



Vol. 7.3 July 2018



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## From the Principal's Desk

Many a times people who break our hearts and trust, do not come asking for forgiveness. Probably they don't have the courage to seek pardon or they fear a reaction that might make matters worse or they are crushed under the guilt of the wrong. Whatever the case may be, try walking up to them and saying, it is okay or you understand and that they are forgiven. This sets both free.

There is magic in forgiveness. While it unburdens the accused and grants a chance to make a new beginning, it benefits the forgiver even more. On one hand it cleanses the heart of the poisonous anger and grudges harboured; on the other, it allows the freedom to move on, invest in new experiences and friendships or save the existing ones. Holding on to resentment and hatred is such an enormous waste of energy and roadblock in the way of the free spirit of love.

We need to forgive ourselves too.

All pursuits for perfection are full of imperfections; is a fact. Making mistakes, failing tests of life, picking up wrong alternatives, getting fooled by falsehood, messing up relationships, disappointing others, not meeting our expectations; all are a part of the journey which has its own pattern of teaching and learning. But we have to let go. Unless we let go, unless we forgive ourselves, unless we forgive the situation, unless we close the page, the injury will remain open and keep hurting. Forgiveness heals. In C.S. Lewis's words, "I think that if God forgives us, we must forgive ourselves. Otherwise, it is almost like setting up ourselves as a higher tribunal than Him."

We must be quick in asking for forgiveness and even quicker in pardoning. The only way to learn this is through attempting it. The only way to teach this is by letting our children see us, their parents, forgive others and forgive ourselves. So, let us delete acrimony, bury the hatchet and play the game of life like the player who despite scoring an own goal, does not look back or slow down, just moves on.

Mala Jetly



## Big News!

Students' Council Investiture Ceremony, TOS1 (6th July):

The formal ceremony marked the change of guard as the outgoing students' council was applauded for their innings as school leaders and the new council was inducted; with fan fare. The School Captain and Vice-Captain elected democratically, and the House leaders nominated by the House Heads were decorated with sashes and badges in presence of parents, guests, staff and students of the school. The oath ceremony was headed by the new school captain Sujay Srivastava and the vote of thanks was given by the Vice-Captain Deeksha Saindane. The previous School Captain Mihir Dangwal officially thanked the management, staff and students for their support during his term and wished the new council luck for their new role. The platform to hone leadership skills was much appreciated by the parents, as they interacted with the student leaders informally, over a cup of tea.



## Students' Council Investiture Ceremony, TOS2 (10th July):

Passing of the sceptre from the former leaders to the next took place, as the student leaders, appeared before the audience with a profound sense of responsibility. They all knew that they had come a long way and that the path ahead would be worthwhile. The students introduced themselves, after which the school heads along with the parents of the new council members, proudly placed the sashes and pinned up the badges. The Council members took the oath to shoulder their duties with integrity. This was followed by a formal photograph, to etch this day in the history of The Orbis School. The dignitaries present graced the event and motivated our young leaders.



## Flavours from our orchard

### Summer and Winter Fruits Week (2nd - 13th July):

Our little achievers enjoyed learning about various fruits through colouring, fingerprinting, tearing and pasting activities with fruits as the theme. Making a fruit basket with real fruits, they learnt the importance of eating seasonal fruits and their benefits through teacher's talk. Children expressed love for their favourite fruit through 'Show and Tell' activity. Sr. KG children conducted a special assembly, dedicated to fruits and their goodness.

**Uttama Purohit, CT. Jr. KG Apple**



### Healthy Me (16th - 20th July):

As the saying goes, 'Health is Wealth', the weekly theme educated children that eating healthy food, exercise and personal hygiene, are also essential to be healthy. During this week children were encouraged to bring balanced food in their lunch boxes. They discussed about the benefits of eating healthy. Different digital modules were shown to the children that provided interesting learning on why and how to be healthy. The Jr. KG students enhanced their knowledge by sticking relevant pictures in their scrapbook. A special assembly was conducted by Sr. KG students to emphasise on being healthy.

**Swati Poddar, CT Sr. KG Peach**



### DEAR Hour (18th July):

To inculcate the habit of reading, the pre-primary kids were introduced to the concept of DEAR hour (Drop Everything and Read). Here the Nursery and Jr. KG students were encouraged to do picture reading and the Sr. KG read simple sentences.

**Swati Poddar, CT Sr. KG Peach**







## Vegetable Week (23rd - 27th July):

The 'Vegetable Week' celebration made the children aware of the benefits of eating all types of vegetables. To add fun to it, the teachers planned a role play. A vegetable shop was put up and a variety of vegetables were introduced to the tiny tots. They engaged in recognising and weighing the vegetables. Apart from that, children relished the activities like 'vegetable printing' and 'drawing a vegetable basket' in the scrapbook. Teachers shared the significance of including vegetables in the daily diet and our little geniuses agreed. A special assembly was conducted by the Sr. KG children where they spoke about the importance of eating different types of vegetables. It was a pleasure to note their understanding of eating healthy.

**Aditi Joshi, CT Nursery Apple**

## Grandparents Day (25th July):

The importance of grandparents in the lives of their grandchildren is indescribable. To express love and gratitude towards their grandparents, the little ones celebrated a special day for them. The elders enthusiastically came to the school to see their grandchildren perform. The children won their hearts by singing rhymes for them. To record this beautiful memory, photographs of the grandparents with their grandchildren were taken in the photo booth. Hand printed book marks made by the children were presented as a token of their love. It was great to see the bond between the two generations! It was a great pleasure to get feedback from them regarding the quality of education and values that were being imparted to the children in school. We were happy to hear that a child requested his father not to use the phone while driving.

**Aditi Joshi, CT Nursery Apple**



## Football Finals Week, Classes 1-3 (2nd - 6th July):

The football season came to an end for the students of class 1, with them learning new skills on the field. Classes 2 and 3 ended with Knockout matches, held between the two classes. Skills and sportsperson spirit were on display, with other students cheering for their respective houses. The Football World Cup being played along the same time had added greater zing to the sport. For results, please see 'I Did It' section.

**Preetam Mamani, Senior PTI TOS1**

## Basketball Finals Week, Classes 4-5 (2nd - 6th July):

The Basketball season ended for the students of classes 4 and 5 with Knockout matches held between the two classes, as an Inter House Competition to decide the winner. The final match was played between Guardians and Explorers, with Explorers emerging as the winners. All the players exhibited exceptional gusto and teamwork. For results, please see 'I Did It' section.

**Preetam Mamani, Senior PTI TOS1**





## Times NiE All India Mathematics Challenge (4th July):

'Times NiE' in association with Meritnation, conducted an all India 'Math Challenge' for the students of classes 6 to 10. The test aimed at understanding the conceptual gaps in Maths, by assessing topics from the previous class. The concepts which are rather critical in the present class, were also tested, in a way that is stimulating. All the participants were rewarded with 'a class-wise formula notes booklet' for appreciation and encouragement. Top three winners from each class shall be announced shortly.

## Workshop on Cleanliness (6th July):

Students of classes 5 to 7 had a unique opportunity to participate in the workshop organised by The Adar Poonawalla Foundation and Jungun, Pune as a part of their initiative, 'Clean City Pune'. The presenters oriented our children about their foundation and the clean Pune initiative that aims at 'Swachh Bharat'. Students were provided information on the various types of wet, dry, sanitary and hazardous waste and the responsible means of waste disposal, through a short documentary. It indeed was an effective way to help students understand their roles as responsible citizens.

**Pratibha Singh, Primary Coordinator**



## Chess Season Begins (9th July):

The Chess season for Class 4 and 5 has begun, where the students will be practising the game and learning to strategize with unwavering concentration. Chess brings along with it a lot of tactical moves which challenge the students to think and help them move ahead of the opponent in their mind, predicting the next moves. Students are enjoying the game.

**Preetam Mamani, Senior PTI, TOS1**



## Basketball Season Begins, Classes 1-3 (9th - 13th July):

We look forward to train and bring up the best talent and genuine sportsperson in every student, as they explore and play the game of basketball. Being a contact sport it gives students the chance to learn teamwork, develop agility and understand that being physically fit matters the most in the play field.

**Preetam Mamani, Senior PTI TOS1**



## DEAR Hour (18th July):

D.E.A.R "Drop Everything and Read", is a programme to encourage students to make reading a priority in their lives. The day saw students from all classes, actively engaging in reading a variety of books with short stories, novels and interesting articles in the independent and silent reading time. Members of the staff also engaged themselves in reading during this hour. This was indeed a step towards exploring the treasures of books that can be our best friends.

**Reena Taneja, CT 5 Vega**





## Solo Dance Competition, Classes 1-3 (23rd - 24th July):

Every child is endowed with unique skills and talents waiting to be explored and appreciated. A step towards exploring their talent in dance and for providing a platform to showcase the same, a Solo Dance Competition was held. All the participants displayed versatility and skills, which left the audience awestruck. This event helped, boost the students' confidence and self awareness as well.

**Farheen Shaikh, CT 2 Rigel**



## Hindi Rashtrabhasha Exam (25th July):

To assess proficiency in Hindi language, "Hindi Rashtrabhasha Exam" was conducted by "Mahatma Gandhi Rashtrabhasha Hindi Prachar Sanstha" for classes 1-10. The exam is optional. A large number of students participated as it encourages students to focus on Hindi comprehension and creative writing. The enthusiastic participation shall be recognised and appreciated with a certificate from the organisers.

**Manju Pant, CT 10 Vega**



## Art Competition, Classes 5-7 (25th July):

An Art Competition on the theme 'Childhood Obesity' and the topic 'Fat to Fit' was conducted for classes 5 to 7 in the school premises. The event was organised by Rotary Club, Koregaon Park. Students used their imagination and creativity to make beautiful and impactful art pieces with the objective of spreading awareness about obesity.

**Sonal Nema, Art Teacher**



## Career Counseling Workshop, Classes 9-10 (27th July):

Extramarks conducted a workshop to create awareness on the importance of career planning at an early stage to help make informed choices for the future. The counselors gave us a brief insight into the different career options that one can adopt according to their desired stream. It was a wonderful learning and motivational experience for the students to understand the value of planning for their future.

**Sanyogita Sarin, Student 10 Sirius**





### 3rd Installation Ceremony of Interact Club (27th July):

The Interact Club, managed by the students of Class 7 and the Rotary Club, Koregaon Park, was formed with the objective of bringing a positive change in the environment and in the lives of people with lesser privileges. This is the third year of this collaboration for the environment.

The Rotary Club president Mr. Pankaj Apte and Rotarian Mr. Sarfaraz Potia graced the occasion along with the parents of the new Board of Directors. The office bearers were decorated with badges.

Aditi Singh, the outgoing President, student class 8, highlighted the achievements of the club in the previous academic year. Thereafter, Neel Butala, the new President, student class 7, apprised the gathering of the action plan laid down by the club for the current academic year. Some of the projects mentioned by him were; spreading the joy of sharing at a municipal school, letting lights outshine noise through a cracker free Diwali campaign and fighting obesity.

The Club Secretary, Dharya Sharda, student class 7, extended the vote of thanks. The members later engaged in informal interaction to discuss the details of the roadmap ahead over a cup of tea.



### Orbians celebrate The Global Tiger Day (27th July):

We all know time is running out for tigers but creating awareness about the same, can save them. To sensitise our students, the Global Tiger Day, an annual celebration, took place in the lower primary wing of the school. The teachers briefed the students with information regarding the significance of the day. A number of activities such as Quiz, Mask Making, Speeches, etc. were conducted. We can all play our role in saving our jungles and saving this magnificent but endangered species.

*Farheen Shaikh, CT 2 Rigel*



### Subroto Mukherjee Football tournament (29th July):

We took part in the Subroto Mukherjee Football Tournament (Under 17 Boys) organised by Zilla Parishad. Our first match was against J.N. Petit; one of the best teams of the tournament. We scored one goal lead in the first half with Nitish Kumar scoring through a left footed shot beating the keeper. After which we brilliantly defended it till the final whistle emerging as the winners.





## Bus Monitors Meeting (31st July):

The Bus Monitors' meeting was conducted to fix student leadership role, in ensuring perfect implementation of the bus rules laid down for the students. The meeting was attended by the Student bus monitors and the bus lady attendant of each bus. The Principal encouraged an open dialogue on important topics such as discipline and decorum that is to be maintained in the buses. Cleanliness and the duties of the monitors were discussed. The monitors voluntarily accepted the responsibilities of maintaining discipline as well as acting as a role model for the other students in the buses. This meeting was indeed an effective way to share the concerns raised by the help staff and the monitors and to together find better ways to resolve the same.

**Aryan Nambiar, 11 Vega**

## Yardstick Science Activities (31st July):

An exciting programme to learn scientific concepts through hands on experiments, activities and projects, is the new means of celebration of learning in the lower primary wing of the school. Every student is enjoying an individual kit to experiment and construct learning. The teachers feel the programme is adding a new dimension to the spirit of curiosity and exploration. This week the students of class 1 learnt the concept of different types of herbs, shrubs, climbers and trees, while class 2 constructed different types of homes and class 3 understood the concept of push and pull using magnets, parachutes etc., all like it was play.



And the celebration of learning  
continues at The Orbis School Pune Two

## The Orbis School Pune 2



## Summer and Winter fruits week (2nd - 13th July):

To educate the children on the benefits of fruits, 'Summer and Winter Fruits Week' was celebrated by the Pre-Primary, with many hands on activities like 'Show and Tell', fruit salad making, touch and feel etc. An assembly was conducted by the Junior Kindergarten Apple, to lay an emphasis on healthy habits of eating fruits.

**Mona Anthony, CT Jr. KG Apple**

## Healthy Me (16th - 20th July):

To acquaint the students with the ways to keep oneself fit, children were busy throughout the week with various activities like anchoring, salad making, dramatics, etc.

A special assembly was conducted by the Junior Kindergarten Orange children to encourage everyone to eat healthy food and avoid junk food. During break time children had their interactive discussions, which further strengthened the learning.

**Aafreen Khan, CT Junior KG Orange**





## Vegetable week (23rd - 27th July):

'Vegetable Week' was exciting for our little Orbian as they explored the wonderful gifts of nature. A basket full of colourful vegetables was brought to the classes to give them a live demonstration. Children decorated the classrooms with vegetable print designs made by them during various activities. 'Vegetable Market Day' was organised for a marketplace experience where children enacted as buyers and sellers. They were very happy to see the greens, which they had planted during 'Plantation Day'. All these hands-on experiences not only gave them the knowledge about vegetables and its uses but also helped them to develop their gross motor skills.

**Anupama, CT Jr. KG Mango**



## DEAR (Drop Everything and Read) Hour (18th July):

To inculcate good reading habits in students and to bring them closer to books, the school celebrates DEAR (Drop Everything and Read) Hour. During this session the students dropped all their work and read books of their choice. The session not only gave an exposure to various subjects like Adventure, Thrillers and Autobiographies of great personalities, but also helped them to enhance their vocabulary. The students interacted with each other, exchanged views, ideas and information on various subjects.

**Rashmi Patankar, Librarian, TOS 2**

## Grandparents Day (24th July):

Grandparents are special to every child. Their knowledge is invaluable, and their love is unconditional. Keeping this in mind, the tiny tots of Nursery celebrated Grandparent's Day by performing enthusiastically before their grandparents. Children along with their grandparents sowed seeds in coconut husks, which were handed over to grandparents as a token of gratitude for their love and care. Indeed it was a day to cherish.

**Shraddha Lodha, CT Nursery Orange**



## Let's Keep Clean (30th July- 3rd August):

To instil the practice of cleanliness, facilitators motivated the children with activities like dramatization, live demonstration, quiz, games etc. To reinforce the concept, a special assembly was conducted where children sang songs, performed plays and spoke about personal hygiene.

**Anjana, CT Sr. KG Orange**





## Solo Dance Competition (20th July):

An Inter-House Solo Dance Competition was held for classes 1 to 3 to exhibit their talents on stage. A state of excitement and joy was witnessed by everyone as the participants danced to the beats of folk and popular music with great zeal and enthusiasm. For results, please check 'I Did it' section.

**Rina Anthony, CT 1 Vega**



## Yardstick activity (19th and 24th July):

The students of classes 1 to 3 had joyful and enriching hands-on experiences through Yardstick activities about parts of plants, types of houses and force. The children observed, enquired and explored about these topics which also helped them to enhance cooperative learning.

**Rina Anthony, CT 1 Vega**



## Workshop by Adar Poonawalla Initiative (21st July):

Adar Poonawalla Clean City Initiative is an environmentally sustainable initiative, undertaken by Serum Institute of India and Mr. Adar Poonawalla, as their contribution towards social responsibility. A workshop was held to sensitise the students on the need to segregate waste and keeping the city clean. The students were shown short films and explained about the impact of accumulation of waste, importance of segregation of waste and ways it is done and could be done. The session wrapped up with a quiz where students participated enthusiastically. The workshop was indeed an eye opener and good way to set minds thinking about one's environment.

**Nilakshi Surwade, Student 9 Vega**



## Levitating Pencil (23rd July):

A fun filled workshop was conducted by Mr. Parag Gore from Sakal (Box of Science), an institute involved in spreading knowledge of Science in a fun way for the students of Classes 4 and 5. Individual activities were conducted, where each student was provided with a kit to perform the experiment. The kit consisted of 4 magnets, 3 chopsticks, 3 plastic pipes, 3 foam supports, 2 punched cardboards and one pencil.

The experiment included inserting the plastic pipes in the chopsticks and fixing on the foam supports firmly stuck on the table. Then one punched cardboard was inserted in the three chopsticks. The second cardboard was inserted with a gap between the 2 cardboards. The 3 magnets were placed on the 3 sticks, with polarity such that the fourth magnet which is inserted on the pencil repels the 3 magnets. After delicate balancing of the pencil, after some time the pencil starts to levitate.

We learnt the properties of magnet and how it can be used in the real world.

**Sparsho Kundu, Student 4 Vega**







## Money is Child's Play (24th July):

A Workshop was held on the topic, "Money is Child's Play". It was organized by Sakal, for Classes 6 to 8. The speaker, Mr. Abhishek told us about the Barter Trade System. He also clarified that money was not just something to be serious about, it was something one could have fun with too! We learnt about 'needs' and 'wants'. It was a good learning experience and we took away with us the true understanding of the phrase, 'Penny wise, pound foolish'.

**Joshua George Koshy, Student 6 Vega**

## Slogan Writing Competition (25th July):

'Global Tiger Day' is a celebration to promote public awareness and support for the natural habitat of the tiger. An Inter-house slogan writing competition was held for classes 1 to 3 to highlight the need for protection of tigers in the wild. The students of each house enthusiastically participated and penned down inspiring slogans. For results, please check 'I Did it' section.

**Deepa Anikhindi, CT 3 Vega**



## School Super League (23rd July):

Keeping in view of the competitive exams and challenges the students would have to face in the future, Times-NiE organized a School Super League Exam on 23rd July for Grades 4 to 9. The exam comprised of an Aptitude test, where the student's verbal, numerical ability, mechanical reasoning, abstract and special reasoning were tested. The toppers of each school will appear for a State Level Exam. The toppers of State Level Exam would get a chance to participate in the National Mega Finale at Mumbai that will be broadcasted subsequently on Discovery Channel. The National Topper would gain to win a grand all expenses paid trip to NASA, Florida USA.

**Rashmi Patankar, Librarian, TOS 2**

## Workshop on Adolescence (25th July):

Right knowledge, understanding and the right information of a growing mind and body are vital during teenage years. A workshop was held for Classes 8 and 9 by Dr. Apoorva Deshpande, a psychologist. She spoke about the general issues and apprehensions teenagers face during these years and very patiently listened to all that the students had to share and express about themselves. Dr. Deshpande answered questions put forth, clearing some of their doubts.

The main topics discussed were the physical, psychological and emotional changes in teenagers.

It was a satisfying discussion and great sharing opportunity for all.

**Ananya Rao Konakalla, Student 8 Vega**



**Arya M -1 R - Tos 1**



**Manish Patil - 8 Vega - Tos 2**



## Etiquette Club Display (27th July):

The Etiquette Club aims to inculcate good manners and polite behaviour to refine the overall personality of students. They learnt Class, Social, Transport, Party, Public Place etiquettes and table manners in the past quarter. Three-month long activities concluded where the students exhibited their talent through role play, skits, poem, songs, poster making and paper craft. The students exhibited confidence and enjoyed performing on the stage.

**Deepa Anikhindi, CT 3 Vega**



## Club of the month



## Special Assemblies

### World Population Day (11th July):

"There is a huge population explosion around the globe. It is reported that every 12 years, another billion people are added to the globe's population."

Keeping this in mind, the students of class 2 Rigel presented a roleplay highlighting the challenges associated with a family of many members, on the 'World Population Day' which is observed on 11th of July every year. They showcased the consequences of population explosion that included food and water shortage, war and social conflict and depletion of natural resources.

**Samina Vasi, CT 2 Sirius TOS2**



## Our Green Ways

The Nature Club took a step forward towards its contribution to the recently enforced ban, on the use of plastic bags in Maharashtra. The children were sensitized on the necessity of a greener and plastic free environment and its urgency. There were discussions on the repercussions of our indifference to the Earth's cry. At TOS2, the children of Nature Club made paper bags, which are biodegradable and the need of today. At TOS1, the student members of the club sent an appeal to the parents and the staff members of the school to use plastic responsibility. Our efforts in this direction will be continuous and sustainable.

**Parul Asthana, CT 9 Vega, TOS2**







Here are some special achievements of our students that happened beyond the school premises, in inter school, inter city or open competitions! We applaud the efforts. Keep Shining!

### Gold Medal in National Karate Competition (21st - 22nd July):

**Tanya Sinha** of Class 12 Deneb won the first position in Khelo Karate All India Championship held at Balewadi Stadium, Pune. The national level win is another feather to Tanya's cap! Many Congratulations to the champ!



### The Interact Club Team, 2018-19:

This student body has taken upon itself, the task to save the environment and to help the underprivileged. We Congratulate them and wish them great success in their endeavours. The office bearers are as follows:



**President -**  
**Neil Bhutala,**  
**7 Sirius**



**Vice President -**  
**Krishh Singh,**  
**7 Sirius**



**Secretary-**  
**Dhairya Sharda,**  
**7 Sirius**



**Joint Secretary-**  
**Yashna Dodium,**  
**7 Vega**



**Treasurer-**  
**Samarth Mandapati**  
**7 Sirius**



**Director Club**  
**Service- Aditya**  
**Kumar Das, 7 Vega**

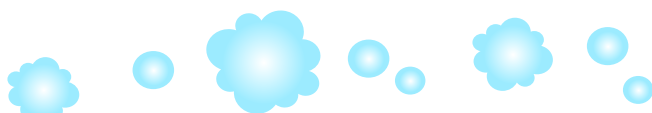


**Director Prof.**  
**Service- Sayee**  
**Shinde, 7 Sirius**

### Inter House Results:

TOS 1					
Event / Participating classes	Football Finals (1-3)	Basketball Finals (4-5)	Solo Dance Competition (1-3)	Group Dance Competition (4-6)	Global Tiger Day Quiz (1-3)
EXPLORERS	2	1	4	3	2
GUARDIANS	1	2	1	2	1
INNOVATORS	4	3	2	1	3
VANGUARDS	2	4	3	4	4

TOS 2						
Event/Participating classes	IBA Poster Making (7-9)	Football Finals (1-3)	Basketball Finals (4-5)	Solo Dance Competition (1-3)	Slogan Writing Competition (1-3)	Poster Making Competition (4-6)
EXPLORERS	1	3	3	2	1	1
GUARDIANS	4	4	2	4	4	3
INNOVATORS	2	2	2	1	3	2
VANGUARDS	3	1	1	3	2	4





## Impressions and Expressions

### Desolation

Even white roses have dark shadows,  
Even the heart took the arrows.  
Walk away like nothing happened,  
Until the grip loosened.  
Even paint makes a blank canvas vivid,  
Even underneath smiles, secrets are hid.  
Facials spoke but you didn't listen,  
Now with tears eyes glisten.  
Capture the beauty, captivate the soul.  
What is life? What is my goal?  
Titanic was better than my sinking ship,  
Now please give me a strong grip.  
You came too late, too late to say hi,  
When I was gone, waving goodbye.  
But, my pain, my sorrow,  
All died with tomorrow.

**Simoni Choudhary, 10 Vega**



### I Feel Myself

I feel myself  
The depth inside me  
I feel something different  
I'm in the pleasing world of butterflies  
Here in this little world of mine  
I want to relax and not be coherent  
I just love the slow breeze  
Running in the drizzle  
Between shades of trees  
I feel the light  
I love the peace  
I've started feeling myself.

**Jiya Doshi, Student 8 Vega TOS1**



### My Friend

As the dew drop fell off  
From the velvet, soft petals,  
It reminded me of 'her'  
As I watched the tiny buzzing  
beetles  
On the forest's ferny floor  
I was yet again reminded of 'her'  
I sat staring at the purple flowering  
bush  
Cool pleasant breeze swept by

The bush swayed to and fro  
As though saying, 'just let it go'  
I closed my eyes and opened them  
again,  
Another dew drop there,  
I saw 'her' pretty reflection  
I touched the drop as softly as I could,  
It fell off  
It was gone  
Rays of sunshine touched the ground,  
To remind me that 'she' was around,

I took a deep breath and looked  
up  
At the limitless sky  
A rainbow, so beautiful  
I saw my friend  
Smiling down  
From heavens above....  
My friend, in the dew drop, in a  
rainbow, in the breeze,  
everywhere.

**Sayee Deshmane, Student 8  
Deneb TOS 1**



### Ingredients to be a Superhero

- Super powers
- Stable emotions
- Sacrificing nature
- A cool suit to protect the super powers
- A cool name
- A team of assistants
- A good heart
- Technical knowledge
- A good fighter

Mix all well, in a cauldron. Drink the potion.  
Viola!! Your Superhero is ready.

**Manan Agarwal, Student 9 Sirius TOS1**



### Fear

I am scared of the dark  
It's like being in a pool of sharks  
Everything will turn red  
And soon I will be dead.  
A tear rolls down my cheek  
And I start to feel weak  
I see them coming to me fast  
And I feel that breath might be the last

**Advait Bahekar Student 4 Vega TOS 2**



### Deception

The multiple visages the eyes can't behold,  
Are millions of lies begotten but untold  
The pronouncement of love like the ocean being  
deep  
Are deceiving faces like the harmful craters steep

The mind says "I'll surely give it a try",  
But the heart knows, its a well produced lie  
Declarations made are final and brisk brief,  
Deception is nothing but forgery with grief.

**Saloni Manglik, Student 11 Antares TOS1**

### Emotions

Malice is hunger, dissatisfaction is its' birth  
Pride is wiped out and happiness is left in dearth  
Love is prayer, courage, purity and trust,  
It is horizon that mixes well with dust.  
Jealousy is dubious, frivolous and fickle,  
It is heartbreaking, a tear that will trickle.  
Friendship is a pack very well closely knit,  
It is an emotion that leaves every heart lit.

**Saloni Manglik, Student 11 Antares TOS1**





## The City of War

In the center of a village  
In the city where was is the present,  
Lived two small children, five years old,  
Who spent their time playing.  
Their carefree nature, broad smile,  
Their cheerfulness, all ignorant of the  
present,  
Ignorant of the war being fought just a few  
miles north.  
Missiles launched, bombs exploded, guns  
fired

Killing and injuring thousands of  
people,  
More innocent than cruel.  
At a time when the world was trying to  
kill one another,  
The two children spent all their time  
with one another;  
Playing, laughing, running around  
trying to catch a beetle.  
One night, as they lay near the  
windowsill, hand-in-hand,  
Humming a song together,  
They heard a loud ringing sound, right

after a command  
Till the time they noticed the missile, it was too  
late  
The missile had forced them apart forever.  
For that was the fate,  
The fate of their lives  
That they would die seeing the other in pain,  
And regret not being there to decrease the other's  
pain.  
Such came the end of the two boy's lives,  
In their own village,  
In the city of war.

**Ishika Jalodia, Student 11 Antares TOS1**



## Personality of the month

Hima Das

Hima Das, a sprinter, is the first Indian to win a Gold medal in the track event, at the World Junior Athletics Championships in 2018.

Hima Das was born in Kandhulimari village in Dhing Assam, on 9 January 2000, to Ronjit and Jonali Das who are rice farmers. As a child, she began playing football with the boys at her school and wanted to pursue a career in football. Later, on the suggestion of Shams Ul Haq, a Physical Education Trainer from Jawahar Navodaya Vidyalaya, Das switched over to athletics and began participating in short and middle distance races, where she started winning medals.

Das competed at the 2018 Under 20, World Championship, held at Tampere, Finland, in the 400 metres and the 4x400 metres relay. Having run a slower first half, Das accelerated on the last 100-meter stretch overtaking three competitors enroute to the gold medal. She won the 400m with a time of 51.46 seconds, thus becoming the first Indian track athlete to hold a global title. In the 4x400 metres relay she was part of the Indian team that competed in the final and finished seventh, with a time of 3 minutes and 33.61 seconds.

There is more than one hat that Hima Das, popularly known as "Ding Express" dons, world class athlete, who swept past global competition with relative ease, is a socially-conscious teenager, who participated in a crusade to close liquor shops, and ensure education for girl children in her village.

**Rohini Patil, ST Marathi TOS 2**



## Virtue Alone Ennobles

Empathy, the theme of the month, is the ability to understand and share another person's feelings and emotions, to see things from the perspective of others and accept their point of view. At school, this essential quality is emphasised upon in many ways. Students are encouraged to follow the golden rule: "Do unto others as you would have them do unto you", to gradually instill the virtue of empathy. They are encouraged to greet and treat the support staff and others with utmost respect. 'International White Cane Day' campaign was organised this month and we were glad to see that the students participated enthusiastically to support the blind. We all have empathy in us, but it's extremely important to realise and exhibit the same in our daily lives.



**Sakshi Agarwal - 8 Vega - TOS2**



**Sahasra Marri - 4 Sirius - TOS2**



**Sakshi Agarwal - 8 Vega - TOS2**





## Teachers' Corner

### Walk Through the App on Mitra (5th July):

Team Chrysalis has introduced the Mitra Tab for teachers which is an ecosystem to engage a teacher effectively with meaningful technology, to help transform the methods of teaching and classroom interactions. The Chrysalis team members, Mr. Prahlad, Ms. Aparna and Ms. Akanksha, conducted a workshop which was attended by all the teachers of Classes 1- 4 from both the schools TOS1 and TOS2. This workshop was conducted to introduce the various features of the Mitra App which will be accessible on the Mitra Tab given to the teachers. The features on the Tab will not only help the teachers evolve their teaching strategies but will also help them maintain records of the cognitive development of each student. The workshop in its entirety was a great learning experience.

**Farheen Shaikh, CT 2 Rigel**



### Workshop on Life Skills (7th July):

As it is rightly said 'The primary aim of education is not to enable students to do well in school, but to help them do well in the lives they lead outside school.' Keeping this in mind, CBSE Center of Excellence, conducted a workshop on life skills for the teachers of both the schools TOS1 and TOS2, facilitated by Ms. Padmaja Chavali, Principal, City International School, Pune. It was an interesting day, full of meaningful discussions and activities. The learnings from this workshop will equip the teachers deal effectively with various situations in their classrooms and will also enable them to facilitate the physical, mental and emotional well being of their students.

It was indeed a fruitful experience.

**Farheen Shaikh, CT 2 Rigel**

### Capacity Building Workshop for Master Trainers on Life Skills and Gender Sensitivity (13th-14th July):

A daylong session on gender sensitivity, conducted by Dr. Seema Nair, under the aegis of CBSE Center of Excellence Pune, focussed on training the school heads, to effectively create awareness on the prevalent gender bias in our society. The ways to sensitise the students and staff and community, as recommended by the experts, were analysed and understood. The need for gender empowerment and ways to counter related challenges, to help to convert our schools as Gender Sensitive Schools, was established. Another, full day session, conducted by Ms. Jayshree Venkatraman, was devoted to the need for developing abilities that help learners to be successful in living a productive life and improving their personal and social qualities. Ways to teach and learn the different Life Skills needed to be successful in this ever-changing world were brainstormed. Indeed, both the sessions led to meaningful construction of learning.

### Principal Help Staff Meeting (31st July):

The agenda of the meeting was to reinforce the school processes on help staff duties, communication, bus attendant duties and the waste disposal process at school. All were once again apprised of the fundamental responsibilities and a feedback was taken to address if the help team faced any challenges in executing their responsibilities. Further, the principal shared tips on healthy lifestyle, safety measures and importance of teamwork. The interactive session helped in motivating the team through encouragement, appreciation and suggestions to keep moving on.



## Parents' Prerogative

### Parents Teacher Meeting, Classes 4-10 (7th July):

Parents of the above-mentioned classes visited the school and discussed the growth graph of their respective wards with the teachers. The interaction gave them an opportunity to ensure positive development of the students. Most parents appreciated the teachers' efforts in helping the students become the best versions of themselves.

**Amita Sinha, Secondary Coordinator, TOS1**







## Parents Teacher Meeting Pre-Primary (21th July):

Communication between parents and teachers is essential as progress of students depends on the joint efforts of parents and teachers. With this aim, the PTM became the platform to share what has been achieved and what is in progress, to together foster positive self-esteem, and fulfilment in the students.

**Anisha Sherwani, PP Coordinator, TOS2**



## E-PTA Meeting, TOS1 (21st July):

The members of the Executive committee of the parent Teachers Association met to, together work on the duties and responsibilities as per the Act and Rules that govern it. The Secretary Mr. Ravindra Kirtane took up the agenda points one by one which the house discussed and resolved. The E-PTA members are committed, to together take greater strides, towards excellence in education.



## EPTA Meeting TOS2 (27th July):

The first meeting of The Executive Committee of the Parent Teacher Association for the academic year 2018-19, started with understanding the roles and responsibilities of the committee. The members discussed other points of the agenda pertaining to the completion of scholastic and co-scholastic activities in the previous quarter, programmes for the slow learners and the calendar for the coming three months. The house extended their cooperation to help the school in smooth functioning.



**I can do it!**

- 1) What makes Hima Das a youth icon?
- 2) Highlight her main achievements?
- 3) What shows that Hima Das is a socially responsible citizen?
- 4) What are the major Athletic championships conducted in India?



## From the Editorial Team:

Life is a series of smaller destinations. The goal in life is not to acquire things or have certain people to complete us. When our focus is on the goal alone, we tend to forfeit the lessons and wonderful experiences that lie in-between. Our subconscious mind and accompanying biology are formed in such a way as to support our success. We should appreciate the journey by trusting that we have the wherewithal to accomplish any task we set our mind upon. The journey is the essence of where life exists in all her glory. We should try to enjoy it to the fullest.

Our mind has magnetic power to attract all that we desire into our life and saying that we don't have time to improve our thoughts and our life is like saying, we don't have time to stop for fuel because we are too busy driving!

**Sukhjeet Kaur, CT 11 Rigel**



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Co-Editor, TOS 2- Tincy Simon Kaliparambil, Divya Shetty

Student Editors- Editorial Club Members

## Thought for the month

**"There are no limits to what you can accomplish, except the limits you place on your own thinking."**

**-Brian Tracy**

