



## FROM THE PRINCIPAL'S DESK

**Mrs. Anuradha Shivaram**  
Principal,  
Manipal School

Dear Parents,  
Greetings to you!

'Competition within oneself produces the strongest community.' The objective of the competition is the key. If you can teach your children to compete within themselves and use their strengths to advance others, they will grow and help others to grow. The community will grow and no one will be a stair.

Children expect to be told where they fit in. If a child perceives that his goal is to make enough money to buy a nice car, then that is where he sets his sights. If he perceives that his goal is to design that car...

- Mrs. Anuradha Shivaram  
Manipal School

## EDITORIAL COMMITTEE

Anuradha Shivaram	-	Principal
Asha Rani	-	Teacher
Sangeetha Peris	-	Teacher
Hemalatha G Poojary	-	Teacher
Mallika Hareesh	-	Teacher
Aahana Hegde	-	Student
Naethan Michael Pais	-	Student
Keara Theresa D Souza	-	Student
Medha Nethicallu	-	Student

## THEME OF THE MONTH -

FOCUS ON SOLUTIONS, NOT ON PROBLEMS.





## EVENTS AND ACTIVITIES

**GANDHI JAYANTHI** - Mahatma Gandhi's 150<sup>th</sup> birth anniversary was observed with great solemnity by the staff and students. In all faith, prayer was recited followed by the chanting of 'Guru Stotram' and singing of Gandhiji's favourite bhajan 'Raghupathi Raghava Raja Ram'. The students and the staff cleaned the dirty spot outside the school gate and the walls were painted. A group of students went on a rally with an appeal to the nearby residents to support their noble initiative of 'Cleaner Surroundings.' All the students participated actively under the guidance of their teachers.

**VEGETABLE DAY** - This day is celebrated every year in the pre - primary with an objective to educate children about the importance of eating vegetable. This year the tiny-tots of pre-primary celebrated Vegetable Day on October 26<sup>th</sup>, 2018.

The students went on a field trip to the vegetable garden at the Sahyadri Engineering College campus in Adyar. They were excited to see the vegetables like brinjals, chillies growing on plants and not in packets. The kids made a salad with some fresh produce from the garden which they enjoyed thoroughly. They also promised to eat veggies without a fuss.





**NAVRATRI CELEBRATION** - The festival of togetherness - Navratri was celebrated in school on 5th of October. Display of dolls, 'Bombe Habba' was the highlight of this celebration. The place was decorated with different themes such as, 'Village Scene, Ganesh Procession' and 'Raas Lila'. The pleasing aesthetics attracted the students. Next day, 'Garba Night' was organised for the teachers and alumni. The teachers and the ex-students had a relaxed evening catching up with the past.

**CAPACITY BUILDING PROGRAMME** - Mrs. Parvathi K and Mrs. Srilatha Alva attended the Capacity Building training on Health and Physical Education training organised by the CBSE and Mrs. Mallika Hareesh attended the workshop on Gender Sensitivity.

**WORKSHOP CUM CONSENSUS BUILDING - A CHILD SAFETY PROGRAMME FOR SCHOOLS** - Ms. Reshma Rao and Ms. Supreetha participated in the workshop cum consensus building workshop organised by project CACA-A child safety programme for schools on 26<sup>th</sup> October 2018 at St Theresa's School, Mangalore.

Mr. Pradeep project co-ordinator explained about types of abuse, child rights, related laws and agencies involved and preventive steps that should know of as parent, teacher and also as a citizen of India.

Mrs. Supreetha Shetty, the school counsellor conducted a session on the POCSO Act for all staff members. This will help to create an awareness about different kinds of sexual offences and related punishments.

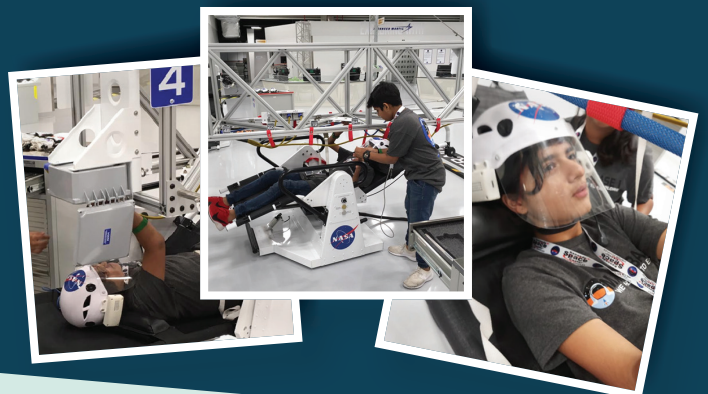




**CLASS PICNIC** - Picnics are a great stress buster and they help reduce the stress and anxiety that children may have. The students went on their annual picnics in and around Mangalore. The little ones went to Gandhi Park, Kadri Park and older ones went the planetarium at Pili Kula, the Hasta Shilpa Heritage Village at Manipal. They had wonderful time together and learnt a lot too.

**TRIP TO NASA**

The students of Manipal School visited United States of America on an Educational trip and they visited National Aeronautics Space Administration (NASA) from 12<sup>th</sup> October to 21<sup>st</sup> October. The students landed in New York on a gloomy morning and went on the ferry to see the Statue of Liberty. This was followed by a visit to Ground Zero and the Empire State Building. They spent the evening at Times Square. The next day, they went to the world-famous Niagara Falls for the most awe-inspiring cruise under the waterfall. The highlight of the trip was the visit to the Kennedy Space Center and the Astronaut Training Experience ( ATX ) at Mars Base 1. The students joined the crew as they began a spectacular new mission simulation including launching, landing and walking on Mars. They performed a spacewalk through exciting micro gravity simulation. At the end of the training, students created personalised video logs of the unforgettable experience.



## STUDENTS' CORNER

**THE MOST MEMORABLE MOMENT OF MY LIFE** - The most memorable moment of my life was when I won the dance competition on Talent's day. The competition was held in our school. There were about twenty participants from my class. My mother helped me to prepare for the competition. I learned the dance step by step. I was worried that I would forget a step. Finally, the day of the competition arrived, I was nervous when the teacher called out my name. I was jittery as I walked up to the stage and when the music began I just started dancing. I forgot all my fears and just danced. After my performance my friends told me that I was the best. I was very happy and when the results were announced my name was called out first. I had won the first place and received a gold medal and a certificate from the Principal. When I went home and told my mother, she hugged me tightly.

**- Daksh P. Jain**  
Grade IV B

## PARENTS' CORNER

It has been four years; I see the cheerful faces of blue clad kids, the energy spreading from green-blue-yellow-red sporty youngsters, their hardworking and enthusiastic mentors and their diligent and disciplinarian institutional boss. I wonder, each morning when the little ones board the orange painted school bus with a name, 'Manipal', their journey is to a temple of learning that carries the tradition of being pioneers in education for many decades. It has been a conducive environment for education when two giants - Pearson the leader in innovative acadamecia and Manipal the tag with solid foundation amalgamates in unison.

Here, Schooling doesn't mean text book learning alone but an overall growth through sports, Yoga, karate, music, arts, library book reading, cultural events and other extended activities. What strikes me most in Manipal School is that for any stage show from the class, 'no child is spared' and everyone is provided with an equal opportunity. I feel proud each day, when my ward comes back from school, though tired has learned and matured with a new word or an articulation or a theory or at least by an experience.

**-DR. RAJEEV T.P.**

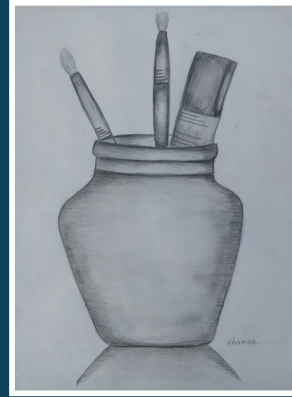
F/O TARANG S. RAJEEV (V-C) & ANTARA S. RAJEEV (II-C)

## WALL OF FAME:

1	<b>Vignesh Santhosh Anchan</b>	Grade - VIII	Won second place in Wright Flight event at National Institute of Technology Karnatka, Surathkal during the annual Technical Festival Engineer '18 in the month of October.
2	<b>Tushali Sandeep</b>	Grade - VI	Won third place in Shlok recitation competition organized by Dongarakeri Shri Sharada Yuvaka Vrinda , Mangalore on October 15, 2018
3	<b>Ira Jain</b>	Grade - V	Won first place in Spark - 1 and second place in Spark - 2 Rapid Chess Tournament on October 07, 2018 at Derik's Chess School, Mangalore.



## STUDENT'S ART GALLERY



## TEACHERS' CORNER

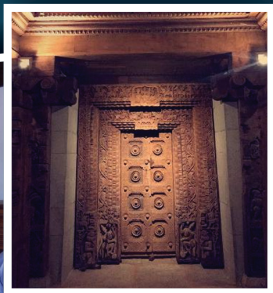
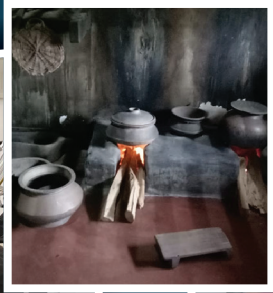
**NATIONAL SPORTS DAY** - The national sports day in India is celebrated on the 29<sup>th</sup> August each year. This day marks the birthday of major Dhyan Chand Singh, the legendary hockey player who won many laurels for India. This day is also known as Rashtriya Khel Diwas.

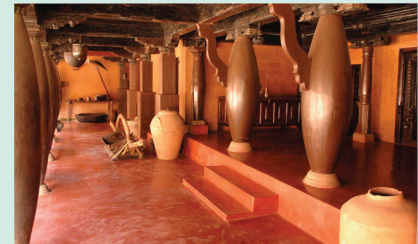
Major Dhyan Chand had won three Olympic gold medals in hockey for India between 1928 and 1936. On this day, the President of India will often give out Sports awards like the Dronacharya Award, Rajiv Gandhi Khel Ratna, Arjuna awards and so on.

Sports teaches you character, it teaches you to play by the rules, it teaches you to know what it feels like to win and lose- it teaches you about life

- Tr. Shibani Trikannad







**Mrs. Anuradha Shivaram**  
Principal, Manipal School

*"Please contact school front desk for any suggestions or feedback or email us at [feedback@manipalschool.edu.in](mailto:feedback@manipalschool.edu.in)"*