



**NAFL
GRADE 4S
TERM 1 NEWSLETTER
2021-22**



HELLO!

September 2021

It is wonderful to reach out to you as we complete another term of virtual school for the second year running. Our landscape has changed, our tools of work transformed, yet our hearts beat stronger and braver!

A fierce commitment to give our NAFLERS the best continues undiminished.

The opening term of school has been busy beyond belief with so many school events and special assemblies.

*Enjoy the news updates and the stories!
Our students are well and happy!*

*Warm regards
Indira Jayakrishnan*



Last year, we faced the tremendous challenge of adapting to an online format - it was a novel experience for most of us, and we tackled many challenges as the year progressed. This year, however, we've adapted more active strategies and learned from our previous experiences to engage our students in a better way. We'll always have more things to learn and improvise but it's always to create a better experience!

The online work this year has made us more comfortable and experienced and has given scope for teachers to experiment with new tech tools! Kudos to new learning!

The second year of on-line work has made me rethink my teaching strategies and to try and experiment new possible ways to improve the learning experience.

I have started liking online teaching which opens doors to enormous digital resources to make teaching and learning an enriching experience for all.

I was quite unsure as to how effective learning could be incorporated in an online environment but if there is one thing, I have learnt from NAFL, it is that through innovation and dedication anything is possible. The NAFL model for online learning stands proof of the same.



The use of tech tools for collaborative learning and assessment makes learning more effective. At the same time, the drawback is that teachers cannot interact with students with the same ease as in a traditional classroom. In other words, virtual classroom cannot replace a real classroom. Technology has its limitations.

It is a testament to our resilience that the learning process has marched on despite uncertain times in the pandemic. While we have added to our skill sets and adapted to the new normal, I miss the on-campus vibe...

Well, here's to hoping for an early and safe reopening of our schools.

The real-world exploration and use of interactive tools has been highly beneficial to the learning progress of both teachers and students. It has helped students pursue highly individualised learning paths.

This year, we are at ease and confident about our online classes. We have trained ourselves to design and deliver our lessons to maximise student engagement and learning. We have broken down our lessons to mini lectures followed by independent work or collaborative activities. The formative assessments in the form of quizzes, videos, cold-calling students for responses, keeping their videos on, etc. have helped us stay on our toes!

The teachers are so patient, and they are engaging the students in a great way! Grade Teacher Time is a good idea ... communication within the class has really stepped up.

I believe the emphasis on physical activities to be given equal importance.

Few things could embody hope better in these challenging times than young children full of curiosity and enthusiasm, eager to continue learning despite all the curveballs that COVID has thrown at them... This has only been made possible by the immense dedication shown by teachers... Thank you.

The best part of NAFL's online teaching has been the stress on subjective tasks on a regular basis, thus ensuring that the students' progress in developing writing skills and critical thinking is not hampered in any way.

Please keep advising the children on digital time and encourage them to do more hands-on activities after school.

A big reason for my child blossoming into a confident girl is because of the school and the teachers!

Even though it is an online mode of working, the school has really pulled it off! I really appreciate the way events are conducted and the effort taken to keep up the school spirit!

Cheers to NAFLTY! Great effort and dedication!

I have never heard my child saying, "the class is boring!"

Wow!

**PARENTS
SPEAK**



We, in the beginning, thought that Huddle Hubs are optional and not needed - but the practice on the concept given to kids via vagaries of games is amazing (at times we think - "Oh - we can teach this way too!")

Our heartfelt thanks for the great efforts put in to make teaching a wonderful experience in these pandemic times.

We are proud of everything that NAFL has taught our daughter over the years, which we believe will truly hold her in good stead as she embarks on the next phase in her life.

Congratulations to you and the NAFL team on achieving outstanding Grade 10 ICSE 2021 results!

Virtual Sports Day was a wonderful thought and you (entire NAFL team) have made it a reality. Thanks to the entire troupe

The Opening Day assembly was really special to us today...it was such a great start to an otherwise bleak year!

My gratitude on ensuring continuity of education!

I appreciate the efforts put in by all the IGCSE Faculty for their tireless efforts in keeping the students motivated despite the pandemic and students getting bored with online sessions.

Wow!

PARENTS SPEAK



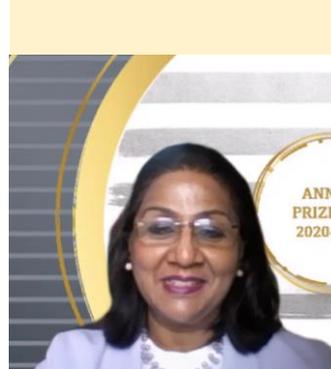
A decorative graphic on the left side of the page. It features a large white circle containing a trail of stars and dots. The stars are in red and black, and the dots are in red and light pink. The trail starts from the top left and curves downwards and to the right. There are also several overlapping circles in shades of gray and white, some with thin white outlines, scattered around the main white circle.

ANNUAL PRIZE DAY

2020-2021

A bright yellow circle on the right side of the page, containing the text "BE HAPPY. BE BRIGHT. BE YOU." in white, bold, uppercase letters. The circle is partially overlapping the main white circle and the black background.

BE HAPPY.
BE BRIGHT.
BE YOU.



PROGRAMME

- Song: *This is My Prayer*
- Welcome Address
- Lighting the Lamp
- School Annual Report
- Song: *Good Things Just Take Time*
- Video: Felicitation of NAFL's Prize Winners , AY 2020-2021
- Documentary: *Be Happy. Be You.*
- Investiture Ceremony
- Special Address: Dr. Bindu Hari, Vice Chairperson, NAFL, NPS, TISB, GMC
- Video: *Let's Be Kind*
- Vote of Thanks
- National Anthem

Ananya Subramanya

- Outstanding Asynchronous Work Submission in **English Language & Hindi**
- Outstanding Participation in **Circle Time & Indian Music**
- Outstanding **Class Participation**
- Outstanding **Punctuality**

Pranav Sriskanar

- Outstanding Asynchronous Work Submission in **Environmental Science**
- Outstanding **Preparedness for Online Classes**
- Best **Team Collaboration (Technical Support)**

Dhruv Sunil Kumar

- Outstanding Asynchronous Work Submission in **Kannada**
- Outstanding Participation in **Art**
- Outstanding **Preparedness for Online Classes**



2A

STUDENT COUNCIL LEADERS



Aryan Motebennur
Captain - Kamal House



Ustat Kaur Sethi
Captain - Kamal House



Raghav Mohankumar
Head Boy



Diya Suhas
Head Girl



Keerthi Nair
Captain - Vishal House



Shayan Veer
Captain - Vishal House



Swarna Acharya
Sports Captain



Anindya Batabyal
Sports Captain



Shruti R Mankhale
Captain - Nihal House



Ankith Halagur
Captain - Nihal House

THE NAFLER



Rajath S



Suveena Suresh

Antara Vedantam

Arnav V Deshpande

NAFL GREEN



Srinivas V



Palak P. Chinn

Amantika Manikandan

Kaksha Gopinath

CLUB LEADERS

NAFL CHOIR



Niharika Krishnan

Sanchya Prakash

DEBATE CLUB



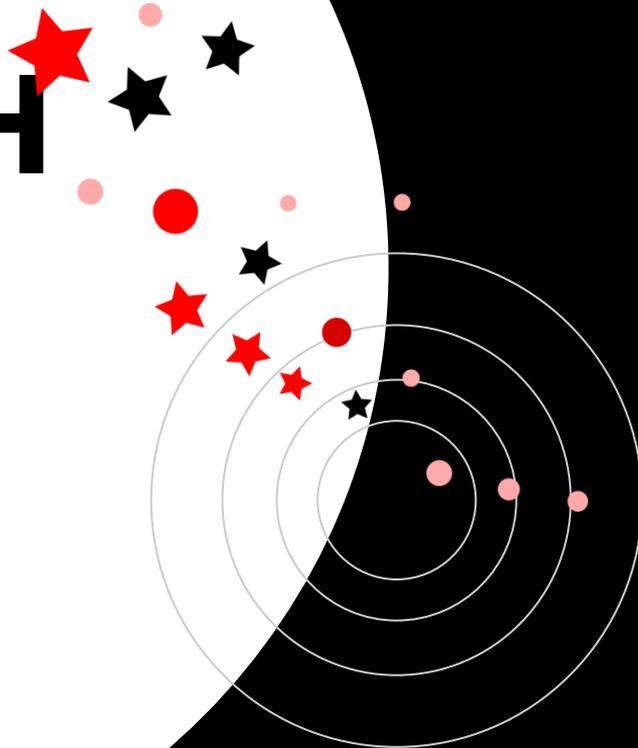
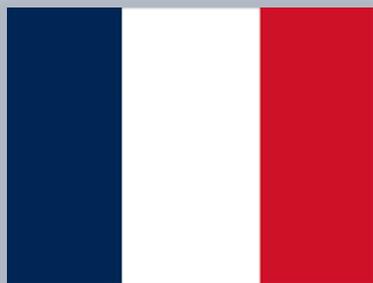
Anushka V

Arnav Mayur



FRENCH DAY

2021-2022



#soyonsgentils

FRENCH DAY 2021

As part of virtual French Bastille Day celebrations 2021, Primary, Middle and Senior school French students participated with great enthusiasm and zeal in a plethora of activities revolving around acts of kindness - *éclairons le monde avec notre gentillesse*, music, dances and in first-ever in-house TV show NAFL TÉLÉ- *café pause-itif* which broadcasted news infotainment segments on the French culture, language, architecture, tourism, fine arts and humorous skits followed by viewership quizzes. The two-week long celebrations culminated with special assemblies, a virtual tour of France and its festivities.





SPORTS

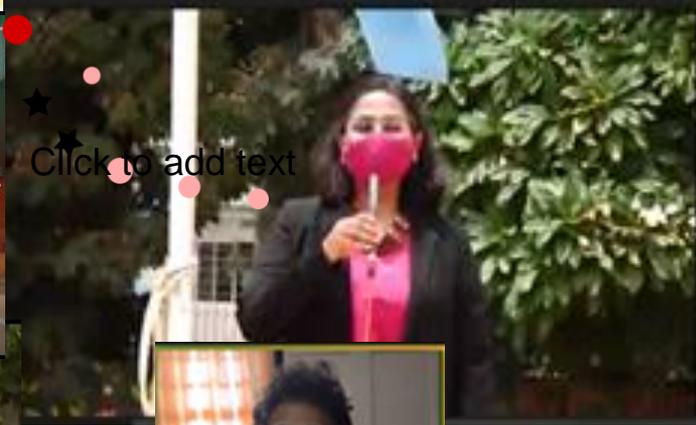
DAY

2021-2022



Yet another successful NAFL Virtual Sports Day 2021-22 was held on 14 August 2021!

The Student Council led by the Sports Captains began the proceedings with a March Past and the Sports Day Oath, followed by our esteemed Principal Mrs. Indira Jayakrishnan declaring the Sports Meet open.



Click to add text

The Guest Speaker for the occasion was NAFL Alumnus, Mr. Anirudh Krishnadas who has represented Karnataka at national level football championships, and is COO of a sports company.



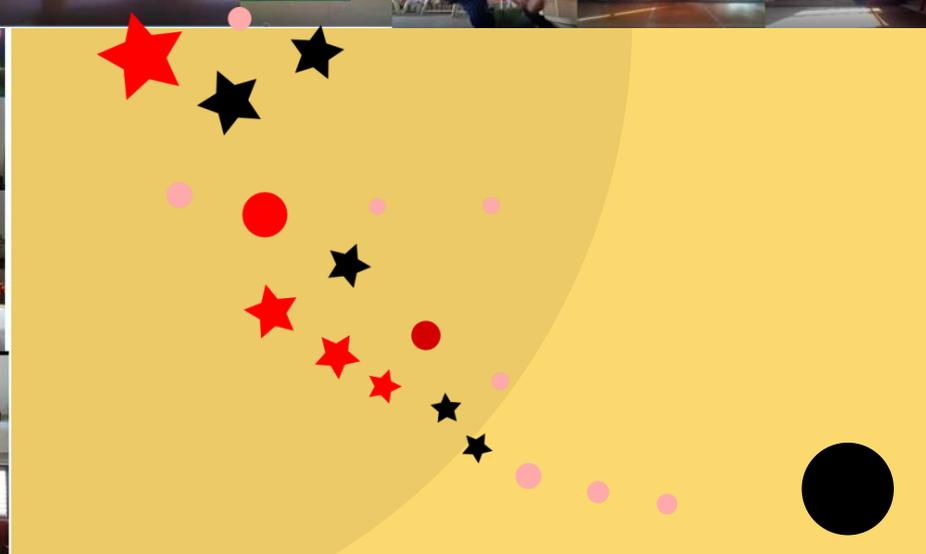
ANIRUDH KRISHNADAS

A video of the events of the day can be caught on our school website!



GLIMPSES OF SENIOR SCHOOL SPORTS DAY

- Flamingo
- Skipping
- Push-ups
- Bicycle Crunches
- Run Till You're Done! (Cycling and Running)





VISHAL HOUSE



**OVERALL
ATHLETIC CHAMPIONSHIP!**



SPECIAL ASSEMBLIES

International Yoga Day
Doctor's Day
World Tiger Day
World Mountain Climbing Day
Independence Day
Teacher's Day

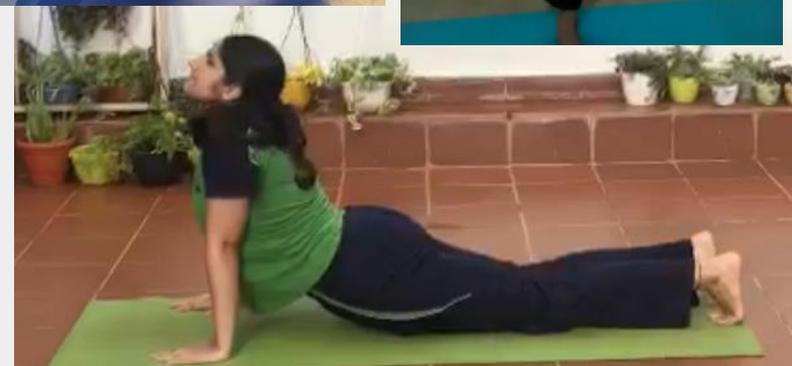
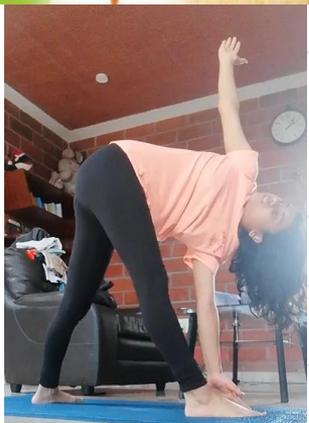


INTERNATIONAL YOGA DAY

21st JUNE 2021

Ms. Sudeepta Shanbagh, a passionate yoga instructor and co-founder of Eka Meditation demonstrated various asanas to help strengthen muscles for stretching, help breathing and for relaxation.

Ms. Sudeepta Shanbagh



GUEST SPEAKER

Dr. VENKATESH S. MADHUGIRI

**Professor of Neurosurgery at
NIMHANS, Bengaluru**



Not all heroes wear capes!

July 1st

My doctor is special because



When the whole of humanity came to a standstill this past year and a half, struggling to make sense of the changes, one community of workers has been working overtime. They have been sacrificing sleep, family time and sustenance, to keep us afloat and help us combat the toughest malady of our times – the Corona Virus.

Naflers were delighted to honour this noble and selfless tribe – Doctors – in their special assembly. A documentary of sorts was put together with NAFL voices and amazing graphics by Siddhartha Rajiv and Govind Raman. A special song that drove the film was sung brilliantly by Jahanavi Nikkam and extraordinarily supported on the piano by Aniket Halagur.

SPECIAL ASSEMBLY
WORLD TIGER DAY 29th July 2021
With talented Guest Speaker
Ms. Ratna Singh

Ms. Ratna Singh has been working in the field of sustainable wildlife tourism for over 15 years. She is a qualified professional wildlife guide and trainer. Awarded for her work in the skilling of rural youth, Ms. Ratna has helped train over 1200 individuals till date in the fine art of eco-tourism.





TIGER

NAFL Senior School Choir



Arvaan Doshi 6C

Do tigers experience emotions like happiness, sadness, anger, etc.,? What has been your experience?

Q/A SESSION



Raksha Gopinath, 12 ISC

Are zoos really any good for wild animals like tigers? Do you think it's time to do away with zoos?

*A question from our teachers to Ms. Ratna!
How does it feel to be breaking barriers and stereotypes and to be out there in the jungle? What keeps you going?*

Raghav Mohan Kumar, 12 ISC

Other than donations, how else can we, as students, help in saving tigers and wildlife in general?

Tigers



NATIONAL MOUNTAIN CLIMBING DAY



NAFLERS heard directly from Ms. Malavath Poorna, who scaled the highest peak of Mount Everest when she was just 13 years and 11 months old. Ms. Poorna shared valuable insights about her personal experience, focussing on the training a mountaineer goes through, the challenges she faced and the thrill of reaching the top. Our young NAFLERS were enthralled by the session!



NAFL Celebrated India's 75th Independence day highlighting the glory of the Indian culture, beauty of its civilization through dance and music.

***Musings...** A presentation by grade 10 students captured all the beautiful moments that are scattered around us, on every step in India. From the meaning of our National Anthem to the buzzing streets of Delhi. The valour and saga of our Indian warriors and their extraordinary stories were also highlighted.*





TEACHER'S DAY 2021

Teacher's Day was celebrated with great warmth and enthusiasm at NAFL on 4 September 2021! Children from the Early Years right up to the Senior Years participated in the festivities that included music, dance, theatre, quiz, and much more! The teachers and students thoroughly enjoyed the Special Assembly!



Class BUZZ

The Grade AS Team



Ms. Soma M Roy
Grade Teacher
Physics Teacher



Ms. Bindu Jayakumar
Co-Grade Teacher
English Language Teacher



Ms. Anupama C Das
Chemistry Teacher



Ms. Deepa G.
Mathematics Teacher



Ms. Shilpa Satish
Lit in English Teacher



Ms. Richa Jha
Lit in English Teacher



Mr. Umesh N
Mathematics Teacher



Ms. Kavya Rani
Computer Science Teacher



The Grade AS Team



Ms. Padmavathi K
Economics Teacher



Ms. Devipriya V
Art Teacher



Mr. Suresh A N
P.E. Teacher

Grade and Associate Teacher
time:

Wednesday: 8a.m. - 8.10a.m.

Friday: 8a.m. - 8.10a.m.



Ms. Shree Nidhi N
Global Perspective Teacher



Ms. Manisha Mandal
Biology Teacher

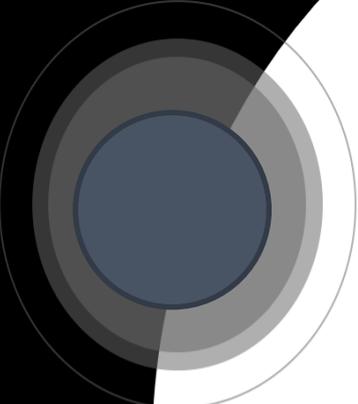


Mr. Murali S V
Business Studies Teacher



Ms. Mohita Bal
Psychology Teacher





NAFL

One-of-a-Kind.ness

News of Kindness in the Classroom &
Beyond



M.A.D - Make A Difference

AS Presents

Bona Aetas

The Prime of Life

BY PROVIDING

- KNOWLEDGE
- SKILL

AS WELL AS

- BECOMING A BETTER YOUTH IN THE FUTURE



ASU ARIZONA STATE UNIVERSITY
AUTISM / ASPERGERS RESEARCH PROGRAM

To Whom It May Concern,

Sureena Surend did an outstanding job aiding in collecting data for our Prenatal Rater app. Sureena completed a total of 30 volunteer hours during the summer of 2021. Her responsibilities as a student working with our research group was to research over 200 Prenatal Supplements currently on the market and record dosing information. In addition, she also built a repository of images of prenatal supplement labels, which our team will refer back to in the future to monitor how prenatal supplements change.

If you have any questions regarding Sureena's performance as a volunteer or general questions about her role in our research lab, please contact Jasmine Kirby at jkirby1@asu.edu

Sincerely,



AIREYE

AN AIR QUALITY MONITORING DEVICE

Sureena's Initiative

During the summer of 2021, Sureena had volunteered for the Arizona State University's Aspergers Research Program

International Plastic Bag Free Day



Achievers Of Our Class



Congratulations



1st place - Run till you're done
2nd place - Bicycle Crunches



2nd place - Bicycle Crunches



2nd place - Run till you're done



1st place - flamingo



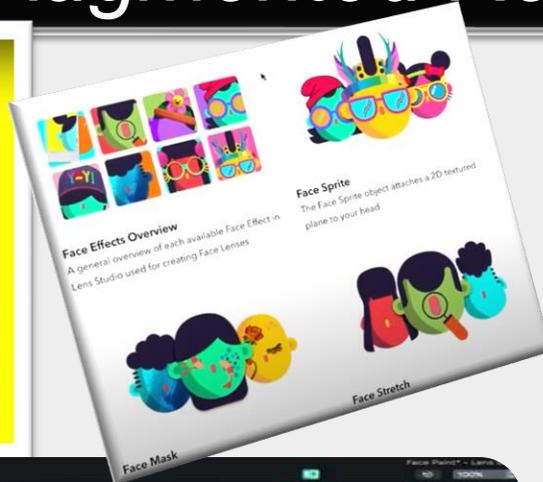
1st place - Run till you're done
NAFL Dialectic Debate Winner



The image features a large white circle on a black background. Inside the circle, the words "Campus News" are written in a bold, black, sans-serif font. The text is surrounded by a trail of red and black stars and dots, suggesting a path or a sequence of events. In the foreground, the silhouettes of four students are visible, looking towards the center. To the right, a silhouette of a teacher is shown pointing towards the text. The overall design is clean and modern, with a focus on the central text and the silhouettes of the audience.

Campus News

“The Power of Augmented Reality”



31 August 2021

*NAFL senior school students had a wonderful opportunity to dive into the future through a workshop hosted by ENpower in partnership with **Snapchat India** to showcase the power of **Augmented Reality (AR)** and how it's shaping the world around us!*

The session helped students visualise new possibilities as AR is opening-up many avenues even in subject choices for higher education!



CAMPUS WEBINARS@ NAFL

PATHWAY TO THE FUTURE

- 
- University of Arizona
 - Boston University
 - Flame University
 - O.P. Jindal College of
 - Manchester University
 - Australian National University
 - John Hopkins University

And many more...

Summer programs on journalism, medicine and law

SAT updates by College Board

Course updates

Alumini Connect

University Virtual Tours

Connect over coffee with admission officers

Post-Pandemic processes and teaching methods

Each university gave an insight about the courses they offer at the UG level along with their popular courses, admission criteria, fees, visa related issues , online/offline classes due to pandemic times.

The UCAS and the common app webinars focused on the SOP , essays , prompts and how to write a winning essay.

The summer programs and virtual tours by the universities gave the students an insight of their university campuses and connected them with alumni.



NEWSMAKERS!

Inter-School Competitions

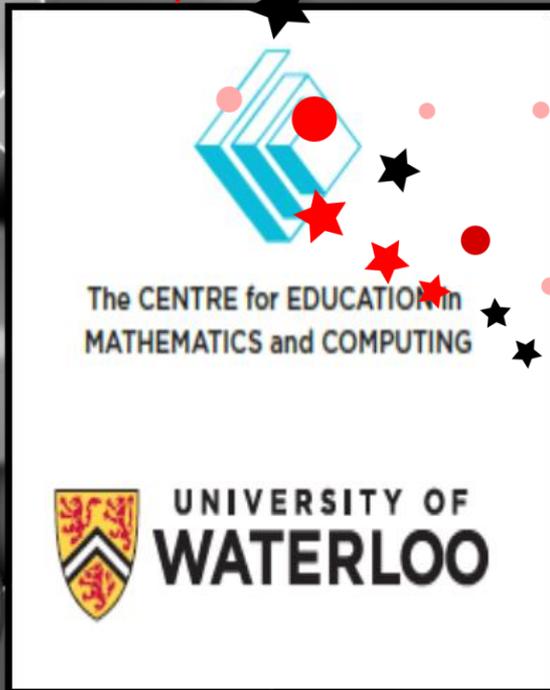


The Big Bang Physics Video Challenge!

VIBHA S VIVEK of Grade 10 ICSE successfully completed the science communication challenge for 'Big Bang Physics', a course in elementary Particle Physics organised in collaboration with leading scientists and educators from CERN, Geneva, Switzerland.

She was among the top 100 performers. Well done, Vibha!





ARNAV KUKKLE, former Grade 8 student of NAFL has been awarded a Certificate of Distinction in PASCAL and Computing competition and **ARNAV DESHPANDE** of 11 ISC Science has received a Certificate of Distinction in the CAYLEY Math contest.

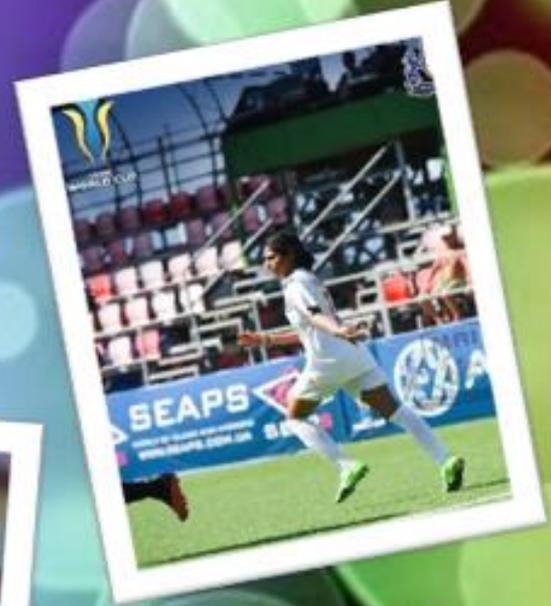
PASCAL and CAYLEY (Math contests) are platforms for students to have fun and develop their mathematical problem-solving ability.

The Fryer Math Contest is an opportunity for students to write a full-solution contest. This is a fun way to develop mathematical problem-solving skills through a written mathematical activity.

Bend it like Vibha!

VIBHA S VIVEK of 10ICSE made us proud once again by representing India at the Ukraine Mini-Football World Cup. The team stood third, internationally!

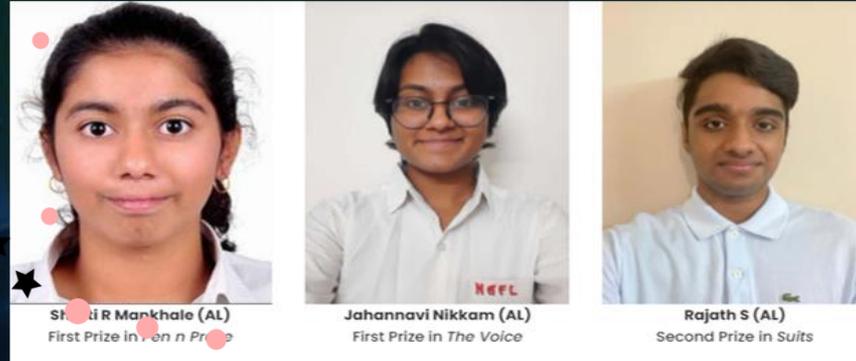
Keep it going, Vibha!



NPS MUN 2021

NAFL Senior school students participated enthusiastically in the virtual NPSMUN '21 conference which was held on the 7th and 8th August 2021.

We commend TANVI PARAMESH of AS for getting a Verbal Mention-2 in the UNHRC Committee.



IMPRESSIONZ'21

Be it tackling legal cases with razor-sharp wit, spinning a yarn on superheroes, or mesmerising the audience with a melodious Taylor Swift number, our students did it all with great confidence at Impressionz'21, the Humanities and Cultural Fest hosted by NPS, Chennai. Well done, winners!



Ustat Kaur Sethi



Keerthi Nair

Cogito Merx

USTAT KAUR SETHI (AL) & KEERTHI NAIR (AL) tapped into business acumen with great flair and creativity, winning the Second Prize at Cogito Merx, a Business fest hosted by NPSI Mysore. SHRUTHI R & LAKSHYA VENKATESH of 12 ISC Com also qualified to the Final Four after rigorous rounds in the same event. Congratulations!



Inceptra' 21

From creative marketing strategies to crisis management, to designing policies, these NAFLers displayed excellent entrepreneurial skills at Inceptra '21, the Commerce & Humanities Fest hosted by NPS HSR. Great work!



National Winner!

Shreya Shiju, our Cambridge AS student, is the National Winner of PsyQuiz'21! The online national interschool quiz competition conducted by Jindal School of Psychology & Counselling saw some tough competition with top schools from around the country vying for the top slot! Congratulations, Shreya!



Anushka V (11 ISC Com)
Third Prize in Deal or No Deal

Vatsheer Das (11 ISC Com)
Third Prize in Gotardial

Nihal KS (11 ISC Com)
Third Prize in Gotardial



Shashank Bhande (11 ISC Com)
Third Prize in Lights Business Action

Pradyumna Kowshik (11 ISC Com)
Third Prize in Lights Business Action

Harish Shukade (11 ISC Com)
Third Prize in Lights Business Action



**HARVARD COLLEGE PROJECT FOR
ASIAN AND INTERNATIONAL RELATIONS**

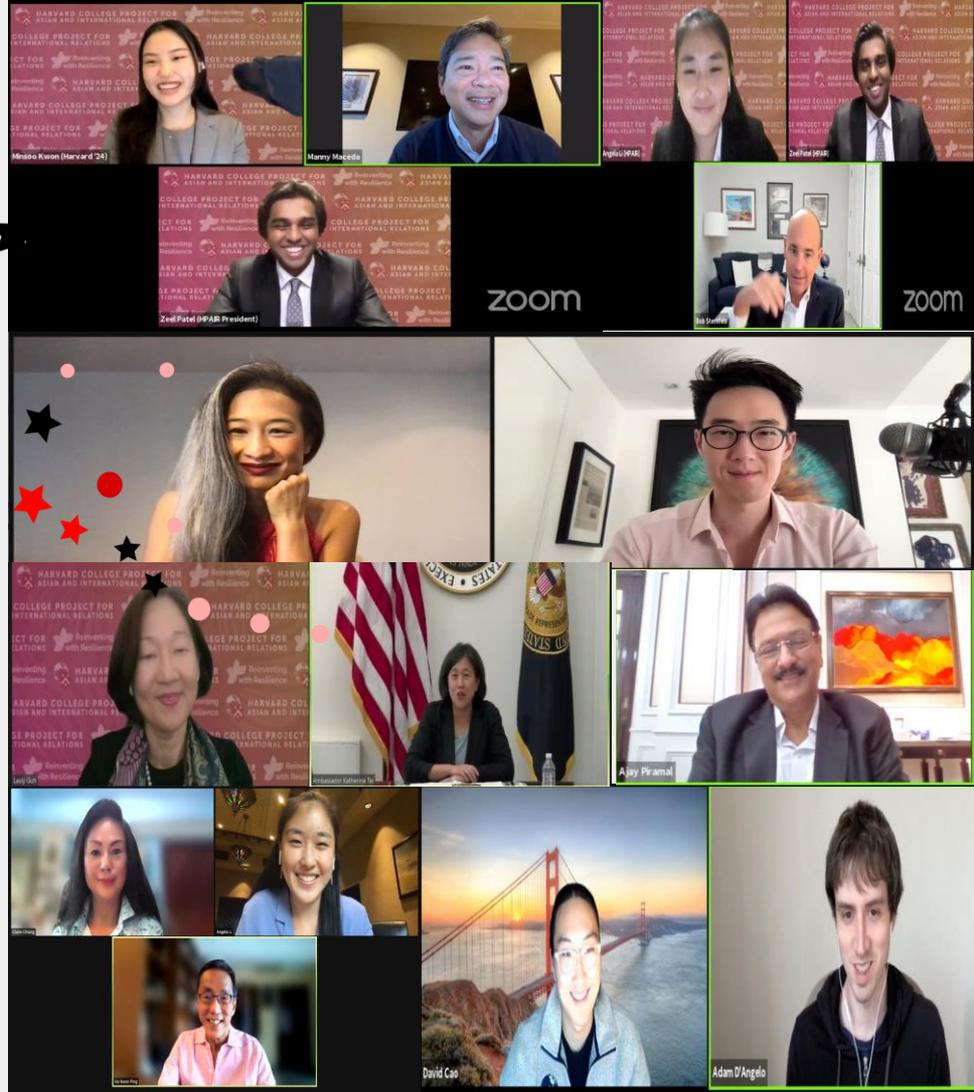


2021 ASIA CONFERENCE SCHEDULE



***RIDHI B RAMAN** and **ANUPAMA N RAO** of 10IGCSE were accepted as delegates to HPAIR through highly-selection process. They got an opportunity to attend several conferences comprising of distinguished keynote speakers who feature in top Fortune 500 executives.*

Way to go, Ridhi and Anupama!



HEARTIEST CONGRATULATIONS!

***SRISTI SRIDHARA** of Grade 11 won First Runner's Up position and **HRIDAY BHUTADA** of Grade 12 won Second Runner's Up position in the **eCEOnomics** event held by NPSI Chennai!*

ADHYA KADDI** of Grade 9ICSE and **SADHANA PRAKASH** of Grade 10IGCSE bagged the Second Runner's Up position in the event **Script-ers!

V VISHWA** of Grade 9ICSE got a special mention in the event - **Blind date with words.

NPS International, Chennai

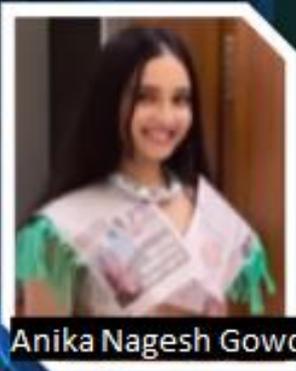
Plunge-2021



TIMELAPSE 2021



Chesta Nahar



Anika Nagesh Gowda



Chesta Nahar

ANIKA NAGESH GOWDA of 11 ISC B and CHESTANA HAR of AS displayed immense creativity in the fashion event, *Avant Gardishte*, at Timelapse, a cultural fest hosted by NPS Rajajinagar on 27th & 28th August 2021.

In the final round, the participants had to re-style and design used clothes into a futuristic look, tying it into the theme of sustainable fashion.

Anika won the First Prize and Chesta won the Third Prize for their innovative creations. Well done!

SPELLING CHAMPION!

WIZ National Spell Bee, a spelling competition that combines learning with fun and competition, saw our NAFLER do really well for himself!

V VISHWA, Grade 9ICSE, stood 7th in India in the overall tally. One of his rewards for being a finalist was an opportunity to attend a pilot program in Robotics & AI offered by LETSROBO, a US based company!





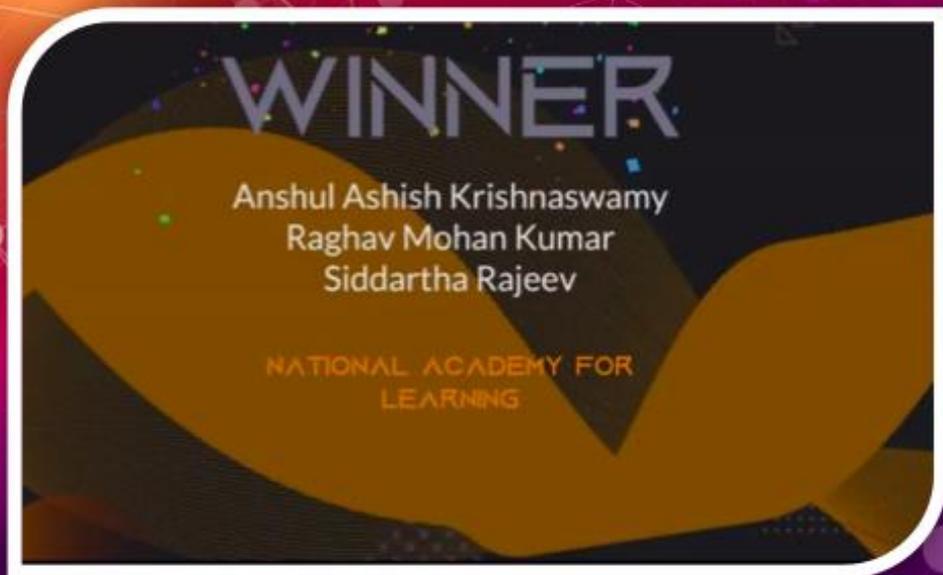
Anshul A Krishnaswamy



Raghav Mohan Kumar



Siddhartha Rajeev



Well played!

SCIENTIFICA 2021 First Place

Anshul Ashish Krishnaswamy, Raghav Mohan Kumar and Siddhartha Rajeev

SCIENTIFICA, hosted by NPS INR on September 7, 2021, was a fantastic opportunity to bring applied-science skills to the forefront.

'Catch Me If You Can', the Chemistry-themed Scotland Yard mash-up, was truly edifying and rewarding! Winning aside, the progression through the event's trying questions really pushed team strategies to the edge! Kudos!



THE MENTALIST

LET THE MIND GAMES BEGIN

Winners



Shreya Shiju



Ridhi B Raman



Manya Bhanti

Congratulations!

Be it logical thinking, making a point in a debate, coming up with creative business strategies or uncovering the mysteries of the human mind, these NAFLERS displayed a lot of ingenuity to excel at IRIS, the Literary & Business fest hosted by NPS KRM. Well done!



STRATEGY

YOUR ONLY AIM IS TO WIN THE GAME

Second Place



Siddhartha Rajeev



Anshul A Krishnaswamy



Raghav Mohan Kumar



DEBATABLE

MAKE YOUR POINT

Best Speaker



Sristi Sridhara



MERCATIQUE

A MUSE FOR YOUR INNER MARKETEEER

Winners



Aditya M Vasisht



Snigdha C Reddy



Nihal G Pinto

IRIS 2021

9TH SEPTEMBER 2021

Innowaves-21

These NAFLERS displayed tremendous business acumen in accounting to decipher clues, used consumer psychology to make business policies, tackled legalities of business and took risks in asset management to beat the odds at *Innowaves*, the Commerce Fest hosted by NPS INR on September 8th. Great work!



Second Prize



Hriday Bhutada

Anindya Batabyal



Second Prize



Akshaya Ghaty Ravish

Akanksha Sachin Zute



Winner



Aryan Motebennur



Second Prize



Keerthi Sheshadri

Aniket A Narasipur

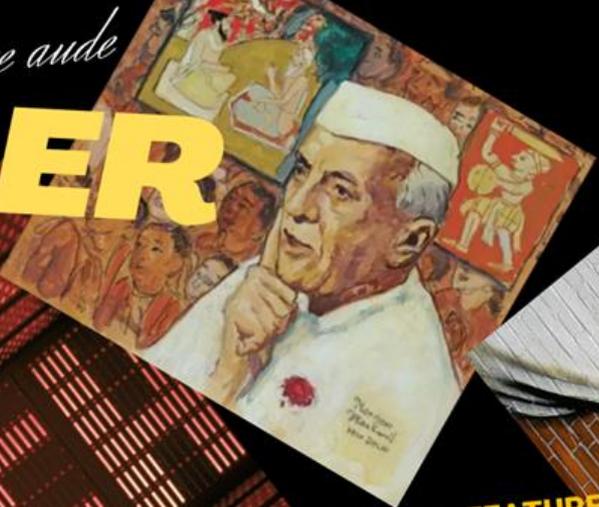
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The NAFLER



OF THE STUDENTS, BY THE STUDENTS, FOR THE STUDENTS

MUSIC, LITERATURE,
PHOTOGRAPHY, SPACE,
CULTURE, ART, SCIENCE,
PHILOSOPHY, MENTAL HEALTH,
CHEMISTRY, TELEVISION,
MOVIES, NEWS, FUTUROLOGY,
HISTORY, NEWS, COLLEGE,
SCHOOLWORK, SOCIAL
MOVEMENTS, TECHNOLOGY



INTERESTED? WANT TO BE FEATURED?
WE TAKE SUBMISSIONS, BE IT
PAINTINGS, POEMS, OR PHOTOS!
YOUR IMAGINATION'S THE LIMIT
ON THE TALENT CORNER! DON'T
MISS OUT!

Contact us at:
thenafler@gmail.com

CHECK OUT
OUR
INSTAGRAM!

@THENAFLER



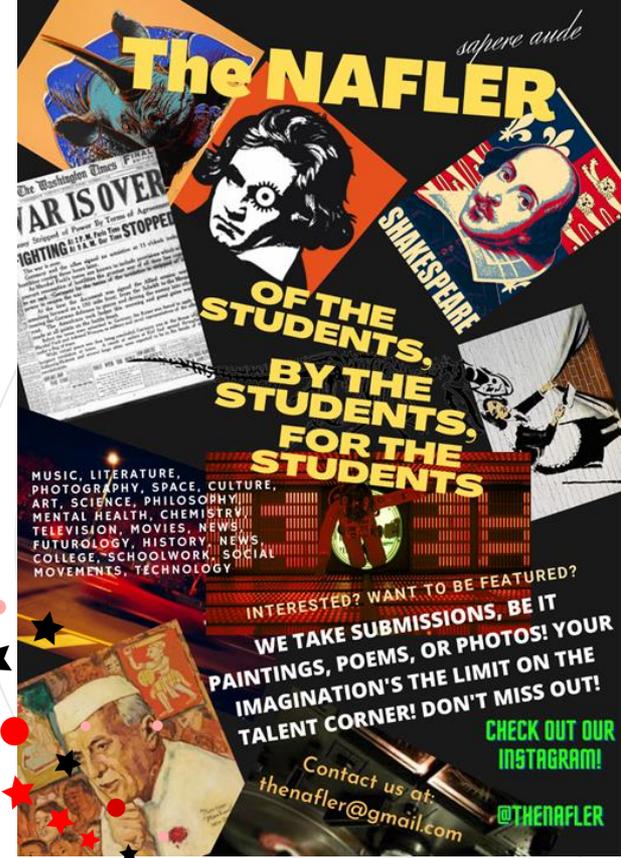
CLASS BUZZ: New Photo Feature

THE NAFLER has a section – *Class Buzz* - exclusively dedicated to showcase class activities. The photo collage is a visual treat of the out-of-the-box scholastic and co-scholastic tasks. The laughter and joyful interactions of the NAFL classrooms are beautifully captured through *Class Buzz*.

You can view the *Class Buzz* month-wise and level-wise at the following link:

<https://thenafler.wixsite.com/emag/class-buzz>

The NAFLER is now also linked to our website for easier access. Log on to www.nafl.in.



NAFL DIALECTIC

The Debate Club

...Where fine minds meet fine ideas

*NAFL proudly inaugurated its very own debate club - NAFL DIALECTIC, on 26th August 2021 to Middle and Senior School. **Mr. Rajiv Kacholia**, the founder of Speech & Debate India, was the Guest of Honour. The aim of the club is to enhance public speaking and debating skills across grades. The club looks forward to hosting many more enthralling and engaging events.*

ELOCUTION

TURNCOAT

JUST A MINUTE

DEBATE

NAFL DIALECTIC Club Leaders: Anushka V & Arnav Mayur

Grades 11 & 12

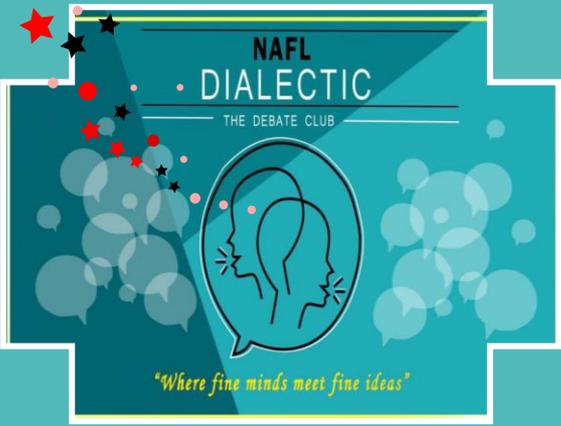


Mr. Rajeev Kacholia
Founder, Speech & Debate India



Grades 6 to 8

Grades 9 & 10



Grade AS

CLASS ASSEMBLY





UPCOMING EVENTS

Term 2



What's In Store?



**Dussehra
Celebrations**



Children's Day



**Constitution of
Kindness:
Republic Day**



**Ultimatum
Second Edition**
*An Inter-school Commerce &
Humanities Challenge*



**Christmas
Celebrations**



Show N' Tell



THE GOOD PLATE

Healthy Eating in Covid Times



SUPER FOOD SALAD TO BOOST IMMUNITY

Ingredients

- Half an inch of ginger
- 1 small garlic clove
- Small bunch of parsley
- 1 carrot
- 1 small beetroot
- 2-3 kale/lettuce/Chinese cabbage leaf
- 1 small celery stalk
- 1/2 lemon
- 1 to 2 teaspoons hemp oil
- 1/2 teaspoon toasted sesame oil

Procedure:

- Finely grate ginger (without skin).
- Crush garlic (remove skin).
- Finely chop parsley.
- Grate carrot and beetroot.
- Chop kale or lettuce or Chinese cabbage leaf.
- Chop celery.
- Juice lemon.
- Add hemp seed oil and sesame oil.
- Sprinkle sea salt.
- Mix everything together and top with hulled hemp seeds.
- Enjoy!



Nutritive value

- **Protein**
- **Vitamin-A, B₁₂, B₃ and C**
- **Dietary fibre**
- **Beta carotene**
- **Omega-3 fatty acids**
- **Unsaturated fatty acid**
- **Antioxidants**
- **Minerals-potassium, phosphorous, iron, calcium, magnesium.**





Dussehra Break

9th October – 19th October

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- **With Best Wishes:**
- **Ms. Soma M Roy, Ms. Bindu Jayakumar**

**YOU
ARE
MAGiC**

**YOU
ARE
RADIANT**

**YOU
ARE
POWERFUL**

**YOU
MATTER**

**YOU
ARE WORTH
iT**

**YOU
ARE
iNspiRING**