

"The purpose of education is to replace an empty mind with an open one!"
- Malcom Forbes

Dear Parents,
August was a month with patriotic fervor, we celebrated the Independence Day with our children at school. We also had the Poetry Recitation competition, the Open Forum and many interesting activities that kept us busy!

Special days in the month of August..

Independence Day: All the children at the Indus Junior School participated in songs, dances and rhymes for our Independence Day celebrations. They looked great dressed up in one of the tri-colours and the credit goes to the parents for showing immense enthusiasm.



Open Forum

I would like to thank all the parents who took out time to attend the Open Forum. Your positive feedback and attendance has certainly given us a lot of support and encouragement to carry on with our efforts.

Poem Recitation Competition

It was a pleasure to see the children participate in the Poem Recitation competition at school. It is a true example of children shedding away their stage fright and learning to be confident individuals.

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Our little hands took their first step towards our community by planting saplings and nurturing the plants. The children also learnt the importance of growing trees and not cutting the existing ones. We also conducted a Cleanliness Drive on 17 August where students were encouraged to clean the ground floor of our school. This will create an awareness of how to respect our community by always keeping it clean and tidy. We will be having such days once every month.



Workshop on Child Safety

Safety is of paramount importance. Laying strict guidelines for the safety of our children at school has always been our priority. Ms. Lavlina Bhardwaj from 'Break the silence' conducted a workshop with children at school which helped the children know about 'Good touch' and 'Bad touch'. We also had a workshop on 'Child Sexual abuse' conducted by the same NGO for our parent community. Its was rewarding to know that the parents who attended it found it very useful and informative.



End-of-Unit Celebrations

Students have been actively involved in their learning and have learnt many new things. They have been busy with both Formative and Summative assessments and are working on their next Unit of Inquiry (UOI). We have been conducting observations and walk throughs and have been sharing our ideas and thoughts on each other's teaching styles while adapting best practices from one another. It was a great pleasure to witness the 'End of unit Celebrations' of all grades where the students performed with great enthusiasm and confidence.



Children and Nutrition

As Head of Centre, I am constantly being asked about young children's nutritional needs. "Is my child eating enough?" seems to be a common concern. Young children, fortunately, don't know how to starve themselves like adults. They need to learn to understand their own body's hunger cues and the process of satiety (being full). As parents, it's easy for us to expect a child to eat adult size portions. Learning portion size is important. Your stomach is the size of your closed fist. If you eat beyond the amount that would fit comfortably there, your stomach has to stretch to accommodate the extra food. Young children are notoriously fussy eaters and that's perfectly alright! Expose them to different food and serve them small portions. It is also important to let them eat by themselves from as young as two years. Have them sit down and join you at the dinner table and make eating together a regular activity.

Events for the month of September, 2015

4 September	: Teachers Day celebrations
7 - 11 September	: DEAR (Drop Everything and Read)
9 - 11 September	: Scholastic Exhibition
9 September	: Favourite book character dress-up day
11 September	: Creative expression competition
17 September	: Ganesh Chaturthi holiday
21 September	: Cleanliness drive
25 September	: Parent Teacher Meeting
28 September	: Term 2 begins

I wish all the parents a happy 'September'.

Warm Regards,

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Head of Centre

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