



CIS HERALD

Volume: 4



October Newsletter

14th October 2019 - School reopens after Puja Break

18th October 2019 - Mental Health Day will be celebrated in school

27th to 29th October 2019 - Diwali Holidays

30th October 2019 - School reopens after Diwali Break

Inter House Yoga Competition for Classes 3 to 5 will take place after the Puja Vacations.



W E L C O M E

We welcome Ayaansh Agarwalla of class

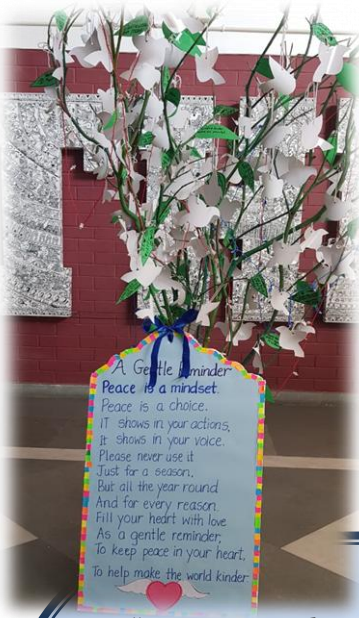
Pre Nursery A to CIS.



*For regular updates on important school events,
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<https://www.facebook.com/calcuttainternationalschool/>

International



A Gentle Reminder
Peace is a mindset.
Peace is a choice.
It shows in your actions,
it shows in your voice.
Please never use it
Just for a season,
But all the year round
And for every reason
Fill your heart with love
As a gentle reminder,
To keep peace in your heart,
To help make the world kinder.

“International Peace Day” is observed on 21st September every year, by the United Nations, to recognize the efforts of those who have worked hard to end conflict and promote peace. It is also a day of ceasefire – personal and political.

The Primary department of CIS celebrated “International Peace Day” on 20th September, 2019, in the school AVR. The parents of the Primary children were invited to this assembly. The department wore a festive look with a beautiful tree decorated with white doves and green leaves carrying a message of Peace. The cascading blue and white fairy lights formed the backdrop to the stage at the AVR. An imposing Tower of Peace with a shining silver star atop it, stood as a symbol of a Light House vibrating Peace all around. The large dove hanging from the ceiling was inviting all the parents of the Primary department for this special assembly. The whiteboard at the atrium asking all – ‘**when you close your eyes and think of peace, what do you see?**’ – saw Principals, parents, teachers and students thoughtfully penning their thoughts.

The teachers wore their angels of Faith, Hope and Love in the form of a stringed pocket pendant.

All the students and teachers of the department were dressed in white or blue. Mrs Nayar, Principal - Junior School, addressed the august gathering of parents, the Senior School Principal, Dr Nath, Junior Section Head, Mrs N Choudhary and Primary Section Head, Mrs Majumdar. The event was coordinated by Ms L Khanna who was also the Emcee. The programme began with a few Value Education students of classes 4A and 4B. They used their charts to share their vision of a World of Peace where everyone will be ever healthy, wealthy and happy.



Mrs P Nayar reiterating the importance of peace



Ms L Khanna as the Emcee for the day



Each class sang a song on Peace to keep the flame of peace alight. This was followed by an angelic Peace dance by the girls of Upper Nursery. The hour long program concluded with a beautiful PPT on the children's work and a calming meditation commentary on Peace by Ms L Khanna.

Parents visited the exhibition displaying the works of children on boards and tables. Each child had brought a craft or poster from home which was also put on display. These, along with their class crafts, formed a part of the exhibit.



Pre Nursery wearing their headbands and holding a candle each, sang melodiously to "Light a candle for peace, light a candle for love"



Nursery A & B expressed their joy by singing "I've got joy, joy, joy down in my heart" along with their Peace sign headband



In this world of turmoil, **Upper Nursery A** showed how to live life through their song - "There is a way that we can live and peace is the way"



With a vast reservoir of Peace, **Upper Nursery B** presented a song "I've got peace like a river in my soul"



The girls of **Upper Nursery** presented an angelic dance to the tune of "Heal the world"



Class **4A and B** share their vision of a World of Peace



Our Angels of Peace



To Teach is to Touch a Life Forever



CIS celebrated Teachers' Day with gaiety and fervour on 5th September, 2019. The entire school was beautifully decorated with pink and white balloons. The student volunteers took charge of the classes from the morning. The day began with a friendly basketball match, between the teachers and the students, in which the teachers emerged as winners. After the sporting event, the teachers assembled in the first floor staffroom where Mrs Choudhary, the Junior School Section Head, read out Mrs Nayar's message to the teachers on the occasion of Teachers' Day. After Mrs Nayar's message, Mrs Majumdar, the Primary Section Head, read out a message to the teachers from Colonel Roy, the Chairman of the BOG.





The teachers then proceeded to the AVR, where they were thoroughly entertained by the students from Classes 5 to 12 with their spectacular performances which included songs, dances, poems and skits. The students' programme was followed by handing over of gift vouchers to the teachers by Dr Nath, the Senior Principal, as a token of appreciation for their hard work and commitment. At the end of the programme, a bouquet was presented to the teachers by the members of the BOG and a cake was cut. In his short speech, Colonel Roy, the Chairman of the BOG, acknowledged and appreciated the contribution of the teachers in the academic and mental development of the students. The teachers then left for HAKA at City Centre, Salt Lake where a grand lunch had been organised by the School Management. Overall, it was an enjoyable day for all. The day was made all the more special for the teachers by the love and greetings showered by the students.



Hindi Divas

Twelve students from CIS – Junior School participated in a Hindi Elocution Competition organised by Ramgopal Sohini Devi Nagori Charitable Trust on the occasion of Hindi Divas. This competition, in Hindi, is organised to help develop, among children, an interest and love for the language.

Nine students reached the finals and performed with a great deal of enthusiasm and confidence at Rotary Sadan on Sunday, 15th September 2019. The competition was an excellent platform for our young learners to strengthen their Public Speaking skills and get an exposure to the Hindi language. Mrs Choudhary and Mrs Ray were present at the event to encourage the participants from CIS.

Heartiest congratulations to Aarav Pasari, of Grade 2, who was awarded the third prize in his category. CIS is proud of its students and congratulates them on their excellent performance.



The following students participated:

Class 1 - Aarav Jain and Mayank Agarwal

Class 2 - Aarav Pasari, Aaradhya Didwania and Prerna Shri Kanoi

Class 3 - Vivian Siotia, Khyaati Kothari and Bhhavesh Mukim

Class 4 - Varish Mundra

Class 5 - Divit Jain, Devanshee Ruia and Prisha Rampuria

We look forward to more students participating in the event in the years to come.





ENGLISH ELOCUTION COMPETITION 2019-20



The English Elocution Competition is an annual event, of the Junior Section of CIS, which is organised to encourage young children to gain confidence to speak before a large audience and strengthen their public speaking skills.

On 25th September, the English Elocution Competition 2019-20, for Grades 1 to 5, was held in the AVR. Mrs Nayar, Mrs Choudhary and Mrs Majumdar graced the occasion with their presence. The competition was divided into 2 categories: one for Classes 1, 2 and 3 and the other for Classes 4 and 5. The audience and judges heard the selected finalists from Classes 1-5 reciting a variety of poems with beautiful diction, expression and clarity. The participants from Classes 1 to 3 were judged by Ms Piali Ray, retired senior teacher of CIS and Mrs Lopamudra Chatterjee, English teacher of the Senior Section of CIS. Dr Sunanda Mukherjee, retired H.O.D of English, Loreto College and Mrs Preeti Roychowdhury, H.O.D of English at CIS, judged the participants from Classes 4 and 5. The young and gifted elocutionists won the hearts of the judges who were overwhelmed by their elocution skills and preparation. Dr Mukherjee appreciated the participants along with their English teachers for choosing poems by Indian poets as it allowed the students to experience the richness of the land and its culture. Mrs Roychowdhury admired the fact that the participants enjoyed what they recited which made their presentations all the more impressive.



OUR JUDGES FOR THE DAY

ANCHORS FOR THE EVENT

The English teachers of the Junior School - Mrs S Singhal, Mrs S Ray, Mrs T Datta, Ms K Marwah and Mrs A Schafranski anchored the event for their respective classes. The proceedings of the overall programme for Classes 1 to 3 were conducted by Ms Amanda DuPratt whereas that for Classes 4 and 5 were done by Mrs Subhasree Sarkhel. The winners of the competition were announced amidst applause from the audience. The programme ended with the prize distribution and a vote of thanks to all who contributed to the grand success of the event.

Finally, Mrs Nayar handed over a token of appreciation to the judges, thanking them for taking out time from their busy schedule to be present at the event. She then congratulated all the participants for displaying exceptionally good elocution skills. She also appreciated the English teachers for guiding the students so wonderfully for the competition. The confident performances of the talented participants made the event memorable.



THE PARTICIPANTS



Congratulations to the Winners



Class 1: 1st - Anishka Agrawal, 2nd - Zara Sengupta, 3rd - Vairaj Jhunjunwala and Demira Mukherjee



Class 2: 1st - Aarav Pasari, 2nd - Vaanya Baid and 3rd - Aaradhya Didwania



Class 3: 1st - Alveena Fatima Jawade, 2nd - Natarsha Roy and 3rd - Megan Li (Li Ling Li)



Class 4: 1st - Aryan Servaia, 2nd - Rajanya Deb and 3rd - Ihit Dhar and Swaralipi Banerjee



Class 5: 1st - Trisha Dasgupta, 2nd - Aanya Sinha and 3rd - Archisha Banerjee

Autumn Assembly



THE LIGHTING OF THE LAMP



MRS SUSHMITA RAY AS THE EMCEE

Across the world, autumn is the season of festivities and celebration. To usher in this festive season with grandeur, the Language Department of the Junior School, under the able guidance of the Language Coordinator, Mrs Sushmita Ray, organised the Autumn Assembly on 28th September, 2019 in the AVR. The Special Guests for the occasion were the pupils from the Hope Kolkata Foundation, accompanied by their teacher and Ms Ayantika Ray Chaudhuri, the CSR Executive of the organization.

Mrs Nayar and Mrs Choudhary inaugurated the Assembly by lighting the lamp. A few students of the Junior School welcomed the pupils from Hope Kolkata Foundation. They expressed their delight to be able to celebrate the special occasion together and sang a beautiful song, 'I have a dream', for the visitors.



A CAPTIVATED AUDIENCE



SINGING - 'I HAVE A DREAM'



OUR CONTRIBUTIONS BEING HANDED OVER



AN ENTHRALLING PERFORMANCE



MANDARIN STUDENTS PERFORMING



GERMAN PRESENTATION



KOREAN STUDENTS



FRENCH STUDENTS RECITING A POEM

As part of the Daan Utsav celebrated this year, at CIS, new clothes and shoes were contributed by the students and teachers for the pupils of the Hope Kolkata Foundation. These were handed over to them by Mrs Nayar and the students. Ms Ayantika Ray Chaudhuri thanked everyone at CIS, on behalf of her organisation, for their noble initiative of celebrations through giving.

The pupils of Hope Foundation, dressed in white and red sarees, performed 2 dances which enthralled the audience. There was a huge applause from everyone present in the AVR.

The students of the different languages taught in Junior School, foreign and regional, showcased their learning through their various presentations in the Assembly. The assembly highlighted various festivals celebrated in different parts of the world during this time.

The Mandarin students began the programme. There was a short skit on the Chinese Moon Festival, followed by a dance and recitation of poems with their English translations. Their presentation ended with a song- 'Yuan yuan de yue liang'.

The German students of Class 5 gave a presentation on the famous Pumpkin Festival of Germany while those of Class 4 spoke about the Berlin Festival- the festival of lights, the Onion Festival, Cologne Festival and the Cannstatter Volksfest. Their programme ended with the recitation of a poem on autumn.

The Korean students gave a presentation on the Korean Moon Festival. Then the students sang, danced and played their traditional instruments. They also spoke about how the Korean food KimBap was prepared and also shared some with their friends in class later.

The French programme 'Automne en France' comprised of a short presentation on La fête des Vendanges or the Grape Harvest Festival of Montmartre by the Class 4 pupils and the recitation of 2 poems on autumn along with their English translations by the pupils of Class 5. Their programme ended with a beautiful rendition of a popular French song, 'Chanson d'automne' by the students of Class 5. Mrs Sarkhel, the French teacher accompanied her students in her mellifluous voice.

It was a good platform for the students to exhibit their skills in front of a large audience.



This was followed by performances by the Hindi and Bengali students of Classes 1, 2 and 3. The youngest members of the Junior Section, Class 1 Bengali children, danced to a popular song, ushering in Goddess Durga and how the 5 days of the Durga Puja are celebrated. The Class 1 Hindi students enacted out the story of Goddess Durga and why Dussehra and Diwali are celebrated.

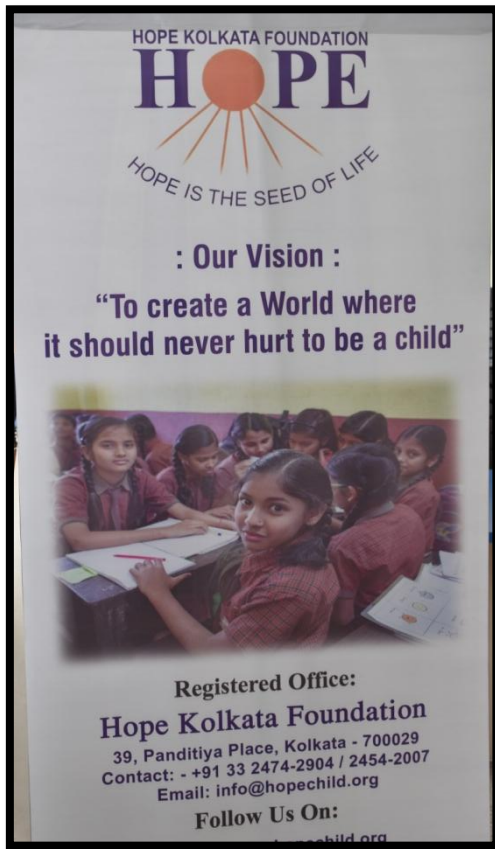
The Class 2 Bengali children recited the poem 'Durga Ashe' which depicted the characteristic of autumn and the festival that connects us during this season. Their performances were a delight to watch.

The Class 2 Hindi students, dressed in colourful attires, performed the traditional Garba dance of Gujarat. The song to which they danced spoke about the significance of 'Navratri', a festival celebrated in autumn in India.

The final attraction of the Assembly was a short skit in Hindi 'Maa Durga ke Jadoo Ladoo' based on the moral- good things always happen to good people. Children watched the show with sheer delight. The skit was followed by the song 'Gouri elo' and the traditional Dhunuchi dance of Bengal by the pupils of Class 3.

The celebration ended with the teachers' Dhunuchi dance performance.

DAAN UTSAV 2019



"Remember that the happiest people are not those getting more, but those giving more." — *H. Jackson Brown Jr.*

We, at CIS, have always sensitised our students and staff members towards their responsibilities towards the community. CIS shares a special bond with the Hope Kolkata Foundation and as part of this entente, every year the school helps the organisation through its various projects. One such unique initiative of sharing and caring that CIS undertakes every year is the 'Daan Utsav'.

This year as part of this social initiative, our students of Grades 3, 4 and 5 contributed new sets of clothes, to share the joy of this season with the less privileged children of the different homes under the aegis of the Hope Kolkata Foundation. In this noble endeavour, the faculty of Junior School also made their contributions. They donated new pairs of shoes to the children. It was indeed a great pleasure bringing a smile on the faces of these children.



Discovery School Super League Quiz Competition



On 18th September, 2019, the students of Grades 4 and 5 participated in the Discovery School Super League Quiz Competition powered by BYJU'S. DSSL is India's Biggest National Level Inter-School Quiz Contest. It is a critical thinking and aptitude-based competition that provides a unique platform for students to compete and win laurels for themselves and their schools. Each student received a certificate of participation.

GOOD BYE WASTE!

We all are aware of the surroundings and environment we are living in. All the plastic that we use is going into oceans. This is harming the trees, animals and all of us. Two of my friends and I, from my building Rameswara Mansion, have started a program called



Good Bye Waste. Every Sunday we collect single use plastic bags and bottles from each flat in our building. The bottles have to be empty, dry and crushed and the plastic bags have to be empty, dry, rolled up and tied up with rubber bands. The collected items are then sent to Sonarpur for recycling. My uncle Vinay introduced us to two organizations called Kolkata Clean Air and Garbage Free India. They have guided and supported us by providing bins, taking the collected material to the appropriate place etc. I am thankful to the residents of our building for their support and encouragement.

Aarav Pasari (Class 2B)

CONGRATULATIONS



We are proud to announce that Calcutta International School has been ranked West Bengal's No. 1 and Kolkata's No. 1 International Day School in the Education World India School Rankings, 2019-20. The Award ceremony took place in Gurgaon, on September 28th and 29th, 2019. Mrs Nayar was present at the ceremony to receive the Award.



We are also proud to announce that Mr Abdul Samad and Ms Lakshmi Khanna have been awarded the IIHM Teachers' Day Awards 2019 for their unique and outstanding contribution in the holistic education and development of the students at CIS.



On the occasion of Teachers' Day, Mrs Sushmita Ray, was felicitated at a special programme, organized by Tanishq, in collaboration with Sanmarg, a leading Hindi daily on her successful journey as a teacher at CIS. The award ceremony took place on the 11th of September, 2019. We are very proud of her!



Aryaman Kedia, class 2A, participated in Liga Prodigio Baby League which happened for 4 months from December 2018 to April 2019.

He was awarded Emerging Player of the Year Award from Liga Prodigio under the All India Football Federation.

Inter-Class Table Tennis Tournament

The Inter Class Table Tennis Tournament for the boys of Classes 3-5 took place from 10th to 17th September, 2019. The finals were held on the 17th of September.

This was soon followed by the Inter-Class Table Tennis Tournament for girls of Classes 3-5 which was held between 17th and 24th of September.

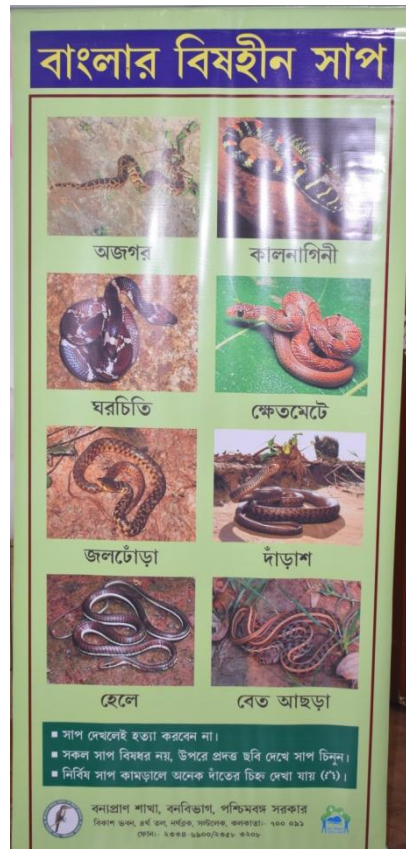


Boys – Class 3 emerged as winners of the Tournament while Class 5 was declared the Runners Up.



Girls – Class 5 emerged as winners of the Tournament while Class 4 was declared the Runners Up.

Awareness Programme on Snakes



On 6th September, 2019, the officials of the Forest Department of West Bengal (WBFS) visited the Calcutta International School to give a presentation on the different kinds of snakes that we see around us. This session was conducted for the students of Classes 1-5 in the AVR to create awareness about the reptile amongst them. This was in wake of the recent sighting of snakes in the school premises which gave rise to a lot of queries in the minds of the young ones. These queries were patiently answered by Mr Subrata Pal Chowdhury and Mr Somnath Chatterjee, the officials from the WBFS. This was followed by a Powerpoint presentation, on snakes, by Mr Chatterjee, the Assistant Wild Life Warden of the WBFS. He informed first about the physiological and behavioural characteristics of snakes in general. Then he explained which ones were venomous and which were not, their habitats, what they fed on, under what circumstances they attacked humans etc. He clarified that the snakes which were seen in the school premises were non poisonous so there was nothing to worry about or panic. Most importantly, he told the students the do's and don'ts, in case they came across a snake in front of them. The session was very informative and enlightening for all.



WORKSHOPS



Mrs Farishta Dastur Mukerji, the School Counsellor, attended the UGC Sponsored One Day National Conference on 12th September at the Triguna Sen Auditorium in Jadavpur University. This conference on Suicide Prevention: Role of Media in Community Awareness was organised by the Department of Education, Jadavpur university, Mental Health

Foundation, Kolkata and Suicide Prevention Specialty Section of Psychiatric Society (IPS) and was supported by the West Bengal Academy of Paediatrics.

Mrs Shweta Mazumder, the Science teacher of Grades 2 and 3, attended a two day training programme at Bengaluru on 20th and 21st of September. Ms Judith Amery and Ms Julian, were the facilitators of the workshop on 'Active learning in Sciences'. They are trainers from the Cambridge School for training in CIAE and IB curriculum. The training programme mainly



focussed on the importance of purposeful talk, engagement of the learners, collaborations, active learning and assessment of all kinds of learners. They also spoke about Meta cognition along with Active learning.

From the Counsellor's Desk



The School Counsellor, Mrs Farishta Dastur Mukerji conducted sessions on 'Emotional Development of Children' with the parents of Grades 1, 2 and 3 on 2nd, 9th and 17th of September, 2019 respectively. The sessions focussed on the emotional development of children - factors contributing to it and the role of the parents in it. These sessions were both interactive and informative, where class related concerns were discussed.

Go Yellow for World Suicide Prevention Day

10th September is observed as World Suicide Prevention Day. The Go Yellow campaign by Lifeline Foundation was initiated to create awareness in the community about suicide prevention. At CIS, on 9th September, students, teachers and staff dressed in yellow to support the cause and to create awareness about the same. In order to prevent suicide, community awareness and creating peer support groups is of vital importance. The school counsellor spoke to the students about the importance of sharing and talking. The younger students made a promise to each other to help their friends if they felt that they were sad, upset or angry.



Life or Death? That is the question...

10th September was World Suicide Prevention Day.

WHO statistics state that every 40 seconds, internationally, someone ends their life to suicide.

Suicide is a reality we hear about every day, and it is coming closer to our homes. We read about it in the newspapers, watch it on the television; it is all over the internet and it is shown in films.

Mental health professionals work towards creating awareness and support systems within communities to prevent suicide. Together we can work towards giving support to those who find themselves feeling 'hopeless' 'helpless' and alone. Following are some tips for all of us:

- A person who is thinking / planning to end their life will always cry for help, and there will always be some warning – do not ignore it.
- If someone's behaviour changes drastically, and he /she is behaving differently, please establish a conversation with them, and ask the person how they are feeling.
- Suicide is not a thought that can be 'implanted' in the brain. It is OK to talk about it.
- Access to emotional support at the right time can prevent suicide.

It is important to remember that every human being's thoughts and feelings are valid for them. Let us hear them and keep channels of communication open at all times.

Let us choose LIFE!

ask how a
friend
is doing today



May the

**divine blessings
of Goddess Durga
enrich your life**

**and fill your home and heart
with happiness and joy**



We wish you a

Happy Durga Puja!



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