



CIS HERALD

October-November

VOLUME-5

November Events

Coffee Meets

- 1.11.19 - Class 1
- 4.11.19 - Class 4
- 6.11.19 - Class 3
- 7.11.19 - Class 2
- 8.11.19 - Class 5
- 11.11.19 - Pre Nursery
- 12.11.19 - Nursery
- 15.11.19 - Upper Nursery



14.11.19 - Children's Day celebration

15.11.19 - Spell Bee

There will be an Inter House Throw Ball Tournament (boys and girls separate) for Classes 3 to 5 tentatively in the 2nd week of November depending on the weather condition and the condition of the field.

ECA Football commences from 4th of November, 2019

We welcome

Michael Bertocchi – Nursery A

Aesha Roy Choudhury – Class 4A

Sharing is Caring

The deep rooted 'feel good factor' of being able to light up a face with joy and happiness is achieved by making a person feel loved and wanted. By saying that you are there!

In our attempt to bring love and cheer into the lives of others, CIS Junior Section invited the students and members of a charitable trust, **'Universal Smiles'** to school on the 24th of October 2019. In an assembly, students of Grades 1 and 2 handed over the donated essential items to the members of the NGO. We express our deep gratitude to the parents and students for their generous contributions.





Mrs. Nayar, Mrs. Choudhary, teachers and students interacted with the visitors from the organisation. We aim to further build on this relationship through various collaborative activities and visits. In her address, Mrs. Nayar encouraged CIS students to reach out and bring joy to the lives of children in need.

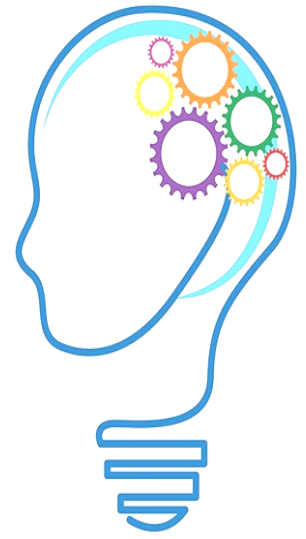
We thank our ECA Coordinator for this initiative of bringing 'Universal Smiles' to our school this festive season. 'We can't help everyone but everyone can help someone' – so let us come forward, spread awareness and sensitise the younger generation about their roles and responsibilities for the community.



WORLD MENTAL HEALTH DAY

Mental health is increasingly gaining due importance and although less tangible, it is just as important as physical health. At CIS, we continuously work towards promoting the mental wellbeing of the entire school community. As a part of this process, students from Grades 3-5 observed World Mental Health Day on 16th October, 2019 by engaging in activities to further explore their awareness of concepts such as Mental Health, Mental Wellbeing and Seeking Support. Grade 5 did an activity on building their support system, whereas Grades 3 and 4 worked on everyday situations that they encounter while identifying supportive behaviours that will empower them towards continued social and emotional development and contribute towards a more caring and empathetic school community.

The School Counsellors, Mrs. Farishta Dastur Mukerji and Ms. Spriha Patronobis, along with the class teachers, organized these classroom activities which culminated into a special assembly on 18th October, 2019 to enable children to further enhance their awareness of mental health and wellbeing.



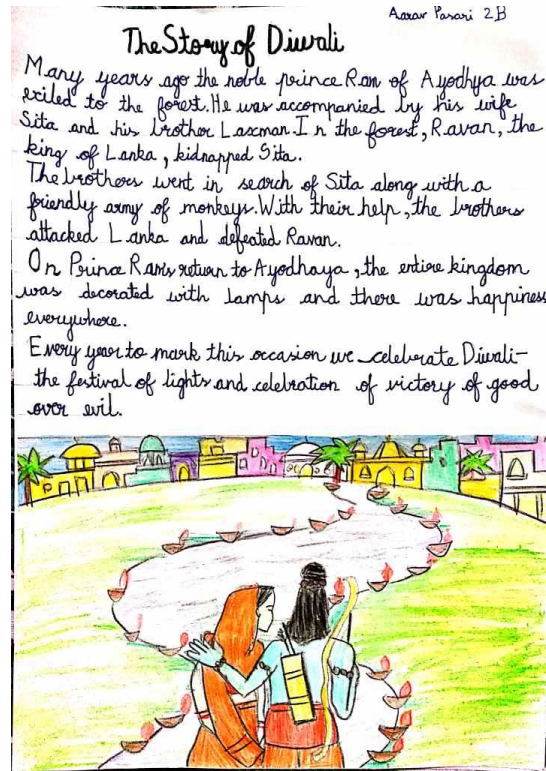
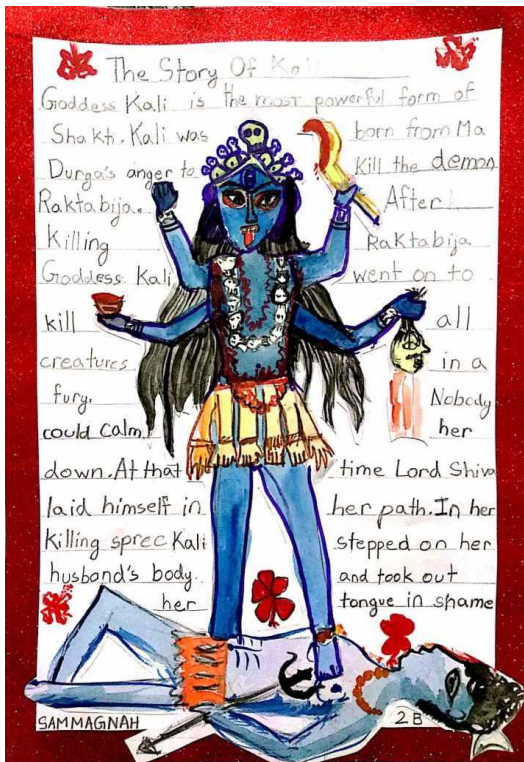


'HOME AND AWAY'

Collaboration

Students of class 2 collaborate with a school in UK - Huntingdon Primary School on a Penpal project 'Home and Away' - a unique opportunity for students to extend their knowledge beyond their classrooms while making friends in another country.

As we got to know that the students of the UK school have learnt about Diwali, our young ones wanted to share their celebration of the festival with them. Students made charts, painted a 'Rangoli' and wore Indian clothes to school. Their work has been emailed to the coordinating teacher of Hunting Primary School by Mrs. Ray, who is taking the project forward from CIS.





Through this project, students will learn about the culture, food and celebrations of their friends in UK and write to them about our culture and festivities. We look forward to this collaboration.

More updates will follow as the collaboration grows...

MEDIA COVERAGE

Plantation drive at Calcutta International School

Plant a tree, grow a flower, let's give Mother Earth back her power. Plantation of trees and plants aids in making the environment convalescent. It purifies the air, conserves water, helps in climate control, preserves soil and benefits us in many other ways. Rapid deforestation, logging and other activities have potentially led to numerous negative impacts on the ecosystem and the environment. In such times, it is imperative that all of us pitch in globally to save the planet on which we live.

With the hope for a greener and cooler planet, the Junior Section of Calcutta International School under the guidance of the science coordinator, Sujata Ahuja, took the initiative of conducting a plantation drive in the school premises recently. The drive was supported by 'Kolkata Clean Air', 'Green Legion' and 'Banglanatak.com'. Pratima Nayak, principal, Junior School, Mukherjee from Banglanatak.com and G. Maitra, co-founder and programme lead at Kolkata Clean Air and thanked them for being a part of this great initiative of CIS.

After a brief yet interesting interaction with the students, the students of grades I to V assembled classwise and planted a number of saplings which included flowering plants and fruit and vegetable bearing plants. The children were extremely excited and took part in the initiative with a lot of vigour and keenness. It was heart-warming to behold the young learners of the Junior School getting passionately involved in the drive. They planted saplings, put compost in the soil and watered the little plants.

The aim of this project was to orient the learners and create awareness about the ecological problems that are growing by leaps and bounds each day and to develop a sense of responsibility towards the planet which they inhabit and which sustains them. The drive was also an important hand-in-hand connection between the students and nature. The drive was also an important hands-on activity that served to establish a direct and on-going connection between the students and nature.

... of this digital age

FALL FESTIVAL



The preparations of **Diwali** took off from the time school reopened in October. The children of the Primary Department have been actively making a variety of Diwali crafts like Lanterns, Diyas and Rangoli. The story of “Diwali” was narrated in all the Primary classes and the children are quite fascinated with this festival especially with the light decorations and fireworks. The children decorated the corridors with beautiful patterns of Rangoli outside their classrooms. We had a Diwali celebration of sharing sweets and treats among the children and teachers at snack time. We all had an enjoyable time.



On the eve of Diwali, an awareness video, "Say No to Crackers" was shown to the students of Grades 1-5. The video was sent by "Kolkata Clean Air" and was shared with us by our Science Coordinator, Mrs. Ahuja.



Pre Nursery was excited to celebrate their first Halloween in school. They were dressed as Halloween characters. We teachers took this opportunity to dramatise the story "Room on the Broom" by Julia Donaldson. Thereafter, the children happily went around with a basket of candies doing 'Trick or Treat' in the Primary Department.

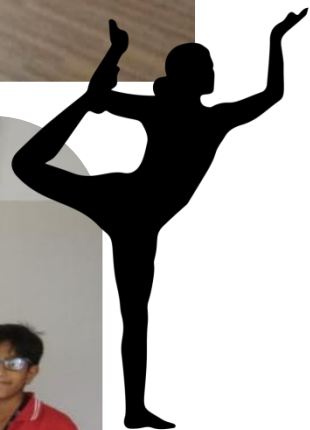


On 31st October, the children of Nursery came dressed in black to celebrate the "All Hallows' Eve"

YOGA FOR GOOD HEALTH



For the first time an Inter House Yoga competition was conducted in CIS for the Junior Section on the 22nd and 23rd of October, 2019. Students of Grades 3-5 participated in it with a lot of enthusiasm. The winner in the Boys category was Yellow House followed by Green House and Red House. In the Girls category, Red House emerged as the winner followed by Green House and Yellow House. The aim of the competition was to encourage students to engage in this ancient Indian fitness regime.



From the ECA Coordinator's Desk



Basketball: We are very happy to inform that the new basketball pole has been set up in the multipurpose court to provide more scope to students to play basketball. Presently, the young basketball players of CIS are honing their skills of the advance level and are preparing themselves for upcoming inter school tournaments.

Taekwondo: Taekwondo students are learning head-height kicks, jumping and spinning kicks and fast kicking techniques. Our taekwondo students are now getting ready for the upcoming 'Belt Examination' and Taekwondo State Championship.



Western Dance: Presently our dancers are learning how to choreograph. They are also learning various dancing styles like jazz, hip hop and rock and roll.

Table Tennis: We are excited to have procured a new table tennis board. Our students are utilising it to the fullest. Presently they are preparing for the upcoming Inter School Tournaments and are also learning different shots and placements of balls.





The new lush field of CIS is now laid open to the students



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