



MANIPAL
SCHOOL



Mrs. Anuradha Shivaram
Principal, Manipal School

SCHOOL Connect August - 2018

FROM THE PRINCIPAL'S DESK

Dear Parents,

Greetings to you!

It is the month of August when all of us are enthused with the fervour of Independence Day celebrations. As usual we started preparing for the big day but this year the rain played the spoil sport. We had a spate of rain holidays that not only dampened our spirits but also put a spoke in the Independence Day celebrations. Nevertheless we had the celebrations with just the teachers and the senior students in attendance. The rain holiday have also affected the teaching in the classrooms and we've had to compensate for the lost hours by working on Saturday afternoons.

It's been a busy month with Tirangaa the inter school Festival happening on August 25th. This time we had a record participation of 586 students from 16 city schools. With a unique theme of Health and fitness 'Mind, Body and Soul' the competitions were much appreciated by the participants, teachers and parents.

- Mrs. Anuradha Shivaram (Principal)

EDITORIAL COMMITTEE 2018-19

Mrs. Anuradha Shivaram, Principal
Ms. Sangeetha Peris - Teacher
Ms. Mallika Hareesh - Teacher
Ms. Asha Rani - Teacher
Ms. Hemlata Poojary - Teacher

Naethan Michael Pais - Student
Medha Nethicallu - Student
Aahana Hegde - Student
Keara Theresa D Souza - Student

QUOTE OF THE MONTH - If yet your blood does not rage, then it is water that flows in your veins. For what is the flush of youth, if it is not of service to the motherland.

- Chandra Shekhar Azad

PROGRAMMES AT SCHOOL FOR STUDENTS

INDEPENDENCE DAY - Manipal School Celebrated 72nd Independence Day with great fervor on 15th August 2018. The assembled students witnessed the impressive flag hoisting ceremony after which the flag song or the Jhanda Geet was sung in honor of the national tricolor. Which instilled nationalistic and patriotic sentiments in the students. The Chief Guest Commander Mahesh Nagesh Nayak, delivered an awe-inspiring speech which highlighted various events and movements which were a part of the national freedom struggle.

Pre-primary students celebrated Independence Day on 10th August 2018 praising 72 years of Independence with great enthusiasm and respect. The little ones from pre-primary participated in the cultural programme, patriotic song and medley number filled with Love for our country. The children came in freedom fighters' attire.

FRUITS DAY - Students of pre-primary celebrated Fruit Day on August 18th, 2018. It was a day with a difference for these little ones of Manipal School, when they celebrated 'Fruit Day' The programme was part of a novel method of familiarising children with fruits and more importantly, making them understand that fruits were essential part of daily meal. Students of Pre-Primary were part of the celebrations. Each student brought varieties of fruits that was first displayed and then cut to make a fruit salad that was offered to the children. Teachers urged the children to include fruits in their daily diet. Children also learned more about the taste, smell, colour and texture of each fruit.

MOCK DRILL - Mock Fire Drill conducted on August 09th, 2018. The fire safety drill was conducted by District Chief Fire officer and his team from Pandeshwar fire station, Mangalore. Operating of various safety measures like fire extinguishers, water sprinklers was demonstrated at school. Students from Grade 3 to 10 participated in this programme.

FIELD TRIP - Students of Grade 2 went on a fieldtrip to Bethany Old age home on August 18th, 2018. The field trip to the old age home at Nandigudda was nothing short of an adventure for the little ones of Grade 2. The bus ride began with a set of safety instructions shared by teachers. This was followed by a prayer. Then they were off to the Bethany Old Age Home in Nandigudda where they were greeted warmly by the sister incharge. They went around and interacted with the elderly inmates. The excited prattle of the kids brought about many a smile on the faces of the elderly inmates. The children also sang songs to liven up the morning.

WOMEN FREEDOM FIGHTERS DAY - Women too shouldered several critical responsibilities in the independence struggle. To honour the unsung women heroes of the freedom struggle, the library took up the initiative of making their legacy known. Students made posters of martyrs and soldiers honouring their efforts and sacrifice.

TIRANGAA - Tirangaa, the annual interschool festival was held on August 25th, 2018. The day began with an invocation seeking the blessings of God. This was followed by the lighting of the ceremonial lamp by the Chief Guest Mr. Sarvesha Samaga, Principal Mrs. Anuradha Shivaram and School Captain Mstr. Chaitanya Bhargava.



The participants from various schools were led to the respective competition venues of the by the student volunteers of Grade 10. All competitions were innovative and saw an enthusiastic participation by the students. They were judged by professionals in the respective domains.

As the results were being tabulated the audience was regaled with jokes and quizzed on 'Health and Fitness' by students Sathwik Acharya and Sameer Mohammad of Grade 10. The programme was compered by Ahana Hegde and Keara D' Souza. Finally, the School Vice Captain Tanisha Ibrahim thanked everyone on behalf of the school.

STUDENTS' CORNER

SOLDIERS (POEM) -

We have a sound sleep on our cushioned cosy rooms,
They fight to fulfil our dreams.
They are our saviours,
They are warriors.
They protect us night and day,
With a smile on their face and with gay.
They suffer for our peace,
Even though in cold they freeze.
We see documentaries on them and hold rallies,
But never understand the feelings of fighting in the valleys.
They shed their blood fighting for us without cries,
So, lets respect them and their sacrifice.

- Suhan Ashraf & Kedar Raj – VI - A

PARENT COLUMN - Manipal School is a really a nice institute for many reasons. The strength of the students is less. So teachers know all the students by their name. That to me is very important. Also the Principal and all the staff are approachable. There is no fear about going into the principal's office. Unlike in other schools. I really appreciate the fact that the school expects the parents to take an active role in helping the school. Parents are encouraged to interact with the children and impart my children love going to school. There is so much greenery in the campus and all around and I think it relaxes them and calms them down at the end of the day. I love that students with various disabilities are incorporated into the mainstream school. They are not excluded from the society and normal children are sensitized to disability. I feel happy to send them to Manipal School. The kids love their teachers and that is more than enough for me.

- Satya Reddy, Parent of Ambika Devi Krishnan and Krishnan Nambiar

WALL OF FAME

TIRANGAA WINNERS

NAME OF THE STUDENT	GRADE	WINNERS
Zishan Shaikh	II	Won 3 rd place in Wordazzle - Tirangaa Interschool Competition held on August 25 th , 2018.
Vamshi, Sharanya, Asiya Surya, Zeeshan	I and II	Won 1 st place in Urban Yogis - Tirangaa Interschool Competition held on August 25 th , 2018.
Bhopender Singh, Aradhya, Ananya Naveen, Samarth, Athithya	I and II	Won 2 nd place in Urban Yogis - Tirangaa Interschool Competition held on August 25 th , 2018.
Mohammed Raafi, Mohammed Sajid, Arsh	III and IV	Won 2 nd place in Three by three - Tirangaa Interschool Competition held on August 25 th , 2018.
Saneeha Fathima	VII	Won 3 rd place in Expressions - Tirangaa Interschool Competition held on August 25 th , 2018.
A Vinish Das	IX	Won 3 rd place in Funny bones - Tirangaa Interschool Competition held on August 25 th , 2018.
Mohammed Shazeeb	IX	Won 3 rd place in Just capture it - Tirangaa Interschool Competition held on August 25 th , 2018.
Shaziya Zulaika, Salomiya Fathima, Mohammed Sheesh, Michelle Diya David	X	Won 3 rd place in Peerless Platter - Tirangaa Interschool Competition held on August 25 th , 2018.



ELOCUTION - Elocution competitions are a great way for young orators to show off their skills. Grades 6, 7 and 8 took part in the competition. Laasya of Grade 6B emerging victorious followed by Hemant of Grade 7 and Shika of Grade 6C winning second and third respectively.

Disha K of Grade 10 won first place in elocution completion (senior category) organized by the Department of Periodontology at Manipal College of Dental Sciences, Attavar, Mangalore on August 01st, 2018 as a part of Oral Hygiene Day Program.

GM QUIZ FEST 2018 - Sathvik Acharya and Chirag Khandige of Grade X Won second place in GM Quiz Fest 2018 organized by GM Vidyaniketan Public School on August 04th, 2018.

KIDS KITCHEN - Saneeha Fathima of Grade VII and Ira Jain of Grade V Won third place in Kids Kitchen hosted by Hotel Moti Mahal on August 04th, 2018.

DAKSHINA KANNADA - UDUPI DISTRICT LEVEL CLASSICAL DANCE COMPETITION - Shravani K Bhat of Grade VII won first place in the Junior Category Dakshina Kannada - Udupi District Level Classical Dance Competition on August 08th, 2018.

TEACHERS' COLUMN

How many of us know about 'Saurabh Chaudary'?

He won India's 1st gold in shooting men's 10m Air Pistol event in Asian Games. He is 16 years an old lad and a son of an ordinary farmer.

Every now and then about people who are doing extraordinary things. It could be a world leader like Barrak Obama' saving millions of lives, a great humanitarian like 'Mother Theresa', the person down the street helping to make life much better for underserved people of the community or a business person like 'Ratan Tata'. When we hear about extraordinary people, majority of us think "I could never do that because I am just an average, ordinary person".

In reality, we all can be extraordinary and it does not matter whether you are rich or financially struggling, male or female whether you are old or young. Anyone can choose to be extraordinary.

Here are few life hacks that will help you in switching from ordinary to extraordinary.

First know yourself completely. No one knows you better than yourself. Find out what makes your day worth spending.

Be bold and accept changes. Changes are the part of life. Accept change to develop different perspectives.

Expect high- dream high and big so that you can put in efforts in order to fulfil them.

Be optimistic- think positive to move forward. Improve optimism by reading success stories and stay inspired.

Face success and failure with equal spirit. Extra ordinary life is adventurous with lots of hurdles, which keeps you motivated. But at the same time be ready to accept failures. Many a times failures are stepping stones to success.

There is an old saying 'A journey of a thousand miles begins with a single step'.

SPORTS CORNER

AICS CROSS COUNTRY RACE - 'Sri Bhuvanendra Residential School, Karkala conducted the cross country race 'AARAMBH', Run for good Health 2018 on August 11th, 2018. Second place was bagged by Keya Boloor of Grade 7.

INDEPENDENCE CUP - The school football teams (Saad Abdulla, Raheem Miqdad, Anfal Sheik, Rishab M. G, Rikaaz Mohammed Ashraf, Krrish Mark Joel D'ouza, Arshaq Khalid, Aarnish Prajith Hegde, Shahanil, Yusuf Ayaan, Preeth Rai, Altamash Shariff, Suhan Ashraf, Zain, Hasan Talah from Grade VI and VII) brought great victory and honour to the school, this academic year. The junior boys team were runners up in the prestigious Independence Cup, going further than anyone had gone before. The senior girls and boys teams had both qualified for the quarter finals, narrowly missing out. Needless to say, it was an intense season for the athletics.

KARATE COMPETITION - Following students won prizes in Karate State Level Tournament conducted by KEN-E-MABUNI-SHITO-RYU-Karate School of India, Katapadi, Udupi on August 04th, 2018.

Garv P Jain of Grade VII and won 1st Place in Kata & Bronze Medal in Kumite (Color Belt 12 year age Category).

Yashas N Rao of Grade VII 1st Place in Kata (Color Belt 12 year age Category).

Rishab R Salian of Grade VI won 1st Place in Kata & Silver Medal in Kumite (Color Belt 12 year age Category).

D R Anagha Rathna of Grade V won 1st Place in Kata (Color Belt 10 year age Category).

Aryan of Grade IV won 3rd Place in Kata (Color Belt 9 year age Category).



Mrs. Anuradha Shivaram
Principal, Manipal School

"Please contact school front desk for any suggestions or feedback or email us at feedback@manipalschool.edu.in"