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## Important dates from Nov 2011 to Apr 2012



- 8<sup>th</sup> Nov - School re-opens
- 16<sup>th</sup> Dec - Annual Sports Day for Pre Primary
- 17<sup>th</sup> Dec - Annual Sports Day for Std. I to VII
- 26<sup>th</sup> Jan - Flag Hoisting and Annual Day
- 8<sup>th</sup> Feb - Akshara Founder's Day
- 30<sup>th</sup> Apr - Open House

## Message from our Director

It is another academic year and with five years behind us, we are more than sure that: Schools have to be a place where children experience their all round growth through an inclusive integrated learning programme of the Arts, Music, Sports, Languages, Maths and Science. At Akshara we strive for a well rounded growth.

Every year most parents attend our orientation programme, where we reiterate our belief in the kind of education that we want to impart to our children. To fulfill this mission we continuously seek your support as a parent who is concerned about the ever changing system of education that is severely marks oriented and therefore achievable only by a few. We would prefer that students take information and skills that they have learned in school or other settings and apply them flexibly and appropriately.

We as parents are comfortable and connected with the conventional learning (rote) and pursue the format with vigour and so do schools. As enthusiastic parents and schools we are robbing our children of their dreams and

not allowing them a chance to etch their life. Instead of placing various choices before them, choices that they can explore, we thrust our unfulfilled dreams on their shoulders, designing careers and professions of our choice. Can we allow our children their childhood?

Dear parents, can we begin by allowing our daughters and sons a chance to dream, to support them and trust them with their choices, to be there if they fall and to laugh off their mistakes, to listen to their small stories....well, nothing says it better:

*Your children are not your children.*

*They are sons and daughters of Life's longing for itself.*

*They come through you, but not from you.*

*And though they are with you, yet they belong not to you.....*

*You may strive to be like them, but seek not to make them like you.....*

Khalil Gibran

Mridula Chakraborty  
Director

## Message from our Headmistress

HAPPINESS is the key to success. Mahatma Gandhi had once said, "Happiness depends on what you can give and not what you receive."

If one wants to really master the art of happy living, one has to start by maintaining a healthy mind. Since a healthy mind resides in a healthy body, we need to ensure that we are physically fit.

To begin with, our body movement s should be smooth so that we remain active all day. This will boost our self confidence and enable us to perform

better throughout the day. Next we must focus our energies on working hard and working right. Set up goals that are realistic to meet and make concrete efforts to achieve them. We must work cheerfully and conscientiously as a team. We need to manage our time judiciously to reap the best harvest. Let our education be such as to initiate us in the art of living so that we can live the full span of our lives in quest of knowledge peace and prosperity.

Vathsala Subramanian  
Headmistress

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## Past events

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JUNE

11<sup>th</sup> General Orientation for Parents of Std. I to VII

25<sup>th</sup> Teaching methodology meeting for parents of Std. III

JULY

5<sup>th</sup> Workshop on Autism by School Counselor for all teachers

9<sup>th</sup> General Orientation for Parents of Pre-Primary

9<sup>th</sup> Teaching methodology meeting for Std. I, IV and V

23<sup>rd</sup> Teaching methodology meeting for Std. II, VI, VII

AUG

6<sup>th</sup> AECED Workshop for teachers - on Pre-reading and Pre-Maths

27<sup>th</sup> Teaching Methodology Workshop for Parents of Nur, Jr. KG

SEPT

9<sup>th</sup> Workshop on Classroom Management by School Counselor for teachers

12<sup>th</sup> to 17<sup>th</sup> Akshara Science Week

17<sup>th</sup> Akshara Science Day

24<sup>th</sup> Teaching Methodology Workshop for Parents of Sr. KG

OCT

15<sup>th</sup> Open House

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## OUR SCIENCE WEEK

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Akshara Science week began on 12<sup>th</sup> Sept. 2011, when our school re-opened after Ganesh Festival vacation.

There were various activities on each day. The first day Mr. Amit Kumar came to share knowledge about cameras. He showed us how different cameras work. We also made a pin-hole camera, and were asked to try it at home.

The next day Mr. Bhavesh Nathwani had come to explain the digestive system. He asked us many questions. We too asked him questions to clear our doubts. This session lasted for one hour.

The last two periods were used for recycling of paper. Class VI students prepared a wind chime, while class VII students prepared a lantern.

On 14<sup>th</sup> Sept. there was an elocution competition. All students were anxious and nervous. We were judged by Marion teacher and Namrata teacher.

On 15<sup>th</sup> Sept. Mrs. Kanwal Mehta came to give a talk on pets, she was accompanied by her pet dog. An amazing fact about dogs is that they cannot see colour, they can only see a black and white picture. Dogs can hear 20 times more than us. We were given biscuits to feed the dog. It was great fun.

The last one hour was for project making. We had planned a project on Light but it did not work properly, so we thought hard and decided on 'Water as a heat conductor'.

On 16<sup>th</sup> Sept we completed our project, and made a chart describing it. We then decorated our classroom.

On 17<sup>th</sup> Sept. we displayed all our projects. A healthy food competition was held. All parents were asked to make and bring a healthy snack and a healthy drink. These were judged by two nutritionists who were our guests.

Another guest gave a talk on 'Our environment and plastics'.

Another parent. Mrs. Sumati Pevekar conducted a Science quiz in which our group held the second position.

Class VI students performed a play on the 'Solar System' while class VII students entertained the audience with a magic show 'Science or Magic?'

All the parents came to see the projects made by the students and appreciated them.

I think we tried our best and will try to do better next year.

Siddheya Pai (Std. VII)

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## THANKS!

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Our sincere thanks to the parents who took a keen interest and contributed their valuable time and sincere efforts in making the AKSHARA SCIENCE WEEK a huge success.

Mr. Amit Kumar for demonstrating the working of a camera

Mr. Bhavesh Nathwani for his talk on the 'Digestive System'

Mrs. Kanwal Mehta for her presentation about dogs

Mrs. Radhika Nigudkar for the

Audio-visual presentation on the importance of healthy food

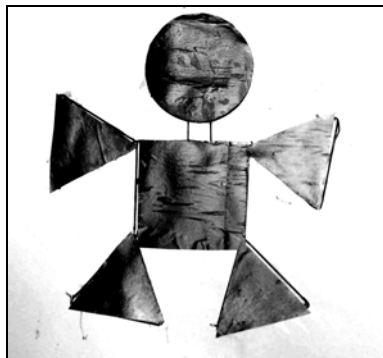
Mrs. Shubhada Nigudkar for her lecture on 'How to Maintain a Healthy Routine'

Mrs. Sumati Pevekar for conducting the 'Science Quiz'

Dr. Rashmi Bhanushali for the talk and Audio-visual presentation on Nutrition

Mrs. Kalpana Andhare for the talk and Audio-visual presentation on 'Our Environment and Plastic'

## ART CORNER



Sarthak Sarode (Nursery)



Shrish Rao (Jr. KG)



Komal Edwankar (Sr. KG)

MY DREAM HOUSE

Raashi Sadrani (Std. I)



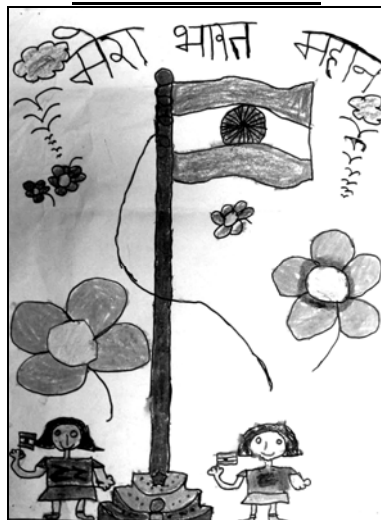
Archisha Sawant (Std. I)

MY MAGIC TREE

Harsh Kheradia (Std. II)



Aadi Gawde (Std. II)

INDEPENDENCE DAY

Riya Singh (Std. III)

## POETRY CORNER

## HAPPINESS

A good reputation,  
A clear conscience,  
Appreciation of Nature,  
A peaceful heart,  
The knowledge of giving  
happiness,  
Satisfaction from duty,  
Good social relationships,  
Acceptance of defeat,  
Sweat of hard work,  
These make for TRUE  
HAPPINESS

Jash Barot (Std. IV)

## A FRIEND

A friend is like a flower,  
A rose to be exact,  
Or may be like a brand new  
gate,  
That never comes unlatched.  
A friend is like an owl,  
Both beautiful and wise,  
Or perhaps a friend is like a  
ghost whose spirit never dies.  
A friend is like a hare that  
goes starting until the end  
We would not be in this world,  
If we didn't have a friend.

Pranav Rawal (Std. IV)

DUCK

Jhalak Mishra (Std. III)

## Healthy Cooking

A 'Healthy Cooking' competition was held on 17<sup>th</sup> Sept.

The following parents / guardians were the winners:

**1<sup>st</sup> position** - Mrs. Sudha Kocharekar for Spinach Wadi, Methi Paratha and Pomegranate Juice

**2<sup>nd</sup> position** - Mrs. Sanghvi for Cheese Paratha and Potato Spiral

**3<sup>rd</sup> position** - Mrs. Gupta for Beet Tomato Juice and Fruit & Vegetable Salad

### RECIPE FOR SPINACH WADI

**Nutrition content:** Protein, Calcium, Iron Vitamin A and C

#### **Ingredients:**

- 1 bunch of spinach
- 50 gm. Chana dal
- 50 gm. Moong dal
- 4 tbsp. Millet flour (nachni)
- Paste of ½ inch ginger
- 2 green chillies
- A handful of coriander leaves
- 2 tbsp. oil
- A handful of white sesame ( til )
- ½ tsp. Turmeric powder
- ½ tsp. Chilly powder
- Salt and sugar to taste

#### **Method:**

- Soak Chana dal and Moong dal for 45 min and grind to a paste.
- Add ginger, coriander paste, millet flour, salt, sugar, turmeric, chilly powder.
- Wash and finely chop spinach and add to above paste kneading it into dough.
- Smear oil on a flat thali and flatten above dough into a thick chapatti.
- Steam in cooker / open pan for 10 minutes.
- Allow to cool and cut into pieces.
- Heat oil in a pan and add sesame and let it splutter. Add the cut pieces of wadi and stir slowly OR you may shallow fry the pieces individually and sprinkle roasted sesame over them.

## New Admissions

### Academic year 2012-2013

Admission forms available at the school office.

### Admission is available\* for Nursery, Junior KG, Senior KG Std. I to Std. VIII

(\* Limited seats per class)

Admission forms shall be processed as per rules of the school and admission shall be granted on first-come-first served basis to those fulfilling the requirements.

## Counselor's Corner

### Wake up Kid ☺

Early morning can be a wonderfully effective time to connect with children, especially children going to school where they won't get to see you all day.

Spending quality time with our children is extremely important for their development and happiness. Research proves that time spent with children doesn't need to be elaborate or long, but it must be "quality". We must find ways to slow down and slip in some memorable time that will let our children know that we love and care for them.

Set the alarm thirty minutes early. Fill them up with your warm, playful and undivided attention before worrying about their morning routine which can bolster your child who is anxious about the separation morning often brings. Much of the morning's usual dawdling is often a child's reluctance to let go of you. Allowing a child to experience morning as a happy reunion, rather than a disconnected push toward yet another separation, can change the tone in the house and set them on a path towards a happier day.

A happy, confident child is much easier to wrangle out the door to face the busy activities of the day. You'll be amazed how much more effective and cooperative children can be when their need for affectionate connection is given first priority. And a child who feels emotionally connected and relaxed is better able to transition into the school environment and to absorb the day's learning.

Last but not the least, special moments provide you and your children with time to connect and it's these connections that make your children feel loved. Take those extra moments to spend with your children. When you look back, you will be thankful for the memories.

**Aditi Nagar**  
Counselor, Akshara High School

*Note: Upcoming events are subject to change. Kindly keep in touch with the school office and check the School Diary every day.*