



October - November



Volume 5



November Events

- 14th November 2017- Children's Day celebration in school
- 15th November 2017- EYP Stage Rehearsal for classes Pre Nursery to Class 5
- 16th November 2017- Stage Rehearsal in the evening.
 No regular classes will be held in the morning.(The schedule will be send in due course of time)
- 24th November- One Nation Reading





17th November 2017- EYP 2017 within the school ground.



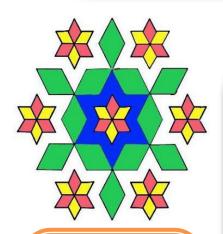
We welcome the new children, Hridhaan Gupta of Class
1A and Hridyansh Gupta of Pre Nursery A to the CIS
family.



L. Celebrations L.







The children of **Nursery painted** rangoli to welcome the festival of lights!





Safe Touch

A session on safe touch was conducted by the school counsellor Mrs. Mitra (Chatterjee) with the students of Upper Nursery A and B. The initial part of the session focussed on identifying positive and negative emotions related to different situations. She went on to explain the importance of physiological reactions and the role of the body parts in response to the environmental changes/emotional changes. To conclude, she defined and differentiated good and bad touch, the concept of private body parts and how to take safety measures when confronted with unsafe situations. An animated movie was shown to consolidate this session. The children were engaged in an interactive session with the counsellor and were curious to ask questions. An activity booklet on good touch - bad touch was handed over to the children for colouring.

Upper-Nursery A





Upper-Nursery B



Mr Shahdeo came as a parent visitor to the Upper Nursery as his son Akshan was the VIP of the Week. He conducted a very interesting session on meditation, yoga exercises, Om chanting and a few mudras which are easy and beneficial for the children.



Naman Kedia was the VIP of the Week. His mother, Mrs. Kedia visited the class and had a card making session with the children. They made beautiful Diwali cards using various techniques to usher in the festival of lights.

Elocution Competition

The English Elocution Competition is held annually in CIS to motivate the students to exhibit their recitation skills before a sizeable audience, beyond the classroom. This year, the Competition was held on Wednesday 18th October, in the AVR, in which the selected finalists from Classes 1 to 5 competed class wise. The judges for the event were Mrs. Isha Daga (a parent) and Mrs. Kuntala Ghosh (a retired English teacher of the school) for Classes 1 to 3. Mrs. Sudeshna Sengupta(former HOD of the English department and IB consultant) and Mrs. Nandita Dhar (a retired English teacher of the school) were the judges for Classes 4 and 5. The judges appreciated the fact that the students had been exposed to a variety of poets and different genres. They found the standard of elocution was high.

The competition was followed by the Vote of Thanks and the distribution of prizes and certificates.



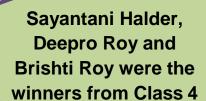
The winners were
Natarsha Roy,
Megan Li and
Advay Bansal from
Class 1.

Anjini Dasgupta,
Dibyesh Sanyal
and Aryan Servaia
were the winners
from Class 2.





The winners from
Class 3 were Trisha
Dasgupta, Viraj
Chakrabarti and Chen
Tian Yi







The winners from Class 5 were Ruhani Duttagupta, Hiya Chitra and Evangeli Saha.





Judges with Mrs. Nayar, Mrs. Choudhary and the Class Teachers of classes 1, 2 and 3

Halloween



Halloween is a popular and traditional festival celebrated in many countries such as Great Britain, Canada, and the USA.

On 31st October, the children of the Pre Nursery and Nursery came to school dressed in traditional Halloween attire, costumes to make them look like Count Dracula, a ghost, a witch, a scary monster, an evil joker, a greedy princess, a wicked pirate, a magician, a dragon and all other common Halloween figures. The children used make up to change their faces to suit the roles they were playing, corresponding with their costumes. They went from class to class shouting,' Trick, or Treat'? They were delighted with the chocolates and candies they got in return from each other.

















The Interclass Table Tennis Tournament for Boys was conducted at CIS from 23rd to 27th October 2017, between Classes 4 and 5. Neelabh Gangopadhyay of 5A emerged as the Winner of the tournament, followed by Ahan Law of 5B, who secured the Runners Up position.

MEDICA - CONNECTING WITH SCHOOLS

The Medica School Connect
Programme, a health
awareness plan for school
children, was attended by
Junior School Principal, Mrs.
Pratima Nayar on 30th
October 2017. "Child Health
and Safety in the New
Millennium" was the theme of
the evening. The conclave
was presided by eminent
paediatrician and H.O.D of
Medica Superspeciality
Hospital, Dr. Ashok Mittal.



The school Baskethall Tournament

An Interschool Basketball Tournament for Girls was organized at the CIS campus from 23rd to 27th October 2017. The Opening Ceremony was flagged in by Junior Principal Mrs. Pratima Nayar and Senior Principal Dr. Munmun Nath. Mr. Liao, one of the parents and an avid Basketball player was the Guest of Honour for the occasion. The Heritage School played against CIS in the Final, where the home team emerged as the winner. The Chief Guest for the Closing Ceremony was Mr. Arindam Batabyal, a national level Baketball player.







From the Counsellor's Desk

On the occasion of World Mental Health Day (10th October, 2017), a mental health awareness programme (10th October - 18th October, 2017) was organised in CIS.

As a part of this event, a session on anger management was conducted by Counselling Psychologist and founder of New Leaf, Ms. Shubika Singh, with the students of grades 4 and 5. Some written, evidence based messages were prepared, printed and put up in the atrium for the parents to take home and reflect on. Several videos by renowned clinical psychologists of Indian Association of Clinical Psychology (IACP), West Bengal, on different mental health issues like bullying, deliberate self harm, effects of mindfulness were also played.





Anger Management session conducted by Ms. Subhika Singh with students of grades 4 and 5



World Mental Health Day observed in CIS





Parent Coach Meeting

The ECA Parent - Coach meeting was held on 14th October 2017 in CIS campus. There was a healthy interaction and the parents shared a few suggestions like a session-end Robotics model display by the students.

DANCE

Our little dancers have started with Jazz Basic and Ballet. The Jazz Basic and Ballet Travelling steps that the pupils are learning at present are Toe Ball Heel, Hip Walk, Vegas Walk, L.A. Walk Step touch and Cross Touch Plie, Passe, Tondu and Lunge are the positions and Simple Turn, Pivot Turn and Pencil Turn are the turns that are being taught the moment. To at compliment the turns. positions and steps, the students learning are various jumps like Jete, Attitude Jump, Arabesque and Stag Jump.





THE EDITORIAL TEAM

Mrs P. Nayar, Mrs. N. Choudhary, Ms L. Khanna, Mrs. S. Singhal, Ms. K. Marwah, Mrs. T.Datta, Mrs. T. Roy, Mrs. M. Guha and Mrs. U. Das