



CIS HERALD

JUNE – JULY

VOLUME 1

JULY EVENTS

01.07.19 – ECA commences for the session 2019-20

03.07.19 and 05.7.19 - Group sessions with School Counsellor to be held

11.07.19 - Jolly phonics and Jodo Gyan Orientation for Parents of Pre – Nursery.

20.07.19 - Orientation for parents of Nursery to Grade 5

26.07.19 – Student Investiture Ceremony

31.07.19 – Renowned German guitarist Dr. Markus Schmidt will showcase his craft followed by an interactive session with the students of Grades 1 to 5

Sports Events

Interclass basketball (boys and girls) for Classes 4, 5

Inter House basketball (boys and girls) for Classes 4, 5

A workshop will be held in July 2019 on Sapling Plantation and Vertical Gardening with Kolkata Clean Air.



WELCOME TO CIS (SESSION 2019-20)

CIS welcomes a vibrant batch of 24 new children in Pre Nursery A and B together. They are the youngest members of our institution and we aim to give them the very best in the early years of childhood. We look forward to enriching their lives with happy and active learning.



We welcome all the new students, parents and teachers who have joined in the session 2019-20

Class Nursery A - AARYAN ROY, ARJUN BAGARIA, MANNAT KULTHIA, TARA MAZUMDER

Class Nursery B - HUA FU WOGEN HSIUNG

Class Upper Nursery A - VANYA KHAITAN

Class 1A - AVEER SHARAFF, SAANVI CHANDRA

Class 1B - AVYUKT FATESARIA, MAYANK AGARWAL

Class 2A - ANYA GUHA

Class 2B - AARAV PASARI

Class 3B - ASHWIN CHOWDHURY

Class 4B - MOHOR ADHIKARY

Class 5A – AGASTAYA SRIVASTAVA

Mathematics Teacher, **KIRTI GANDHI** and Special Educator, **AVRADITA DEBNATH**

PARENT ORIENTATION

An orientation for parents of students who have taken admission in the Junior Section in the new academic session 2019 - 20 took place in the IGR on 17th June, 2019. Junior School Principal, Mrs. Nayar along with Junior Section Head, Mrs. Choudhary extended a warm welcome to the parents who were enlightened about the general ethos of the school. They were also shown a video about the journey of CIS from Lee Road to its present campus. The School Counsellor, Mrs. Farishta Dastur Mukerji spoke about the SEN and counselling services provided by CIS and how the new students are made to feel comfortable in the school. The ECA Coordinator, Mrs. Soumita Karmakar spoke briefly about the ECA Programme and informed the parents about the impending ECA Orientation on 22nd June, 2019.



The Orientation session for the new batch of **Pre Nursery** children was well attended by their parents. It was held on 17th of June, in the IGR. The parents were warmly welcomed to the CIS family by the Principal Junior School, Mrs. Pratima Nayar, Primary Section Head, Mrs Sharmila Majumdar and all the teachers of Pre Nursery. They were given a brief preview of the school's legacy and its achievements. The curriculum and section guidelines were introduced through a PPT. This was followed up by an interactive session between the parents and the teachers. CIS looks forward to a fruitful collaboration with the new parent body.



ECA ORIENTATION

The ECA orientation for the present academic session was successfully conducted on 22nd June 2019, wherein brief introductions of the ECAs and the new coaches, ECA Clause, as well as the rules of the ECAs were discussed by the ECA coordinator, Mrs. Soumita Karmkar. It was followed by an open house discussion where all queries of the parents were answered. This was followed by individual interactions with the coaches. The ECA session for the current academic year has begun from 1st July, 2019. We wish all the students a fun-filled learning experience in their ECAs in the session 2019-20.



ECA Instrumental Music (Guitar Coach)

Mr. Sayantan Dutta is a renowned musician, eminent guitar player and a vocalist of an eminent rock band. He started his musical journey at a very young age and has achieved his degree from Trinity College of Music. Presently working in one of the prominent school of the city, he will help our students to hone their musical skills.

ECA Table Tennis Coach

Mr. Ashok Karmakar has more than 15 years of experience in Table Tennis. He is a national certified coach and has been training the youth of different age groups from several years. Presently he is associated with the West Bengal Table Tennis Association and several renowned schools as TT coach.

ECA Chess Coach

Mr. Sayak Banerjee is an international rated chess player and also a Senior National Chess Arbiter who will help our students to hone their chess skills. Currently he is working in Calcutta Chess Club and is also an active member of West Bengal Chess Association.



THE FIRST ASSEMBLY

The first assembly of the new academic session was held on 24th June, 2019. The new student members of the CIS family were warmly welcomed by Junior School Principal, Mrs. Nayar. The children introduced themselves to the Junior Section with a lot of confidence. Mrs. Nayar informed the children about the ongoing renovations of the football field and the Music Room. Mr. Samad spoke about the upcoming Junior Prefect Investiture Ceremony and the Annual Swimming Meet. The assembly came to an end with everyone singing the School song.



VEDIC MATH

VEDIC MATH

A Vedic Math Workshop was conducted on Thursday 27th, June 2019 by Mr Gaurav Tekriwal. Mr Tekriwal is the founder president of Vedic Math Forum India. Children of Classes 3, 4 and 5 participated in the workshop.

Under his guidance, children learnt the short cut techniques of addition, subtraction and multiplication. The primary objective of the workshop was to give children an exposure to the different techniques of mental calculation wherein the fear of numbers and number operation subsides.





CLASS 3



CLASS 4



CLASS 5

FEED BACK OF THE STUDENTS.

Meeheeka Mukherjee

I loved the workshop because it made Math so much easier. I hope to get to do such a workshop again.

Devanshee Ruia

The techniques that were taught made Math so much easier.

Advay Patwa

I liked the workshop because mathematical calculation was difficult for me and Vedic Math helped me a lot with the multiplication. I would like to have more of such workshops in future.

Yash Somani

I liked the workshop especially the multiplication techniques that were taught. I would like to have one more workshop like this.

Praneet Ray

I loved the workshop and more of this would be really fun.

Aira Mittal

The Vedic Math workshop really made Math easy.

Jinay Whora:

Loved the workshop with the strategies. Would have loved to learn the division strategies too.

Sanjana Shaw

The strategies learnt will help me in the mental math skills.



Heartiest congratulations to Hredaan Raj Bihani of Class 3A for winning the IGU East India feeder tour 2019 (Milky Moo RCGC Challenge), held between 19th-21st June, 2019 at RCGC by a good performance and under par score of 35.

INTERSCHOOL AQUATIC MEET

Thirteen students from CIS participated in the Fifth Interschool Aquatic Meet hosted by Mahadevi Birla World Academy on 27th and 28th June, 2019. We are proud to announce that CIS Junior Swimming Team (3-5 category) was the overall champion by 23 points. In the individual event, Shivika Johri secured the second position in 1 lap Breaststroke and 1 lap Freestyle while our 4x1lap Freestyle Relay Team, comprising of Shivika Johri, Adira Singh, Eleena Khan and Prisha Rampuria of Class V secured the second position. Heartiest congratulations to our swimmers!



Parthvi Kandoi of Class V along with Ruhani Dutta Gupta of Class VII were invited by Mahadevi Birla World Academy School to conduct a Harry Potter Quiz on 21st June, 2019. They quizzed students of Classes 5-8 on the book series.



Media Coverage of
Adira Singh of
Class V at the East
Zonal Finals of the
**Young Chef India
Schools Junior
(2019)** by IIHM



Well done!

This year 41 students of the batch 2018- 19 appeared for the Cambridge Primary Checkpoint Examination. We are pleased to inform that they have completed the examination successfully. We wish them all the best for Middle School! Ayesha Kampani, Nehal Saxena and Vaibhav Saha deserve special mention for scoring an overall of 6 in Mathematics, English and Science.

SESSION WITH SCHOOL COUNSELLOR

On the 26th of June 2019, Mrs. Farishta Dastur Mukerji, conducted a classroom session in Class IVB. The objective of the session was to increase empathy and create self awareness in the students about Thoughts - Feelings. The students were asked to share one feeling word (positive or negative) regarding the way they are feeling about their new class. The students shared their thoughts about the same, and the cognitive cycle was explained to them.

In the second part of the session, an activity was conducted to understand and empathise with the feelings of the new students.

The interactive session was thoroughly enjoyed by the students.



Mrs. Farishta Dastur Mukerji shared her opinion on the importance of mental well-being among children and adolescents in The Telegraph, Metro Section in the 22nd June, 2019 edition.



A session was conducted by Mrs. Farishta Dastur Mukerji and Mrs. Spriha Patronobis on 26th June, 2019 for the teachers of Junior and Senior school. The session was held keeping in mind the emotional perturbation of students across the school. Concerns of the teachers in this regard were addressed by the counsellors.

Protocols of reporting students to the counsellors were shared with teachers. Red flags were highlighted with focus on how to establish conversations with the students. The interactive session was appreciated by all.





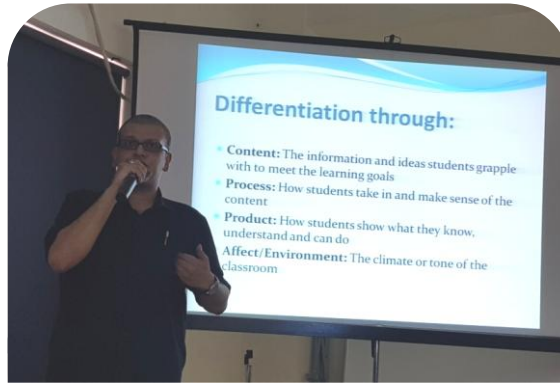
System Administrator Mr. Soumen Ghosli Khan along with Support Staff members Ms. Sangita Das and Mr. Mir Samirul Haque were appreciated and acknowledged for being consistent performers while Ms. Sujaya Sinha from the Accounts Department was acknowledged for having highest attendance in the academic year 2018-19.



A session was conducted by the HR Manager, Mrs. C. Sen in the IGR on 18th June, 2019 to orient teachers on HR matters and the policy of the school. It was attended by Mrs. Nayar, Mrs. Choudhary, Mrs. Majumdar and the teachers of the Primary and the Junior Sections.



Teachers' Workshop



Interactive session on Differentiation

An interactive session on 'Differentiation' was conducted by senior school teacher, Mr. Surodeep Mukherjee on the 10th of June, 2019. The session was conducted for some teachers of Junior and Senior school.

In the words of Carol Ann **Tomlinson**, 'Differentiation means tailoring instruction to meet individual needs. Whether teachers **differentiate** content, process, products, or the learning environment, the use of ongoing assessment and flexible grouping makes this a successful approach to instruction'

The session aimed at creating awareness about 'differentiation' along with brainstorming and sharing of current practices, followed by a discussion to share the barriers that teachers may face while implementing the same.



Workshop on Communication and Negotiation skills

A two day workshop was conducted for the teachers of the Junior School, by senior psychotherapist Ms. Chandana Baksi and Mrs. Farishta Dastur Mukerji on the 13th and 14th of June 2019

The objectives of the workshop were to increase empathy of the teachers vis a vis the students, improve communication skills and increase understanding of positive discipline and skill development.

The interactive sessions focussed on skill building activities, through self-work and insight building. Communication skills and negotiation skills were an important take away from the sessions. These were taught through group activities and role plays.



The teachers shared their feedback

‘I learnt how to handle different situations in a positive way’

‘Very enriching experience. A lot of learning has happened for me in the areas where I had doubts and confusion’

LEAD WAY

Mrs. Pratima Nayar-Junior Principal, Dr. Munmun Nath Senior Principal along with the Section Heads, Mrs S. Majumdar(Primary), Mrs. N. Choudhary (Junior), Mrs. S. Mukherjee(Middle), Mrs. A. Paul (Senior), School Counsellor – Mrs. Farishta Dastur Mukerjee and Special Educator, Mrs. Mukul Roy attended “Lead the Way” a conclave for educators. The event was organized by the Aditya Birla Group of Schools at Taj Bengal on Saturday, 22nd June 2019.

The conclave aimed at updating the Principals, administrators, coordinators and teachers of schools of Kolkata and neighbouring cities about the various professional development programmes for teachers initiated by the Aditya Birla Education Academy. These programmes aim to equip teaching professionals with skills that will enhance their abilities, enabling them as facilitators to achieve better outcomes in their classroom interactions. Panel discussion - “ Leaving no one behind: how can classrooms be made truly inclusive” anchored by Professor Samantak Das of Jadavpur University and interactive session conducted by Ms.Mathews, on various case studies on inclusivity in schools was enriching. A talk by Dr. Sanjay Garg, Sr. Consultant Psychiatrist and Mrs Parveen Sheikh Psychologist brought to light various forms of mental health concerns that are commonly faced by the young. They stressed on the need to create awareness among students, parents and teachers about these concerns and ways to address them. The educators were informed of the Youth Mental Health First Aid program conducted by MPower, Mind matters.

The conclave provided the educators a platform to share common concerns and debate on finding solutions to make schools a happy and comfortable place for our young learners.





School Mental Health Workshop Report

Institute of Neurosciences, Kolkata conducted a workshop with teachers, special educators and school counsellors across the city, on building awareness on School Mental Health on the 22nd of June, 2019. The session was conducted by **Dr. R. P. Sengupta** (Founder & CMD), **Dr. Raman Krishnan** (Consultant Child and Adolescent Psychiatrist, Apollo Hospitals Chennai), **Ms. Lipica Bhattacharya** (Senior Special Educator and Educational Expert, Kolkata) and **Dr. Pritha Mukhopadhyay** (Professor, Department of Psychology, Calcutta University).

The workshop was attended by **Ms. Tania M Roy**, **Ms. Shweta Mazumder**, **Ms. Amanda Dupratt**, **Ms. Nitti Khaitan**, **Ms. Urmita Das**, **Ms. Priyanka Bhansali**, **Ms. Neha Dixit** and **Ms. Avradita Debnath**.

The workshop was attended by **Ms. Tania M Roy**, **Ms. Shweta Mazumder**, **Ms. Amanda Dupratt**, **Ms. Nitti Khaitan**, **Ms. Urmita Das**, **Ms. Priyanka Bhansali**, **Ms. Neha Dixit** and **Ms. Avradita Debnath**.

The objective of the workshop was to discuss the symptoms of ADHD and those children who are at a risk. Principles of management and strategies for understanding and dealing with inattention and hyperactivity were discussed.

The session also highlighted the issue of bullying and how steps should be taken to deal with it firmly.

Towards the end of the workshop several case studies were debated in the open forum where the audience interacted with the faculty to learn and ascertain correct solutions to the above issues.

The CIS teachers who attended the workshop were extremely fortunate to be present and be part of such a seminar, where the deliberations were concerned about the young minds of the future.

FROM THE COUNSELLOR'S DESK

Welcome to a new academic year! A new beginning not only for our students, but for all of us - teachers and parents!

While the last academic year saw many initiatives in the mental health space focussing on social media and its impacts; this academic session our focus is to collaborate with all stakeholders to continue to work towards the holistic development of our students across the board.

While working with children, we often observe how their behaviour is a manifestation of their innermost feelings. While they experience complex feelings just like adults, young children usually don't have the vocabulary to express themselves. Instead they communicate their feelings in other ways.

Children can express their feelings through facial expressions, through their body language, their behaviour and play. As parents you've got a really important role to play in helping your child understand his or her feelings and behaviour. You need to initiate a conversation about 'feelings' with your child. These conversations provide a platform for the child to find words to express feelings that he or she has not been able to identify before.

Let us begin this journey of communication with our children / students by creating a safe space for them. In this safe space let their feelings be heard, valued, validated and understood!



THE EDITORIAL TEAM

**Mrs. N Choudhary, Mrs. S Majumdar,
Mrs. T Datta, Mrs. S Singhal
Ms. L Khanna, Ms. N Dixit, Mrs. M Guha**