



MANIPAL
SCHOOL

A unit of Academy of General Education

MANIPAL SCHOOL Connect July (AY 2021-22)



Mrs. Anuradha Shivaram
Principal, Manipal School

From the Principal's desk

Dear Parents,

Greetings to you!

Relationships are "key to everything in education", and we have been taking steps to make sure that students feel connected to their teachers and peers. All the discussions about school reopening have been technical in nature, and that makes sense because of the host of health and safety concerns that we have to take care of. But if these critical discussions about how to keep everyone safe aren't grounded into values about what we want for our students and what produces good educational experiences, then they are not likely to work or achieve their best results. We, at Manipal School believe that the relationships that we have forged with the students has helped them to learn better and teachers have been able to unlock student potential and learning in the DLP. Once school reopens teachers and students would need to team up and develop new strategies and structures for forging these relationships to enable more meaningful learning.

Mrs. Anuradha Shivaram

EDITORIAL COMMITTEE

Anuradha Shivaram	Principal
Laveena Barboza	Teacher
Hiba Baksh	Teacher
Shibani Trikannad	Teacher
Reshna Sudeep	Teacher
Vandana Nayak	Teacher
Veena Mallya	Teacher
Rakshitha Kishan	Admission Manager

QUOTE OF THE MONTH

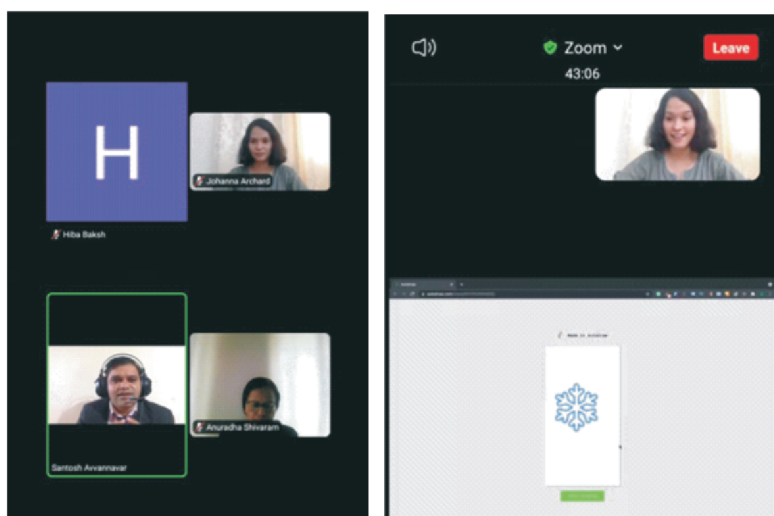
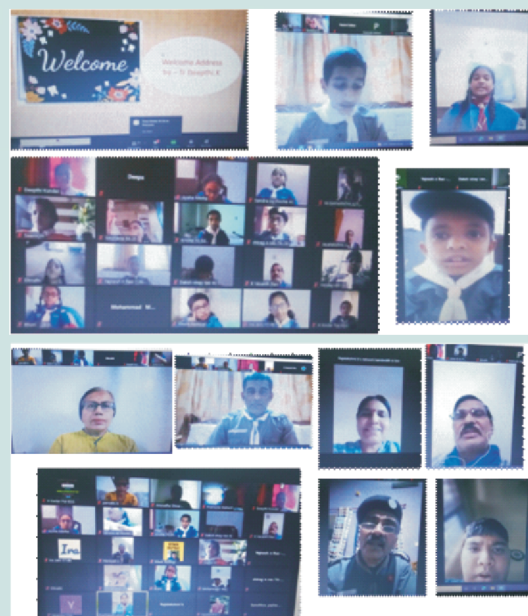
An investment in knowledge pays the best interest.

- Benjamin Franklin

Bharath Scouts and Guides Virtual Camp:

On 27th June, the Bharat Scouts and Guides, Karnataka State Association and Dakshina Kannada district, organized a programme on World Environment Day themed re-establishment of environment and animals. In this view, a programme was organized by Manipal School in association with Bharat Scouts and Guides. The chief guests, Mrs. Anuradha Shivaram - Principal of Manipal School, Vasant Rao - the President of the local association of Mangalore South, Shimoga District, Rajalakshmi - District BEO, Jayavanti Soans - Education Department Organizer, Sri Vishwanatha - District Association Commissioner, Mysore, Sri Ganapati ALT - Rover Scout Leader, Shimoga District; addressed the gathering. Students gave speeches on the basis of their research on flowers, plants, leaves, insects, birds and animals in their area and held the 4th Virtual Campfire.

The programme started with Scouts and Guides Prayer and was followed by a virtual tour video by Guide Ira Jain. The cubs, bulbuls, scouts and guides presented dance performances, quizzes, PowerPoint presentations and demonstration of the preparation of manure. Students from different schools also participated in the event. Teacher Pramoda compered the programme.



Capacity Building Workshop:

Artificial intelligence (AI) is intelligence demonstrated by machines, as opposed to the natural intelligence displayed by humans or animals. AI applications include advanced web search engines, recommendation systems (used by YouTube, Amazon and Netflix), understanding human speech (such as Siri or Alexa), self-driving cars (e.g. Tesla), and competing at the highest level in strategic game systems (such as chess and Go).

An online NEP 2020 aligned capacity building workshop on Artificial intelligence was conducted by QtPi robotics on 14th July. QtPi Robotics is a NEP 2020 co-creation platform for students of Grades I - XII where they learn Coding, Artificial Intelligence, Robotics & Design Thinking. QtPi provides grade wise STEAM curriculum for K12 and empowers children to learn from compelling best-in-class quality content through tactile learning.

The facilitators for the session were Mr. Santosh Avannavar, a mentor and Ms. Johanna Archard, a product engineer at QtPi. The session was conducted for teachers across grades. It began with the story of Einstein followed by a poll to get the real picture about the awareness of the AI concept. The session divided into three parts included - Introduction to AI, Application of AI- NEP aligned for schools and hands on activities. The facilitators ensured that all teachers participated actively throughout the training. At the end of the session, feedback forms were shared and e-certificates were issued to all the teachers.

Literary Event:

The Literary Week Event for Grade I to X was held from 5th to 12th of July, 2021 where the students exhibited their creativity through various literary works. The theme for this year's literary event was "Nurture the future". Various activities and competitions like Me & My....., Hide 'n' Seek with words, Spell-a-thon, Phonic Drill, Artistic Hands, Budding Poets and Weave a tale were conducted based on the theme.



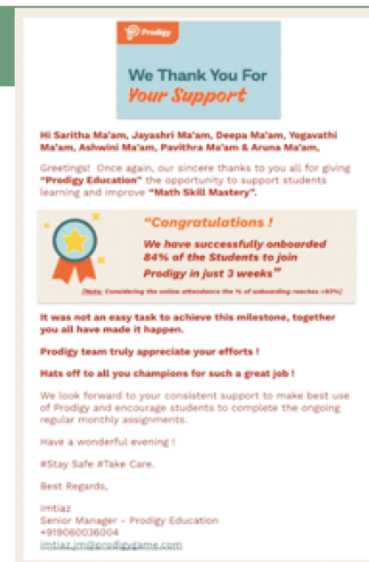
Comic & Meme Creator 13.2 for Android

Prodigy Appreciation:

Prodigy is certified safe for children and has been awarded 'The best educational apps and learning tools' by Tutor fair. One of the main reasons children start playing Prodigy is because of its engaging and fun content delivery. Through Prodigy, children are introduced to a world of characters and battles to keep them engaged while practising math and solving problems in the game. As the game progresses, children solve complex math challenges and complete new levels which ultimately help them master math skills with ease.

Prodigy reinforces classroom learning by delivering curriculum-aligned math content in the game as well. This helps students master math skills that are relevant to their syllabus and score well in their exams.

Prodigy covers around 50 different curricula followed across major countries, including prominent Indian curricula such as CBSE and ICSE. Team Prodigy appreciated the efforts taken by Math teachers of grade III to VIII for the active participation of students and completing the assigned work on time which in turn helped in providing more challenging questions.



Dtd: Thu, 01 July 2021

Manipal School, Mangalore

June 2021: Student Grade Stats



Below is quick snapshot of "Students grade wise login status on Prodigy".

Thank you for your efforts!

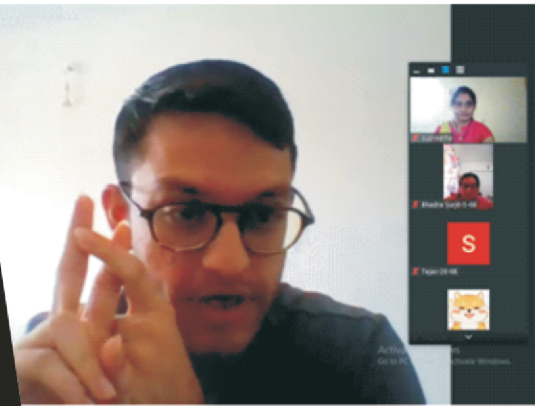
Grade Wise	# of Students	# of Students (Logged into Prodigy)	Student Login % (Class wise)	# of Questions	
				Answered	Correct Accuracy %
Grade 3	78	71	91%	11569	90%
Grade 4	81	67	83%	8511	86%
Grade 5	102	90	88%	8256	87%
Grade 6	99	72	73%	5978	86%
Grade 7	82	73	89%	5499	81%
Grade 8	104	86	83%	4905	77%
Total Students	546	459	84%	44718	81.06%

- **AY 2021:** We started Prodigy implementation on "7th June 2021"
- Proud to see within 23 days since go live the "Student Usage Stats" has reached 84%
- Our sincere thanks to all maths teachers for all your efforts to help the students to join Prodigy.
- Thanks for creating the 29 assignments and encouraging students to complete them. We sincerely appreciate it!

Career Guidance programme:

At Manipal School, we believe that career awareness is an essential first step in building students' understanding of the working world. This year we launched the Middle School career awareness activities with questionnaires, aptitude surveys and classroom speakers. Our first speaker was Pranav Srisimal. An alumnus of the first batch of the school Pranav was an outstanding student and held various leadership positions during his schooling years. Pranav urged his young friends to "Always believe in yourself and love yourself".

Manipal School has always focused on the holistic development of the students. With new age career options coming up, it is important to help students to receive the right career counselling. Even in the remote learning scenario, the School has conducted a series of virtual career guidance sessions for the students of Grade X during the academic year 2020-21. Taking forward this tradition, Manipal school launched the career guidance programme for the academic year 2021-22 in the month of July, this time for Middle school students too. Research has identified middle school as a time when students can benefit the most from career exploration, a process of building self-awareness, learning about potential careers, and developing a plan for reaching future goals.



ACTIVITIES @ PRE-PRIMARY:

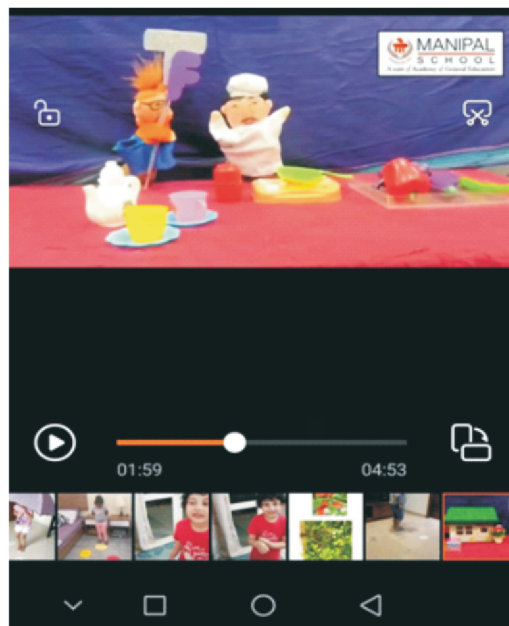
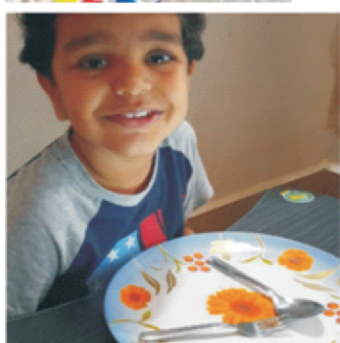


EID -UL-ADHA:

Children of Pre-primary dressed up in festive attire celebrated Eid-Ul-Adha virtually with their teachers, family and friends. Each class nominated a parent to narrate the importance of celebrating the festival and its implications. As a hands-on learning activity children made face masks of sheep.

PUPPET SHOW:

"For kids listening to stories is just like opening doors to another world". Storytelling develops both knowledge and love for all stories amongst young kids. Pre-primary teachers conveyed the proverb 'Honesty is the best Policy' to the young minds through a virtual puppet show on 16th July 2021. Puppets are a great way to engage the attention and imagination of young minds and are the best fun learning activity which kids look forward to enthusiastically.



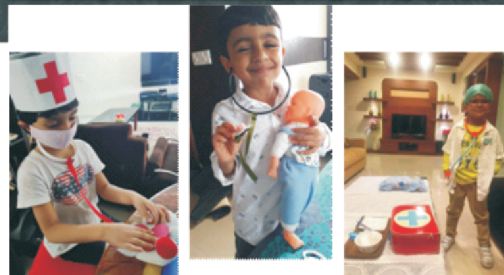
DINING ETIQUETTE:

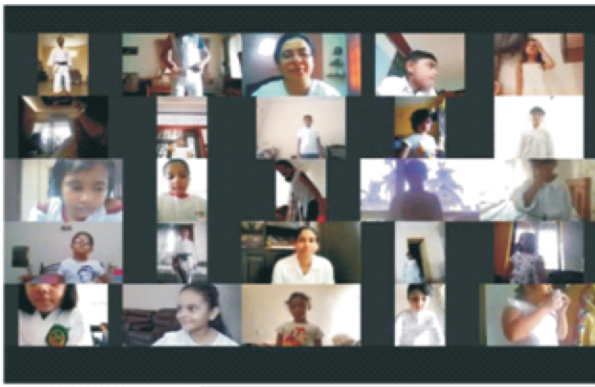
No matter where you are, whether at home, school or at a restaurant, practicing good manners is very important. Table Manners are the rules or etiquette used while eating. Dining etiquette activity was conducted virtually in the Pre-primary on 23rd July 2021. Students were shown the basic procedure and the skills that are used during meals to be followed while eating such as not to talk while eating, holding cutlery in the right way, use of napkin and table mat. As hands-on activity students made Tulip flowers with fork painting in their drawing book. Table manner posters were also made with palm prints wherein each palm was labelled with a manner. This fun filled activity really helped the children to learn basic dining etiquette.

DOCTORS DAY:

On the occasion of National Doctors' Day, Pre-primary Children expressed their gratitude towards doctors for their selfless service especially during the current pandemic. The celebration was held in the virtual platform on the 2nd July 2021. Children enthusiastically donned the role of doctors by wearing aprons and handmade stethoscopes using ribbon and headband. They enacted like doctors, wore masks, sanitized their hands, used their stethoscope to examine their dummy patients (dolls/toys). Students thoroughly enjoyed this virtual session by interacting with their teachers and friends.

Dr Nafeesath Asfara, (BDS), Dr Tejaswini (M. Ch in plastic surgery) and Dr Sabiha Shaikh (PG resident at MCODS) who also happen to be from the parent fraternity of the school were the special invitees for the day. Teachers and students congratulated and thanked the doctors and had some rhyming fun. Students expressed their gratitude towards doctors for their selfless service during this current pandemic by presenting a Quote "We wish your life to be wonderful and healthy just like you make it for us. We admire you greatly. Thank you for giving me confidence to smile with sparkle".





ACTIVITIES @ JUNIOR SCHOOL:

Subject Integration:

Today, there is a focus on an integrated curriculum. An integrated curriculum is described as one that connects different areas of study by cutting across subject-matter lines and emphasizing unifying concepts. Integration focuses on making connections for students, allowing them to engage in relevant, meaningful activities that can be connected to real life.

Integration has been done in junior school with art, life skill, Kung Fu, Math with science and vice versa in order to retain the concepts and enjoy a new activity. The various activities conducted during the month are as follows:

Everyday things chart- students presented a chart explaining about things they can't do without in their daily lives, presentation on noise pollution and its adversities, activity on observing night sky and drawing patterns of stars and checking it on Google lens to find its name, English Kung Fu Integration- four main punctuation, science art integration for topic living and non-living things.

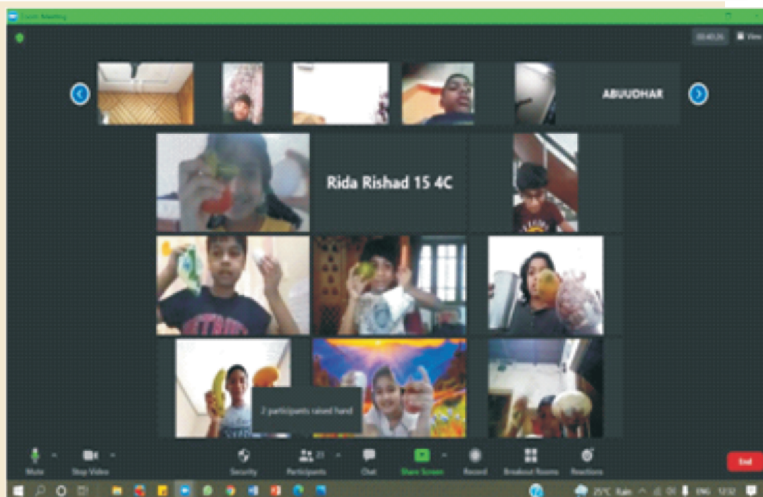
All the students have taken active participation and enjoyed every activity planned for their lessons across grades. The Co-scholastic teachers have taken initiative to complete and make each activity interesting and memorable for all.



ACTIVITIES @ MIDDLE SCHOOL:

Awareness on the theme 'Be Smart Eat Smart':

'To eat is a necessity but to eat intelligently is an art'. It is believed that healthy students make better learners. Hence to bring about an awareness on the theme 'Be Smart Eat Smart' the Science teachers of Junior School spoke about the significance of balanced diet, physical activity and a healthy body. Activities like Scavenger Hunt for healthy food and quiz were conducted. Videos were shown too.



The English Language Enrichment programme

has been an integral part of language development which aims to build confidence alongside English Language Communication skills in the learners across Grades (I-VIII). The learners are engaged in a variety of listening, speaking, reading and writing activities relevant to their grades. In Spite of the current situation this programme continues to flourish in our online classes with the Word of the Day (WOTD). Every teacher carefully chooses a word at each level which is being introduced in every English Class along with its meaning and usage. This in turn will help students to build their English vocabulary.



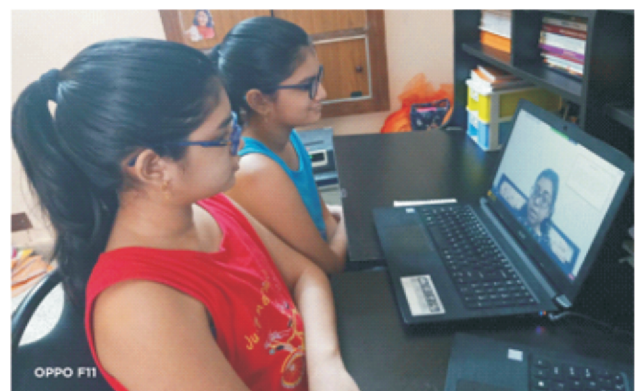
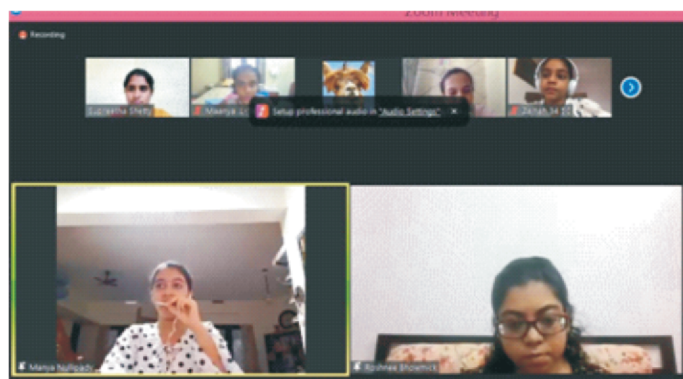
Life Skills Integration-

Integration of life skills to regular classes is an important part of the learning process. Students of Grade V were introduced to 'Table Manners and Etiquette' during their English - Life Skills Integration session. Students were guided on the correct methods of using cutlery, the rules to follow while seated at a dining table and other general dining etiquette. Students had hands-on experience during the virtual session as they followed the teacher and had a short snack applying all the table manners they learnt. Students were very enthusiastic throughout the session and were eager to share this experience with their friends and family.



Menstrual Health and Hygiene-

A Menstrual Health and Hygiene session was held for female students of Grade V, VI and VII, on 24th July. The session was conducted in association with Unicharm India. CSR executive of Unicharm Ms. Roshnee Bhowmick addressed the students. The objective of this session was to build the knowledge of girls on the subject of menstruation. The session entailed a comprehensive understanding on the what, why and how of menstruation. The session developed a biological understanding of the process, with a focus on related social taboos and made students aware of hygiene practices to be maintained during menstruation. The session had a good turnout and the initiative was highly appreciated by parents.

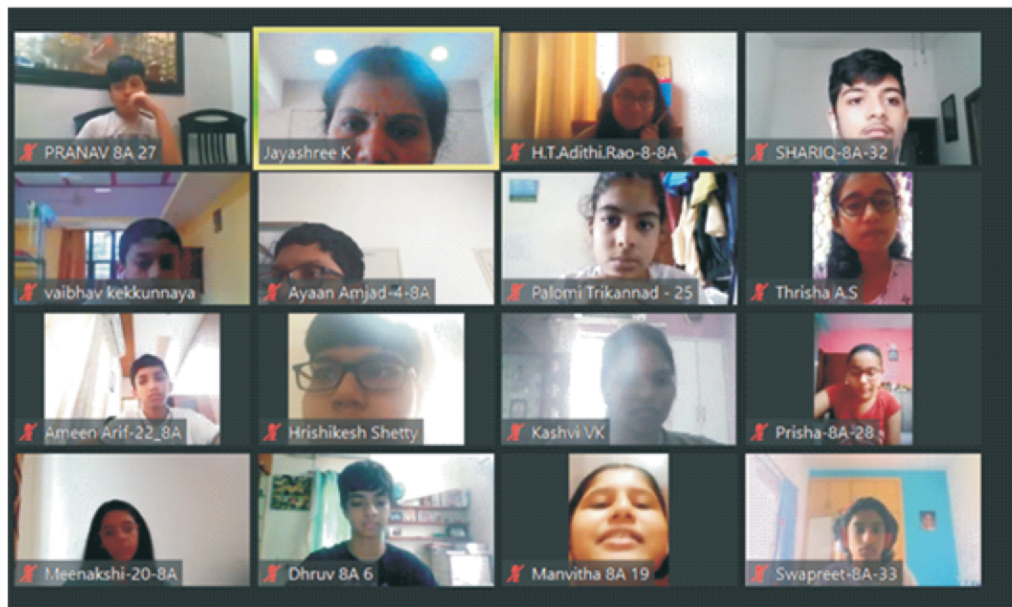


ACTIVITIES @ HIGH SCHOOL:

Subject Enrichment Activity -Debate:

Debate is a valuable activity for students which teaches them useful skills for academic pursuits and life. These debates boost their confidence to speak in public and express their ideas eloquently.

Grade 8 students were engaged in a debate activity on the topic “Protective discrimination to reduce social discrimination” on July 6, 2021. The objective of the debate was to enable the students to identify the affirmative action in India that provides historically disadvantaged groups in various fields. In this activity, students were divided into groups to speak 'for' and 'against' the topic. Half of the students put forward their viewpoint that the objective of providing reservation is not only to give jobs to some people belonging to these communities but also empowering them and ensuring their participation in the decision-making process of the state. Rest of the students argued that reservation for a particular group is not advisable. People belonging to all communities should get the jobs and other advantages on the basis of merit, not just because of the reason that they belong to a particular community.



What if you stopped sleeping?

It's fine to go to bed late once in a while but have you wondered what will happen, if we quit sleeping? Well don't you worry, if you haven't yet. We all know that just like eating and drinking, sleeping is also essential for our survival.

Yes, it not only gives our body rest but also recharges our brain for the next day. But, what if someone is put in a situation where they can't have shut eyes? Well, in that case, merely after the six hours, you might start to feel tired and cranky due to excessive production of hormone called cortisol. However, after 24 hours of sleepless night, something opposite will happen. Instead, of feeling tired you will have sudden burst of energy due to the release of feel good chemical called Dopamin, due to this you will find the world pleasant and feel extra motivated. As and when exhaustion sets in, it begins to go downhill from there on. After 36 hours of sleep deprivation, your memory will begin to weaken making you forget things and even your reaction time will decrease while your brain struggles to save energy for your day to day function.

If you decide to push the limits of your sleepless spree and manage to stay awake further, things will turn worse and lead to the death of the person.

Never take things for granted and always eat and sleep on time and as much required for the body to function properly.

STUDENT CORNER

Bhagyashree
Grade IV A

“Why do we need teachers anymore?”- The future of teaching profession in Online education:

For the first time in India's Educational history, the Kerala state board announced a remarkable pass percentage of 99.47% in the 10th standard SSLC examinations. A proud moment for all the teachers! Right? Wrong...!!! Soon after the results were declared the internet was filled with memes and trolls. But amidst all the humour, at least some people raised a million-dollar question- “If students performed much better without going to schools than the traditional classroom learning, do we need schools and teachers anymore?”

Has the alarming technological boom in the educational sector rendered the teaching profession obsolete? In the present world full of edutech companies promising high marks and fun learning, do we as teachers with average IQ and limited technical know-how stand a chance.

There is no doubt that the teaching fraternity was the quickest to transform into the online mode of working. The teachers who sought help to even send an email, now elegantly handle Google forms and PowerPoints. But this adaptation of new pedagogical methods is not enough. What we need is a revolution in the content that we teach.

Due to the unprecedented turn of events over the last year, our students are exposed to multiple dangers from which no artificial intelligence can protect them. That's where we as teachers must utilize our human touch and transform the curriculum accordingly. When edutech companies claim to make our children experts in coding and web designing, let us teach them how to use these skills ethically by respecting others' privacy and educate them about cybersecurity and netiquettes.

When apps compete to make math equations easy and fun, let's reinforce the importance of family equations and relationships among kids. In our science classes, in addition to animations and virtual reality, let us also encourage young minds to look around them and connect with nature's reality. When children interact with people across the globe on Social media, only teachers can help them carry out healthy social interactions and conversations in the real world.

In a nutshell, no amount of technological revolution can replace the noblest profession of teaching, provided that we upgrade our contents, skills and methodologies from time to time. Online education might have definitely helped students keep the learning on during the pandemic, but schools and teachers are irreplaceable to tackle the new challenges faced by our children like limited physical activity, excessive screen time, cybersecurity, awkward social interactions etc. Amidst the mushrooming apps and websites scavenging for student subscriptions, let's not forget that only teachers can prevent the new impending pandemic of mental illness and social awkwardness among young children. Thus, the teaching profession is not dying, but on the contrary, it is evolving like never before.

- Tr. Nandana Varma, High School.

PHYSICAL FITNESS OF CHILDREN AND THEIR MENTAL WELLNESS

With the virtual learning in place amidst the pandemic we realise that our children are housebound most of the time. To everyone's knowledge we know it's not good for kids to be indoors all the time but most of us don't realise what exactly is happening.

I wish to elaborate my points especially on children's physical fitness. We all know that our children are not denied education as we have recent technologies which have given both teachers and students a platform for distant online education.

Apart from the academic learning, once a week for about an hour children avail virtual physical fitness classes too. But is that enough? If we go back to normal days we know children are boundless for movement either at home or school, they have time for playing or doing any sort of physical activities. But in the recent scenario it has become almost impossible as neither they have school nor they are allowed to play out in the neighbourhood. On the other hand, sitting for long either for online classes or using gadgets to fill up the times, they have been compromised for getting any kind of physical activities which is very essential for the growing children.

Physical activities not only improve muscular activities for growth and physical fitness it also helps in cognitive development in children. Exercises stimulate the growth of new neurons in a process called neurogenesis. In addition, it increases the neurochemical which acts as a fertilizer strengthening neurons and making them less susceptible to breaking down. Physical activity also increases levels of serotonin, norepinephrine, dopamine and endorphins that supports emotional well-being, motivation and response to stress. Also exercise has a protective effect on the brain making it less susceptible to neurodegenerative diseases and normal cognitive decline. With exercise you are making synaptic connections and you are making more synapses grow. This will help your brain today and protect you against neurological decay in the future.

Recess has cascading benefits for children as it really has to do with what we know about how the brain works and how we can resonate brain activity particularly focus, attention and mood. When we cut down the recess we are removing time that kids can run around and when they run around their brains are getting a bubble bath of good neurochemical neurotransmitters and endorphins. A simple burst of exercise helps students focus better in their virtual classes too.

Just like children, even adults need some sort of physical activity daily. Even though it takes time from your workday, it will give you back time. You will be more productive if you take that time off. Even if it's just a walk up and down the stairs or a walk around the block. That is a sure-fire way to make your work more productive. It's how humans were built. We were not built to sit in front of a screen all day long. Our bodies and brains work better with regular movement. It's better than coffee.

Every individual should be encouraged to spare time for doing some physical activity for at least an hour daily. As parents, we need to give our children their play hour so that they can learn better, memorize better, which will definitely improve their mental and physical health.

Note for all: There are so many ways to move our body, it's hard to get someone who does not exercise to move regularly. Once you get over the hump, you can start to be much more mindful and see and feel the immediate effects of exercise - you are literally changing your brain.

- Sushma Shrestha (MPT ORTHO AND SPORTS)
Parent of Eric, Grade IV A