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From the Headmistress's Desk

Good hygiene and healthy habits are essential for a happy and healthy life. Along with academic learning, it is equally important to develop habits that promote physical and mental well-being.

Simple practices such as washing your hands before meals and after using the washroom, brushing your teeth twice a day, bathing regularly, wearing a clean uniform, and keeping your nails trimmed help prevent the spread of illness and keep us healthy. Wouldn't you rather prevent germs than deal with sickness later?

Healthy living also includes eating nutritious food, drinking plenty of water, exercising regularly, getting enough sleep, and limiting screen time. These habits improve concentration, boost energy, and help us perform our best in both academics and extracurricular activities.

We thank our parents for reinforcing these healthy habits at home. Together, we can help our children develop discipline, responsibility, and respect for themselves, others, and the environment.

Let us all make hygiene and healthy living a part of our daily routine and build a healthier, happier school community.

Reema Khurana, Headmistress

Big News!

UN Yoga Day

Orbis School enthusiastically celebrated UN International Yoga Day with our children and their parents' active participation, along with the staff. A professional yoga trainer was invited from outside the school to conduct a special yoga session. The trainer flexibly demonstrated different yoga asanas, Anulom Vilom - breathing exercises, and techniques of meditation. The trainer also explained the physical and mental health benefits of these yogasanas. Both students and their parents did the exercises with discipline and enthusiasm under the guidance of the trainer. This session revealed the importance of incorporating yoga into one's daily routine to attain flexibility, concentration, physical fitness, emotional well-being, and stress management. This celebration turned out to be a great chance for spreading awareness regarding the importance of yoga as a healthy way of living.

Rohini William, CT, Nursery, Orange

Flavours from our orchard



Good Manners (1st June - 5th June 2026)

Good manners play a vital role in everyone's life. A session was conducted for our pre-primary children to help them understand the importance of being polite and respectful in our daily lives.

They were taught to be kind by using magic words such as Please, Thank you, Sorry, Excuse me and You're Welcome. Teachers encouraged the students to use these magic words in appropriate situations.

A meaningful role-play activity was conducted by the teachers using the magic words flash cards. This helped the children to practice using these words in their day-to-day life.

The children enjoyed and learned the importance of kindness, respect, and courtesy through this interactive learning.

Rohini William, CT, Nursery, Orange

Yoga Day Celebration (19th June 2026)

In celebration of International Yoga Day, the children began their session with a breathing exercise. The teacher explained the importance of mindful breathing, which helps us relax and improves our concentration skills. After this initial relaxation, they engaged in various yoga asanas, including Surya Namaskar, stretching exercises, the rowing pose, cat-cow pose, mountain pose, camel pose, snake pose, butterfly pose, tree pose, and poses inspired by different sea creatures. The children thoroughly enjoyed participating in these activities and demonstrated enthusiasm and engagement throughout the session. They were encouraged to continue practising yoga at home daily to further benefit from its positive effects on their physical and mental health. The celebration concluded on a positive note, inspiring everyone to embrace yoga as a way to lead a healthier and happier lifestyle.

Rohini William, CT, Nursery, Orange



Well-Being and Personal Hygiene

Role Play activity (12th June 2026)

Our kids learned to care for themselves by staying healthy through cleanliness and healthy food choices. Teachers brought in some items that keep us healthy, like toothbrushes, soaps, hand cleansers, and water bottles, for the show-and-tell activity. Our little champs took turns showing items and speaking one sentence about each item, explaining its benefits for keeping everyone well and clean. The kids practiced speaking up and gaining confidence in front of the group. Children gained an understanding of why keeping strong through good habits is so important. It helped them feel more comfortable and assured as they gained confidence in their speaking. It encouraged them to continue using those same habits at home and at school.

Siona Shet, CT, Junior KG, Peach

Sense Organs (15th June - 19th June 2026)

We had a Sensory organ theme in school where our children learned about the five senses.

These sensory organs include eyes for sight, ears for sound, nose for smell, tongue for taste, and skin for touch. Teachers explained what each sense organ does, so students could understand why it's important for the body. Students listened carefully, observed closely, and described how things feel to them. These observation skills support students in reading, writing, and problem-solving. A small activity was also conducted in the Nursery class to help students understand the sense organs through practical experience. They were given coffee beans to smell and then stick them on the paper. The students had a good time as they confidently spoke in front of the class **when questioned**.

Pooja V, CT, Senior KG, Kiwi



Let Us Keep Clean (22nd June - 25th June 2026)

An activity called "Let Us Keep Clean" was done in for kids in order to develop cleanliness values among the kids from an early age. The kids were made aware of the need to keep their surroundings clean, the thinkroom and home, through various fun-filled activities. They were taught how to throw garbage in bins properly and to keep themselves clean and hygienic. The kids participated in cleaning and thinkroom activities as well as sang rhymes on cleanliness. They pledged to maintain cleanliness in their surroundings to keep the environment clean. The children were made aware of the significance of cleanliness for health.

Siona Shet, CT, Junior KG, Peach

Field Trip to Nursery (23rd June 2026)

As a part of our experiential learning program, a trip to a nearby nursery was organized for our students. It proved to be an extremely informative activity for all of us because children got to know the wonderful world of plants and greenery, and how we should conserve it. The students gained knowledge about various types of flowering plants, medicinal plants, shrubs, and saplings. They had the opportunity to learn about the growth of plants, their use, and maintenance. Children also learned about the different ways to grow plants, how they can be planted, and the necessity of maintaining them for a better environment.

Our children enjoyed the day, along with learning about a clean and green environment.

Siona Shet, CT, Junior KG, Peach



Well-being: Personal Hygiene and Healthy Habits (8th June 2026)

Our Class 1 Vega children had something important to say this week — and they said it beautifully! During the assembly, they shared healthy habits that we all know but sometimes forget — brushing teeth twice a day, washing hands before meals and after the washroom, combing hair, and coming to school in fresh, clean clothes. Seeing five and six-year-olds remind the whole school to take care of themselves was both sweet and inspiring. Clearly, good habits have found the right home!

Dimple Kumari, CT, Class 1 Vega



Special Assemblies

Bird Feeder Craft activity (29th June 2026)

The pre-primary section conducted a fun-filled bird feeder activity to help our students understand the importance of taking care of the birds and being kind to them. They also learned that, like humans, birds need food and water to survive, especially during the hot summer months.

Students made a bird feeder as a craft activity.

The students enthusiastically participated in the activity. This encouraged a sense of responsibility towards birds. They were happy and excited to see when the birds were drinking water from the bird feeder they made. It was a meaningful hands-on activity that helped to inculcate love for nature among the children.

Rohini William, CT, Nursery, Orange



Virtue Alone Ennobles

Service Towards Humanity

Service towards humanity means helping others with love and kindness. We should care for our family, friends, teachers, and everyone around us. We can help people in various ways to make them happy. We can help by being polite with people, by respecting elders, by keeping our surroundings clean, and by sharing our own things with our siblings and friends. Even simple things like saying “thank you” and “sorry” to someone can make a person feel good. When we help others, we make the world a happier and better place. We should always be ready to help others, be kind and caring. We should never make fun of anyone. A small act of kindness can make someone happy.

Priyanka Deshpande





Personality of the month

Lionel Messi is a footballer from Argentina. He was born on 24th June 1987 in Rosario, Santa Fe Province. His full name is Lionel Andrés Messi. He is the most decorated player in the history of professional football and has won 46 team trophies. Messi is an inspiration because of his extraordinary talent. He possesses perseverance, humility, and dedication. He was told when he was a kid that he had a growth hormone problem and that it would hold him back. He did not let that stop him from doing what he wanted. He worked hard for a long time and never gave up. He kept believing in himself and his dreams. That is how he became one of the best football players in the world. The story of Messi is a reminder that it does not matter where we start. What matters is that we keep trying to get better, that we do not give up when things get tough, and that we keep doing what we love. Messi's story is really inspiring because he showed us that if we work hard and believe in ourselves, we can do things.

Lionel Messi recently became the all-time leading men's goalscorer in FIFA World Cup history with 17 goals.

Compiled By: Siona Shet, CT, Junior KG, Peach



Parents' Prerogative

Parents' Teacher's Meet (6th June 2026)

PTM was conducted for the Pre-Primary section on 6th June 2026 with the objective of communication between parents and teachers regarding the growth and development of the children. Teachers shared the academic progress of the child, classroom participation, social interactions, and behavioral development. Parents were informed about the strengths and areas that require additional support. Classwork sheet and other activities done by the child were shared with parents. During the discussions, teachers addressed the queries and concerns of the parents. Upcoming events and other activities planned were also discussed. The meeting ended on a positive note, ensuring support from both parents and teachers for each child's development and well-being.

Rohini William, CT, Nursery, Orange



I can do it!

- Q1. Where was Lionel Messi born?
- Q2. What is Lionel Messi's full name?
- Q3. What health condition did Messi have as a child?
- Q4. How did Messi overcome the challenges he faced in his early life?
- Q5. What lesson can we learn from Lionel Messi's life story?



From the Editorial Team:

The Unsung Power of Small Habits

We spend a lot of time waiting for big moments — big results, big changes, big achievements. But if you look closely at the children around you, the real magic is happening in the small things. A child who remembers to say thank you. A child who lines up quietly without being told. A child who picks up a wrapper from the floor without anyone watching.

Habits, big or small, are not formed in a day. They are built quietly, one repeated action at a time. And in a classroom, every single day is a chance to build one more. As educators and parents, the most powerful thing we can do is not just teach — but model. Because children are always watching, always learning, always absorbing.

The habits they form today will quietly shape the people they become tomorrow.

Dimple Kumari, CT, Class 1 Vega



Thought for the month

"Take care of your body. It's the only place you have to live." — Jim Rohn

