



MANIPAL
SCHOOL

A unit of Academy of General Education

MANIPAL SCHOOL Connect

May-June 2021-22



Mrs. Anuradha Shivaram
Principal, Manipal School

From the Principal's desk

Dear Parents,

Greetings to you!

We are traversing through difficult times and have to be strong through this journey. Our children need all the support we can give them. Be willing to talk. They would have already heard a lot about how the pandemic has affected lives. Silence and secrets do not protect our children. Honesty and openness do. Think about how much they can understand. You know them best.

Be ready to listen to them and ask them open ended questions to find out how much they already know. Be honest and answer their questions truthfully. It's ok not to know the answers. It's fine to say 'We don't know but we are working on it'.

Tell your child that we can be compassionate to people who are sick and those who have lost loved ones. Look for stories of people who are caring for the sick and helping others.

Finally, be supportive and stay positive. Give children the space to share how they are feeling and let them know that you are there for them.

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

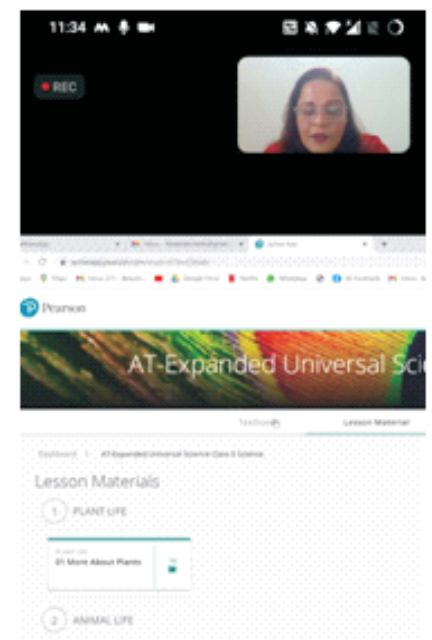
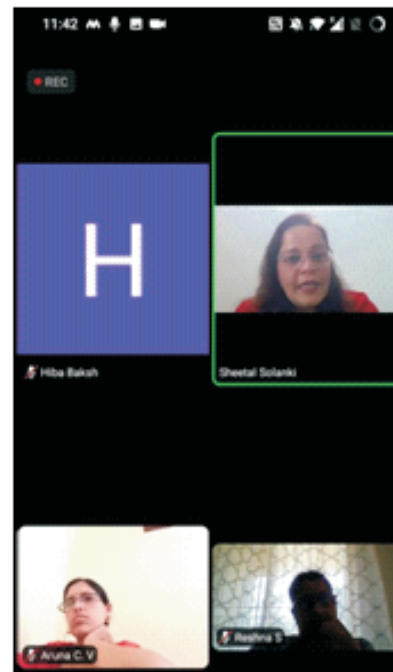
"Be passionate and bold. Always keep learning. You stop doing useful things if you don't learn."

--Satya Nadella

EVENTS @ SCHOOL:

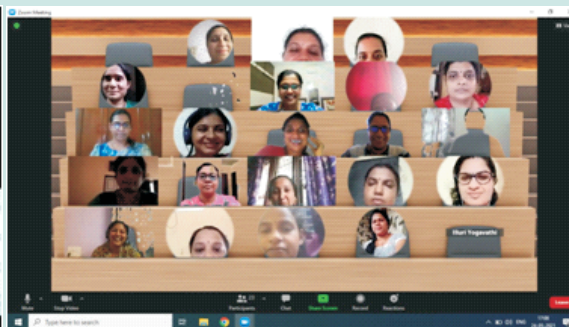
PEARSON PRODUCT TRAINING FOR TEACHERS:

The Pearson Product training was conducted by Facilitator, Ms. Sheetal Solanki on 5th May. The session was conducted for teachers across grades and it began with an ice breaker activity to encourage active participation. The facilitator covered all the new features involved in the portal - how the curriculum is planned targeting the instructional process pillars (educators, learners, and parents), the steps for planning the lesson which is important to retain the attention span and have active interaction in the class. It also highlighted improvised preparation from teachers and also being clear with their expectations from parents and students. Points to be taken care of during synchronous classes, an outline of an online class and finally, tips for online classroom management were also discussed. The session was indeed very interesting and interactive as the facilitator ensured that all teachers participated actively throughout the training.



TECH TALK BY TEACHERS:

The Tech Talks for the AY 21-22 was conducted by Tr. Reshna on 20th May on Google Classroom and Padlet and Tr. Sreekala took on Canva App and Google Expedition on 21st June, 2021. It was attended by teachers across all grades. Teachers were given hands-on experience of using these platforms. Various tips and tricks for efficiently using these platforms on laptops and mobile devices were shared. The session was appreciated by all the teachers as an informative and useful one.



Congratulations

MANIPAL SCHOOL
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HELLO SUMMER!

ONLINE CONTEST

ACTION SONG
Winner - Mariam Amaani
Runner - Naomika S

DRAWING
Winner -Kranthi
Runner - Sayan. S

TELL A TALE
Winners - Ananya Vadana & Samaa Salman
Runner -Chelsea Pearl

POETRY
Winner - Arush Bhat
Runner -Ira Jain

We thank all the participants for the wonderful efforts

- TEAM HELLO SUMMER

0824-4252305 | info@manipalschool.edu.in | www.manipalschool.edu.in

HELLO SUMMER ONLINE CONTEST:

Children have more potential than what actually meets the eye. At Manipal school we believe that every child is unique, we just need to discover the child's true potential. Hence, the school organized an online talent contest for children of all age groups. Action song, Drawing, Tell a Tale, and Poetry writing were the different competitions that were held online. The contest saw an overwhelming response not just from our own students but also from students outside Manipal School as well. One winner and one runner were awarded from each category. The top 5 entries saw their place in the school's social media sites.



Hello SUMMER! ONLINE CONTEST
MANIPAL SCHOOL
A unit of Academy of General Education



Hello SUMMER! ONLINE CONTEST
MANIPAL SCHOOL
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The Zone of Birds (Poem)

There goes the nightingale, singing a symphony;
For its performance, it asks no money.

Now arrives the parrot that talks,
Unlike other huge cocks!
In the air, swishes the kite;
For the carcass, there can be a fight!

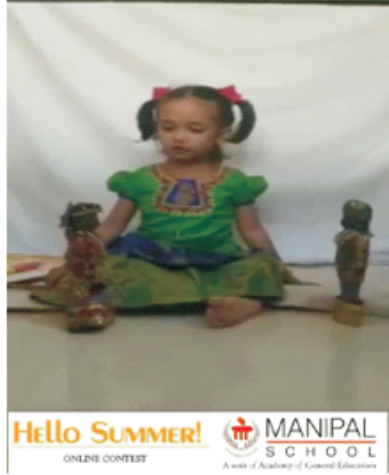
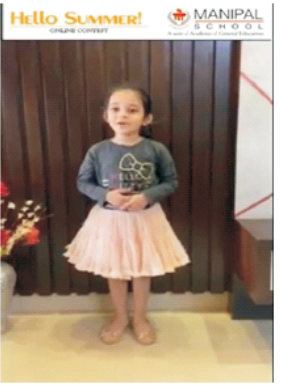
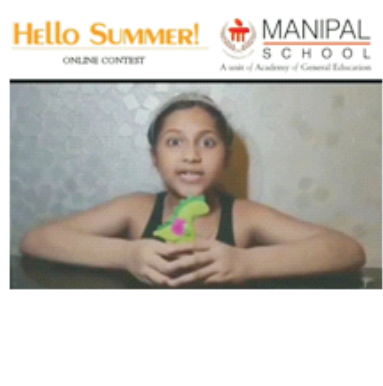
The weaverbird's a skilled geek,
And is undoubtedly meek.
The peacock; whose feathers are vivid,
To show its dance, it's never timid.
Many birds; in millions of hues,
They create beautiful views.

-Arush Bhat

बहिर (Poem)

बहिर कि वह पक्षी हूँ,
मन से हजारों उमर उमर,
बनो छाते के अंदर,
जो बकी खुद आसमान में,
बहिर की वह पक्षी,
पार की डिक्की से टूटा,
एक जगह-छोटे कि वह हसी
मन को रोमांचित करा,
बहिर की वह पक्षी हूँ,
बनो जग - मनीष को,
एक जगुं वेला टूटि हूँ,
जगुं जीवन की पक्षी हूँ।

बहिर: अरुष भट
Name - Manya Nallpady
Grade - 7C

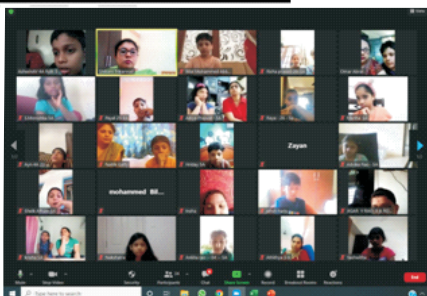
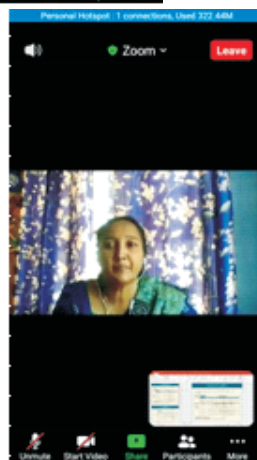
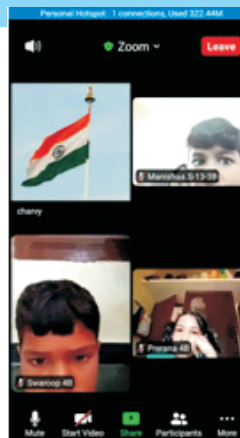
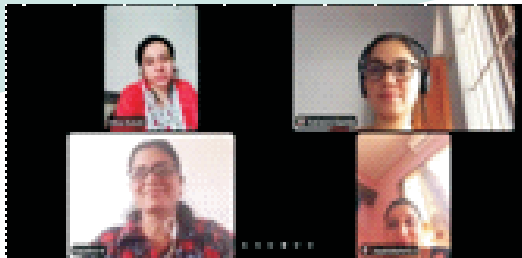
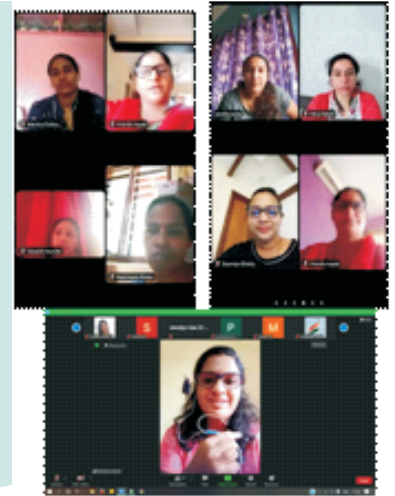


MOTHER'S DAY CONTEST:

For Mother's Day this year, we decided to have a little fun as we stay safe at home. We celebrated this special day with a "Caption this photo" contest on our Instagram page. One lucky winner was chosen who won gift coupons from an e-commerce shopping site. The picture saw a few beautiful comments dedicated to mothers, like: "When the whole world seems grey, you urge me to keep going. Your ever so fragile gaze that holds the power of a queen, assures me that I'll find my yellows someday", "Mom, I can't see your heart, but I know it's made of gold", "Youth fades; love droops; the leaves of friendship fall; a mother's secret hope outlives them all", "I'm guarded and loved by the most powerful of all angels - My mother".

TEACHER ORIENTATION PROGRAMME:

“Training is teaching or developing in oneself or, others any skills and knowledge or fitness that relate to specific useful competencies.” The School observed the inception of the AY 2021-22 with the Teacher orientation programme on the 21st May, with the theme “Nurture the Future”. The programme began with the Lighting of Lamp by the Principal Mrs. Anuradha Shivaram accompanied by the Academic Coordinators and a few key members of the team. As per the theme, each staff member brought along with them the prettiest plant from their home to nurture in the school garden. The day then continued with the virtual sessions for teachers. The first session of the day was 'Welcome and A year gone' by the Principal followed by a session by the School Health & Safety Child Protection Coordinator Tr. Santhosh Kumar Devadas. The orientation programme continued with a series of sessions from best school practices by the coordinators, Zoom, Yardstick & Prodigy refresher sessions across all grade levels. A micro-teaching session was conducted level-wise, which helped the teachers improve their pedagogy and encouraged them to use new apps, portals, and games to enhance their teaching and engage students in the learning process. On the last day of the training, a familiarization session of the class with the outgoing teacher, special educator, and counsellor was held to help the present year teacher to know the students well, in order to have a smooth and fruitful academic year.



VIRTUAL PARENT ORIENTATION PROGRAMME:

Just like the previous academic year, this year too the Parent Orientation Programme was conducted virtually. Nursery to Middle School had their POP on 3rd June, Grade IX on 2nd June and Grade X on 26th May. Parents were briefed on the Distance Learning Program (DLP) Guidelines, new class schedules, introduction of subject teachers, Golden rules for DLP, assessment pattern and rubrics, academic plan, calendar and other vital information required to make the DLP a seamless process. The POP session was well received by parents. All parents, students and teachers were eager and excited to continue the new academic year through the online platforms.

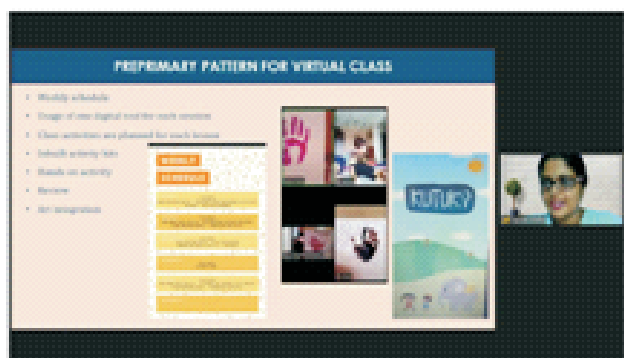
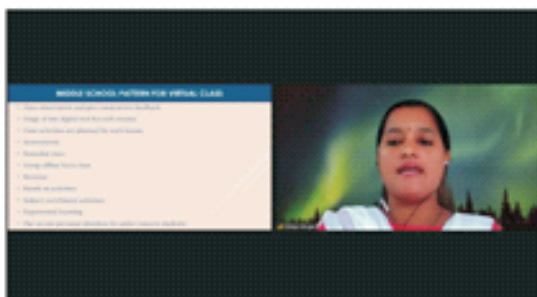
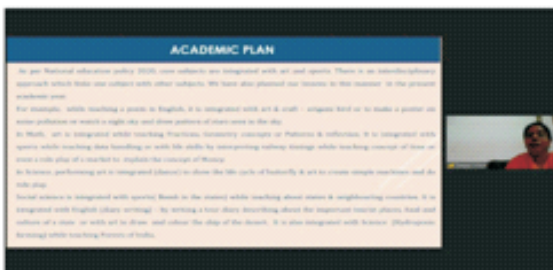
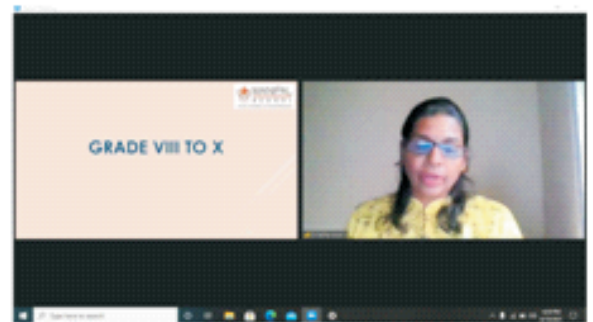
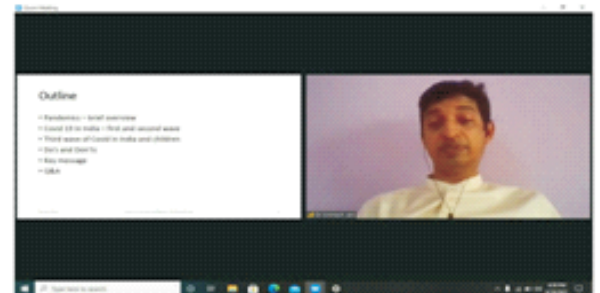


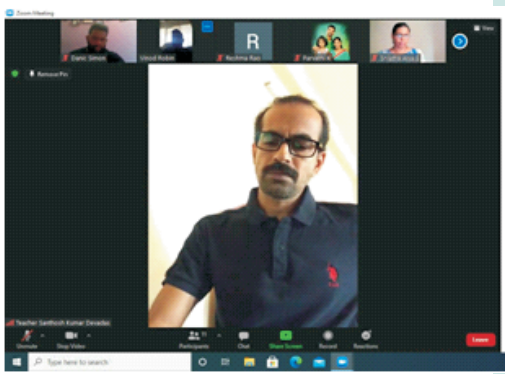
IMPLEMENTATION OF VIRTUAL LEARNING- AY 2021-22:

Bridge course to normal classes was conducted throughout Grades I to X. High School in-person classes commenced on different dates during the AY 2021-22. Grade X and Grade IX physical classes commenced on 15/2/2021 and 15/03/2021 respectively prior to the summer break with a bridge course. Grade 8 online classes started on 04/06/2021. Ice breaker sessions were held for Grade VIII students as a step to welcome them to the high school section. All other Grades had a week-long virtual bridge course that started on 07/06/2021. Teachers had planned the sessions to bridge vertically linked topics and must-know concepts. The virtual classes for the current year syllabus started soon after the bridge course.

THE PTAMEETS:

A motivated Parent-Teacher Association gives apt feedback to the school management and the Principal regarding the functioning of the school. Our inaugural PTA meeting for the AY 2021-22, was virtually held on 18th June in the presence of 46 active participants. After invoking God's blessings and welcome speech by Mr. Arun Raj Rodrigues, the PTA President, the newly joined PTA members introduced themselves. This was followed by Principal Mrs. AnuradhaShivaram's school report and coordinators' overview of the Distance Learning Programme. The Professor and Department Head of Community Medicine as well as Grade 8B class parent representative, Dr. Animesh Jain presented an enlightening presentation on the third wave of COVID 19 which successfully clarified attendees' doubts. As a concluding part of the meeting, the PTA members' doubts were clarified by the principal and the coordinators. The meeting was adjourned after the formal vote of thanks.





HSCP TEAM MEET:

The monthly HSCP (Health Safety & Child Protection) meeting was conducted on 7th June, in the presence of the Principal, Administrator, All CODs, HSCP Coordinator Tr. Santhosh Kumar Devdas, Tr. Reshma Rao, School Safeguarding Officer, PE Teacher, Transport COD. All necessary Covid-19 protocols maintained in the school were reviewed and renewed suggestions were addressed. Physical distancing norms and other sanitation measures were looked upon. Specific guidelines were laid out for staff reporting & meetings. Vaccination plan was discussed with an aim to complete the inoculation of all staff members at the earliest. The school has always held the safety and wellbeing of its staff and students at high priority and will continue to ensure that the necessary precautions are maintained at all times.

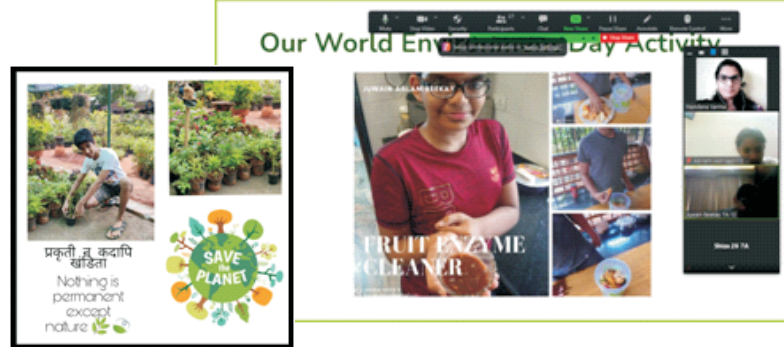
“Let's nurture nature so that we can have a better future”.

We cannot turn back time. But we can grow trees, green our cities, rewild our gardens, alter our diets and clean up rivers and coasts. We are the generation that can make peace with nature. “World Environment Day” was observed on 11th of June at school to create awareness among the students. The event was held for a week, with students of different levels participating in various activities. A virtual assembly was conducted with the theme “Ecosystem Restoration - Reimagine, Recreate, Restore”.

Students of Junior school participated in activities like segregating wet and dry waste, planting the saplings, watering the plants, switching off the lights thus educating children on the importance of nurturing nature. They also prepared organic homemade glass cleaners and attractive plastic bottle planters. They planted saplings as a step to make the world a greener and cleaner place to live. Middle school students learned how to dispose of the wet waste in their house-make compost at-source. The students enthusiastically participated in making organic non-allergic, chemical-free house cleaners, using just fruit peels, organic sugar/ jaggery and water. High school students took the initiative to plant saplings in their neighbourhood, clicked pictures, and made a poster of these pictures along with a beautiful message on it, as a part of the World Environment Day activity. All of the activities conducted were shared on social media platforms in order to create awareness and inspire others.

World Environment Day is not just a celebration but also a reminder to take the best care of our surroundings. 'Nurture the Future' being the theme for the new academic year. The activities conducted for World Environment day will surely help the learners live a happy and healthy life, believe in themselves, and become contributing members of society.

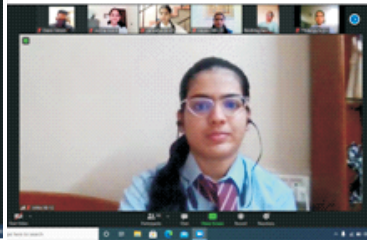
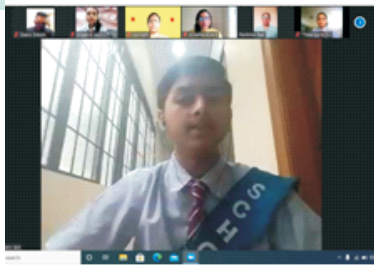
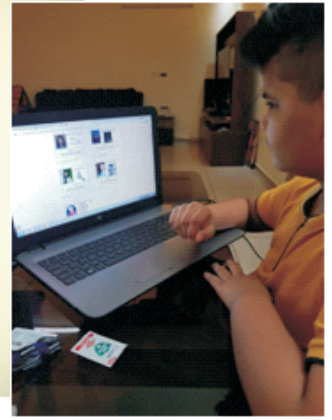
WORLD ENVIRONMENT DAY



INVESTITURE CEREMONY:

It is rightly said that 'leaders are not born; they are made'. The investiture ceremony is an opportunity to welcome and celebrate a new era of progress. The installation of the school cabinet for the AY 2021-22 was held virtually on 19th June. The chief guest of the event was the Honourable Mayor of Mangalore City Corporation, Mr. Premananda Shetty. The ceremony began with the school prayer. The newly installed cabinet members then introduced themselves. Principal Mrs. Anuradha Shivaram administered the oath of office to the new cabinet members. The newly elected members pledged to devote themselves to the well-being of the school, and carry on their duties with utmost dedication.

The chief guest in his speech, congratulated the newly elected cabinet members and hoped that they would do justice to the responsibilities bestowed on them. He also stressed upon qualities like patience, humanity, courage, honesty, and a selfless mindset which is required to be a good leader. The ceremony ended with the vote of thanks. Tr. Reshma Rao compered the programme.



15 BOOKS CAMPAIGN INAUGURATION:

"Books are a uniquely portable magic"- Stephen King. The 15 books campaign for the AY 2021-22 was inaugurated on 7th June. Students across Grades I to X and teachers participated in the activity 'Bookfie - Me and My Book' where they posted a selfie with the book that they read during their vacations. In this campaign, every student is encouraged to read 15 books throughout the year. On completion of reading these books, students will be recognized by awarding completion certificates at the end of the academic year. This programme aims to instill a spirit of reading in students and thus making learning a rewarding experience for them.

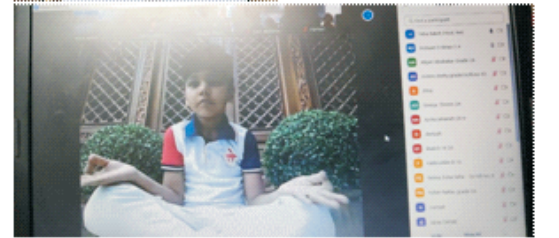
INTERNATIONAL DAY OF YOGA 2021

“Yoga is the gateway of happiness that the body needs in daily life.”

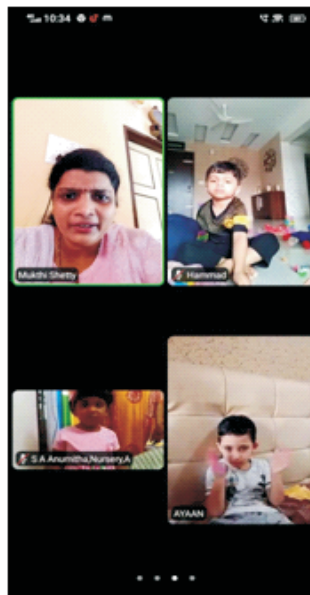
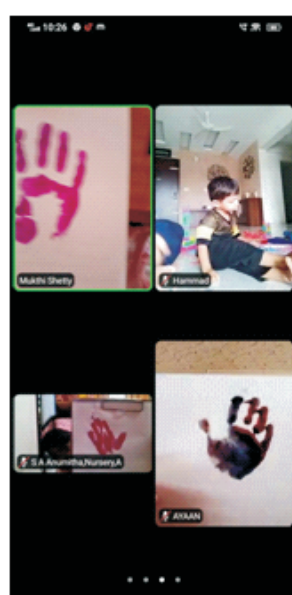
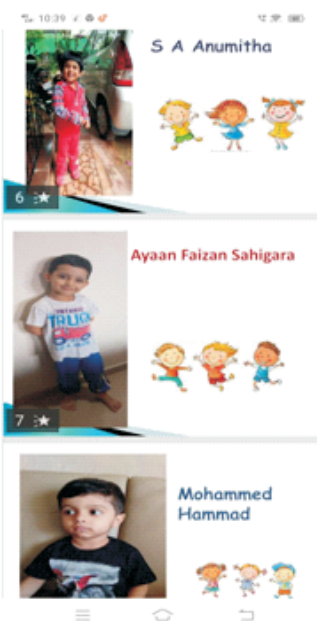
International Day of Yoga (IDY) is observed every year on 21st June, as mandated by the United Nation to highlight the importance of the practice, defined as physical, mental, and spiritual at the same time helping people lead a healthier lifestyle. The day is marked to raise awareness of the many benefits of Yoga, as it continues to grow in popularity across the world and is practiced in its various forms.

The seventh International Day of Yoga was celebrated on 21st June. The theme this year was “BE WITH YOGA, BE AT HOME”. With the intention of creating more awareness about Yoga, the following activities were arranged for the students, teachers and parents:

- An inspirational Yoga video on the World's Youngest Yoga Guru was shown to all students of Grades I to X on 21st June.
- Students of Grades I to V participated by taking a picture in a yoga pose.
- For students of Grades VI to X, Yoga was integrated into their wellness classes where students performed Yoga.
- A quiz on Yoga poses and IDY was sent as an assignment to all students of Grades I to X on 21st June.
- A Virtual Yoga Session was conducted for all staff on 19th June.
- A learning video was shared with all staff members and parents to follow Yoga at home on a regular basis.
- A circular on Yoga - A healthy lifestyle" was shared with parents on the school parent app.



ACTIVITIES @ PRE-PRIMARY:



FIRST DAY @ NURSERY CLASS: Preschool, as the name suggests is an experience that the child goes through during their initial years of development. It helps in a child's emotional, social and personal growth. Although a child learns to talk while at home, in a nursery class, continuous interaction and exposure with children of the same age group and with their teacher help them to enhance their communication skills. Even though the school building remains closed and with a distance learning programme in place, our core principles in preschool learning remain the same. A child who experiences the joy of learning, discovering and completing age-appropriate tasks at a young age will be more likely to enjoy school later in life and do better academically as well.



WORLD ENVIRONMENT DAY @ Pre-primary:

-To awaken the spirit of World Environment Day, Children of Preprimary had a special assembly on the 11th June, with the theme - Ecosystem Restoration - "Reimagine, Recreate, Restore". Week-long activities were planned. Children took part in activities like segregating wet and dry waste, planting the saplings, watering the plants, switching off the lights, etc. Children also made attractive bird feeders reusing the plastic bottles and placed them in their garden/balcony. They were made aware of the importance of nurturing nature. These little steps will certainly bring about a big difference to save our beautiful environment.



LEARNING COLOURS- RAINBOW DAY:

Colourful rainbow from the sky was brought down to the Pre Primary classes based on the theme 'Colours'. Rainbow day was celebrated on the 18th June. A special assembly held virtually saw children singing songs and rhymes based on the seven colours. The dress code for the celebration was VIBGYOR shades. The main objective of this theme was to deliver the concept of rainbow colours to the children. As a hands-on activity children made Rainbow cards with seven heart cutouts from rainbow coloured papers and also an experiment on rainbow colours was done. It was an excellent learning experience after which the children were eager to spot the colours of the beautiful rainbow in the sky.



TEACHER COLUMN

HEALTHY MIND:“A healthy mind lives in a healthy body”. We have heard of this saying. We can have a healthy body by keeping a check on our food, sleep, regular exercise and yoga. In these times where the whole world is facing a pandemic, we are living amidst a lot of negativity, it is important to have good mental health. Let's follow the below-mentioned checkpoints which will lead us towards attaining a healthy mind:

1. Start your day with positive affirmation - This creates positive vibes and helps to start the day with positive energy.
2. Be Grateful - Gratitude is a great gesture. Let's be thankful every day for everything we have been blessed with, in our life.
3. Do Yoga/ other physical exercise - Doing yoga or any other physical workout ensures good blood circulation in the body which also helps the mind to be present in the moment and be happy.
4. Eat healthy, sleep well - Healthy food and proper sleep ensures that the mind remains calm yet agile in all situations.
5. Spend time with yourself - Let's make sure to spend some time pursuing our hobbies or doing things that make us happy.

Tr. Vasudha Karia, Yoga Instructor

PARENTS' TALK

-POSITIVE OUTLOOK ON LIFE-

A positive outlook is a way of thinking. We'll positively always work for the best and expect the best in life. People will be more successful in life with a positive outlook. A positive mind finds opportunity in everything. A negative mind finds fault in everything. Have confidence in your own abilities, your strengths rather than your weaknesses. Positivity will spread happiness and joy all around the place. A positive attitude will attract more people towards you.

One small positive thought can change your whole day. We all have weaknesses. Don't focus on it. If you want to do something or you want to improve, then take action and work for the improvements.

This ongoing pandemic situation is challenging for all of us in many ways. We could never have imagined from family time to home schooling, work from home to no work at all. Even at this stage, people should stay positive. Even if life seems bleak, there are things we still have for which we should be grateful like home, health, family, friends to talk to and spend time with. With a positive attitude you see the bright side of life and expect the best to happen. Make up your mind to think positively and get inspired by reading inspirational and motivational quotes, speeches, meditation. It will help you overcome negative thoughts and bring optimism in you.

When things around you are very unpleasant, hold on, take a deep breath and stay positive.

In this ongoing situation that all of us are facing, let us all stand positive in life and remember that this is not going to be forever and will pass soon.

Empty mind is the devil's workshop, so keep yourself engaged doing something productive, learn new things, do what you love and are passionate about, spend more time with your near and dear ones. Be happy, be strong!

A positive attitude will teach you to be grateful for all the good things in your work and life. You will start feeling good about yourself and this will boost up your confidence and strength. People with a positive attitude are lively, energetic and healthy. They are stress free.

Your mind is a powerful thing. So feed it with more positivity and experience the change.

Mrs.Bhagyashree Rai, , Mother of Avyan Rai, Prep 1

STUDENT CORNER

-My Point of view on this year's summer lockdown-

Summer Holidays!!! Wow, such a great time to just unwind and relax. And I had a lot of fun until the lockdown started. When I heard the news, I was sad as we can't go out at all. At first, I

thought that there would be sanitization and other very strict measures. The president of our flat came and made an announcement that the gates will be closed and only the residents will be allowed but no outsiders. Well, that wasn't as harsh. It was understandable because of the lockdown and everything else going on.

The lockdown gave me a chance to finish my holiday homework and reading homework. Also, when my little sister gets bored, I plan activities for her. Now I feel lockdown isn't so bad after all. Lockdown is imposed by the government for the safety of the citizens and to break the chain of this infectious disease. Lockdown is a must in some states where the Covid cases are increasing by leaps and bounds.

I request all to stay home, stay safe, and together we can stop this virus!

- Anshika Chakraborty, Grade 7A

WALL OF FAME:

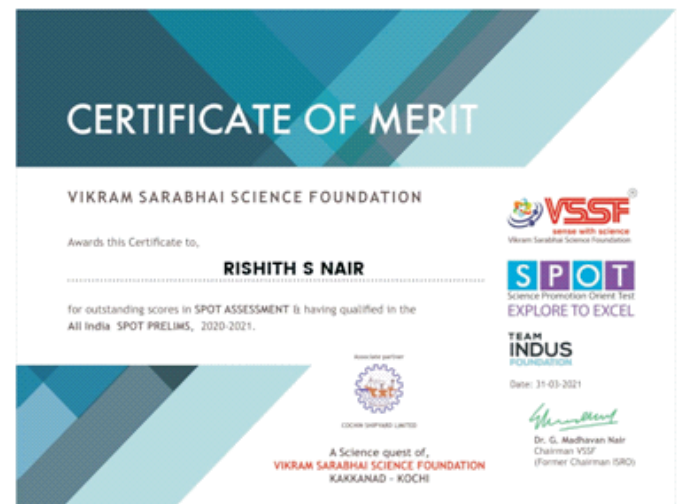
Riya Sedamkar and Varun Pradeep participated in the State level Online Quiz competition on the subject of Oil and Gas Conservation.



Suhan of Grade IX won 3rd place in the National debate conference held at Hyderabad for school and college students.



Rishith S Nair of Grade VII excelled with outstanding scores in the Science promotion orient Test and qualified for the Prelims.



Ira Jain of Grade VIII and Divi Chauhan of Grade IX represented School at the national level Debate competition - Verbattle and emerged as Winners with brilliant scores.

