



# CIS HERALD

**JANUARY**



Volume - 8

**FEBRUARY**

## **FEBRUARY EVENTS**

### **Class Excursions of Junior Section**

**7.2.19:**

Class 1 - Mother's Wax Museum

Class 3 - Indian Museum

Class 5 - "Ecoline Exim Pvt Ltd" at Barasat and a cow shelter to observe a Gobar Gas plant.

**8.2.19:** Class 4 - Eveready Factory

Class 2 - Date and venue is yet to be finalised.

**9.2.19 – English, Mathematics and Science Olympiads: LEVEL 2** at Ravindra Bharathi Global School, New Town, Rajarhat.

**Time:** English Olympiads: 9 AM - 10 AM

Mathematics Olympiads: 2 PM - 3 PM

Science Olympiads: 11:30 AM - 12:30 PM

**13.2.19 - Spell Bee Level 2** will take place in school.

**19.2.19 - Junior Math and Science Quiz** of Classes 1 to 5 will take place in school.

**22.2.19** - Class 3 will have a **Special Assembly** for Parents.

### **Sports and Games**

**14.2.19-15.2.19** - Selected students from Classes 2 to 5 will take part in "**Smallympics 2019**", an Inter School Games Meet to be hosted by Sushila Birla Girls' School.

**ECA Football Tournament** and **Junior School Inter House Cricket Tournament** of Classes 3 to 5 will be held in the second week of February. Dates will be announced later.

## Primary Section

- 19.2.19 – Upper Nursery
- 20.2.19 – Nursery
- 21.2.19 – Pre Nursery



## COFFEE MEETS

## Junior Section

- 11.2.19 – Class 5
- 12.2.19 – Class 4
- 14.2.19 – Class 2
- 18.2.19 – Class 1
- 22.2.19 – Class 3

**Language Orientation** for Class 2 also on 14.2.19 during the Coffee Meet



Ms Urmita Das will attend the training for "Introductory Cambridge Primary Mathematics" on 18th and 19th February, 2019 at Noida.



# ACCOMPLISHMENTS



### *West Bengal State Level Rank Holders (2017-2018)*

#### *Wiz National Spell Bee*

*CATEGORY 1: Reyna Bhawal (17<sup>th</sup>), Varish Mohta (35<sup>th</sup>)*

*CATEGORY 2: Srijan Saha (23<sup>rd</sup>), Dibyesh Sanyal (25<sup>th</sup>), Karan Jhunjhunwala (26<sup>th</sup>), Swaralipi Banerjee (30<sup>th</sup>)*

*CATEGORY 3: Sayantani Halder (26<sup>th</sup>), Aanya Sinha (39<sup>th</sup>), Vaibhav Saha (44<sup>th</sup>)*

## **CONGRATULATIONS!**

**We take this opportunity to congratulate our students who have qualified for the Olympiads Level 2 examination in English, Mathematics and Science.**

### English

**Class 3:** Anjini Dasgupta, Dibyesh Sanyal, Karan Jhunjunwala, Manya Garodia, Neil Gutgutia, Oripa Altariel Lasue, Sanaiya Punwani, Srijan Saha, Swaralipi Banerjee, Vansh Vir Marda

**Class 4:** Aanya Sinha, Archisha Banerjee, Devanshee Ruia, Divit Jain, Parthvi Kandoi, Viraj Chakrabarti

**Class 5:** Advay Nathany, Advika Mohta, Ayesha Kampani, Nehal Saxena, Sayantani Halder, Vaibhav Saha

### Mathematics

**Class 3:** Dibyesh Sanyal, Karan Jhunjunwala, Navya Kothari, Neil Gutgutia, Oripa Altariel Lasue

**Class 4:** Aanya Sinha

**Class 5:** Nehal Saxena, Sayantani Halder, Vaibhav Saha

### Science

**Class 3:** Neil Gutgutia and Oripa Altariel Lasue

**Class 4:** Aanya Sinha

**Class 5:** Vaibhav Saha

On 28th December 2018, Ansh Garodia of Class 4B took part in the Pony Dressage Equestrian event at Tollygunge Club. Children had to ride their ponies across a large and varied course and were evaluated on their skill, technique and speed.

On 29th, Ansh participated in the Gymkhana event at Tollygunge Club. Here, he had to ride the pony, disembark, do a sack race, then mount the pony again and race to the finish line.





# Creatively Engaged

## Learning about Community Helpers



After an enriching interaction with the School gardener, the children of Pre Nursery enjoyed role play of being gardeners themselves and watered their own little plants!

Look at the fascinated faces as they interact with the Security Guards at school!



Parent Interactions too, help the little ones learn more about their community and its people. Children learn how cotton is plucked, combed, spun into yarns and made into cloth.





Students of Pre Nursery get exposed to concepts of experimenting with scientist parents.



Students create their own experiments of volcanic eruptions while learning phonic sounds.





Children of Pre Nursery had an enjoyable picnic at the Tollygunge Club on 14th January 2019. At the stable, with the help of the caretakers, children fed the horses and were told the names of some of the horses.



They were intrigued to see the horses and enjoyed feeding fresh juicy carrots to them. It was a day well spent with plenty of joyous moments.





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The children of Nursery had a good exposure at the art of decorating fancy cupcakes. A parent volunteer, Keivan's mother, Mrs. Desai came with pre-baked cupcakes. Each child got the opportunity to decorate their own cupcake using colourful, yummy toppings of coloured icing cream, sprinklers, marshmallow, chocolate, gems, Oreos etc and the fun of eating it too!





# Nothing's better than a picnic

The Children of Nursery were treated to a world of beauty and greenery at the Horticultural Garden on 29<sup>th</sup> January, 2019.

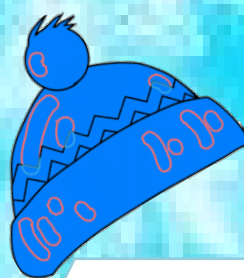
The fresh winter morning was perfect for a Nature Walk. The enthusiastic children enquired about the different kinds of trees and leaves around. The orchards and lush green fields were a treat to the eyes. After playtime at the Children's Corner and snack time, it was time to come back to school.







# Winter Fun in Upper Nursery A and B !



Children of Upper Nursery enjoyed the chill of winter and celebrated the 'Funny Socks Day, Leather Boots and Jacket Day, Silk-Scarf Day, Woollen Cap and Gloves Day and Hot Chocolate Day', for an entire week.

The children had the opportunity of flying a kite during their PE lesson on Makar Sankranti-14<sup>th</sup> January, 2019. It was indeed an exciting and novel experience for them.





# LET'S EXPLORE



The Upper Nursery children went for a class excursion cum picnic on 18th January, 2019, to 'St. Paul's Cathedral'. It was the first time many of the children were visiting a Church. They were given a guided tour of the church by a church attendant who told them about the cathedral library and paintings on the wall which depicted the life of St. Paul. The children sat and prayed and experienced the peace and solitude in the church. Later, they had fun playing games in the church grounds and also enjoyed eating snacks with their friends and teachers.





# The students of Upper Nursery learn about Safe and Unsafe Touch

The School Counsellor, Mrs. Farishta Dastur Mukerji, conducted 2 sessions aimed at orienting the students about 'Safe and Unsafe Touch' on the 30<sup>th</sup> and 31<sup>st</sup> of January 2019.



The session was conducted with necessary age-appropriate visual aids, which helped



the students identify body parts. The students themselves elicited responses about why it is important to be safe, and specifically body safety. The YELL-GO-TELL method was taught to the students about what action they can take in case

they face an uncomfortable situation with anyone- at school, home and otherwise.

The idea that the body is theirs was reinforced very strongly, in order to create a feeling of ownership amongst the students.



# Annual Sports Day 2019



## OVERALL CHAMPIONS OF SPORTS DAY 2018-2019

**First**

**Second**

**Third**

Yet another eventful day at Calcutta international School - The Annual Sports for Junior School, Classes Pre Nursery – 5, was held on Friday, 25th of January at the school grounds. The programme began at 8:45 a. m. with an introduction by the anchors, Ms L Khanna and Ms K Marwah, followed by a speech by Mrs Nayar.

The Chief Guest for the event was Miss Varuna Shunglu - an acclaimed yoga and fitness instructor.





# FORWARD WE MARCH



In all, there were 59 events including drill displays by Nursery and Upper Nursery, and by classes 3 and 4.

In the Taekwondo display, by the taekwondo enthusiasts from classes 2-5, pupils demonstrated their basic skills such as wood breaking skills, fighting skills, hand chop and punch etc. The Inter House Relay, the Parents Race, the Teachers Race and the Staff Race took place toward the end of all the other events.

*"As we run, we become."*







VIBRANT WAVES... Drill Display by Classes 3 and 4



The Sports Day ended with the lowering of the school flag until next year. It was a memorable, momentous, and fun filled day for all at CIS - a day of achievements, of success, of sportsmanship, of joy and great happiness, of teamwork and healthy competition.



BIRDIE FLAP...Primary Drill Display



Taekwondo Display

VICTORY LAP





# Awards galore for Junior School



“Quill Stories”, a multilingual inter-school literary fest was hosted by the Junior Section of Mahadevi Birla World Academy on Thursday, 31st January, 2019. This literary fest aspired to stimulate the young talents of standards 3 to 5.

The fest also wanted to pay tribute to the great film maker of Bengal Satyajit Ray - it being the 50th anniversary of his film ‘Gupi Gayen Bagha Bayen’. Thus most of the events were based on the great master’s life and work.



The events in which our school took part were:

**‘Bunkar’** - Hindi creative writing for

Classes 4 and 5

**‘Raycism’** - English Quiz for Classes 4 and 5

**‘Srishti o Sroshta’** - Bengali group recitation for

Classes 3, 4, and 5

**‘Bring the House Down’** - An English play for Classes 3, 4 and 5





*After a stupendous performance, our school received the first prize for both the English play and the Bengali group recitation. It was a proud moment for our students and Mr Kaushik Bose, our Drama teacher, who wrote the script and the poem and also directed the play. Mr Bose was awarded the trophy for 'Best Direction'.*

*This interactive programme through an array of activities gave our students exposure, experience, and a platform to showcase their skills and uncover their personal aptitude.*



“Validation of all drama principles, being taught, were expressed on the stage by our students. As a teacher, I feel elated and proud of our school’s achievements!”

Mr Kaushik Bose, Drama Sir

“It was the most exciting competition ever experienced. It was a tough competition with 12 school participating. But our win was worth it!”

Dibyesh Sanyal, (Student of 3A)



# Creating awareness in Educators on Child Sexual Abuse



A workshop organized by the School Counsellor, Mrs Farishta Dastur Mukerji, for Primary, Junior and Middle School Teachers, was conducted on the 11th of January, 2019, from 2-5pm in the AVR. Dr Jai Ranjan Ram, Child and Adolescent

Psychiatrist, Founder RACSHA (Rise Against Child Sexual Harm and Abuse) conducted the workshop.

Dr Ram initiated a discussion on how to handle a case of violation of personal safety. As these cases are extremely critical, parents/teachers/caregivers need to be careful about the age



appropriateness of language while discussing such matters with the child. One technique to create comfort among children to talk about this critical topic is to build it into a generic



discussion pertaining to daily life situations and activities. This will prevent the child from being alarmed as well as de-stigmatize the issue.

The workshop aimed at creating awareness and a safer environment for students in CIS through this collaborative effort.



Dr J R Ram was welcomed and introduced to the teachers by Mrs Nayar before the workshop began and thanked by Dr Nath at the end of the enlightening and insightful session to help to prevent child sexual abuse in school.

## TEACHER FEEDBACK

***"Interactive session, there are lots of open ended questions which could be covered with more time as it's a vast topic"***

***"Learnt about language to approach the situation, how we talk about it. Also of POCSO which I did not know"***

***"The workshop opened up a free and open conversation about a subject which has stigma".***







# Stress in the age of Social Media

**For young adults, social media may not be so social after all!**

Manifestations of stress as a result of social media over-usage are common occurrences these days in therapist's chambers. There is evidence that such interactions stifle human connectivity, lower our self-esteem, make us feel lonely and isolated, and just plain stress us out, says Emily Weinstein, a postdoctoral fellow at the Harvard Graduate School of Education, who studies the effects of social media on young adults.

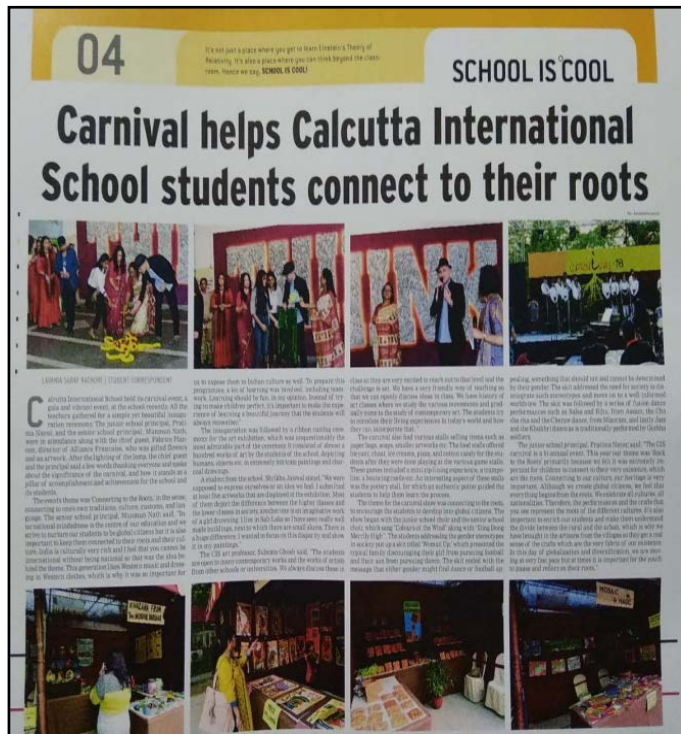
We cannot do without social media, and in order to keep our stress levels in check, the following are some strategies that young adults can use:

- **Track your usage:** Be aware of how much time you are spending every day on social media. Allocate specific time slots in the day for usage of the same.
- **Make time to disconnect:** Be mindful of time spent on social media by constantly checking to see that time spent on it is not infringing of other activities. Consciously put your phone away for sometime in the day.
- **Be conscious of what you are viewing / following:** Avoid negative information, and pages that make you feel upset. Allow social media to motivate, engage and inspire you.
- **Seek help:** Often we feel stressful, and feel very disturbed as a result of something we have viewed which has triggered us. If you cannot manage on your own, seek help!

Farishta Dastur Mukerji (School Counsellor)



# Media Coverage



29<sup>th</sup> January 2019 – Times of India, NIE



17<sup>th</sup> January 2019 - The Telegraph, Young Metro

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For regular updates on important school events, please like and follow us @

<https://www.facebook.com/calcuttainternationalschool>

Website

<https://www.calcuttais.edu.in/>

Our website is getting a new look! Please bear with us for any missing links...we shall be back soon!

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