

CALCUTTA **INTERNATIONAL SCHOOL**

Senior School Newsletter

January -February 2023





The Joyous Winter Carnival at CIS!

On the 9th of December 2022, Calcutta International School hosted its special annual event, the School Carnival, after a gap of 4 years. It was an evening full of fun rides, game stalls, food counters, and magical musical performances by both the Junior School Choir as well as the Senior School Band. Visual Art students of Senior School set up an exhibition displaying their creations, followed by an auction of the artworks. The Junior and Middle School students' artworks were also on display.

The Junior and Middle School Choir performed a collection of nine songs ranging from classics to modern Christmas songs in collaboration with the Kolkata Symphony Orchestra. The CIS school band also performed a magical 45-minute set of songs, from pop hits like Taylor Swift's "Better Than Revenge" to classics like "The Winner Takes It All" by ABBA, which truly brightened the mood of the evening.

Clubs at CIS set up stalls sharing their visions through activities and presentations. The Interact Club in collaboration with DECA Club used games as a method of raising funds for future charitable projects and donation drives. CIS' GSA (Gender and Sexuality Alliance), PRISM, set up a DIY bracelet stall, in which they sold handmade bracelets as well as an option for customers to customize their own bracelets. The proceeds of this venture will be donated to an LGBTQ organisation. The Math Club demonstrated the real life application of risk management and probability through games of "7 up and 7 down" and "Chuck a Luck".

The IBDP department displayed a presentation on the Theory of Knowledge in which they displayed their TOK Exhibitions. Alongside this they helped resolve queries and spoke to parents of younger students, considering the IB curriculum for their future. The students of IBDP Year I had set up an ATL corner where a game of sorting celebrities in all spheres of life with regards to the learner profiles of IB was played. The player had to convince the students as to why the celebrity was assigned that learner profile. By doing this the player was using critical thinking, social and communication skills of the ATL.

Various food stalls were also included in the Carnival lineup. A student-led initiative named "Monty The Ghost" as well as a stall for Korean food were major points of attraction for the crowd. Visitors were spoiled for choice as they navigated the different cuisines offered. All in all, it was a fun day at school.

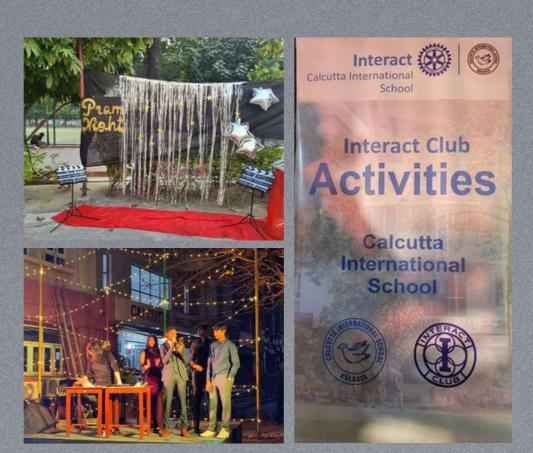








NEVER MISS A CHANCE TO DANCE! PROM NIGHT AT CIS



"What I remember most about high school are the memories I created with my friends." – J.J. Watt

After 2 years, the CIS Interact Club (CISIC) was back into action with their annual fundraising event - the Prom Night, held on the 15th of December, 2022.It was a School Club event aiming to contribute to the cause of distributing blankets during Christmas and initiate a MED camp for the underprivileged children. Students of Grades 9-12 attended the prom and spent a magical fun-filled evening, an evening full of music, dance and excitement.



Insightful Workshops

Cryptoarrency

"If we command our wealth, we shall be rich and free. If our wealth commands us, we are poor indeed." - Edmund Burke On the 13th of December, the teachers and students of the Business Department organized a financial literacy workshop where topics such as Banking, Share Market, Mutual Funds and Taxes were discussed. By the end of the day, students from Grades 9 to 12 and teachers were left with valuable knowledge about how to manage personal finances, a vital skill in todays time. While Suyash Agarwal and Devansh Saraf of Grade 10 spoke about Mutual Funds, Advik Harlalka of Grade AS spoke about taxes. There was also a segment where student entrepreneurs of CIS, Aryaman Agarwalla and Devarya Goenka shared their experiences of managing a business. The session ended with a question- answer session to test the general financial literacy of the audience thereby ending the assembly on an exciting, enthusiastic note!



SAFETY MEASURES CYBER CRIME WORKSHOP

On the 7th and 8th of December 2022, the officers of the Lalbazar Cyber-crime department hosted a workshop to raise awareness about cyber crimes, the types of cyber-crime, the way to safely utilise electronic devices and the internet for the students of CIS from Grades 4 to 11.

Mr. Atul Vishwanathan, IPS, DC Cyber Crime. Labazar, Mr.Prosenjit Bhattacharya, AC CIW and team from the Cyber Crime branch of Lalbazar took the students through the session.

The workshop allowed students to learn about the different kinds of cyber crimes and were given numerous new examples that they were previously unaware of. The officers stressed upon various problems such as impersonation, hacking, bank fraud and even touched upon sextortion and phone hacking.

Lastly, a Q&A session was held where students were able to ask relevant questions, share their concerns and have these queries answered.

The objective of the workshop was to provide the children with preventative strategies so they could stay safe while using the internet and their phones.







LIFE IN ZINES An initiative by MAKERS COLLABORATIVE for IB

On 23rd November 2022, the students of IBDP Year I attended an in-school workshop conducted by Ms Swati Mishra of Makers Collaborative, on the making of zines or handmade magazines. The department of English led by Mrs. Preeti Roychoudhury and Mr. Surya Subha Banerjee helped organise this event. The 2-hour session proved to be an enriching session in which the students learnt to make these zines and went onto create individual zines themselves, which were later displayed in a sharing session. The students found the session extremely interesting, and it was a well spent afternoon, learning a new craft and a new text type.









KNOW AND GROW ! SCIENCE DAY CELEBRATION

The students of the senior section came together to bring World Science Day to CIS in jubilant celebration with the theme of UN Sustainable Goals. The Butterfly area overflowed with poster presentations and an enthralling exhibition of scientific modeling. Our unconventional and interactive approach to the movie, Jack and the Beanstalk where Science tricks were incorporated to enhance this lovable tale was the highlight! Further, the talent of students from middle section and Grade 9 shone through during a quick quiz afterwards. Additionally, the students of IBDP Year I held their health camp for teachers to research the effects of a health pledge in line with the theme "Self love" for good health and well-being.

Science Awareness Camp

"The 2030 Agenda for Sustainable Development adopted by all United Nations Member States in 2015, provides a shared blueprint for peace and prosperity for people and the planet, now and into the future. At its heart are the 17 Sustainable Development Goals (SDGs), which are an urgent call for action by all countries developed and developing - in a global partnership. In line with SDG Goal Number 3,Good Health and Well-Being, students of Grade 9, guided by their science teachers organized an awareness guiz for the administrative and helping Staff of the school. The quiz was conducted on the 25th of November at 2:00 p.m. and was attended by 18 staff members. The students used a variety of techniques like popular videos, questions in the mother tongue, experiments and role plays to frame questions and ask the same.

They also gave an eco-friendly jute bag to each participant as a token of participation and enthusiasm.







আপনি যখন রুটি দীর্ঘক্ষণ চিবিয়ে খান, তখন কেন এটি মিষ্টি স্বাদ শুরু করে?

COLLABORATION IN ACTION-IB COMPUTER SCIENCE YEAR 2 AND MATHEMATICS

The IB Computer Science 2023 Case Study requires students to study algorithms used in Machine Learning based Recommender Systems. One such algorithm is Matrix Factorisation, for which Mrs Neera Dubey invited our Mathematics- AAHL teacher, Mr Samitava Mukherjee for an interdisciplinary exposition session



3CLER SKILLS SPOTLIGHT MATHS AND ICT **#CRITICAL THINKING-use** brainstorming and visual diagrams #CREATIVITY-apply existing knowledge to generate new ideas Use brainstorming and visual diagrams to generate new ideas and inquiries **#COLLABORATION-Delegate and share** responsibility for decisionmaking **#EFFECTIVE COMMUNICATIONUse a** variety of media to communicate with a range of audience

FRENCH, SPANISH AND ART 'ART IN EVERYDAY LIFE'

The project not only concerns the entry of aesthetics into everyday life and things, but also as the separation between art and non-art. The example of The Little Prince was used as an illustration of art-for-all, where significant queries were raised. Students of Art, Spanish and French of IBDP Year I prepared a project on this theme in the middle of January 2023. Mr. Subrata Ghosh , Hod Visual and performing arts, Mr Aniruddha Chakraborty and the French teacher Mr. Pratik Ali have guided the students to search the reality of the mundane existence in our urban life.



HISTORY AND ENGLISH LANGUAGE PERSPECTIVES ON HITLER THROUGH LETTERS, PROPAGANDA POSTERS AND DIARY ENTRIES

History and English Language students of Grade 9 did a collaborative project on the 18th of January 2023. The History students first presented PPTs on Hitler and his regime with overviews of his rationale and policies. These PPTs also detailed the viewpoints of the German people who supported his decisions and policies. The Language students used the information from these PPTs and conducted their own research. They worked in groups to present their research in the forms of propaganda posters, letters and diary entries from the sole perspective of supporters of Hitler. The idea behind this collaboration was to highlight the other side of history - the atrocities of the Nazi regime is always focused on, however the other perspective of Nazi sympathisers is equally important as it gives valuable insight into how the thought processes of the common people shaped the circumstances which led to WW2 and the political atmosphere of that time.





GRADE 6-MATHEMATICS AND

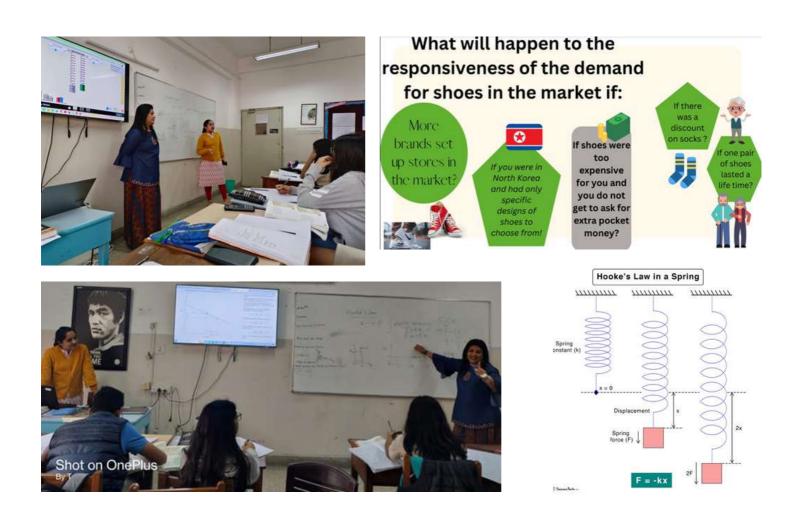
On the 30th of November and 2nd December, ICT department had a collaborative lesson on the number system along with the Mathematics department in Grade 6A and Grade 6B respectively. The students were able to understand how the concept of indices and powers can be applied to ICT as well. They learnt how to convert a binary number into a decimal number using powers of 2. They were able to understand the difference between the way both the number systems work. It was an enriching experience to collaborate across methods and visualize how students were able to combine the concepts to learn about the conversion from binary number to decimal. Children enjoyed the idea of how concepts merge across methods and can be collaborated among different subjects to solve problems.



ECONOMICS AND PHYSICS

On the 19th of January, 2023 teachers of Grade 9- Mrs Paromita Bhattacharjee (Physics) and Ms.Tiara Chatterjee (Economics) conducted a collaborative learning activity for the Economics students.The topic covered was 'Price Elasticity of Demand'. The mathematical concept of elasticity finds applications in both Physics and Economics. Ms. Chatterjee demonstrated the sensitivity of demand to price changes using real life examples illustrated graphically using a simulation.

Mrs. Bhattacharjee explained Hooke's law of elastic objects in Physics using the example of force acting on a spring. The ratio of the applied force to the extension of a spring represents the elasticity of the spring. At the end of the lesson, it was concluded that the force that caused the extension of the spring was analogous to price in causing proportionate changes in demand. This provided a tangible understanding of both subjects, Economics and Physics, to the students.



Training on Special Educator Needs

A unique and attractive quality of CIS is its inclusivity and ability to embrace students with varying needs. This refers to those students who face learning disabilities. In order to improve our ability to aid our students, the teachers of the S.E.N. department arranged for an enriching and necessary online training session for the mainstream teachers on the 26th of November, 2022 by Mrs Sreepriya Bhoumik, Director of British Education Services. Mrs Bhowmik is a Special Educator Needs Specialist based in the UK and the Founder-Director of BESS -British Education Support Services. The course covered topics such as the identification of disabilities such as Dyslexia, Dyscalculia, Dyspraxia, Dysgraphia and ADHD as well as a simulation activity to help understand the needs of SEN students and how to support them in class. At the end of the session, teachers were given certificates of participation. The training session aimed to enhance CIS' SEN department and provide comfort and support to our students in need. It contributed to making our school a safe space for all students and promotes inclusivity.



Guidance at its Best

Knowledge Seminar for Grade 10

On 20th January 2023, a Knowledge Seminar was held for our current 10th graders who are facing an important impending decision regarding subject choices in Grade 11. Our Grade 10 students are at the threshold of yet another milestone year and will be completing their secondaries to embark on their High School journey in a matter of a few months. As they transition to High School, they are to select a curriculum - either CAIE or IB and along with it, the subjects that they are passionate about and want to study in future. As such, this is a vital time for them to understand both curricular and co-curricular requirements and subsequently career pathways so that they can make an informed choice when it comes to subject selection. To equip them with the knowledge and enable them to make informed choices, we designed a series of events and sessions lined up as a part of the Grade 11 Guidance Programme. The seminar began with the Section Heads, Senior Principal, SEN department, and the Exam Office, Mrs. Poddar addressing the students and parents and outlining the differences between the advantages of the two curricula. Following that, subject-wise stalls were put up in different rooms with their respective teachers giving away flyers and resources as well as clarifying any queries the parents may have had.





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Cambridge International AS & A Level – assessment

- Examptaken at the end of the course students develop a deeper understanding (subjects.
- Choice of three assessment options. Each subject receives a separate grade.
- Grades are from A* to E, with A* being the highest.
 Exams in November and June with
- flexibility of timing. March session – Primarily only for the
 - udents who will apply to Indian hiversifies.







Coffee Meets-Middle and Senior Sections



A Coffee Meet for the parents of Grade 10 students was held on Thursday 1st December in the IGR. The parents were briefed about their upcoming class trip to Bhilar near Pune. Through an interactive session Ms. Vinita Banka, the trip organiser, from Youreka InMe spoke extensively on the trip and addressed every concern of parents. The session was held to ease the minds of the parents and discuss the trip's itinerary, advantages, and other details.

At the Coffee Meet for Grades 6 and 7 held on 28th November, parents were briefed about the upcoming school trips. The session was led by a representative from Youreka InMe. The Coffee Meet for Grade 8 was held on the 30th of November. < Wit/

CIS is known for its unique and groundbreaking ventures- As a school that promotes holistic learning and intercultural exchange. CIS hosted Alfrink College from the Netherlands for а exchange collaborative programme that was resumed after a twoyear-long necessitated due to the break pandemic. The 5-daylong exchange enabled the students to teach, learn and grow as they exposed to were the diverse Indian culture in the form of classical dance, Bollywood dance and music, and clothes. traditional Sohini Das and her team from Awakening Storytellers conducted a workshop on performative storytelling for both CIS and Alfrink helped students. This our students comprehend the power that words can hold and their ability to transcend boundaries and bias. The students were shown around the Dakshinapan shopping district to experience the lively environment of a signature Kolkata shopping complex. On the final day, the Alfrink students were given a grand farewell. The closing ceremony included the dances and performative storytelling presentations the students had learnt during their stay. The teachers were felicitated, and a video montage was presented by an A 2 student. The exchange was a fun and engaging experience for all the students involved and allowed for a wonderful and innovative learning experience.





ALUMNI CORNER

ALUMNI MEET -2023

"Growing apart doesn't change the fact that for a long time we grew side by side; our roots will always be tangled. I'm glad for that." – Ally Condie

CIS began 2023 with the long-overdue Alumni meet which saw Alumni from across the years meet for an evening of fun and reminiscing on 3rd January 2023.

While younger alum played a spirited game of handball against current students, older alum went around the school, looking for their old haunts. The presence of several ex-teachers added a special touch to the evening. The photo booth followed a back-to-school theme to remind our alumni of their first days at school. With numerous props and small furniture that was reminiscent of their childhood times, the photo booth was an area of attraction where the alumni gathered to take pictures after catching up with old friends.

The AVR was transformed into a classroom by the design team with a blackboard, desks, chairs, maps, books, and more. Our alumni got to enjoy speeches and performances while reliving the feeling of sitting in a classroom with friends!

Following the meet and greet was an exciting series of football, basketball, and even volleyball matches between the current batch and the ex-students of CIS.

The final events of the night were the performances and speeches that took place in the AVR. The stage was passed on to a few of the alumni as well so that they could share their experiences and impart their knowledge to the soon-to-be university students in Grades 11 and 12. A few of our cherished but retired teachers such as Ms. Piali Ray and Mrs. Khanna also spoke about their CIS experiences and life learnings.

The wonderful words were followed by a harmonious musical performance by Dongin Lee (Grade AS) and Dhiman Narayan (IBDP YEAR I). The event was concluded with a cake-cutting ceremony led by Mrs. Servaia and Mrs. Nayar.

The evening concluded with one of the most anticipated events- the CIS confessions. The alumni were asked to share some of their secrets and confessions about CIS and their time in school. The revelations were most amusing and left the audience in splits. The event was conceived by the recently created alumni cell of the student council and includes the Head of the committee-Shreya K. Ghosh, Treasurer- Rohan Arya Marda, and teacher-in-charge- Mrs Sanjukta Poddar, aided by the School Vice Captain Mayurakshi Sarkar.

The Alumni meet will be an annual affair henceforth held in early January.





















ALUMNI SPEAKS



AS THE CURRENT 10TH GRADERS FACE AN IMPORTANT DECISION, A DILEMMA REGARDING WHICH CURRICULUM TO TAKE UP IN 11TH GRADE, HERE ARE A FEW WORDS OF ADVICE AND ENCOURAGEMENT FROM OUR ALUMNI REGARDING THEIR EXPERIENCE WITH IB AND A-LEVELS. THE EX-CIS STUDENTS NEVER LOST THEIR SENSE OF COMMUNITY AND TOOK TIME FROM THEIR BUSY SCHEDULES TO DISCUSS THE BENEFITS OF THE TWO DIFFERENT CURRICULUMS AND HOW IT HAS HELPED THEM PREPARE FOR THE FUTURE.

IB CLASS OF 2022 VALEDICTORIAN, KAAVYA AGARWAL SHARES HER VIEWS:

"IB EFFECTIVELY PREPARED ME FOR UNIVERSITY BECAUSE OF ITS RIGOUR. THE PROCESS OF WRITING IAS AND THE EE WAS EXTREMELY FRUITFUL BECAUSE IT HAS HELPED ME BETTER NAVIGATE THE PATH OF RESEARCH, WHICH IS AN INTEGRAL PART OF LEARNING. THE SKILL OF CRITICALLY ANALYSING AND INTERPRETING TEXTS IS IMPORTANT, NO MATTER WHICH FIELD YOU CHOOSE TO STUDY. FURTHERMORE, I WAS SURPRISED TO SEE HOW PREVALENT THE CONCEPTS WE DISCUSSED IN TOK ARE. DESPITE THE DIFFICULTIES I FACED, IB MADE MY TRANSITION INTO UNIVERSITY EASIER."

ANOTHER TOP STUDENT OF THE SAME COHORT, VIKHYAT AGARWAL, SAID:

"THREE YEARS AGO, I CHOSE TO TAKE THE IB DIPLOMA PROGRAMME OVER A-LEVELS, KNOWING THAT THE NEXT TWO YEARS OF HIGH SCHOOL WOULD BE A LOT OF WORK, BUT ALSO THAT I WOULDN'T REGRET THIS DECISION WHEN I LOOKED BACK AT IT. NOW THAT I'VE GONE THROUGH THE TIRING AND UNCERTAIN COLLEGE ADMISSION PROCESS, I KNOW THAT I MADE THE RIGHT CHOICE.



I WANTED TO STUDY IN THE UNITED STATES, AND THE IB MADE THAT EASIER FOR ME IN MANY DIFFERENT WAYS. I GOT MORE THAN A SEMESTER'S WORTH OF TRANSFER CREDIT THANKS TO MY IB HL SUBJECTS, ALLOWING ME TO SKIP THE BASIC INTRODUCTORY COURSES THAT MOST OF MY PEERS HAD TO TAKE. ALL OF MY CLASSES HAVE INVOLVED AT LEAST SOME ACADEMIC WRITING SO FAR, WHICH FEELS SO MUCH EASIER AFTER WRITING ALL THOSE IAS, EES, AND TOK ESSAYS IN IB.

EVERY PROFESSOR I'VE TALKED TO HAS BEEN FAMILIAR WITH THE IB AND UNDERSTANDS HOW MUCH MORE RIGOROUS IT IS THAN STANDARD AMERICAN CURRICULA, AND ALL MY INTERNATIONAL FRIENDS WHO TOOK IB HAVE SHARED SOLIDARITY OF MAKING IT THROUGH A PREPARATORY PROGRAM THAT'S TOUGHER THAN MOST FIRST-YEAR COLLEGE COURSES. THE IB'S CORE COMPONENTS FIT REALLY WELL WITH THE LIBERAL ARTS PHILOSOPHY OF MOST US COLLEGES, AND I THINK IT'S A GREAT ADDITION TO THE PROFILE OF AN INTERNATIONAL STUDENT."

EX-STUDENT NANDINI GOENKA ALSO OFFERS HER INSIGHT:



"PERSONALLY, I HAVE ONLY REALISED THE IMPORTANCE AND VALUE OF THE IB DIPLOMA PROGRAMME OVER TIME. BEING A FIRST-YEAR UNDERGRADUATE, WHO PLANS ON DOING A DOUBLE DEGREE IN BUSINESS AND PSYCHOLOGY, IB HAS HELPED ME IN MORE WAYS THAN ONE TO DEVELOP SKILLS THAT ARE ESSENTIAL TO DO WELL AT THE UNIVERSITY LEVEL. ONE SUCH SKILL IS TO BE ABLE TO RESEARCH AND THEN WRITE ABOUT YOUR RESEARCH IN AN ACADEMICALLY PROPER MANNER. IT HAS ONLY BEEN ONE SEMESTER BUT I HAVE ALREADY WRITTEN THREE PAPERS, ALL THANKS TO THIS SKILL THAT I DEVELOPED. NOT ONLY THIS, BUT THE PRESSURE IB PUT ME THROUGH TAUGHT ME HOW TO MANAGE TIME AND PLAN AHEAD OF DEADLINES, WHICH IS THE ONLY REASON I AM BEING ABLE TO PURSUE A DOUBLE DEGREE. THESE SKILLS AND MANY MORE WILL HELP ME PUSH THROUGH TO MY BEST POTENTIAL IN DIFFERENT ASPECTS OF LIFE."

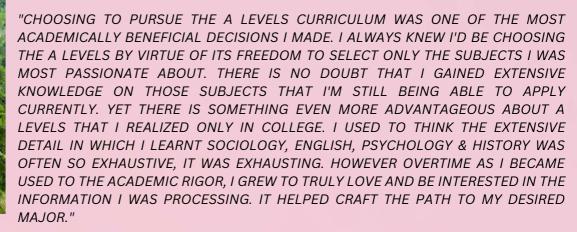
SVARIKA SONTHALIA OF BATCH OF 2020 SPEAKS:

"IB HAS GIVEN ME A FEW OF MY MOST CHALLENGING YET ENLIGHTENING YEARS. AS MERE HIGH SCHOOL STUDENTS, WE DID NOT KNOW WHAT IB WOULD ENTAIL BEFORE WE GOT INTO THE PROGRAM. HOWEVER, THE SHEER AMOUNT OF GRIT AND DETERMINATION THAT IB DEMANDED, HAD STARTED PREPARING ME FOR AN EXCITING JOURNEY AHEAD. I WOULD BE LYING IF I SAID UNIVERSITY WAS AN EASY JOURNEY, BUT, THE VARIOUS CHALLENGES DURING IB - HELPED ME BECOME MENTALLY RESILIENT AND FACE THESE OBSTACLES HEAD-ON.

I AM TRULY GRATEFUL FOR THE EXPERIENCES AND MEMORIES THAT IB HAS GIVEN ME, ALONGSIDE BRILLIANT TEACHERS AND FRIENDS THAT I WILL CHERISH FOR A LIFETIME."

IN ADDITION TO OUR IB ALUMNI, A FEW OF OUR A-LEVEL ALUMNI VOCALIZED THEIR POSITIVE EXPERIENCES WITH THEIR SYLLABUS AND THE BENEFITS IT GAVE THEM.

FORMER SCHOOL CAPTAIN, TANVI SENGUPTA, SAID:



NIKITA BISWAS- BATCH OF 2021

AS I WAS FACED WITH THE DECISION BETWEEN A-LEVELS AND IB, I WAS PLAGUED WITH CONFUSION AND FEAR. I FELT UNCERTAIN ABOUT WHICH BOARD WOULD BE THE RIGHT FIT FOR ME, AND THE THOUGHT OF CHOOSING THE WRONG ONE FILLED ME WITH DREAD. IN HINDSIGHT, I BELIEVE THAT THE KEY TO DETERMINING ONE'S "FIT" IS TO TRUST ONE'S INSTINCTS. I ULTIMATELY CHOSE A-LEVELS, AND I HAVE NO REGRETS. OF COURSE, I AM WELL AWARE OF THE MANY TALENTED STUDENTS WHO PURSUED IB AND WENT ON TO ACHIEVE GREAT THINGS. BUT FOR ME, A-LEVELS PROVIDED THE RIGHT BALANCE BETWEEN MY ACADEMIC AND EXTRACURRICULAR PURSUITS. MAINTAINING THIS BALANCE WASN'T ALWAYS EASY, BUT IT PREPARED ME WELL FOR THE DEMANDS OF UNIVERSITY LIFE. TO HELP CLARIFY MY DECISION, I MADE A LIST OF PROS AND CONS FOR EACH OPTION AND WEIGHED THEM AGAINST MY FUTURE DEGREE GOALS. I STRONGLY ENCOURAGE ALL STUDENTS TO DO THE SAME. AS IT ALLOWS FOR A DEEPER UNDERSTANDING OF ONE'S LEARNING NEEDS AND ACADEMIC PATH.

I CAN ATTEST TO THE VALUE OF CHOOSING A-LEVELS. THE RIGORS OF ACADEMIA, COUPLED WITH MY EXTRACURRICULAR PURSUITS, WERE A CHALLENGE, BUT IT WAS ONE THAT I WAS WELL-EQUIPPED TO HANDLE THANKS TO MY A-LEVELS EDUCATION. NOW, IN THE MIDST OF MY UNIVERSITY STUDIES, I FIND MYSELF DRAWING UPON THE FOUNDATION I BUILT DURING MY A-LEVELS, AND I AM GRATEFUL FOR THE ADVANTAGE IT HAS PROVIDED ME. THE INTENSE ACADEMIC PRESSURE AND THE SHEER NUMBER OF STUDENTS IN EACH SUBJECT CAN BE OVERWHELMING, BUT HAVING A STRONG FOUNDATION HAS BEEN A SAVING GRACE. I AM CONFIDENT THAT MY A-LEVELS EDUCATION HAS EQUIPPED ME TO SUCCEED IN MY PURSUITS.







ALUMNI SHINES BRIGHT



Priyanka.Dasgupta @timesgroup.com

Kolkata: "The Elephant Whi-



sperers', a film edited by a St Xavier's College Kolkata .alumnus, is an Oscar conten-

der for Best Documentary Short. The Tamil film is about a couple who care for two orphaned elephant calves in Theppakadu elephant camp in Mudumalai Tiger Reserve.

Sanchari Das Mollick studied in Loreto House and Calcutta International School, and pursued mass communication and videography at St Xavier's. After graduation in 2002, she did a diploma in editing from Pune's Film and Te-



A still from the film edited by Sanchari Das Mollick (left)

levision Institute of India.

Growing up in Kolkata, and her connection with Satyajit Ray's family, shaped her sensibilities. Her grandfather Monojendu Mojumdar was one of the founding members and treasurer of the Calcutta Film Society. "We were family friends with Ray. I am inspired by Ray's storytelling and the way he used emotions to drive a story forward," she said. Her mother Subha is also a known face in Kolkata's documentary circuit.

In her 15-year career, Das Mollick has edited more fiction films than documentaries. Among these is the National Award-winning Marathi film 'Naal', directed by her husband. "For "The Elephant Whisperers', I had 500 hours of footage that was brought down to a 40-minute film. It feels great to be on the short list in a year when there are four films from India," she said.

The film has been directed by Kartiki Gonsalves and has Karan Thapliyal, Krish Makhija and Anand Bansal as cinematographers. Douglas Blush, whose '20 Feet from Stardom' won Best Documentary Feature at the 86th Academy Awards, was co-editor.

"Ipshita Maiti- an alumnus of CIS from 2008 (Upper Nursery)- 2021 (Grade A2) is now an intern with the Times of India. Her articles get published on a regular basis, in the esteemed daily.

Sanchari Das Mollick, another alumnus of CIS boasts of having edited a Tamil film that is an Oscar contender for the Best Documentary Short Film.

We, at CIS, are proud of having produced champions in every walk of life!

IL STORES

PORTAL TO THE PAST ANNE FRANK EXHIBITION

"The learning journey of the CIS History students to the Goethe Institute on 21st and 22nd Nov '22 in context of the Anne Frank Exhibition was very educative and enriching. There was a short documentary on Anne's life and the significance of publication of her diary as well as a photo/ slide exhibition on the same. Everything was very relevant for our students as 'Hitler and Germany' is a very important topic for them. They could identify quite well with all that they saw. Another feature of the exhibition was the excellent service rendered by MHS students as tour guides who had gone through intensive training for some time. Things that happened so many years back are still extremely relevant as documents of racism, genocide as well as of human saga. There was a lot for our students to reflect on after their visit to the exhibition.







IBDP YEAR I ON THE CONFLUENCE OF CULTURES WALK

The City of Joy is a glorious blend of cultures and influences. The students of IBDP Year I got an up and close look at the city in a guided walk around the central district of the City, with Calcutta Walks, led by explorer lftekhar Ahsan.

The two and a half hour long walking tour began from Bowbazar and wove its way through the varied religion and community

landmarks, including Buddhist Vihara, the Anglo Indian the BowBarracks, the Parsi Fire Temple, the missionary Baptist church as well as the Nam Soon Chinese temple. The walk concluded the at majestic Cathedral of the Holy Rosary on Brabourne Road.

For most students, this part of the city and its heritage was a new discovery and the fact that the city always has been multi-cultural was now evident to them. For IBDP Year 1 students, being able to appreciate varied perspectives and cultures is part of the IB experience and this event organised by HOD English Mrs. Preeti Roychoudhury in coordination with Deputy DPC Dr. Runa Auddy, was part оf reaching out to the community to help materialise the IΒ program in our school.





Workshop for our Admin Team

CIS HR Department organized a workshop for the Administrative Cell of CISS on the 14th & 28th of January' 2023. This was conducted by the ICA Edu Skills Private Limited.

The workshop focused on MS Excel, MS Word and Google Spreadsheet to enhance the performance of the employees for better productivity. The employees enjoyed the workshop and look forward to many more sessions in future.



ENGLISH

Over the months of December 2022 and January 2023, A2 English Language students invested their time in writing a research paper analysing the stages of language acquisition in children aged one to four. This was an engaging activity being completed in conjunction with the chapter Child Language Acquisition.

Students spent over 2 weeks collecting and recording short clippings of young children speaking, after getting the parent's informed consent. This was followed by collating the most important snippets of conversation rich in features relevant to the chapter, such as paralinguistic and prosodic features. The project required a thorough analysis and rigorous evaluation of the recordings. Not only did the project enable the students to gain a sound understanding of the chapter but also encouraged further reading and research for a more indepth knowledge.

Additionally, a class activity on persuasive writing was conducted for the AS-1 English Language students on 17th January. The students were divided into groups and each was assigned a product to market to two judges. These products included a CD, a grandfather clock, a landline telephone, and a camera; the objective being to allow students to find ways to defend these seemingly old-fashioned items.

The marketing presentation of each group also included a 2 minute language analysis, during which the students reflected on the persuasive language features and techniques they used to convince the judges to buy their products. Each group put forward unique and interactive presentations after a preparation time of 30 minutes. Overall, it was an enjoyable and educational experience!



TRANSCRIPTION KEY

(1) = pause in seconds
(.) = micropause
<u>underlined</u> = stressed sound/syllable(s)
// = speech overlap
[*italics*] = paralinguistic features *<italics*> = contextual information
UPPER CASE = words spoken with increased volume
[°]word° = words spoken with decreased volume *×* = upward intonation *×* = downward intonation
/wrv/ = phonemic representation of speech sounds







INTRODUCING MACBETH TO GRADE 8

Mr Banerjee introduced Shakespeare's Macbeth to Grade 8. In the introductory class the students learned about the context of the text, the main premise and also understood the significance of Shakespeare as English Drama evolved as a genre.

The students were given some arbitrary prophecies about their future and their task was to be creative and think of the shortest possible way to make the prophecy come true. The students were to keep in mind that they were in control of the consequences of their actions. Interestingly, almost all the responses hinted at violating the law. Using this discussion the teacher introduced Macbeth and the idea of Fate versus character becomes central to the play.

Furthermore, a short discussion of the evolution of English drama led the students think about the changing nature of the genre and how in that context Shakespeare is considered a significant figure.



3CLER SKILLS SPOTLIGHT ENGLISH **#CRITICAL THINKING-use brainstorming** and visual diagrams #CREATIVITY-apply existing knowledge to generate new ideas #COLLABORATION-Delegate and share responsibility for decision-making Listen actively to other perspectives and ideas **#EFFECTIVE COMMUNICATION** Negotiate ideas and knowledge with peers and teachers. #RESEARCH - Make connections between various sources of information. Collect, record and verify data Process data and report result





HUMANITIES

Session on Academic honesty and citation

Grade 10 GP students had attended one interactive session, conducte by Dr. Runa Ghosh Auddy, Deputy Diploma Program Coordinator, on academic honesty and citation on 13th January, 2023. The session was aimed at focusing on how important it is for all students to submit his or her own piece of work in order to maintain an honest academic environment. Dr. Auddy explained some relevant terminologies related to academic dishonesty like plagiarism, collusion of work, duplication, hired plagiarism etc. and consequence of such practices. Students were also made aware of the software which detects plagiarism percentage *l.e.*, Turnitin.

This session also focused on citation and students were given guidance for using MLA format.

The session was successful in achieving its aim as most of the students could answer correctly on the worksheet given at the end of the session



3CLER SKILLS SPOTLIGHT HUMANITIES #COLLABORATION-Listen actively to other perspectives and ideas #EFFECTIVE COMMUNICATION Make connections between various sources

Use a variety of media to communicate with a range of audience

#CRITICAL THINKING

Recognize unstated assumptions and bias

Consider ideas from multiple perspectives

MATHEMATICS

Grade 8A and 8B COMPOUND SHAPES REINFORCEMENT THROUGH ACTIVE LEARNING-

A composite or compound shape is any shape that is made up of two or more geometric shapes.Students of Grade 8A and 8B used their knowledge of compound shapes in creating figures and cartoon characters using 2D geometric shapes.

After that, they used their knowledge of the area of these 2D shapes to calculate the area of the overall shape created by them.

The objective of this activity was to reinforce learning and assess their understanding of the topic.

3CLER SKILLS SPOTLIGHT SCIENCE #CRITICAL THINKING-use brainstorming and visual diagrams #CREATIVITY-apply existing knowledge to generate new ideas Use brainstorming and visual diagrams to generate new ideas and inquiries Create original works and ideas; use existing works and ideas in

new ways #EFFECTIVE COMMUNICATION Use a variety of media to communicate with a range of audience









VISUAL ART

Grade 7, in the first week of January studied the foliage as a part of their observational study guided by Mr. Souvik Majumdar whereas Grade 8 was seen exploring their Art practice outdoors beyond the usual classroom area, guided by Mr Dipanjan Bagli.

3CLER SKILLS SPOTLIGHT VISUAL ART #CREATIVITY-apply existing knowledge to generate ideas. Create novel solutions to authentic prompts



MATHEMATICS

Trigonometry deals with relationships between side lengths and angles of triangles. The field emerged in the Hellenistic world during the 3rd century BC from applications of geometry to astronomical studies. Students of Grade8 (guided by their teachers) used their knowledge of trigonometry to find the height of trees in the school field using the Clinometer model prepared by them using readily available materials.







HALL OF FAME

Inter-School Basketball Championship 2022 at La Martiniere for Boys

'Alone we can do so little; together we can do so much.'-Helen Keller

Our Senior School Basketball teams (both Boys and Girls)participated in Reverend James Rowe Inter-School Basketball Championship 2022 held at La Martiniere for Boys between the11 th and the 15th November, 2022.Out of 16 teams, CIS Boys secured the 2nd Position (Runners –up). Yash Bagchi received the Height Scorer award.

CIS Girls secured the 2nd Position (Runners –up) too! Mihiri Mahagama received the Best Defender award.

We are proud of you children!

HOOPS'2K22, Basketball tournament

"You win some, you lose some, and some get rained out, but you gotta suit up for them all." — J. Askenberg

While we all are ready to usher in yet another promising new year, our students have ensured that we end 2022 on a note of pride and joy! Our students participated in the HOOPS'2K22, Basketball tournament (Boys and Girls Category), a yearly event organised by MP Birla Foundation Higher Secondary School, between the 29th November and the 5th of December 2022. They came back as Champions in both the categories!









In another news, Calcutta International School hosted its First Inter School Football Tournament 'Premier Soccer League' for boys on 26th November 2022.

While DPS Ruby Park won the tournament, CIS was the runners up! Congratulations boys and girls! We are proud of you!









CIS is extremely proud of Dongin Lee and Devarya Goenka. The two boys have achieved the position of Word in IGCSE Topper Mathematics and were invited to Singapore to receive their Cambridge Outstanding Learners Awards in person. Dongin and Devarya are currently studying in 11th grade following Cambridge A-Level curriculum. We hope to see these two achieve great heights and surpass expectations!

The International Olympiad for English Language 2022-23.

Pravar Ingty Agnihotri, a CIS student from Grade 10B. ranked first in his class in the International Olympiad for English Language 2022-23. We are extremely proud of him for achieving Class rank 1, State rank 52, and Zonal rank 159 and qualifying for Level 2 of the Olympiad. He is to receive a special achievement certificate and a gold medal- both awarded to him for clinching the top rank in class. At CIS, we encourage our students to strive for excellence, so it fills our hearts with pride to see our very own achieve greatness in numerous forms





The State-Level Championship in Squash (Under 15).

Our very own, Aaira Kashyap of 9B, achieved excellence in Squash by winning State-Level the Championship U15 (Girls). The tournament, "8th Bengal Eastern Slam Squash Championship", took place at the Racket Club Kolkata on 15th November. Our dedicated and hard-working student Aaira qualified for, competed and ranked first in the championship.

We are extremely proud of her and congratulate her on this wonderful achievement!

Congratulations Aaira, we hope to see you achieve greater heights in future! Inter School Relay Race

Students of CIS were invited to participate in several competitive events that took place on the Annual Sports Day of Indus Valley World School. Mannan Poddar (Grade A2), Yash Bagchi (Grade AS), Rishi Jain (IBDP Year 2) and Shreyan Gupta (Grade 9) represented the boys' team in the relay race and secured the second position.

Congratulations boys! Wish you many more of such feats in the future.





All Bengal Basketball Championship U12 for Girls

Our Grade 6 student Krishaangi Poddar has aced in the All Bengal Basketball Championship U12 for Girls . The event was held at the Sports Academy Complex (Majerhat Eastern railway) and organised by Alipore Sports Club (Girls) .

We congratulate Krishaangi on her remarkable achievement and wish her all the success in future.





Jaco Corp

On the 25th and 26th of November 2022, several students of Calcutta International School took part in the 6th edition of Jaco Corp, a business conclave organised by St James' school. The 6 events were-Prèèminence(best manager title), Accòrd(Shark tank), Alèthèia(debate), Las Ofertas (auction), Vectigal (Stock exchange), and Exigentia (crisis management and moot court).

Participants were faced with high- pressure situations over the course of two days, and were to navigate through crisis situations using their business and management skills. The participants also faced extensive interviews, critical questioning and constant grilling by the judges, to pick out the best of the lot.

Towards the end of this event, our students left with crisis management skills, and negotiation skills, essential for budding entrepreneurs. Students enhanced their understanding of the corporate structure and prepared themselves for the dynamic business environment, while inculcating the skills of shrewdness, business inclined thinking and networking that is of utmost importance in the present day world.



WHERE'S THE SHAME IN PERIODS? CAS PROJECT BY IB1

Puberty is a turbulent time for young adults; social stigmas. Uninformed peer discussion can often lead to individuals feeling ashamed with their changing bodies. It was the intention to dispel these and break stigmas down barriers by informing children about periods, starting with school. iuniors in Hence students of IBDP Year I started with Grade 6 who have just experiencing started the different facets of puberty.

They prepared a presentation in order to inform the students of the biological context of menstrual cycle, through an uninhibited discussion. The presentation was showcased on the 23rd of November '22. There was a discussion on the socials myths about periods and the likely scientific reason behind it. The session ended with an interactive guiz to the extent of gauge understanding and а reflection chart 'What new information have you learnt today?', 'How will you look at and things situations differently from today?' was distributed.







QUIZ TIME!

The Math Science and ICT quiz for Grades 9 and 10 was held on the 30th of November 2022. It was after a long hiatus that we celebrated this event offline. The participants were screened through а preliminary round. 4 students from each house took part in this quiz event. The rounds were electrifying with rapid fire, guess the personality, spot the code error and myth busting being the most popular.

Green house won the event with Red house coming a close second.







'Math-magic'!

CIS's Senior School Mathematics department alongside students across Grades 11 and 12, successfully organised an Inter-House Mathematics Fest on 13th December 2022.

The fest had three events that took place simultaneously.

 Treasure Hunt- Math riddles and questions were set as clues, lined up for 6 teams on various trails around the school. Each team had to work through mind-boggling clues and "hunt" for the "treasure".

2) Desmos Art Competition- Graphs made fun with a tinge of artistic and creative skills! The teams were given a theme, "Christmas" right before the start of the event. The participants were to make a piece of artwork within 45 minutes on Desmos- the graphing software, using their knowledge of maths and functions.

3) Stand-up Comedy- the most awaited and enjoyed event of all! Uniting the Math lovers and the not-so-Math-lovers, were Math puns and jokes! Each participant had to perform on stage and they made the audience laugh their lungs out.

The Inter-House Mathematics Fest 2022 was a huge success, with Red House being awarded First Place overall, closely followed by a tie between Green and Yellow House.













SHAPING THOUGHTS THROUGH LANGUAGE

The Regional Language Elocution was held on the 2nd of December, 2022. Students of Grades 6, 7 and 8 studying Hindi and Bengali participated in this competition. Each student recited a poem on the topic of nature with clarity using voice modulation and expression in a wonderfully articulate manner.

The judges for the Hindi Elocution were Mrs. Neelam Choudhary, Junior School Section-Head and Mrs Sudha Tulsyan. The judges for the Bengali Elocution were Ms. Soumi Dutta and theatre artiste Mrs. Swati Dasgupta who was invited as an external judge.

They were very impressed by the recitation and enjoyed the event immensely. Mrs. Soni Jha and Mrs. Aruna Mukhopadhyay conducted the event effortlessly and were able to keep the middle school audience engrossed.

After the conclusion of the event, the judges were felicitated, certificates were awarded to the winners and certificates of participation were given to all participants.









Visit to the Museum

On 13th January, students of Grade 6 visited the Indian Museum for a learning journey to have an in-depth idea of miniature painting in Mughal and post-Mughal times. The main aim was to make the students understand the element of story-telling or historical narrative in miniature painting. The significance of the historical background in relation to the subject matter was highlighted as well. The idea was to help the students appreciate the paintings beyond the apparent presentation. They were exposed to different aspects of miniature art including colour, various subjects, perspective, use of decorative panels and influence of other styles like Persian and European.

The visit was an integral part of the collaboration project of Art and History. The students noted the points learnt in a worksheet. Later they amalgamated their understanding of the distinctive features of miniature painting into a group project based on these findings.

Mentors for the field trip were-Souvik Majumdar, Arpita Gomes and Sanjukta Bagchi.





ITC Uluberia Factory Visit

The students of Grade 7 had a learning experience on 6th of January 2023. They visited the ITC Uluberia factory. The warm-up quiz definitely left an enlightening experience knowing the manufacturing technology and reach of ITC as an FMCG industry. The students were made familiar with more than 50 products but the main focus was the manufacturing process of biscuits and wheat in mass scale.

The students after the quiz underwent a basic hygiene maintaining protocol and started off with the main visit where they were taken inside the factories to observe the meticulousness that goes behind the production. The students were guided throughout the trip with description of steps by steps method while maintaining all the safety protocols. The experience was not only enriching for the students but also for the teachers.

The tour ended with a gift from ITC, a goodie bag containing some freshly made products from the factory. The students showed gratitude to the representatives of ITC for such a memorable experience.



TRIPS TO REMEMBER

"Man cannot discover new oceans unless he has the courage to lose sight of the shore." - Andre Gide

With the spirit of adventure and the joy of being together, CIS welcomed back overnight class trips; albeit after a gap of four years.

The excitement reached fever pitch as the students of Grade 8 set off for Dooars in North Bengal. The duration of the trip was from 19th to 23rd of January. They were accompanied by Ms Tania Mukherjee, Ms Suvasree Banerjee, Mr Dipanjan Bagli, Mr Souvik Majumdar and Mr Surya Subha Banerjee.

The students stayed at Lataguri and visited Gorumara Wildlife the Sanctuary and the Champamari Wildlife Sanctuary. On day 1 they went on a bullock cart ride to the Gorumara forest which was agreeably a unique experience for our learners ! Luck favoured, as from the Medhla Watch tower, they saw the much expected but still enthralling sights of elephants, rhinoceros and bisons roaming in the wild. Moreover, they also saw a cheetah in persuit of a bison.

More than the wild life, in the jeep safari, the thrill of speeding through the dark forest after sunset with occasional sighting of deer was unparalleled. The students also spent a day at the Bindu-Jhalong Hydelpower plant which is also the Bhutan border. Five days with friends, with teachers, away from home - the joy was palpable. Memories were made, bonds were forged and the students returned to Kolkata with their hearts full.



THE IAYP TRIPS

"While the IAYP trips provide our students with the opportunity to explore their adventurous side, it is imperative that our students are adequately prepared so they can stay safe. Hence, CIS held a mandatory skilling workshop for all students who had enrolled for the trip, prior to departure. The workshop was held by IAYP trainers from INME on Saturday 21st January 2023 from 10.00 AM to 3.00 PM. The workshop was intended to lay the groundwork for the thrilling activities available for the students to try during the trip and helped prevent any injuries.



The CIS Choir began its endeavours in 2016 and has come a long way since. Trained by music teachers, Mr. Tathagatha Mukherjee and Mr. Roychowdhury, an extensive cohort of 46 students ranging from grades three to eight and selected instrumentalists from the Senior School, perform at several events across the city.

The choir ushered in the festive spirit by performing at the historical St. John's Church of Kolkata on 26th of November, 2022. The concert was organised by the Consulate General of Germany and the Max Mueller Bhavan under the Goethe Institute of Kolkata, in association with Kawai Pianos. Along with 25 members of the Kolkata Symphony Orchestra, the choir presented a fully acoustic performance. The choir was divided into 3 groups namely Soprano, Alto and Tenor, that performed traditional carols like 'Little Drummer Boy' and 'Once in Royal David's City' as well as classical songs like Gloria by Antonio Vivaldi. The concert came to an end with Feliz Navidad which set the mood for Christmas. The sound resonated well in the church and received a standing ovation from the audience. The CIS choir was thereafter invited to perform at the annual Christmas Tree Lighting ceremony on 3rd of December at the Hyatt Regency Hotel, Kolkata. This is a landmark event at The Hyatt and the Choir is invited every year to perform on this occasion. The Tree Lighting ceremony began with a welcome address by Mr. Kumar Shobhan Srivastava, the General Manager of Hyatt Regency and a member of the CIS family. This was followed by the lighting up of the 22 feet tall Christmas tree by Mrs. Nayar, the Junior School Principal and Mrs. Servaia, the Senior School Principal. The CIS choir, assisted by the Choir teachers, Mrs. Subhasree Sarkhel & Mrs. Avradita Debnath, mesmerized the audience with their beautiful rendition of popular Christmas carols.

A selected group of 16 members of the choir performed at 'Incog', the rooftop dining area of Hyatt Regency, Kolkata. The only accompanying instrument for this event was the piano. The choir had to adapt to the microphone and piano voice performance setting, which was a challenge, given the open air scenario. Nonetheless, they prepared a repertoire of 10 songs and performed gloriously, stunning one and all.













MUSIC MAKES THE WORLD GO ROUND

The organisation Boshow hosted a one-of-a-kind indoor concert at the Eastern Metropolitan Club. Rubesh Sircar, the founder of Boshow, collaborated with Mr. Soham Roychowdhury for creative direction and the result was a magical evening featuring music like Jazz, Indian Classical Fusion and some melodious acoustic pop ballads.

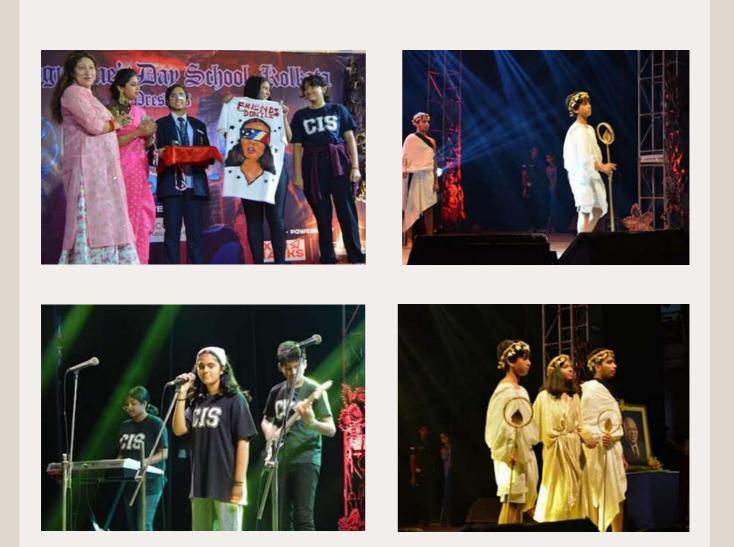
The show commenced with a mesmerising Solo Jazz set by Anchit Sengupta, a student at Calcutta International School currently pursuing his A Levels. Anchit performed several Jazz standards and covers which also included songs like Autumn Leaves, And I Love Her (Beatles) and more. The show ended with youngster Hia Sengupta, yet another CIS student who made her first professional performance. Hia covered acoustic versions of several popular songs and even featured some original compositions. She was accompanied by Soham and her sister Ruhi and together performed songs by artists like Adele, Norah Jones, Coldplay and many more.

Needless the say the audience was enraptured from start to end. What was so encouraging to see was that the listeners in the room featured all age groups. To top it all was a surprise visit from eminent actor Biswanath Basu who not only stayed for the show but separately congratulated the team and the artists for their efforts. The joy and euphoria were not just limited to the physical audience. An online stream was also sent live to viewers living out of Kolkata which meant the musical performances had a global reach.



FESTVAL D'AUGUSTO

On the 28th and 29th of November, students from classes 9 to 11 participated in "Fest d'Augusto", organised by St. Augustine's Day School. CIS participated in a wide variety of events, including FIFA, table tennis, photography, T-shirt painting, band, and fashion show. Ahaan Ghai and Humraz Ali of Grade 9 were placed second in FIFA, while Shriyash Dhanuka of Grade 10 was also placed second in table tennis. Jeeya Garg of Grade 11 and Aadya Shakti Agarwal of Grade 9 were placed second as well in T-shirt painting. We are proud of all the participants for their effort!







ACTIVITIES TO NURTURE DREAMS

'Cricket is simply just not a game;It is one team sharing a single dream.'

On 14th and 15th of December 2022, we conducted our first Cricket trials in school for Grades 4, 5 and 6. The selection was held based on their batting, bowling, speed and catching skills.





ONSOS out no Onoul



Middle School ECA on Photography

Our ECA-Photography students, Jagrat Hada and Karan Jhunjhunwala of Grade 7 and Syona Ghosh of Grade 6 offered their assistance during a shoot with India's sports shooter Mehuli Ghosh on the 29th of December, 2022.Mehuli Ghosh represents India in international shooting competitions and has won many accolades for the nation.



Mental health tips for pupils

JHINUK MAZUMDAR

Calcutta: Students of a city on mental health that aimed to make them aware of problems faced by youngsters and well-equipped to stand by friends in need of help.

need of help. The five-day programme at a city hospital introduced the students to mental illness-es and taught them how to identify warning signs. They were also made familiar with a number of case studies. Tweatw.one. students of

Twenty-one students of Classes XI and XII of Calcutta International School attended the programme at Fortis Hos-pital, which ended on Friday last week.

Students of the A levels Students of the A levels of Cambridge Assessment International Education (CAIE) and Internation-al Baccalaureate Diploma Programme (IBDP), who have psychology as a sub-ject, attended the training. Making children aware of ject, attended the training. Making children aware of mental health problems will



Students at the session on mental health at Fortis Hospital

Officials at the hospital

go a long way in removing the stigma associated with the problems, mental health pro-fessionals say. "This kind of programme mental health professionals," said psychiatrist Sanjay Garg, head of Mental Health and Behavioural Sciences, Fortis Hos pital, Calcutta

This kind of programme helps raise awareness about mental health and remove the stigma. When there is no stig-ma, people are more open and comfortable to access help. It also helps in building up human Officials at the hospital said a few other schools, too, have approached them to con-duct such programmes for their students. Many schools have long been focussing on the mental resources to address the gap in

Students are a valuable resource in identifying (men-tal health problems among peers) and convincing them to seek help, from teachers or counsellors," said Tina Ser-vaia, principal, senior school, Calcutta International School. "The programme halps "The programme helps them to understand how psy-chology works in real life. It

chology works in real life. It also empowers them to help other students overcome their inhibitions," said Servaia. Richa S. Debgupta, chief of strategy and operations, For-tis Healthcase, said: "The pan-demic has raised awareness among larger groups that if there is an issue, address it, go to professionals and look after mental welbeing." mental wellbeing." "Often there is a social stig-

health of their students. The effort has intensified following

the pandemic. "Students are a valuable

"Often there is a social stig-ma around accessing mental health. If there is more conver-sation around it, it would help break the stigma," said Prag-ya Jajodia, a student of IBDP, year II.

LEADING NEWSPAPERS FEATURE CIS

CIS is known for its unique and groundbreaking ventures- proven by our features in the Times of India and The Telegraph. As a school that promotes holistic learning and intercultural exchange, CIS hosted Alfrink College from the **Netherlands** for a collaborative exchange programme that was resumed after a twovear long necessitated break due to the pandemic. The 5-day-long exchange enabled the students to teach. learn and grow as they were exposed to the diverse Indian culture in the form of classical dance. Bollywood dance and music. and traditional clothes. Another impressive venture by our school that was featured in the Telegraph was a 5-day long mental health internship held at The Fortis Hospital, Kolkata. This was attended by the psychology students of Grades AS and A2 attended. Through the experience, the students were introduced to numerous mental health issues and psychological concepts which helped to raise awareness and destigmatize mental health. The programme was helpful, informative, and inspiring as it built the students' awareness and understanding. Last but not the least, CIS' GSA Prism was featured in the Telegraph for its unique attempt to provide a safe space for LGBTQ+ students. The group does not aim to impose its ideas on anyone but simply tries to create acceptance for these students. To allow students to feel safe at their second home, the Gender-Sexuality alliance pushes boundaries and hopes to give students a sense of belongingness. The numerous features in popular newspapers, truly make CIS a path breaker.

Alfrink College, Netherlands visits Calcutta International School Awakening Storytellers, con-ducted a workshop on per-formative storytelling for the uilling for the

Contraction (Section 2017)

her a gap of two yours, necessitated by the pandemic, leaded the second second content of the second content o yet again provided a mean-ingful platforms for students

ingful platforms for students from both countries to en-gage in cultural immersion and valuable exchange. The working week from November 21 to 25 was there-fore, a special one for the stu-dents of Calcutta Interna-tional School. Altogether 22 high-school students and from tacheas from Alfrink four teachers from Alfrink College, spent five days in-teracting with the IBDP stu-dents and teachers through various workshops. Day 1

Students of CIS greeted their visitors in traditional clothes, following which was an opening ceremony. This ared a recital by Dhiman featured a recital by Dhiman Narayan of IBI, Anchit Sen-gupta of AS, and Rohit Dey of class IX, as well as a dance performance to "Aigiri Nan-dini" by Prisha Basu and Reema Dey

of A2 There was then a short ice-breaking session conducted by teachers, as well as a pottery workshop conducted by Art Rickshaw.

Day 2

A workshop on classical dance was conducted by teachers Samaveeta Das



Acharyya along with Madhumita De Roy, following which was a Bollywood dance workshop led by Suvraleena Band opadhyay Students from Alfrin) and IB-1 picked up steps from popular Bollywood songs, including disco and bhangra steps, with great enthusiasm.

Days 3 and 4

Sohini Das and her team from

Archisha Dasgupta, AS-1



ducted a Worksvilling for the formative storytelling for the Alfrink and CIS students. The students showcased how powerful words can be to break religion, class, and gender bias. The perform-ances began by introducing the history and culture of their own countries. The students of Alfrink, accompanied by two CIS teachers, also visited by basicingan for a shopteachers, also visited Dakhshinapan for a shopoing trip.

Day 5

The closing oeremony in The closing orreinory in-cluded presentations of the dance and performative sto-rytelling, the students had learnt throughout their vis-it. The teachers from Alfrink were felicitated and a video montage of the programme made by Ha Sun Bae of A2 was also presented. The CIS principal. Tina Servaia, addressed the gathering, as did ç. Marcel De Haas. The school captain, Prithviraj Jhun-jhunwala, gave a vote of thanks. This programme was a

fun and engaging experience for all the students involved. Arshita Sanghi of IBDP Year 1 said, "It was a great opand improve my communication skills," while Sia Agarwal of IBDP Year 1 called it a "unique opportunity to interact with people from another part of the world.