

SCHOOL **Connect** January-April 20-21



Mrs. Anuradha Shivaram
Principal, Manipal School

From the Principal's desk

Dear Parents,

Greetings to you!

The child who is least creative is the child who is most fearful of failure. Trying ultimately leads to success, but success can never happen without trying. Let us teach children that trying is far more important than succeeding. We as teachers and parents must encourage our children to persist in their efforts even if they fail because persistence is a critical determinant in creative performance and creativity is the result of trying hard and sticking with it.

Mrs. Anuradha Shivaram

EDITORIAL COMMITTEE

Anuradha Shivaram	-	Principal
Laveena Barboza	-	Teacher
Hiba Baksh	-	Teacher
Shibani Trikannad	-	Teacher
Reshna Sudeep	-	Teacher
Veena Mallya	-	Teacher
Rakshitha Kishan	-	Admission Manager
Avani Muniyangala	-	Student
Akhil Menon	-	Student
Riya Sedamkar	-	Student

QUOTE OF THE MONTH

"A champion is defined not by their wins but by how they can recover when they fall."

- Serena Williams

BACK TO SCHOOL - REOPENING POST LOCKDOWN:

After 290 days of silent corridors and empty classrooms, it was a delight to welcome our Grade 10 students back into the building on 8th January, 2021. The extensive preparation and planning put into making school re-entry safe and welcoming is a testament to the care and commitment of the Manipal School team. It really was quite wonderful to see shining eyes peeking over the tops of masks, as students arrived.



PROUD TO BE VACCINATED

'A vaccine is a critical tool in the battle against COVID-19, and getting vaccinated is one of the best ways to protect yourself and others from COVID-19.' - World Health Organization

On 1st April 2021, when the Central Government rolled out the Covid 19 vaccination drive for people aged 45 and above, Manipal School's infirmiry nurse Mrs. Divya listed out the names of 27 staff members and arranged for the vaccination at Babugudda Anganavadi Centre, Mangalore. On 6th April 2021, these staff members got their first dose of the Covid 19 vaccine. These vaccines train our immune system to recognize the targeted virus and create antibodies to fight off the disease. We are doing the best we can to provide a safe environment for our students. As we encourage and see that all our staff get vaccinated, let us hope that each and every individual in our country gets inoculated as soon as possible.



CBSE INITIATIVES @SCHOOL

NEP 2020 TEACHER DISCUSSION & PLANNING:

The National Education Policy 2020 (NEP 2020), is a comprehensive framework for elementary education to higher education as well as vocational training in both rural and urban India. The policy aims at a planned transformation of India's education system. The foundational principles of NEP 2020 are Access, Equity, Quality, Affordability, and Accountability.

In order to encompass the comprehensive essence of the policy principles, and work towards the implementation of the guidelines provided in NEP 2020, the school conducted a detailed workshop consisting of all academic and non-academic staff. Teachers of each level presented their understanding of the policy guidelines and provided insight on how they would work on implementing them at the particular level. Various discussions were held with regards to the challenges that could arise and how these may be overcome. All teachers are well prepared and enthusiastic about incorporating the various guidelines provided in the NEP 2020 into their instructional methods. Our School will be implementing the guidelines outlined in the NEP 2020 in a phased manner ensuring that our students receive the highest quality of education.



AWARENESS PROGRAMME ON 'WHOLE SCHOOL APPROACH TO FITNESS' & 'KHELO INDIA NATIONAL FITNESS ASSESSMENT PROGRAMME' BY CBSE IN COLLABORATION WITH SPORTS AUTHORITY OF INDIA (SAI) UNDER THE FIT INDIA MISSION IN ONLINE MODE:

The Hon'ble Prime Minister launched a nation-wide "Fit India Movement" which aimed to encourage people to inculcate physical activity and sports in their everyday lives and daily routine. Keeping these objectives in mind, 'Fit India School Week' was observed virtually in the month of December, 2020. CBSE in association with Fit India has been conducting various activities for the overall physical, emotional, and mental well-being of school students.

With the motto "RUNNING: The human body's most raw form of FREEDOM", Fit India Movement conducted 'Fit India Freedom Run' from 15th August – 2nd October 2020 to encourage fitness and help all citizens to get freedom from obesity, laziness, stress, anxiety, diseases etc. The School's Physical Education team ensured to involve learners of Grade I to Grade X in fitness activities conducted by Fit India in various exercises like Aerobic, Cardio, Zumba, Yoga etc.



PROGRAMMES @ SCHOOL

MATH WEEK: Mathematics is a subject that shows that every problem has a solution. Math week was celebrated across Grades 1 to 8 from 8th December to 15th December, 2020. Students actively took part in activities such as 'Tambola', making 3D shapes with the materials available at home, creating bookmarks with multiplication tables on them, and fraction flowers. Some even made a chart on 'All about me' where they shared information about themselves through numbers using four arithmetic operations. Students also made a fraction interactive notebook flap booklet with factors and multiples. Special virtual class assemblies were conducted at junior school to highlight the significance of Math Day and the life of some famous mathematicians like Shankutala Devi and S.Ramanujan. Middle school students had come up with magic triangles and pyramids. They were also given topics such as number system, mensuration, math in real life, geometrical concepts, probability and asked to come up with innovative ideas or project work to present the topics in a creative way. It was a fun-filled learning experience for our students.



CULMINATION OF THE 15 BOOKS CAMPAIGN:

Culmination is the endpoint or final stage of something you've been working toward or something that's been building up. A virtual culmination event of the 15 books campaign was organised and students were given activities to choose and execute on the day planned for the grades. The Junior school had the event on 5th April 2021. They were given three activities to choose from - Garden Party, Animal Stories and Book Potluck. In the Garden Party activity, students dressed up in their favourite fairy tale characters and performed in their garden. In the Animal Stories activity students narrated stories in the company of their pet animals and in the Book Potluck activity they weaved a story around a food item.

Middle school students had the event on 5th March 2021. They were given two activities to select from - Book Club activity and Pencraft activity. In the Book Club activity, a story from the book 'The day I stopped drinking milk' by Sudha Murthy was selected for discussion. In the Pencraft activity, a wordless picture book was shared with the students for story writing. The well-prepared Culmination activities by the students were a delightful show. At the end of the culmination program, the star reader's names were announced and e-certificates were shared.

Presentation by grade 5-7 students



Presentation by grade 1 to 4 students





SAKSHAM CYCLE DAY FOR GREEN AND CLEAN ENERGY:

Team 'We R Cycling', in association with MRPL conducted the "Saksham Cycle Day for Green and Clean Energy" on Sunday 31st January 2021. Many students from our school along with the Physical Education Instructor, Mrs. Parvathi participated in the event. Saksham (SanrakshanKshamtaMahotsav) is a campaign organised by 'PCRA' to sensitize the masses about conservation of petroleum products which leads to better health and environment.

MINDSPARK - THE ANNUAL EXHIBITION:

On account of National Science Day, the school organised the annual exhibition 'Mindspark'. The motto of the exhibition was to give a platform for the students to practice what they've learned in their classes. It provided an opportunity for research work, creative thinking, collaborative work as well as presentation and communication skills.

Mindspark was conducted across the grades from 26th February to 12th March, 2021. Students from Grades 1 to 9 had participated in the event with great enthusiasm. They created working and still models based on various concepts of science, social science, math, languages and computer science. The teachers had assigned the topics to the different student groups. Students of Grades 1 to 4, presented on topics based on science and social science. Students of Grades 5 to 8, presented on topics based on math, science, social science, languages and computer science. While all the presentations of Grades 1 to 8 were on the virtual platform, students of Grade 9 had the opportunity to exhibit their models 'live' in school. Students were awarded digital participation certificates as a token of appreciation and to encourage students to continue to participate in the upcoming events.





MEETING WITH TEAM PRODIGY- THE CREATIVE MATH PLATFORM:

Prodigy delivers a unique learning experience through an interactive math game where success depends on correctly answering skill-building math questions. Players can earn rewards, go on quests and play with friends - all while learning new skills!

Mr. Imtiaz J.M and Mr. Karthik Shetty of Prodigy Team India visited Manipal School on 20th March, 2021. A welcome speech was delivered by Tr. Saritha, with bouquets presented to the guests by Principal and Tr. SriLatha. The session included the Prodigy team, Principal, Coordinators, math teachers and a few students. The session addressed the future plans, expectations and support from the teachers. The Prodigy team also delivered a detailed explanation of the platform. The team interacted with the students, teachers and clarified all the doubts. The vote of thanks was given by Tr. Deepa with appreciation for the team for conducting the training and support to handle the platform at all times. It was an interactive and informative session.



PARENT ORIENTATION SESSION BY TEAM PRODIGY:

An exclusive parent orientation program was organized by Prodigy Team on 9th April, 2021. The session was facilitated by Mr. Imtiaz for parents of Grade 3 to 8. The YouTube link for the session was shared with the parents by the Math teachers. The session was about the introduction of Prodigy, how teachers will assign the games, the duration of the assignment, how students will answer questions while playing games, teachers checking the report and guiding the students and how parents can check their ward's progress for the week. At the end of the session, parents were given time to ask questions and the teachers took the initiative to clear the doubts. The parents appreciated the informative session conducted by the Prodigy team.



CELEBRATION @ SCHOOL

REPUBLIC DAY: The 72nd Republic Day was celebrated in all its solemnity and grandeur on the 26th of January. The day began with a prayer. Principal and Academic coordinators paid floral tribute to Babasaheb Ambedkar. This was followed by the flag hoisting and recitation of the Flag song and the National anthem. The songs sung by the choir, the vibrant speeches by students of Grade X reverberated, spreading Patriotic fervour everywhere. The graceful movements of the dancers with a spirit of nationalism were spectacular. Inspiring messages by the Principal and teachers truly ignited the spirit of solidarity and national pride.



WORLD THINKING DAY:

Every year on 22nd February, we celebrate World Thinking Day. The school scouts and guides team rendered their service and also presented the importance of the day in the special assembly.

ACTIVITIES @ PRE-PRIMARY

MAKAR SANKRANTI CELEBRATIONS:

Makar Sankranti/Lohri was celebrated virtually in a special assembly by the Preprimary students and teachers. As a part of this celebration, children took part in an activity where they enjoyed making colourful kites with a smiley.



SPELL YOUR NAME ACTIVITY: With hands-on learning activities, children remain engaged for longer periods of time. Teachers conducted a 'Learn to spell your name' activity to the Prep1 students virtually. Children made DIY decorative banners with their names written on them. This was a fun activity for little ones and a great way to learn their names.



REPUBLIC CELEBRATION @ Pre-primary:

Children of Preprimary celebrated the 72nd Republic day virtually with great zeal and enthusiasm. Giselle, a student from Prep 2 briefed the significance of Republic day to her friends. Children got a glimpse of the flag hoisting and parade at Rajpath, New Delhi. The program echoed with patriotic fervor as students in their tricolour attire danced to the tunes of patriotic songs to mark the occasion. Few of them even dressed like National heroes and spoke about them. To inspire young minds, pictures of the National Bravery awardees were displayed. As a make and take activity students participated in the 'National flag palm impression' activity.



HOLI CELEBRATION:

Children at Nursery celebrated Holi, the festival of colours virtually with their friends and teacher. Children learnt about colours by participating in fun activities like colour splash on paper and hand painting on T-shirts.



ALL ABOUT TRAFFIC SIGNAL:

Our little ones of nursery learnt about the traffic signal through a puppet show in their recent virtual class. They also had fun riding their own tricycles/ride-on and connecting with their friends virtually.



ACTIVITIES @ JUNIOR SCHOOL

MOVIE TIME @ GRADE 1:

As a reward for the Tambola activity that was conducted during the Math week, teachers of Grade 1 arranged a special screening of their students' favorite movie "The Boss Baby". From the comfort of their homes with snacks and drinks, children enjoyed this movie with their friends.



LUNCH WITH THE TEACHER - Grade 1: Students of Grade 1 were in for a real treat, as their teachers planned a "lunch with the teacher" virtual session for their students. From the comfort of their homes, students enjoyed their lunch with their friends and teachers. This activity helps build a positive student-teacher relationship and enables them to feel safe and secure in their learning environment.



ALL ABOUT COMPUTERS - Grade 1 :

Integrating technology into the classroom is a great way to tackle the first step in technological literacy. With Computer classes, children are introduced to new ways of thinking and working. It is a great introduction to resources that they are likely to use in the future. Students of Grade I learnt about the different parts of computers, their uses and also worked with fun and challenging tools such as MS paint and Tux paint.





FORMATIVE ASSESSMENT - Grade 1 :

We have introduced creative and exciting ways to assess student learning and understanding. Students of Grade 1 had germination activity as part of their EVS formative assessment. This type of assessment is fun and engaging. It also helps the teachers to monitor and modify their methods of instruction and lesson plans to improve learning outcomes.

PROJECT BASED LEARNING - Grade 3: Project based learning is an approach that focuses on what students do with what they learn. With these approach students become independent learners and critical thinkers. Grade 3 students were instructed to create projects on either 'Safety rules followed at home, school and road' or on 'Cleanliness'. While some of them made project models, others executed them as a scrapbook activity.



SUBJECT ENRICHMENT ACTIVITY - Grade 3 :

Subject Enrichment activities promote critical thinking and problem solving skills and make learning more meaningful, valuable, and rewarding. These activities, apart from being fun, help students to become more engaged in their learning and retain more information. Grade 3 students conducted an activity in their homes to learn about the different layers of soil.





EXPERIENTIAL LEARNING - Grade 3 :

Hands-on learning has long been an important factor in raising children who go on to have a lifelong love of learning and who perform better academically. While students may learn about a concept in the classroom, it is by walking through an experiment in the laboratory that they are able to put that concept into action and gain practice in actually applying it. This process has been shown to lead to higher retention and a better understanding in the subject. With trial and error, students of Grade 3 had hands-on learning activities to understand the concepts such as Day and Night, Different Forms of Water, Shadow Activity etc.

ACTIVITIES @ MIDDLE SCHOOL

MATH EXPERIENTIAL LEARNING:

Prodigy' is an interactive and immersive online math gaming platform that covers 1400 math skills to ensure that students have a comprehensive understanding of the subject. Students thoroughly enjoyed this fun way of learning Math. It helped them work in their independent centers thus building confidence and improving their mental arithmetic skills. Students were also acknowledged with certificates and medals for their exceptional performance and for constantly practising 'Math Skills with a focus to improve skill mastery' during the academic year 2020-21.



ROLE PLAY - NEWS READING ACTIVITY:

Role play helps to develop speaking and listening skills as well as gives the students an opportunity to reflect and develop their knowledge on a topic. This is one way to develop and improve language and communication skills by encouraging the students to participate in recreational activities effectively. It also helps students to be socially more confident. Students of Grade 7 took part in a news reading activity as part of the role play. They presented a news report on American millionaire Mr. Ormond Wall's accident and death.

Some students individually displayed their talent of compiling the news story and reading it, whereas other students coordinated with each other and presented it as a group activity. They followed the guidelines such as writing down the news story on a piece of paper, reading it from a distance, not using expressions like 'um', 'ah', 'well' and restarting their sentences with 'excuse me' without getting disappointed, if they make a mistake. The learning outcomes of this activity were demonstrating an ability to write a short newspaper story using the clues given and to present it like a professional newsreader.



ACTIVITIES @ HIGH SCHOOL:



NATIONAL YOUTH DAY SPECIAL ASSEMBLY:

"Take risks in your life, if you win you may lead, if you lose you may guide"- Swami Vivekananda.

National Youth Day is celebrated on 12th January every year to commemorate the birth anniversary of Swami Vivekananda. The main objective and reason for its observance is to create a platform for the youth to address various issues in the spectrum of their life. This special assembly was conducted on 11th January, 2021 at school by the students of Grade 10A. The Principal and Tr. Yogavathi addressed the students regarding the importance of this day and how the youth must involve themselves in building the nation.



EXPERIENTIAL LEARNING: Grade X:

Students enacted 'The Proposal' by Anton Chekov as part of the experiential learning process. In order to create, in order to do so, students must be engaged in their education. And engagement has for years been linked to greater academic success like increased test scores and greater academic achievements.



ACTIVITY BASED LEARNING: Grade X:

Activity based learning encourages students to be inquisitive and independent. It helps them to think analytically. It kindles their curiosity which in turn makes them active and not passive. It supports the development of social skills. It improves their confidence, tests their cooperation levels when in groups, and builds their communication skills. Children learn to challenge themselves and come up with creative solutions. Students of Grade X were divided into 3 groups, each group was given a bar magnet and a magnetic compass. They were taught to draw the magnetic lines using the compass around the magnet. Students in their groups enacted the properties of the magnetic lines of force. Eg: Magnetic lines of force are always unidirectional.



HYBRID VALEDICTORY CEREMONY 2020-21:

Manipal school held its first ever hybrid Valedictory Ceremony for the students of Class X, batch of 2020-21 on the 9th and 11th of April 2021. The first part of the hybrid Valedictory function began with the ceremonious lighting of the lamp by the Principal Mrs. Anuradha Shivaram who then addressed the gathering with the welcome note. The day was a fiesta devoted to the years spent together with friends and teachers to reminisce joyous moments. Guest of honour Dr. Dilip G Naik, Pro Vice Chancellor of Manipal Academy of Higher Education and Chief Guest of the ceremony, Dr. Ananth Prabhu, Professor at Sahyadri college of engineering, Director of SurePass Academy shared their inspiring messages with students virtually. In their Valedictorian address, Rakshith Bediguthu and Soha Salman, expressed their gratitude towards Manipal School for gifting lifelong friends and a treasure trove of beautiful memories. On behalf of their batch mates, the two valedictorians thanked the Principal and other Staff Members and also acknowledged the role of parents in making them and their peers into who they were. Part 1 of the hybrid valedictory ceremony culminated with the "Retrospect 2021" a video which was a deep stab of nostalgia to many students who were visibly emotional.

The second part of the hybrid Valedictory ceremony was held on Sunday, 11th April. As the COVID-19 pandemic still runs its course, owing to the government restrictions, we divided the batch of 62 students into three groups with different time allotment. The young ladies glowed in colourful saris whereas gentlemen carried themselves smartly in suits and ethnic wear. Students walked the red carpet led by their class teacher. Students accompanied by their parents were awarded mementos on their strengths and interests.



CO-SCHOLASTIC ACTIVITIES:

VIRTUAL ART CLASSES:

Perceiving that art is crucial in education, the school scheduled regular synchronous art classes for the interested students. Following our art teacher's demonstration as well as viewing the displayed models or pictures on the green board/ICT, the students drew pencil sketches, shaded and coloured them during the virtual session. Students who were not able to complete the activity within the stipulated time, were given extra time to complete and submit the pictures of their artwork in their respective class WhatsApp groups. At the end of the academic year, the best pictures were displayed on the school Wall of Fame to motivate the budding artists. These sessions undeniably promoted creativity, imagination, and expression among students as they did during regular in-person classrooms.



ONLINE MUSIC CLASSES:

Upon understanding music classes' cognitive and behavioural advantages, online music classes were scheduled for interested students under the title - Music Club. These synchronous classes were conducted on Saturdays for our students who were categorized into two groups - Grade 5-7 and Grade 8-10. These practical music classes were conducted on Zoom Platform in which the students who had musical instruments were the majority and active participants. The music teacher trained the students on the basics of singing and how to synchronize with the musical instruments. There were practical sessions on sensing different styles of rhythm. The sessions were focused mainly on teaching western and Bollywood music. After each session, songs were shared with the students for additional practice. Students presented rehearsed songs in the next session and they were given feedback and encouraged for further improvement. Music sessions have also contributed significantly to the school choir. Our choir group was well appreciated by a seasoned musician at the valedictory ceremony, for singing a well-arranged song, placing the minimal instruments, and playing the piano melodiously. Without any doubt, we can claim that these sessions contributed to enhanced brain functions and better emotional development.

CUBS/BULBULS & SCOUTS/GUIDES:



As a part of their programme, Cubs and Bulbuls, Scouts and Guides of our school along with their mentors participated in a yoga session and adventure games like smell test and blindfolding on the 17th March, 2021. They also had virtual sessions which included many activities like life skill training, cooking without fire etc. A cultural programme was organised for the Scouts and Guides, Cubs and Bulbuls on 20th March. Students made use of this opportunity and displayed their talents in various fields. Good deeds and random acts of kindness done by the scouts/guides/cubs and bulbuls were recorded on a daily basis.





YEARBOOK 2020-2021:

The academic year 2020-21 has been extraordinary for many reasons. One among them is that the students were not able to enjoy their normal school life. Being around their friends, teachers, celebrating various occasions, participating in events, and all the wonderful things that go with life at school. In a very humble attempt to give back to the students for all the sacrifices that they've had to make over the past year, their teachers gifted them with Digital Yearbooks for the year 2020-21. Each grade was given a theme based digital yearbook that highlighted all the events of the entire academic year. There were themes varying from gardens, to gems to books and even some video yearbooks. Students got a glimpse of all the activities conducted over the year. Their art and craft work were also showcased in the yearbooks. Students and parents highly appreciated the digital yearbook and were very pleased with the memorabilia.



Teacher's Message-



TEACHER CORNER

FOOD and its role in comfort and pleasure:

As the famous saying by Ian Somerhalder goes, 'The way to a man's heart is through his stomach'. Thus traditionally in India and in many world cultures, young women are encouraged to learn to cook well to keep their men (husbands) attached to them. Now, while this may appear to be a male chauvinistic view, the above saying is only a part of the real thing. In fact,

Ian Somerhalder's complete quote goes like this: 'The way to a man's heart is through his stomach. It's the same with women... or at least the ones I want to be with.'

Well, it is a known fact that people going through depression often tend to put on weight as they move towards food for solace - more of the junk food variety perhaps - to help elevate themselves from their sadness and dejectedness. In general, we all agree that good food in any form; be it chicken drums of heaven (more popularly called chicken lollipop) as starters, hot corn soup as appetizer, kebabs and grills as side dishes, Biryani as a main course or a great variety of sweets as desserts, it can all give us an experience of happiness and make us feel contented. The aroma of a delicious meal or the smell of cake getting baked wafting out of the oven can get our gastric juices flowing and can leave us craving for certain foods.

Sharing meals, throwing a party, having our friends and family gather around the dining table for celebrations can forge closer bonds, enhance relationships and simply bind people together. Lots of new friendships are created over food, while indulging in special treats and sharing recipes. Delectable food can be an ice-breaker and a talking point. Appetizing and mouthwatering dishes can keep a party lively, chirpy and pleasantly noisy. Besides, there are a lot of women and men who love cooking and take it up as a hobby or pastime. They find cooking therapeutic and a great stress buster likening it to yoga or aerobics.

Moreover, the right food, obtained from the right sources (organic), prepared in the right way (healthy) is proven to right wrongs, improves overall health and well-being, keeps sickness at bay and even brings about complete recovery from certain health conditions.

Therefore, while we all know "You are what you think" it wouldn't be wrong to say "You are what you eat"

Amulya D'Souza, French Teacher

PARENT CORNER

Remote learning through the pandemic - A present moment mindset: -

During this past year the pandemic has molded not only how we live, but also posed a huge challenge to our education system. Gone is the past year but uncertainty still looms large over our heads. At this juncture, therefore it is essential to stop and appreciate the hard work our schools are putting in, every day to inspire, and care for all our students.

Education is never static and neither are we.

Manipal School and its teachers have shown an impressive amount of ingenuity, resilience, passion and strength, as we navigated unprecedented challenges over the past year. They have wisely made use of the autonomy they have been given to guide students through remote classes, by conducting:

1. Activity based learning
2. Effective video lessons
3. Virtual tours
4. Rewards and recognition
5. Needs of students at different levels and stages
6. Reassurance to students and parents,
7. Objective and subjective assessments

While it is impossible to shift to distance learning overnight without lots of trial and error. The school and its teachers made sure they stopped at nothing to ensure that they used this as an opportunity and explore its potential.

I am impressed by, and grateful for, your amazing efforts and awesome creativity. Thank you Manipal School and Teachers for stepping up to ensure our students are staying healthy and safe, and continuing to learn. I am sure the things we have learned, and the innovations you have pioneered, will not soon leave us.

-Ms Simitha D Souza, Parent of Aiden D Souza, Prep2A

Nature

Environment or you call it nature

Save it or it will destroy the future

Reduce, Reuse and Recycle

Do not use a car but a cycle.

Haven't you noticed nature and it's beauty?

When you destroy it don't you feel pity?

Preserve, Conserve, Protect

Because nature is something so perfect.

STUDENT CORNER

- Samaa Salman, Grade IVB