



Principal's Note

If you listen to your body when it whispers, you won't have to hear it scream. Health is indeed wealth, but to maintain good health one needs to have good hygiene and healthy habits. A proper hygiene is a sign of a healthy individual. Good hygiene helps to reduce the development and spread of illnesses and infections. It is therefore very important to cultivate hygienic habits which in turn will lead to good health. Human's body and mind are connected so in order to keep your mind cheerful and pleasant you got be healthy. A person with a healthy lifestyle and hygienic habits lives a long and happy life. So let us all live healthy and stay fit.

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PROGRAMMES AT SCHOOL

Student Corner

STUDENT SPEAK - Health and hygiene is very important in our life. Health is the normal and the sound state of the body while Hygiene is the thing which we do to keep ourselves and our surroundings clean. There is a saying that 'An apple a day, keeps a doctor away'. But only apples are not enough to keep the doctor away. You also have to keep your surroundings clean for maintaining good health. You have to drink pure and clean water, eat healthy food, do regular exercise and have proper sleep. For your hygiene, I would say bathing regularly, washing of hair and cutting of nails is very important. So, keep yourself clean and healthy.

-Dharshvaradh S M
Grade - VII

STUDENT ORIENTATION - GRADE IX AND X - The theme for the orientation programme was the "Remodelled Structure of Assessment", which is going to replace existing CCE pattern from academic year 2017-18 onwards. Vice Principal Ms. Madhulika Sharma apprised the students at length on the rationale behind the change. All their queries around the new assessment system were addressed and the students were urged to be more regular with their studies.





COUNSELLOR SESSION ON ETHOS OF MUTUAL RESPECT – GRADE IX AND X - In an effort to imbibe the culture of respect and dignity at all times between teachers and students, an interactive session was conducted by the School Counsellor, Ms. Ekta Gupta on Mutual Respect. The students were facilitated to understand how to set behavioural expectations for themselves in various situations to ensure a safe environment where teaching and learning could take place efficiently. Students' perspectives about their desired Rights and Freedom were channelized by creating an understanding on how an imbalance between Rights and Duties or Freedom and Responsibilities can be dangerous. The session ended with students' agreement through group pledge and positive declaration to carry on the culture of respect and dignity in school and community with all members involved.

Parent's Corner

FORMATION OF EXECUTIVE COMMITTEE OF PARENT TEACHER ASSOCIATION 2017-18 - Parent Nominations for the formation of EPTA for the academic session 2017-18 were accepted from 11th July to 18th July 2017. Enthusiastic parents came forward in large numbers to nominate themselves for this responsible task. A fair and transparent Selection Process was arranged by the school management on Saturday, 22nd July 2017 where one parent from each grade (I to X) was elected to represent the grade for the current academic session. The Principal congratulated and welcomed all the members of the newly elected EPTA to work as a cohesive unit towards betterment of the students and the school.

Parent Speak

EDUCATION THEN AND NOW...POSITIVE THINKING THEN AND TODAY... - When I was a child my parents were not all that qualified to help me with my studies. So after a certain age, say Grade V onwards I was more reliant on school to learn all I could (Coaching classes were neither accessible nor affordable those days). Hence, I found my parents' interference in our studies to the minimum. Except for few probes, they never would reprimand us on studies.

Against that, today most of the parents are graduates at minimum and their expectation and interference with their children's academics is far beyond. Of course, I am not saying it is good or bad, but if I think through this and the

reactions I used to get from my parents for bad academic performance, it always used to be encouraging. Very smartly and curtly they would say how I have done. There was NO hue and cry about it. Everyone would become very normal very fast. Same was the reaction when I excelled, the praises came but very balanced. But again, everyone became normal very fast.

Now, when I see us, I feel we are too sarcastic about our children's bad performance (be it academics or extracurricular) and when they excel we are too much about praises and celebration with a clear hint to the child that our expectations are raised. In Future that child better not fail. We are going out of our way in buying expensive gifts but of-course, we can afford it now more than our own parents.

What I am trying to suggest is education then and today is almost same but Positive thinking with regards to everything connected to academics is questionable. We are questioning everything from schools to teachers, to books to our own children. Parents want to get involved in everything, I can understand that but how much?? Who would decide that?? We Parents, who are already worried about our children's tomorrow...so much so that we are doubting their Today.

-Ms. Neera Dave – Parent of Dhruvi Dave
Grade V

Events & Activities at School

FATHER'S DAY CELEBRATION - A Father is a Superhero... a man with a loving heart, a source of strength, a strong support, a constant readiness to help in a kind and thoughtful way, a solid foundation of generosity and affection. He is indeed a 'Super Hero' to the child. We, at Amanora School, celebrated Father's Day to help students to realise and appreciate the important role that their fathers have in their lives. The event witnessed the students from Prep I and Nursery dressed as a 'PRINCE and PRINCESS', walked the ramp with their SuperDad, amidst loud applause and cheer. The students from Prep II also celebrated the day with great enthusiasm. They were accompanied by their fathers for a session of 'Cooking without Fire'. The father-child duos created some wonderful recipes, ranging from sandwiches to mouth-watering desserts.



INVESTITURE CEREMONY - "If your actions create a legacy that inspires others to dream more and become more, then you are an excellent leader."

Amanora School conducted "Investiture Ceremony" amidst enthusiasm and fervour on Friday 30th June 2017. The young cabinet council was sworn in and invested with power to don their mantle of leadership and responsibility. The democratically elected Student Council was chosen through relentless campaigning and digitised E-Polling making the election process transparent. The Principal administered the oath to the newly appointed School Cabinet who pledged to dispense their duties with commitment, hard work and determination.

The swearing in ceremony was followed by the acceptance speech by the School Captain Aastha Gaur and the Vice-Captain Ark Mahajan who spoke like true leaders.

The Chief Guest, Dr Sandeep Khanna - Principal, Mansukhbhai Kothari National School, congratulated the school for putting up an impeccable ceremony. In his address he reminded the student leaders that with position comes responsibility towards themselves, their school and peers. He urged the students to become architects of their own future.

This was followed by a felicitation of Grade X students of 2016-17 batch for their stellar performance in CBSE board examination. The event was anchored successfully by Ms. Debarati Ray and Coordinated by Ms. Amrita Gangwal. The ceremony ended with a vote of thanks by the Vice Principal Ms. Madhulika Sharma.



GROW AND 15 BOOKS READING CAMPAIGN LAUNCH PROGRAM 2017 - "Some books are to be tasted, others to be swallowed and some to be chewed and digested"

-By Sir Francis Bacon

In a bid to inculcate and improve the reading habits of the tech savvy-young learners, by reviving their interest in books, Amanora School formally launched its flagship Library Reading Program -The 'Fifteen Books Campaign' with zeal and fervour on the 14th July, 2017. The Program is an enthusiastic literary initiative taken by the school to

encourage students to read at least fifteen books, pertaining to a variety of genres, housed in the school library ranging from classics to comics and biographies to Sci-fi and essays.

This year's launch added another jewel to its crown by further incorporating a reading gradient for the primary kids known by the acronym-"GROW", wherein the students would enthusiastically participate in the zealous reading drive and graduate from green, red orange and white levels eventually to embark on the "Fifteen Books" terrain .



The guest of honour for the launch was -Ms. Varsha Seshan an, eminent storyteller and a prolific dancer who has penned series of story books in association with National Rail Museum. She inspired the youth through her passionate appeal to take on a journey of reading with pleasure. The highlight of the program was the Mascot -"Savant"-the bookworm whose symbolic masquerade enthused the vibrant young readers to devour books. This was presented in a form of an enthralling song by the Choir under the tutelage of Mr. Richard Mendis.

The launch program was an eclectic mix of poetry reading done by the budding poet, Rhea Mehra whose fertile imagination gave a new dimension to the meaning of "Pilgrimage" and sharing of excerpts by Shree Laxmi Bhatt, a grade IV student and Shristi Singh, of grade VIII. The reading session was followed by the Librarian Ms. Umadevi's insightful account on choosing the "right kind of books".

The enlivening skit performance by the students of grade IX and X under the guidance of Mr.Amit Kharat, provided a comic relief to the solemn occasion. The program was successfully anchored by Abhinav Iyer and N.Sugitha. The program culminated by unveiling of the books for the month by Ms.Varsha Seshan and the Principal.

YELLOW DAY CELEBRATION [PRE-PRIMARY SECTION] -

Yellow is the colour of intellect, optimism and cheerfulness. Yellow is also the colour of bright sunshine that symbolizes a blissful beginning. A day dedicated to acknowledge the little joys of life associated with the colour yellow was celebrated at Amanora School. Pre Primary students were not only dressed in their favourite yellow dresses but were also accompanied by their favourite yellow objects to paint the school yellow! Various yellow coloured things like racing cars,

teddy bears, dolls, balloons, flowers and masks made the learning environment vibrant and playful. Focusing on the theme, the teachers planned art and craft activities that made the children understand the significance of the color. The children thoroughly enjoyed the activities scheduled for the day. The teachers were beaming with pride when the confident little orators described various yellow colored articles with flair and ease. Beams of yellow shades carried the promise of a positive and bright future.

GURU PURNIMA CELEBRATION -In the special assembly to celebrate 'Guru Purnima', the students of Grade II performed a dance on 'Omkar Swarupa Sadguru Samarth' and staged a skit based on the story of 'Guru Dronacharya and his disciple Eklavya' to express their gratitude towards their teachers. The students of Grade VII presented a beautiful dance drama with Sanskrit shlokas to highlight the grand relation between students and their teachers.

NATIONAL DOCTORS' DAY - National Doctors' Day is celebrated on 1st July all across India to honour the legendary physician and the second Chief Minister of West Bengal, Dr. Bidhan Chandra Roy. The celebration of the Doctors' Day is an attempt to emphasise on the value of doctors in our lives and to offer them our respects by commemorating one of their greatest representatives. Students of Grades IV and VII presented a special assembly that paid a perfect tribute to all the doctors who have made relentless efforts towards the betterment of the society.



HEALTH AND HYGIENE - Students across Grades (Prep-I to X) shared their views in an attempt to spread awareness about the month's theme of **Health and Hygiene**. Students of Grade-I presented an assembly to create awareness on how a good health can be achieved by staying in hygienic environment. Grade II students recited a poem *"I would like to be neat and clean..."* to create awareness about



cleanliness. Students of Grade VII gave a message that health is cleanliness and cleanliness is one of the main defences against diseases, whether contagious or self-generated. Grade VIII students presented an assembly on *'Sports and Games – Basic foundation of the Healthy Life'*, to promote health Benefits of Playing Sports. The students tried to spread the message that *'Fitness, along with proper nutrition and rest, is important for maintaining a healthy lifestyle.'* Grade IX students performed a street play *'Dadima ke Nuskhe'* with the message - *"Health education, including our traditional home remedies, plays an important role in the community welfare."*

VALUES IN LIFE - RESPECT, CARING, COMMITMENT AND DEDICATION - Basic human values can help to build our common culture and guide us in all our decisions. To incorporate these basic human values of life, students of Grade V presented an assembly on **Respect** wherein they enacted a skit titled 'The Respectful Prince and the Dwarfs' to share the message - 'Be kind and respectful to everyone, as you never know when you will need help from others'. On the theme **Caring** students of Grade IV performed a skit that showcased that caring in all its forms is a truly powerful way to bring happiness in everyone's life. "Dedication and commitment transfer dreams into realities." The assembly of Grade III students laid emphasis on the importance of **Commitment and Dedication** in our life through a story narration based on the life of Greatest Cricketer of India, Sachin Tendulkar and role plays based on the characters of great people.

NATIONAL AIR TRAFFIC CONTROL DAY - In accordance with the National Air Traffic Control Day, Students of Grade IV thanked the hard working men and women of the world aviation community for their shared commitment to safe and efficient management of the skies.





Water and Food – the essence of Life - Our planet is suffering from an unprecedented water crisis, and solving it requires concerted action by institutions and citizens. Students of Grade V performed a street play on the theme **Save Water** to promote the importance of water conservation among people in order to maintain the presence of clean water on the earth in future. The skit also created awareness about the right of every human being to safe drinking water and to adequate food

Community Helpers - Teaching young children about community helpers is a popular unit and Grade I students portrayed the lesson they learnt in the assembly. They dressed up as various community helpers and depicted the importance of a community helpers who aid in the overall well-being and health of the community.

Socialisation – the need of the hour - Socialization that we receive in childhood has a lasting effect on our ability to interact with others in society. School and peer group are the important agents of socialization. Students of Grade V presented a group song **Let's Make Friends...** to convey the importance of social skills taught in school. The students of Grade IX depicted the difference between the ancient and modern style of socialization as well as their advantages and disadvantages through the help of a skit.

In-House, Inter-House and Inter-School Competitions

PRE-PRIMARY SECTION: ENGLISH RECITATION COMPETITION - Oh! What a beautiful way to express something through innocent words and actions, in a melody with all smiles and giggles. This is what our scholars of Pre-primary did on 4th July 2017. Beaming with confidence they enthusiastically recited poems to their fellow classmates. The effective use props left a greater and lasting impact on the keen audience.

PRE-PRIMARY SECTION: FANCY DRESS COMPETITION - Role





playing is one of the most important tools of learning particularly, at the Pre-primary level. Keeping this in view, a Fancy Dress competition was organised for the children of Pre-primary on Friday 21st July 2017. The purpose of conducting the competition was not only to blend learning with fun but also to develop confidence in the little ones by giving them an opportunity to enact on various themes that were age relevant.

Few of the community helpers depicted by Prep II included doctor, teacher, farmer, green grocer, news reporter, etc. Students from Prep I dressed as items used to maintain good hygiene like Dettol, tooth Brush, toothpaste etc. The students of Nursery were beautifully dressed according to their theme of a garden. Colourful butterflies, flowers, bees, caterpillars, etc., flooded the school. The competition proved to be great learning experience for the students and gave them a platform to explore their hidden talent. The enthusiasm and zeal with which the children participated and performed was extremely commendable.

POSTER MAKING AND SLOGAN WRITING COMPETITION ON GLOBAL WARMING - Grade IX and X students participated in Poster Making and Slogan Writing Competition on Global Warming, one of the most important environmental issues ever to confront humanity.

INTER HOUSE DISPLAY BOARD COMPETITION - GRADES IX AND X - Students of Grade IX and X participated in the Inter House Display Board Competition on the topics, which were an extension of their curriculum of Democratic Politics. This competition has seeded the real spirit of four rights namely, that of association, expression, equality and right against exploitation along with the duties enshrined therein. The thought behind the layout was conveyed by the house representatives in a very comprehensive manner.

INTER SCHOOL SPELL BEE COMPETITION - GRADES V TO VIII - A team of four students (Pranav Bogawat - Grade V, Kishori Patra - Grade VI, Neha Narayan - Grade VII and Kshitij Shah - Grade VII) participated in the Spell Bee Competition held in Gurukul School, Pune on 5th July 2017. Out of the several participating schools, 4 schools including Amanora School qualified for the finals. The final round saw a twist in the competition as one member of each of the qualifying school were put together to formulate a new team. The team that included Pranav Bogawat of Grade V won the competition.

Achievements (School, Teacher and Students)

NATIONAL LEVEL SCIENCE TALENT SEARCH EXAMINATION [NSTSE] - Aditya Sai Vemparala (Grade VI) has received a Gold Medal and Certificate of Appreciation for his excellent performance with All India Rank 56 [for Grade V] in NSTSE [2016-17] conducted by Unified Council.

Maths Talent Search Examination - Aditya Sai Vemparala (Grade VI) achieved 3rd rank [for Grade V] and received a trophy and Certificate of Merit in Maths Talent Search Examination [2016-17] organised by Indian Institute for Studies in Mathematics [IISMA].

News & Announcements

Inter-House Football Championship

Inter-House Singing Competition

Independence Day Celebration

Tirangaa - 2017 Celebrating The Environment

In our attempt to make this newsletter a true School Connect, we request you dear parents, to make contributions to this monthly feature. Please send in your articles, poems, write-ups etc., to us latest by the 15th of each month at seema.naik@amanoraschool.edu.in





Ms. Meera Nair
Principal, Amanora School

*"Please contact school front desk for any suggestions or feedback or email us at
feedback@amanoraschool.edu.in"*