

"Try not to become a man of success but a man of value".

-Albert Einstein

Dear Parents,

The month of August has been rather eventful for us at the Indus Junior School. The Independence Day celebrations followed by the Open Forum, Field trip and the Elocution have certainly 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 tricolours and the credit goes to the parents for showing immense enthusiasm.



Open Forum

I would like to thank all the parents for making the effort 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.

Elocution

It was indeed a pleasure to see the children participate in the Elocution Competition at school. It is a true example of children shedding away all the stage fright and learning to be confident individuals.



CAS

Our little hands took their first step towards our community by planting seeds and nurturing the plants. The children also learnt the importance of growing trees and not cutting the existing ones.



Workshop on Child Safety

Keeping in mind the repugnant things that are happening with children, we at Indus know the importance of sensitizing children on the 'Safety' rules. Ms Julie Iyer, the school counsellor conducted a workshop with children at school which helped the children learn about 'Good touch' and 'Bad touch'. We will be having similar workshops each month to ensure that children become well aware of the rules and regulations of 'Safety'.

Academics

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 second 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 adopting the best practices from one another.

Children and Nutrition

As Head of Centre, I am constantly getting 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 types of 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.

Upcoming Events- September:

- 5 September : Teacher's Day Celebrations

- 15 - 18 September : DEAR (Drop Everything and Read) week, Scholastic exhibition

- 16 September : Favourite book character dress-up day

- 17 September : Stories through role-play

- 19 September : International Peace Day

- 22 - 23 September : End of Unit celebrations (grade wise)

- 24 September : Reports go online

- 27 September : Parent Teacher Meeting

I wish all the parents a happy September. We look forward to more parent volunteers during this month.

Warm Regards,

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