural Festivities

Diwali, the festival of lights, is a time of joy, celebration, and creative expression. Students from grades III, IV, and V embraced the festive spirit through a series of engaging activities that combined art, culture, and academics.

Diya Danglers (Grade III)

Grade III students participated in a delightful craft activity, creating colorful Diya Danglers to symbolize the triumph of light over darkness and to welcome prosperity. Using vibrant materials, each student designed unique danglers, fostering creativity, teamwork, and fine motor skills. The activity also offered an opportunity to learn about the cultural significance of Diwali, filling the classroom with enthusiasm and a festive spirit.

Rangoli Making (Grade IV)

Grade IV students showcased their creativity and mathematical skills in a vibrant rangoli-making activity. Incorporating geometric patterns such as circles, squares, triangles, and hexagons, they blended art with mathematics to craft intricate and colorful designs. This engaging event not only encouraged creativity but also marked the beginning of the Diwali holidays with festive cheer.



Activities @ School



Greeting Card Making (Grade V)

Grade V students explored the intersection of art and math by designing Diwali greeting cards adorned with intricate patterns inspired by mathematical tessellations. Using shapes like triangles, squares, and hexagons, they created vibrant cards that reflected concepts of symmetry, repetition, and geometric beauty. The activity symbolized unity and harmony, while also allowing students to reflect on Diwali as a celebration of creativity and goal-setting.

Creative Math Activities: Shapes and Imagination

The Math Centre of Excellence organized engaging activities for **grade I and II**, blending creativity with mathematics.

Grade I students explored shapes by designing vehicles such as cars, buses, airplanes, and trains using circles, squares, rectangles, and triangles. This hands-on activity enhanced their understanding of shapes and their properties while fostering problem-solving skills and real-world connections.

Grade II students crafted beautiful wall hangings using various shapes and patterns. This creative activity encouraged artistic expression and reinforced critical thinking, helping students visualize and organize visual information effectively.

Both activities demonstrated how learning about shapes and patterns enhances observation skills and strengthens foundations in subjects like mathematics, reading, and science. The students participated with enthusiasm, showcasing how integrating creativity into math makes learning fun and impactful while encouraging imagination and curiosity.



Class Activities



Math Lab Activity: Understanding Measurement

Grade I students explored the concept of measurement through a hands-on Math Lab activity. They learned that measurement involves comparing one object to another using numerical values.

In groups, students measured longer objects using smaller ones, counting how many smaller objects fit into the larger one. This activity introduced them to the concept of non-standardized measurement and helped them understand its practical applications.

The kinesthetic approach made the learning experience engaging and enjoyable, as students enthusiastically participated in this fun-filled, interactive session.

More Division - Math Lab Activity

Mnemonics are a helpful way to make hard topics easier to understand and the phrase "Does McDonald's Sell Cheese Burgers" made learning long division simpler for the grade III students. During their Math Lab Activity on division, the students used this fun phrase to remember the five steps of long division: Divide, Multiply, Subtract, Check, and Bring Down. This approach made learning more enjoyable and helped the students remember the steps better. The teacher also used real-life examples to show how long division works in everyday situations, making it easier for the students to relate. By saying the mnemonic out loud, the students practiced and remembered the steps more easily. The best part of the activity was when students worked on solving problems, as they became more confident in breaking down difficult division questions. Overall, this mix of hands-on learning and a fun teaching method made long division both fun and effective.

Fun with Adjectives English Activity

The students grade III eagerly participated in creating a Fun



Social Studies Activities



with Adjectives Activity as part of their English class activity. This creative project allowed them to blend their artistic talents with their understanding of adjectives. The hands-on experience not only highlighted their creativity but also helped them grasp the practical use of various types of adjectives in everyday life.

Each student crafted different flowers and shapes representing Adjectives of Quality, Quantity and Numbers. They used the petals of the flowers and various shapes to write examples, reinforcing their learning in a fun and engaging way. Overall, the students thoroughly enjoyed the activity and gained a deeper understanding of adjectives.

Timeline Making - The Sultanate Period

"History is not a burden on the memory but an illumination of the soul."

Grade IV students delved into the fascinating Sultanate Period through a timeline-making activity designed to enhance their understanding of history. The students meticulously created detailed timelines showcasing key events, territorial expansions, and significant rulers, including the reign of Razia Sultan.

This hands-on activity allowed them to combine creativity with learning as they explored the sequence of events and boundaries of the Sultanates. By presenting their timelines, students developed teamwork, critical thinking, and communication skills while gaining a deeper appreciation for the rich historical narratives of the Sultanate Period.

Science Activity- The Invisible Force

"Even invisible air carries weight, reminding us that what we cannot see can still shape our world."

Grade IV students explored the fascinating properties of air through hands-on experiments that sparked curiosity and deepened their understanding of this invisible force.



Class Activities



They observed air occupying space by transferring it between connected balloons, felt its pressure by releasing air onto their hands, and discovered its weight by bursting one of two hanging balloons, causing the other to move. Such simple yet engaging activities made air's properties tangible, encouraging curiosity, strengthening observation skills and inspiring students to explore the unseen forces shaping our world.

Yardstick Model - Human Nervous System

The students of grade V performed a science Yardstick activity: constructing a model of the human nervous system. The activity aimed to help students understand how quickly our nervous system works by using a yardstick. The class began with a brief discussion about the nervous system and its role in sending and receiving messages within the body.

Students learned how the brain, spinal cord, and nerves work together to help us respond to our environment. After the activity, they explained and discussed sensory nerves, the brain, and motor nerves, and how they work together through the nervous system model.

They also observed how different individuals might have varying reaction times and discussed the importance of a healthy nervous system. The activity was engaging and fun, helping students visualize and experience the concept of reaction time and appreciate the speed of their nervous system in action.

Constitution Day Celebration - Samvidhan Diwas

The students of grade IV & V enthusiastically celebrated Constitution Day, also known as "Samvidhan Diwas." The event aimed to familiarize them with the significance of the Indian Constitution and its core values—justice, liberty, equality, and fraternity.



Class Activities



We encouraged the students to embody these values and contribute positively to society. As part of the Constitution Day celebration, an educational video was played in all the classes. The video introduced young learners to the importance of the Indian Constitution in a simple and engaging manner, explaining how it was adopted on 26th November 1949, and came into effect on 26th January, 1950.

The celebration was a meaningful and educational experience for all, instilling a sense of pride and responsibility in the young minds.

Junior Scientist Club

Density Tower Exploration

In a session of the **Junior Scientist Club**, grade III and IV students embarked on an exciting exploration of density by creating a captivating "density tower." They experimented with various liquids, including water, oil, and honey, carefully layering them in a container to observe how each liquid settled according to its density. As expected, honey, being the densest, sank to the bottom, while oil floated gracefully on the water.

To add an extra layer of excitement, the young scientists dropped objects such as coins and grapes into the tower. The coins quickly sank to the bottom, while the grapes nestled midway through the liquids, beautifully demonstrating how density affects the behavior of both liquids and solids.

This hands-on experiment not only captivated the students but also reinforced their understanding of fundamental scientific concepts in an interactive and engaging way. It was a delightful experience that sparked curiosity and joy for the world of science!

Cornflakes Mining

The young scientists of the Junior Scientist Club recently conducted a fascinating experiment to uncover the hidden iron in everyday foods. They crushed cornflakes and added



Class Activities



water to form a thick paste inside a sealed, transparent bag. By moving a magnet over the surface of the bag, they were excited to see small particles of iron being attracted to the magnet!

This fun experiment helped the students understand how non-magnetic foods like cornflakes contain iron and how this iron is released in our stomachs when mixed with digestive juices.

Air Pressure Experiment

"You cannot teach a man anything, you can only help him discover it by himself" this proverb truly captures the curiosity generated in students while performing this experiment by themselves.

The Junior Scientist Club conducted an engaging "Air Pressure Experiment". This experiment demonstrates how air pressure pushes water through a straw. The air inside a balloon is under pressure as it is squeezed by the rubber. When you place an inflated balloon on top of the bottle, the air pressure on top of the bottle becomes higher. Hence, the water in the bottle rushes out through the straw making the fountain stronger.

This hands-on approach sparked curiosity and encouraged students to understand the concept of air pressure more clearly. This activity provided hands-on learning, reinforcing students' understanding of scientific principles in an engaging and memorable way.

Planet Pal Club - Save Soil, Save Earth

The students of grade III and IV Planets Pal Club presented a skit titled "Save Soil, Save Earth" which produced remarkable results, showcasing both their creativity and newfound knowledge. By taking part in this engaging performance, the children participated in hands-on, interactive learning that helped them develop essential knowledge, values, and skills needed to become environmentally conscious citizens.

Through the skit, the students gained valuable insights into the consequences of deforestation, the importance of reforestation, the need for reducing waste, the vital role of composting in soil conservation and the detrimental effects of pollution on the environment. The experience not only deepened their understanding of these critical environmental issues but also empowered them to take action toward a sustainable future.



Class Activities



Quiz Club - Freedom Fighters of India

The Quiz Club dedicated its August activities to honor the brave freedom fighters of India, who sacrificed their lives for the independence of our nation. Students of grade III and IV participated in a heartfelt role play event, bringing to life the stories of iconic figures from India's freedom struggle.

Each student passionately portrayed national heroes such as Bhagat Singh, Subhas Chandra Bose, Jawaharlal Nehru, Rani Chennamma, Durga Bhabhi, Rajguru, Shivaji Maharaj, Rani Laxmi Bai, Mahatma Gandhi, and Mangal Pandey. Their speeches and performances were not only inspiring but also served as a powerful reminder of the courage and patriotism of these legendary figures.

The event was enriched with vivid costumes, well-researched narratives, and an engaging atmosphere that transported the audience to the era of India's struggle for independence. This activity helped students learn about the sacrifices and values of our freedom fighters in a creative and interactive way, instilling a sense of pride and gratitude towards our nation's history.

Culinary Art Club

Culinary skills are incredibly beneficial for kids! They encourage healthy eating habits, develop fine motor skills, boost confidence, foster creativity, teach patience, appreciate culture, and much more.

On the occasion of Children's Day, Culinary Arts Club students celebrated by bringing in their favorite food items

and talking about their nutritional values. It was an awe-inspiring moment to see some students try out their own innovative recipes, which they had tried several times at home, and present them perfectly during the club periods. There was a range of food items, including bhel with a twist, chocolate balls, healthy cupcakes, "Go Nuts" with chips and dips, and a classic vegetable sandwich. Watch out, as our young chefs may become future Michelin Star restaurant owners!



Field Trips



Field Trip - Sanjay Nursery - Grade I & II

Field trips provide hands-on learning experiences that make subjects more engaging and relatable. By stepping outside the classroom, students can see real-life applications of what they've studied, fostering a deeper understanding of concepts. Field trips also encourage teamwork and collaboration, helping students build friendships and communication skills.

During their visit to Sanjay Nursery, the students could see and identify different types of plants, which enriched their understanding of the natural world. They asked insightful questions, made interesting observations, and learned to recognize plant varieties firsthand. This experience not only created lasting memories but also improved their retention of information. Overall, the field trip to Sanjay Nursery significantly enhanced their educational journey and contributed to their holistic development.

Field Trip - Science Park Grade III, IV, V

The students of grades III, IV, and V embarked on an exciting field trip to the Science Park, where they explored a variety of galleries focused on Science and Technology. The visit featured interactive experiences in areas such as automobiles, energy, fun science, and climate change.

In the Automobiles Gallery, students engaged with hands-on exhibits, cutaway models, and virtual driving simulations, enhancing their understanding of automobile construction and safety. The Energy Gallery showcased renewable and non-renewable sources through working models and multimedia presentations, offering insights into energy generation and usage.

The Fun Science Gallery captivated the students with dynamic exhibits that simplified complex scientific concepts, making learning both enjoyable and engaging.

Overall, the trip sparked curiosity, promoted active learning and gave students the opportunity to bond over shared meals and discussions about their experiences.



Events

Lead by Example (LBE)

"The first step in teaching students to innovate is making sure that educators have opportunities to be innovators themselves."

— Suzie Boss.

The Lead by Example (LBE) initiative by the Ryan Group of Schools embodies this philosophy, celebrating and empowering teachers for their innovative teaching methods. Organized annually by the Education Team, LBE provides a vibrant platform for educators to present creative strategies that enhance learner performance and cultivate 21st-century skills. This event fosters collaboration and the exchange of best practices, highlighting teachers' contributions to "Excellence in Education." Through case studies and innovative approaches, LBE inspires educators to lead by example, continuously refining their methodologies to better cater to their students' needs.

This year, the regional round of Lead By Example (LBE) was held on 30th November 2024, and judged by an esteemed panel comprising renowned educators, experts, and administrators. The jury evaluated participants on criteria such as creativity, student engagement, measurable impact on learning outcomes, and adaptability to diverse learning needs.

The competition was organized across four distinct levels—Pre-primary, Primary, Middle School, and Senior School—ensuring comprehensive representation of every stage of education.

Teachers from various schools participated enthusiastically, showcasing innovative methodologies and diverse skill sets that thoroughly impressed the judges. Each presentation emphasized teaching strategies tailored to the unique developmental needs of students, demonstrating the transformative power of creative pedagogy.

Beyond being a competition, LBE underscored the importance of continuous learning and collaboration in education. By celebrating teaching excellence, the event inspired educators to transcend traditional methods and embrace innovative approaches, setting a new benchmark for teaching and learning in the 21st century.





Teacher's Corner

Gratitude and Giving: The Keys to a Compassionate World

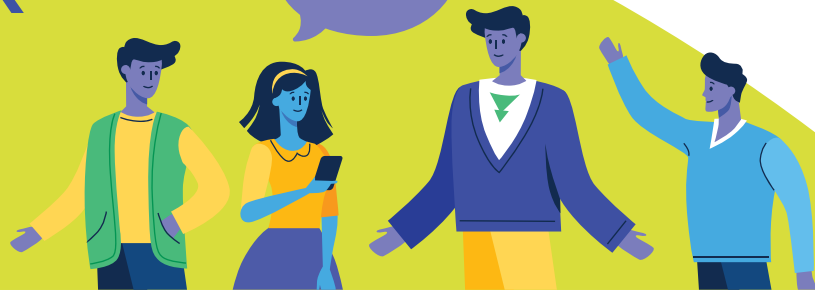
Gratitude and Giving are powerful values that have the potential to transform individuals and society. Gratitude teaches us to appreciate the blessings in our lives, while giving allows us to share those blessings with others. Together, they create a ripple effect of kindness and positivity. Gratitude is about focusing on what we have rather than what we lack. It could be as simple as appreciating the support of family, the guidance of teachers, or the company of friends. A beautiful example of gratitude was seen during the pandemic when people clapped from their balconies and sent thank-you messages to healthcare workers. These small gestures uplifted spirits and spread hope in a time of uncertainty.

Giving compliments gratitude by allowing us to extend our appreciation through actions. Real-life examples, such as communities organizing food drives for families affected by natural disasters or donating warm clothes during winter to help the underprivileged etc. These acts of giving not only address immediate needs but also strengthen the bonds of empathy and connection. As educators, we have a vital role in instilling these values in young minds. Activities like writing thank-you notes, creating "gratitude walls," or organizing donation drives teach children the importance of appreciating what they have and sharing it with others.

When gratitude and giving become habits, they create a more empathetic and harmonious world. By fostering these values, we prepare students not just for academic success but for meaningful and compassionate lives.

**-Ms. Reshma More,
Class Teacher - Grade V**

Students Speak



Gratitude is when you feel thankful for the good things in your life. This could be stuff people often take for granted, like having a place to live, food, clean water, friends, and family. Gratitude is taking a moment to reflect on how lucky you are when something good happens, whether it's small or big. It helps us focus on the positives rather than the negatives. Gratitude can be expressed towards people, nature, or life. Expressing gratitude can make others happy. Practising gratitude daily can improve our mental health. A gratitude tree is a drawing of a tree with big branches. Then, you have to fill these branches with all the things that make you feel grateful. This can be people in your life, small everyday actions, or even the beauty of nature. Thus, it allows goodness to enter our lives.

Humans have the ability of sharing their thoughts and feelings. Mother nature has the ability to give everything which a human wants, teaching us a very important lesson being selfless. Working as a team we get a lot of new ideas which can develop something new for our own good. Giving and sharing is very important, it shows our gratitude to other people. We can make others happy by sharing or giving something which is crucial in their lives. We say sharing is caring, which means sharing something with others and showing kindness. We should always follow this as it makes us happy and others happy too.

- Jashwi Sharma
Grade V 'I'



Parent Speak

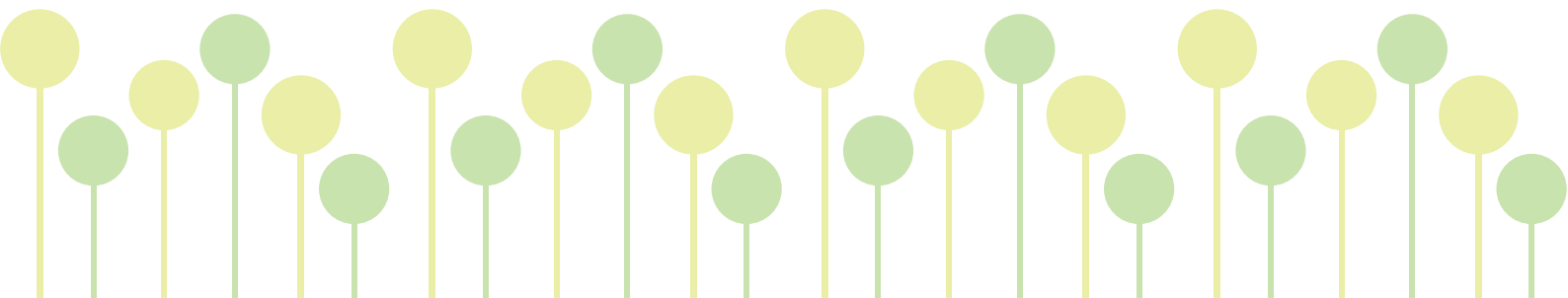


Gratitude and Giving is the power of appreciation and generosity. Gratitude and giving are two interconnected concepts that have the power to transform both the giver and the receiver. Gratitude is the act of recognizing and appreciating the positive aspects of life, whether big or small. It involves focusing on the good rather than dwelling on what is lacking, fostering a sense of contentment and happiness. Practicing gratitude helps us shift our perspective, making us more aware of the blessings we have, rather than what we don't.

Giving, on the other hand, is a natural extension of gratitude. When we feel thankful for what we have, we are more likely to share that abundance with others. Giving doesn't necessarily mean material gifts; it can be as simple as offering time, a kind word or a helping hand. The act of giving strengthens relationships and builds a sense of community, creating a ripple effect of goodwill. Both gratitude and giving have profound psychological benefits.

Studies show that expressing gratitude can increase well-being, reduce stress, and improve relationships. Similarly, giving can foster a sense of purpose, boost mood and enhance our connection with others. Together, gratitude and giving not only enrich our own lives but also have the power to create a more compassionate and harmonious world.

**- Ms. Asamiksha Vijayvargiya,
Parent of Reyansh Vijayvargiya - Grade V 'I'**



Fun Facts and Trivia



Here are some facts about gratitude:

- **Gratitude can help you make friends:** A 2014 study found that showing appreciation can help you win new friends.
- **Gratitude can help you reach your goals:** Studies suggest that gratitude can drive a sense of purpose and help you reach your goals.
- **Writing down what you're grateful for can improve your health:** Research has linked writing down what you're grateful for to many health benefits.
- **Gratitude can improve your sleep:** A 2011 study found that writing in a gratitude journal can improve sleep. Gratitude can increase the production of melatonin, the hormone that signals to your body it's time to sleep.
- **Gratitude can enhance productivity:** A Glassdoor survey found that 81% of employees feel more motivated to work harder when they feel that their work is appreciated by their boss.
- **Gratitude can make you more forgiving:** People are more likely to forgive when they feel gratitude toward others.
- **The four A's of gratitude are appreciation, approval, admiration, and attention:** Incorporating these four elements into your life can boost your self-esteem

Upcoming Events

- Annual Day

