The 'Welcome Back to School' Edition

NATIONAL PUBLIC SCHOOL, KORAMANGALA

TIDINGS

:: From Primary Years ::

"One book, one pen, one child and one teacher can change the world."

Malala Yousafzai

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...And back to our happy place

The summer winds have blown and while the rain clouds traverse the skies, we transition on the road to normalcy. We are excited to get back with yet another edition of Tidings from Primary Years.

From breaking our giant walls of the unimaginable lockdown culture to taking baby steps towards regularity, NPS has come back bustling with renewed energy.

A year filled with fun and learning is what we are looking at. With all the zeal, we can do much together as we reach out, reach high and reach beyond.. Looking forward to spreading brightness, joy and to having a fantastic year ahead.

WELCOME BACK TO SCHOOL!

To new beginnings

A new school year means new beginnings, new adventures, new friendships and new challenges. The slate is clean and anything can happen.

-Denise Witmer

After a lull period of two years, the corridors of NPS, Koramangala came abuzz with the melodious cacophony of the students on 1st June 2022. The day began with the Principal addressing the students and welcoming the new students.

The excited bunch of students hardly took any time to settle to the school routine and thoroughly enjoyed the in-person interaction with their teachers and friends after a long period of time.

Being back to a normal working day in school had never been so delightful before.

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NPS Koramangala turns 20!

FOUNDER'S DAY

The big happy NPS KRM family celebrated its 20th Founder's Day on 20th June 2022 with the honourable Dr. (Mrs.) Santhamma Gopalkrishna, Dean, NPS Group of Institutions, NAFL & TISB; the Principal, Ms. Jyotsna Nair; and all staff members.

The Dean's motivating words peppered with amusing anecdotal narratives, a picture gallery of the school's formative years, a musical ensemble and a 'fun-facts about school' quiz marked the occasion, a nostalgic reminder of how the institution, in a short span of two decades, has carved a niche for itself in the realm of education.

World Environment Day

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"Trees are poems the earth writes upon the sky, We fell them down and turn them into paper, That we may record our emptiness." Khalil Gibran

Every year on the 5th of June, people across the globe gather to celebrate 'World Environment Day' and reiterate the need to create awareness towards a greener, healthier life.

To commemorate the importance of World Environment Day, the students of the Primary Years celebrated this day with much fervour as usual. Students acknowledged that environment plays an important role in healthy living and the existence of life on planet earth and that it is important for every individual to save and protect our environment through various activities conducted in the class. While Grade 1 students designed an environment friendly car on paper, the students of Grade 2 students designed posters on recycling and reducing.

For the students of Grade 3 the activity was to design a book cover on the theme on 'Only One Earth'. Air Pollution, Climate Change, Greenhouse Effect, environmental diseases were some of the topics of discussion.

The only way forward is to follow the three R's conscientiously brought out through the various activities.

A special assembly was conducted by the class teachers of Grades 4 and 5 on the significance of this day with emphasis on its current theme for the year 2022 , " Only One Earth".

Students were encouraged to collaborate and come up with their own thoughts for the day after an inspiring video on the use of plastics and how everything comes with a price. Animated discussions were ensued on how one can play their part in protecting their planet. The assembly was followed by a fun 'Bingo Activity' for the Grade 4 students while the Grade 5 students were given a scenario where they had to time travel back to 200 years to stop the Earth's degradation through some innovative steps. Students also had an opportunity to display their learning and awareness through their creative artworks.
Students promised and pledged to make the world a better place to live in.

'Earth provides enough to satisfy every man's needs, but not every man's greed.'
- Mahatma Gandhi

It's not yours, Nor mine, It's ours. So, Protect your mother who, nourishes you.

Our Green 'Energy'- Our Students

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'Yoga is like music. The rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life.'

NPS Koramangala celebrated the International Yoga Day on 21st June 2022 in the school auditorium. Students of Grades 2 to 5 participated in the show. They performed asanas like Chakrasana, Ushtrasana, Tadasana, Parvatasana, Bhujangasana, Kakasana, Setubandasana and Shirshasana with dexterity. The rhythmic performance of these asanas by the little ones was indeed a treat to the eyes. These asanas are sure to render flexibility, strength, balance and relaxation to the body if practised regularly. Yoga session was concluded by the chanting of Om.

On this day World Music Day was also celebrated with a lot of fervour and musical renditions. Students from grades 4 to 12 performed on fusion music and symphony of sounds which included the Carnatic and Western music. On one hand, students mellifluously sang Notuswarams in Carnatic Music while on the other hand lilting notes of 'Viva La Vida' and 'Hey Jude' in Western music echoed through the auditorium. It was indeed a treat to hear the choir perform to the accompaniment of musical instruments.

If music be the food of love...

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Seminar on Myopia Awareness

Held on the 25th June, Saturday by a Narayana Nethralaya Team, the main focus was the increased percentage of Myopia hitting our next generation. Dr. Muttumeena, Pediatric Ophthalmologist addressed the teachers and stressed that a Covid pandemic affected generation saw reduced outdoor activity and increased screen time this could impact the cases of myopia in children drastically. She urged the teaching community to join hands to flatten the myopia curve. She threw light on the symptoms and treatment options of myopia.

The highlight being the role of the teacher in reducing screen time, increasing outdoor activity, encouraging students to blink frequently and focus on distant objects regularly.

The Narayana Nethralaya proposed an eye checkup for the entire students and staff of the school as part of their initiative. They concluded the session with an interactive quiz, giving prizes(pen drives) for the right response.

> *"The only thing worse than being blind is having sight but no vision."*
>
> **-Helen Keller**

"The purpose of one's life is to remain happy" **-Dalai Lama**

With a view to promote both mental as well as physical well-being, CBSE had organized a full day workshop on the 2nd of July 2022 as part of its ongoing training program.

The highlights included focus on providing support to the learners as well as educators through various strategies, celebrating achievement and success, building positive relationships and developing coping skills.

Dr. Anupama Ramachandran, Principal DPS Electronic city, ensured the day was packed with joyous activities as she explained emotional intelligence and showed how various strategies like Role play, Total physical Response and Mood meter activities will help teachers connect better as well as create happy learning spaces.

As the teachers became learners themselves for a day, she successfully demonstrated activities to promote self-awareness to understand the learner's emotions better, especially so in the light of the pandemic that has brought unprecedented levels of changes in our lives. The workshop aimed at understanding how emotions impact development, decision-making, and interactions of educators with themselves as well as others. In all it was an insightful workshop aimed at spreading happiness both inside as well as outside the classroom!

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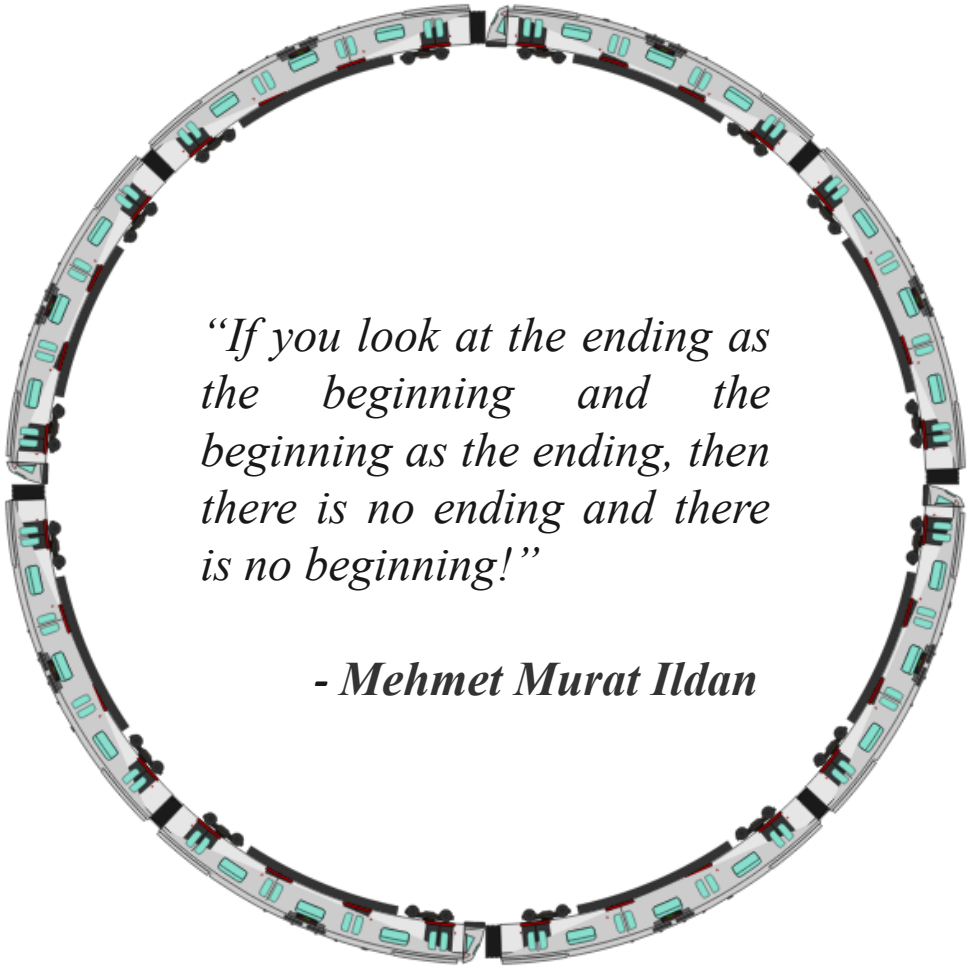

The priceless lesson that we learn every new academic year is that endings birth beginnings and beginnings birth endings. Thus, the elegantly choreographed dance of life proves once again that the culmination itself is the harbinger of new hope and new possibilities.

With this thought we come to an end of this edition and hope to update you with many more action-packed editions in the forthcoming months.

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