



# NAFL GRADE 6 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*



*We have moved into a different era! There has been a huge leap in skills-building. I research, learn and share more through the new medium and parallelly, students have become more independent, disciplined and responsible in their approach to learning.*

*Creating ripples with new tech tools this year. From a new bee last year, I am a pro bee this year!*



# TEACHERS SPEAK



*I keep striving to offer my students the best and keep them motivated. Walking that extra mile to bring smiles on their faces has been worth it!*

*Facilitating learning for diverse learners has always been tricky. Online learning has opened an array of opportunities for both learners and instructors.*

*Facilitating learning and catering to diverse needs has always been challenging. Online learning has made us delete the "im" from "impossible" and make it POSSIBLE!*

*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.*

*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!*

*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 anyway.*

*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.

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!

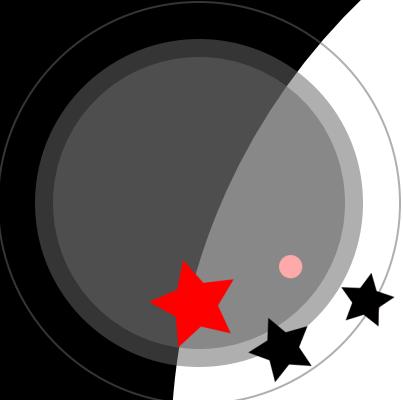
We are proud of everything that NAFL has taught our daughter over the years, which we believe will truly hold her in good stead as she embarks on the next phase in her life.

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

# Wow!

## PARENTS SPEAK

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.



# ANNUAL PRIZE DAY



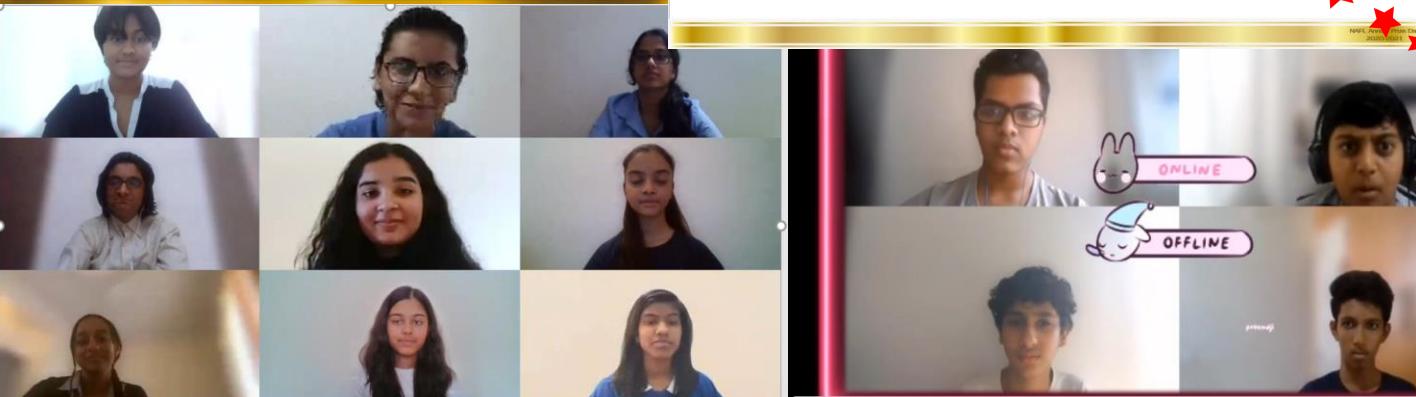
2020-2021



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



# STUDENT COUNCIL LEADERS



Aryan Motebennur  
Captain - Kamal House



Ustat Kaur Sethi  
Captain - Kamal House



Raghav Mohankumar  
Head Boy



Keerthi Nair  
Captain - Vishal House



Swarna Acharya  
Sports Captain



Shruti R Mankhale  
Captain - Nihal House



Ankith Halagur  
Captain - Nihal House



Rajath S



Suveena Suresh



Antara Vedantam



Arnav V Deshpande



Srinivas V



Palak Rathia



Avantika Manikandan

Eaksha Gopinath

## NAFL CHOIR

## CLUB LEADERS

## DEBATE CLUB



Niharika Krishnan

Sanchya Pratish



Arnav Mayur

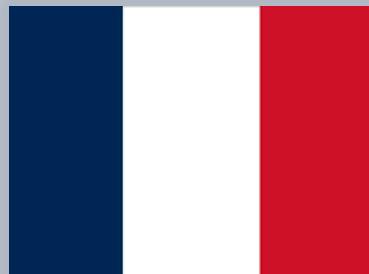
Anushka V

ANNUAL  
PRIZE DAY  
2020-2021



# FRENCH DAY

2021-2022



#soyongentils

# 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.



# FRENCH DAY – BASTILLE DAY CELEBRATIONS





# **SPORTS** ★ ★

# **DAY**

2021-2022

## Opening Ceremony



*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.*

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



*Guest Speaker: NAFL Alumnus, Mr. Anirudh Krishnadas who has represented Karnataka at national level football championships, and COO of a sports company, addressed the students on the occasion.*

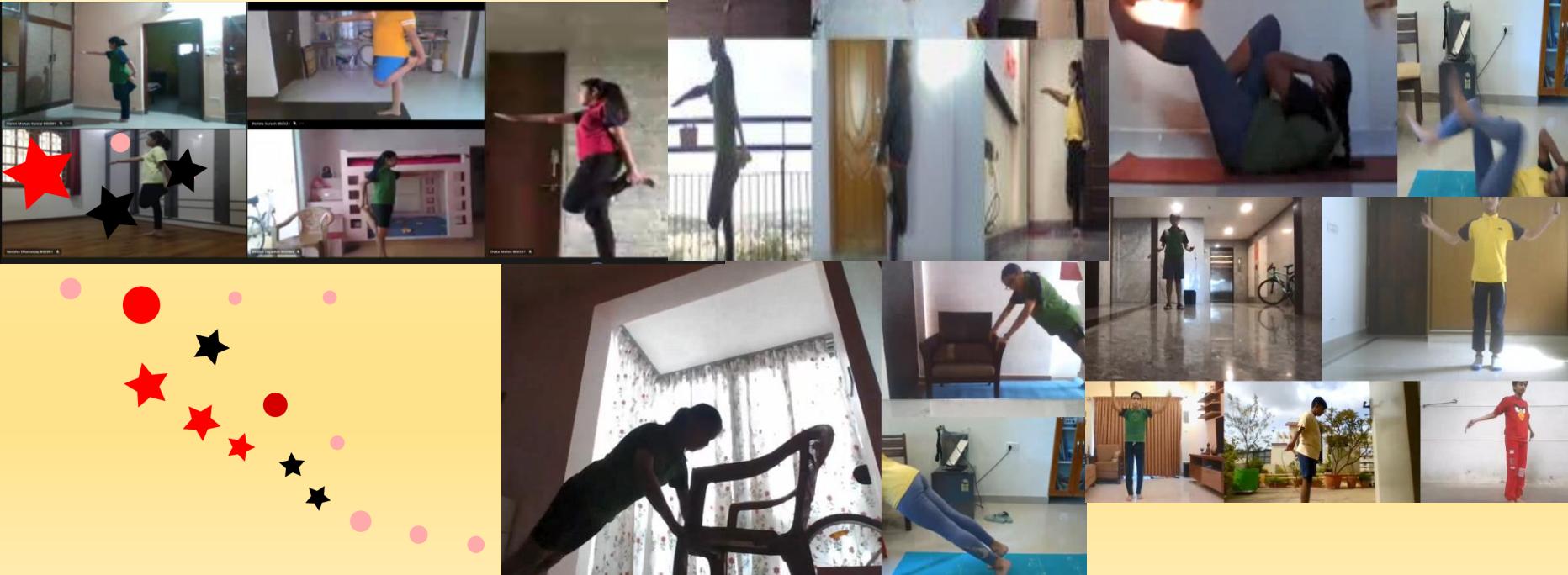


ANIRUDH KRISHNADAS



# GLIMPSES OF MIDDLE SCHOOL SPORTS DAY

- Flamingo
- Skipping
- Push-ups
- Bicycle Crunches





# 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

21<sup>st</sup> JUNE 2021

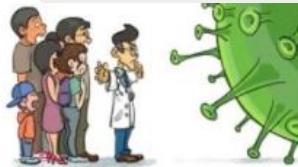
**Ms. Sudeepa Shanbagh**, a passionate yoga instructor & co-founder of Eka Meditation demonstrated various asanas to help strengthen muscles for stretching, help breathing and for relaxation.



# 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 29<sup>th</sup> 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?*

*Raghav Mohan Kumar, 12 ISC*

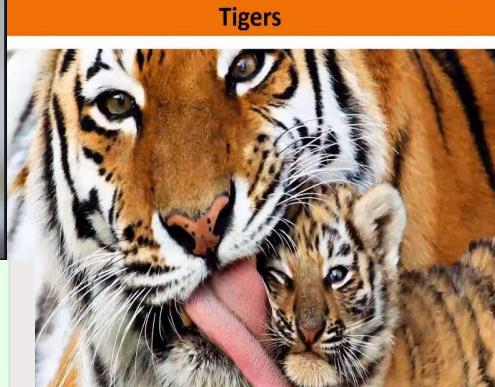
*Other than donations, how else can we, as students, help in saving tigers and wildlife in general?*



*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?*



# NATIONAL MOUNTAIN CLIMBING DAY

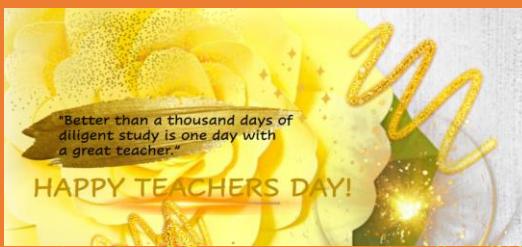
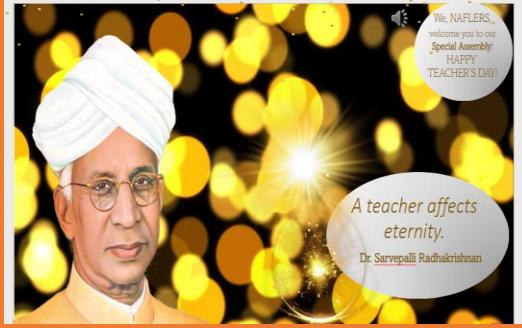


NAFLERS heard directly from **Ms. Malavath Poorna**, who scaled the highest peak of Mount Everest when she was just 13 years and 11 months old. Ms. Poorna shared valuable insights about her personal experience, focussing on the training a mountaineer goes through, the challenges she faced and the thrill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

*NAFL Celebrated India's  
75<sup>th</sup> 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 6 Team



Abhishek N S  
Indian Music



Abhijith Kishan  
Western Music



Nalini G S  
Biology & Chemistry



Jomcy Merin Philip  
Physics



Chitra Rajappa  
Physics



Sangeetha P  
Computer Science



Khushboo Puri Kohli  
Geography  
History & Civics



# The Grade 6 Team



Kavya Rani N  
Computer science



Mona Anand Prasad  
Geography  
History & Civics



Swetha Shivkumar  
Dance



Raina Kumari Singh  
Hindi



Swathi Belur  
Mathematics  
French & Chemistry



Roopa Bhat  
PE



Veena Naik  
Mathematics



# The Grade 6 Team



Minu Sajji  
English



Manali Shah  
French



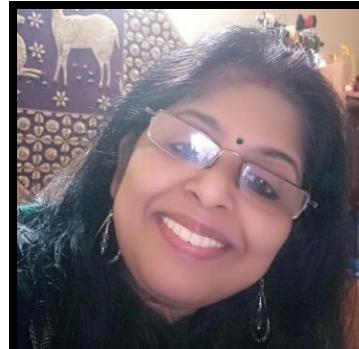
Sangeetha Mehta  
English



Srinidhi Seshadri  
Art



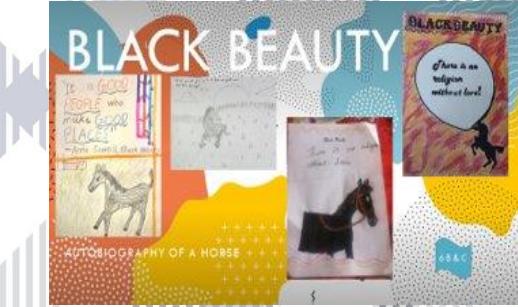
Anjali R  
Chemistry & Biology



Sanjana Mani  
Hindi



## FINE ARTS



## KINDNESS TOWARDS ANIMALS



## HEALTHIFY ME

## LUNCHING MUNCHING TOGETHERNESS

## GRADE TEACHER TIME



## MUSICAL TIMES



## GRADE TEACHER TIME



## SOARING HIGH

GRADE 6 B-GRADE TEACHER'S PERIOD-MINI CONCERT-WINDY DAY

Wind the string tie the knot product together, it has to be in right proportion.

Measure 20 cm of the string, cut the string and tie the knot.

Grade 6 B Windy Day kite making

Bring the other end of the string, tie the same. Tie the string, when both ends of the string are threaded.



## SCIENCE MEETS CREATIVITY



Circle Time



## CREATIVITY AT ITS BEST



BUDDING MUSICIAN

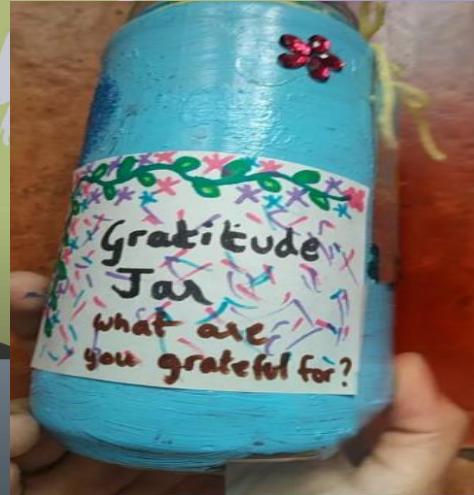


MINI MUSICAL CONCERT



DOCTOR'S DAY

## CIRCLE TIME

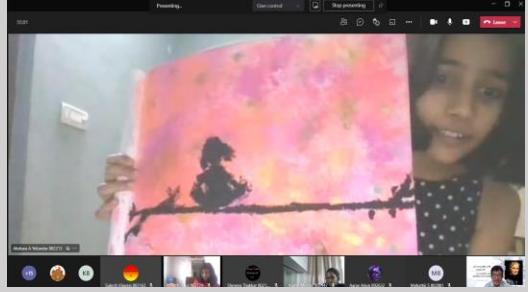
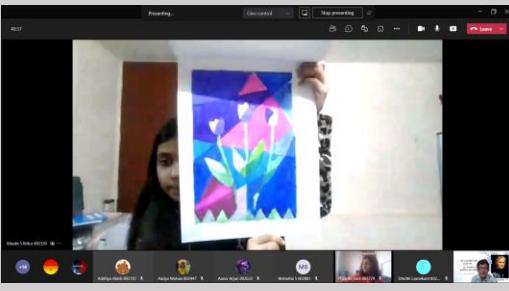
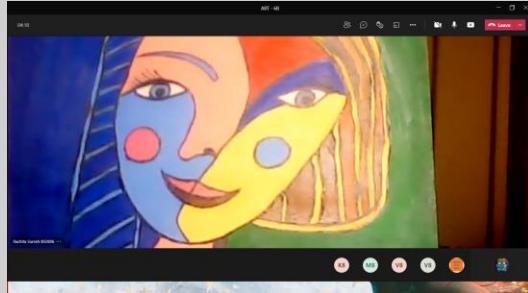


**TOGETHER TIMES**

**GRATITUDE JAR**



**MAGIC PRACTITUDE**



CUBISM, COLOURFUL HOMES, FLORAL AND ABSTRACT PATTERNS

# Achievers Of Our Class



*keep it up*



# SPORTS DAY WINNERS



PUSH-UP GIRLS

PUSH-UP BOYS



Nishee Bhat-6A

1<sup>st</sup> Place

Nihal House



Vedaant Acharya -6A

1<sup>st</sup> Place

Vishal House



Vibha Srinivas Mallur-6B

2<sup>nd</sup> Place

Nihal House



Shiven Viral Desai-6C

2<sup>nd</sup> Place

Nihal House

## BICYCLE CRUNCHES BOYS



Vedaant Acharya -6A  
1<sup>st</sup> Place  
Vishal House



Shiven Viral Desai-6C  
2<sup>nd</sup> Place  
Nihal House



Gauri Jairaj Ural-6C  
1<sup>st</sup> Place  
Nihal House

## BICYCLE CRUNCHES GIRLS



Mohnish Anjan Shah-6B  
3<sup>rd</sup> Place  
Kamal House

## FLAMINGO TEST GIRLS



Pravalika Maram-6C  
1<sup>st</sup> Place  
Vishal House



Gauri Jairaj Ural-6C  
2<sup>nd</sup> Place  
Nihal House



Gowri Satish – 6A  
3<sup>rd</sup> Place  
Vishal House

## FLAMINGO TEST BOYS



Vihaan Somasunder -6B  
1<sup>st</sup> Place  
Kamal House



Vedaant Acharya -6A  
2<sup>nd</sup> Place  
Vishal House



Adithya Abish- 6A  
3<sup>rd</sup> Place  
Nihal House

## SKIPPING GIRLS



Gauri Jairaj Ural-6C  
1<sup>st</sup> Place  
Nihal House



Gauri Umesh-6B  
2<sup>nd</sup> Place  
Nihal House



Drithi Laxmikanth – 6A  
3<sup>rd</sup> Place  
Vishal House

## SKIPPING BOYS



Dhruv Bharadwaj-6C  
1<sup>st</sup> Place  
Vishal House



Mithil K Lalani -6B  
2<sup>nd</sup> Place  
Nihal House

## YOGA GIRLS



Vidya Srinivas Mallur-6C  
1<sup>st</sup> Place  
Vishal House



Gauri Jairaj Ural-6C  
2<sup>nd</sup> Place  
Nihal House



Briti Kothamasu – 6B  
3<sup>rd</sup> Place  
Kamal House

## YOGA BOYS



Adithya Darshan -6C  
1<sup>st</sup> Place  
Kamal House



Adithya Abish -6A  
2<sup>nd</sup> Place  
Nihal House



Sai Gokul Reddy Y – 6A  
3<sup>rd</sup> Place  
Vishal House

## AEROBICS GIRLS



Vidya Srinivas Malluri-6C  
1<sup>st</sup> Place  
Vishal House

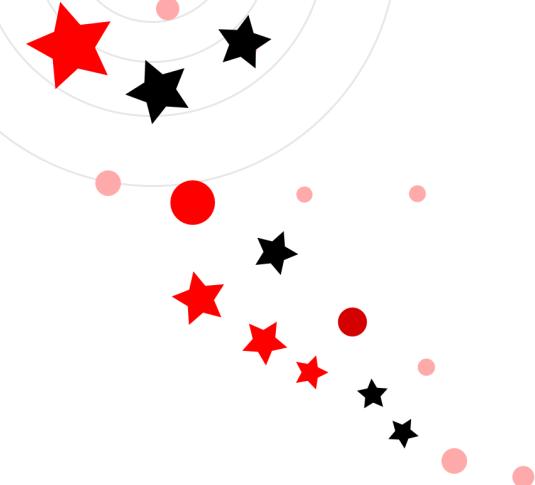


Gowri Satish-6A  
2<sup>nd</sup> Place  
Vishal House



Manya Amit Sheth  
3<sup>rd</sup> Place  
Nihal House

# NAFL DIALECTIC- ELOCUTION WINNERS



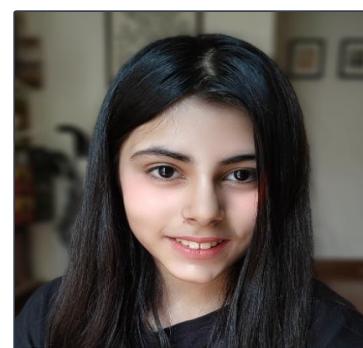
Shambhavi D Nikkam-6B  
1<sup>st</sup> Place  
Nihal House



Akshara A Yelundur-6A  
2<sup>nd</sup> Place  
Nihal House



Praarthi Kaul-6A  
3<sup>rd</sup> Place  
Vishal House



Aadhya Dhawan-6C  
3<sup>rd</sup> Place  
Vishal House



# Campus News



# *“The Power of Augmented Reality”*



NAFL senior school students had this 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)** & how it's shaping the world around us!

It surely did help students in visualising possibilities as AR is the way forward 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 Psychology
  - 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
- Alumni 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.*

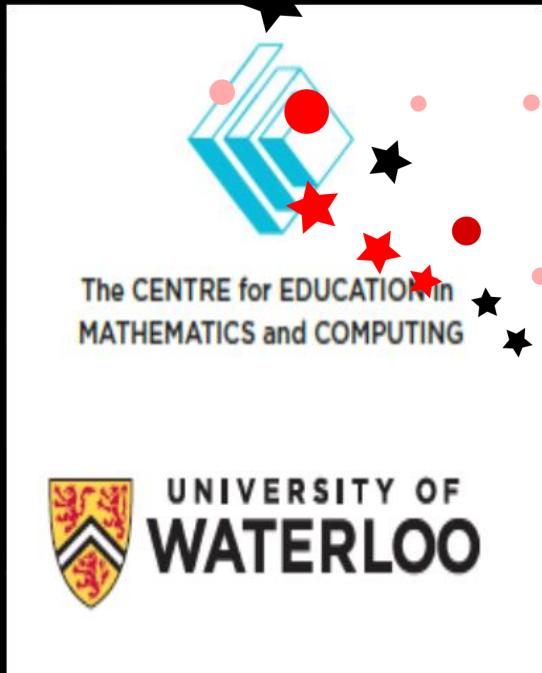
*The summer programs and virtual tours by the universities gave the students an insight of their university campus and connected them with their alumni.*



# **NEWSMAKERS!**

Inter-School Competitions





**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.

# Taekwondo Champion

The pandemic paved way for **ARJUN DOSS**, studying in 7C to nurture his passion for Taekwondo into a professional skill! He was awarded officially from Taekwondo Worldwide Headquarters in South Korea a Second Degree Blackbelt in this form of Martial Arts.

He is one of the youngest in the State and in the country to possess this blackbelt, and he has

- mastered 82 moves to reach this milestone.
- put in 7 years of practice (more than 2000 hours of training)!
- participated in many competitions and countless drills!

Well done, Arjun!

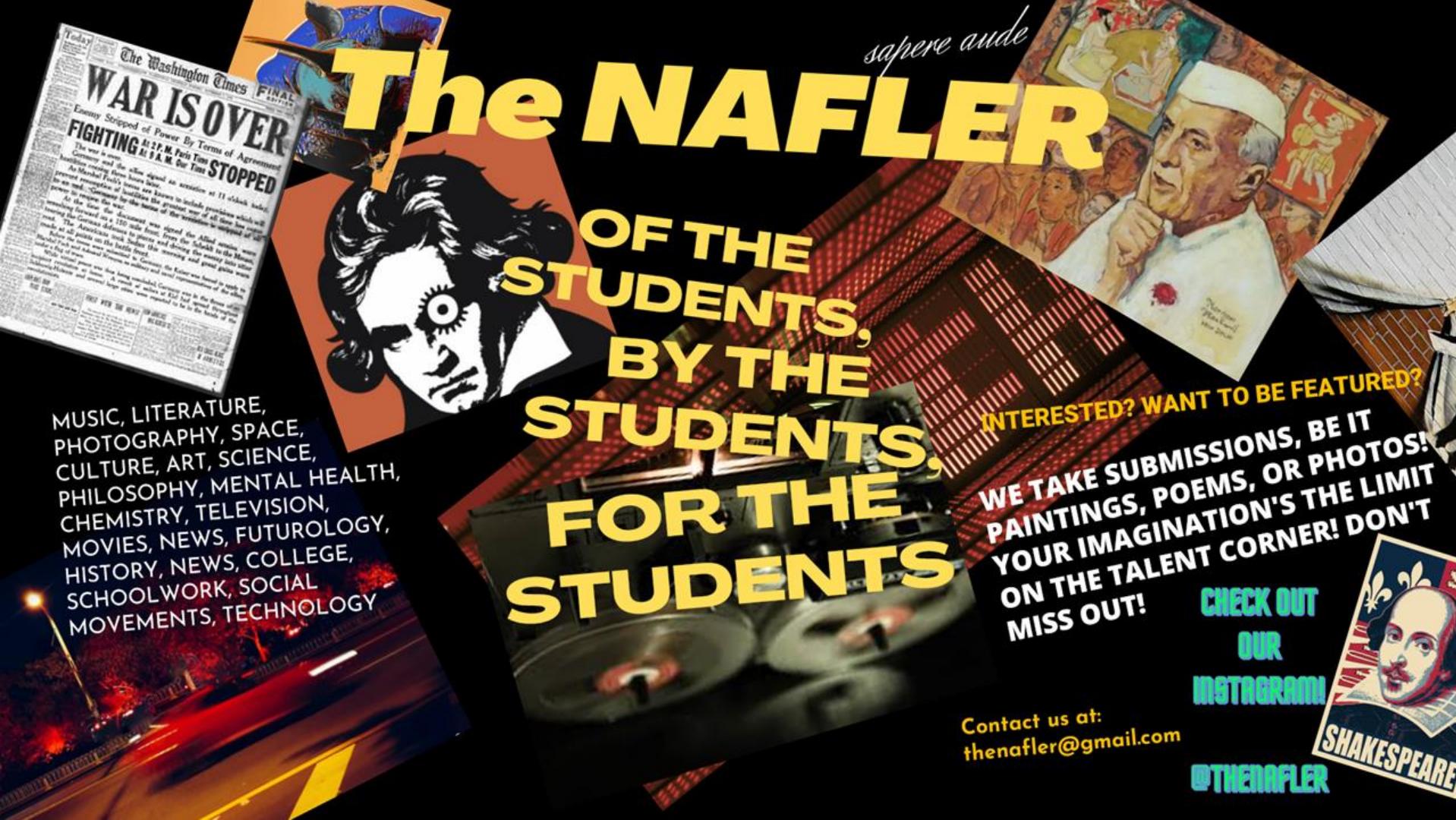


**VIVAAN THOLASI** of Grade 7C secured a silver in the 60cms At the EPL (Equestrian Premier League) held at the Embassy Riding School on 25th July 2021. The achievement was featured in the Times of India and Deccan Herald.

Congratulations, Vivaan!



Young  
Equestrian



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

OF THE  
STUDENTS,  
BY THE  
STUDENTS,  
FOR THE  
STUDENTS

Contact us at:  
[thenafler@gmail.com](mailto:thenafler@gmail.com)

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!

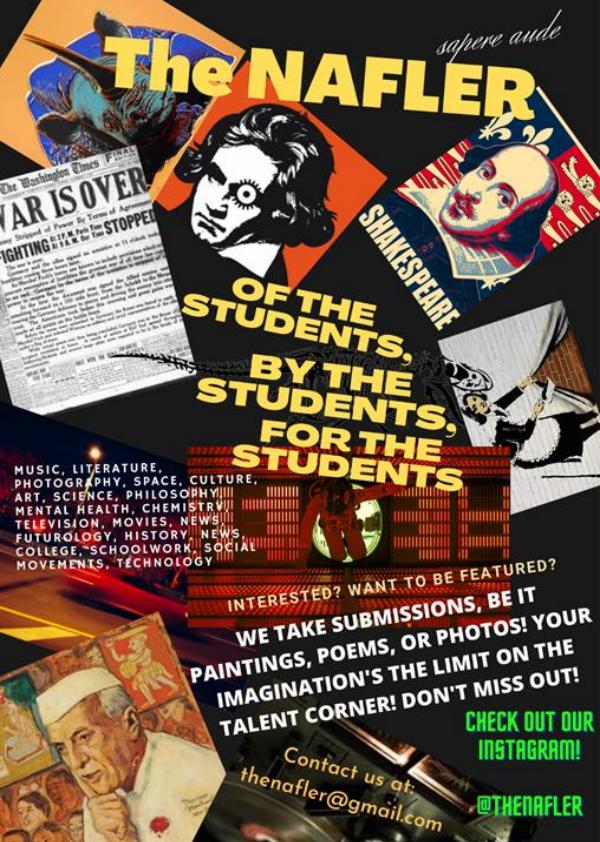
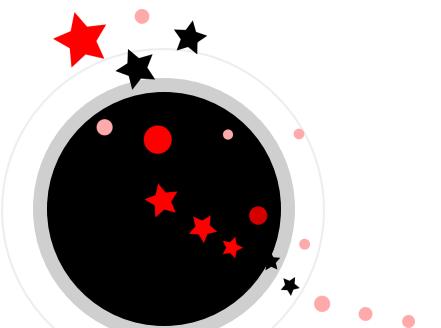
CHECK OUT  
OUR  
INSTAGRAM  
[@THENAFLER](#)

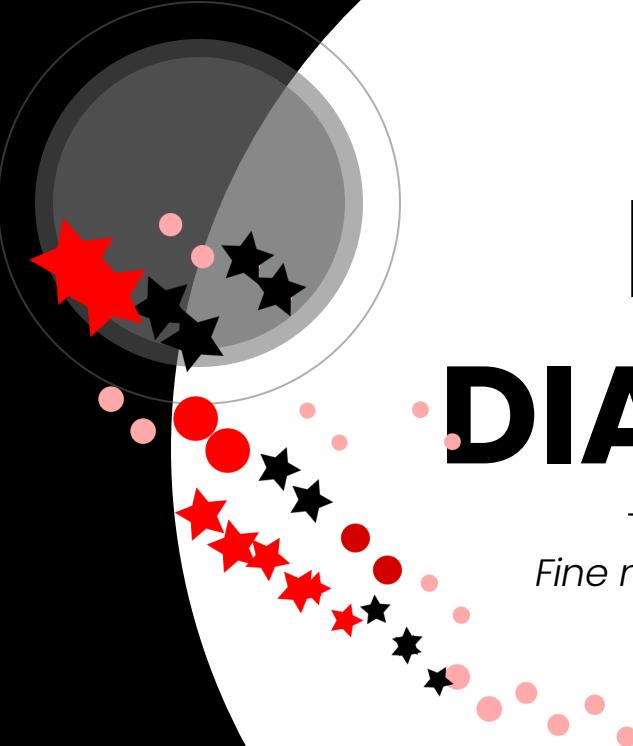
# Class Buzz: Photo Feature

THE NAFLER has a page exclusively dedicated to showcase class activities. The photo collage is a visual treat as we get a peep into every class during different subject sessions that highlight learning through out-of-the-box scholastic and co-scholastic tasks. NAFL exuberates laughter, spreading kindness and joy for every NAFLER during online class!

You can view the class buzz month-wise and level wise at the following link:

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





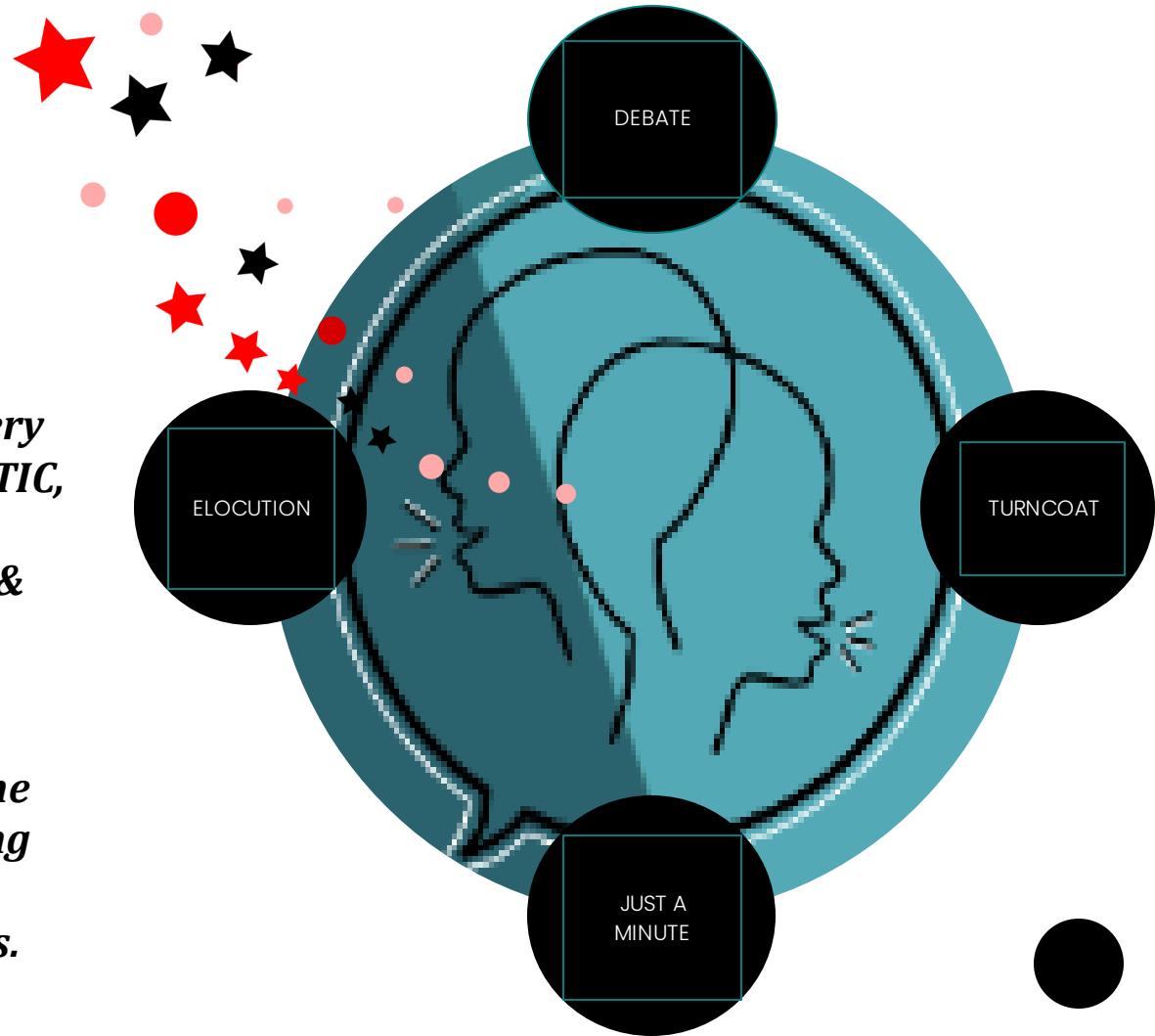
# NAFL DIALECTIC

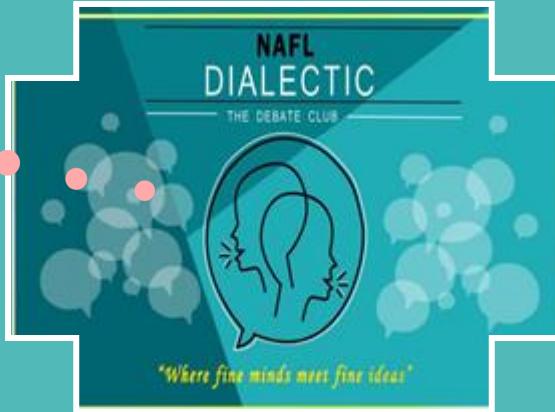
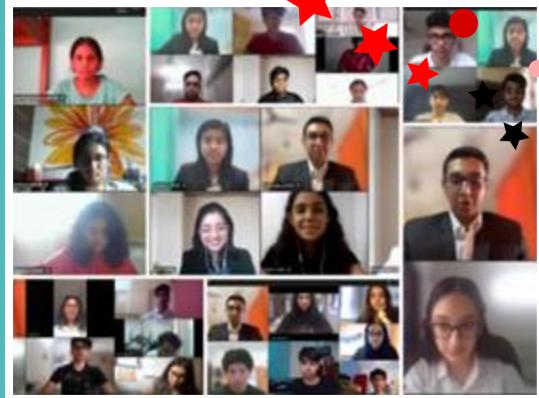
The Debate Club  
*Fine minds mine fine ideas*



# NAFL DIALECTIC

*NAFL proudly inaugurated its very own debate club - NAFL DIALECTIC, on 26th August 2021. 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 is looking forward to hosting and conducting many more enthralling and engaging events.*





# UPCOMING EVENTS

Term 2



# What's In Store?



Dussehra  
Celebrations



Children's Day



Ultimatum  
Second Edition



An Inter-school Commerce &  
Humanities Challenge

Christmas  
Celebrations



Constitution of  
Kindness:  
Republic Day



Show N' Tell



# THE GOOD PLATE

Healthy Eating in Covid Times



# THE GOOD PLATE

## Immunity-boosting breakfast bars.

This is definitely a healthy breakfast bar you can feel good about ☺

- Total Time: 25 minutes
- 1 cup boiled chickpeas
- 1/2 cup chopped dates
- 1/2 cup chopped almonds
- 1 cup rolled oats
- 1/4 cup maple syrup
- 2 tablespoons ghee
- 1 1/2 teaspoons cinnamon
- **Optional add-ins:** dark chocolate chips, raisins, chopped walnuts
- **Toppings**
- 1/4 cup rolled and roasted oats
- 1/4 cup pumpkin seeds (pepitas)

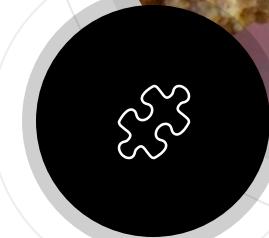
- Add a tablespoon of ghee in a pan and roast the almonds until they turn golden-brown.
- Remove the almond from the pan and dry roast the rolled oats in a low flame until it turns aromatic.
- Preheat the oven to 350 degrees. Line an 8X8 inch pan with parchment paper, leaving a little overhang.
- Put all ingredients in a food processor and process until very well combined. Scrape the sides of the machine down a few times and let the machine run until the mixture is quite smooth. Add any add-ins you prefer.
- Transfer the mixture to a pan greased with butter and flour and add the toppings. Bake in the preheated oven for 15 minutes.
- Cut into small squares when still warm.
- They are best if eaten within 2-3 days. Store in the refrigerator. Enjoy!



# THE GOOD PLATE

## Nutritive Value

- VITAMIN C: **chickpeas, pumpkin seeds**
- CAROTENOIDS: **pumpkin seeds**
- SELENIUM: **oats, maple syrup, chickpeas, almonds**
- VITAMIN E: **pumpkin, almonds, chickpeas**
- ZINC: **pumpkin seeds, chickpeas, maple syrup, almonds**
- VITAMIN B6: **almonds, chickpeas**
- BETA-GLUCAN: **oats**



# **NAFL**

## **One-of-a-Kind.ness**

News of Kindness in the Classroom &  
Beyond



# Our everyday sparkle...

**GRADE 7 B**

**KHUSHI HEBBAR** of 7 B heard some screams of a street dog in her neighbourhood during the lockdown. Khushi informed her parents about the same and they decided to bring the dog home. It took some time for the dog to settle as she was really scared and afraid. This one of a kindness act created the most beautiful bond between Pari and Khushi.





Dussehra Break  
9<sup>th</sup> October – 19<sup>th</sup> October

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YOU  
ARE  
MAGIC

YOU  
ARE  
RADiANT

YOU  
ARE  
POWERFUL

YOU  
MATTER

YOU  
ARE WORTH  
iT

YOU  
ARE  
iNSPiRiNG