



SHLOK NEWSLETTER THE BUZZ

MARCH 2023





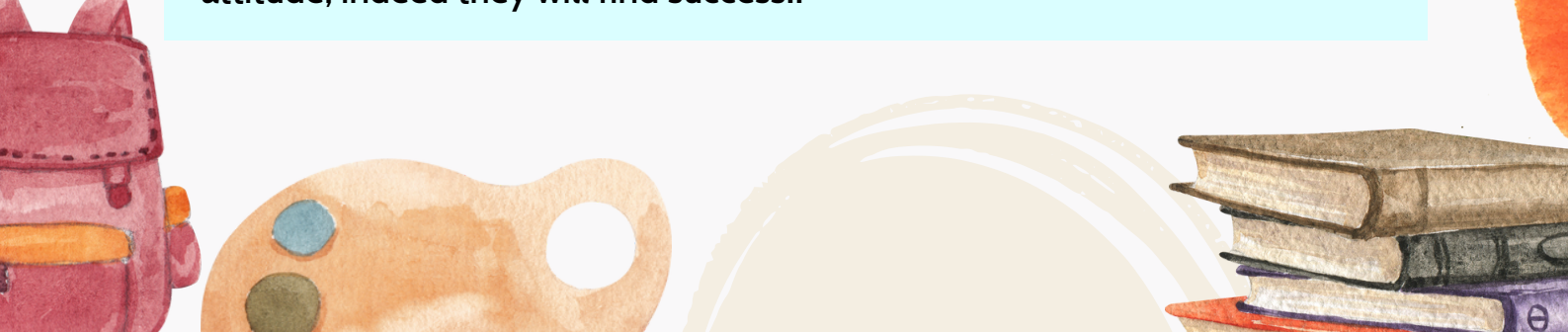
PARENTS READ

Beat the Stress Out of the Exam!!

Butterflies in the stomach, tossing in the bed, frequent restroom visits and not to forget the over-chewed nails- well, you guessed it right- it is the final 24 hours before the exam. No matter how well-prepared your child is, these last few hours can be unnerving. It is, therefore, very important that you do your bit to soothe the frayed nerves and give your child the much-needed boost to head into the examination hall with confidence.

- Get a good night's sleep, wake up on time and get ready.
- Check all the required documents, materials and stationeries to take.
- Stay calm and focused by performing some breathing exercises.
- Eat a good breakfast, an empty stomach will make you feel irritable and disoriented.
- Avoid any kind of conflicts with family members, neighbours, or friends as it would add to the anxiety.
- Be supportive and loving towards your child, as he is working hard and puts all his energy and efforts into his studies.
- Create a happy and conducive environment for your child to study at home.
- Avoid talks that focus on marks. Instead, direct your conversation towards exam preparation and learning.
- Create a stress and disturbance-free space and avoid unnecessary domestic issues. Ensure family members don't play loud music or watch TV.
- Limit screen time.

Examinations are an important part of your child's academic life, but that should not determine her dignity and self-worth. If you create a loving environment for your child to study and instil confidence and a positive attitude, indeed they will find success!!



KIDS CORNER

POEM - WHAT IF

BY PALAASH CHAUHAN, GRADE - VI

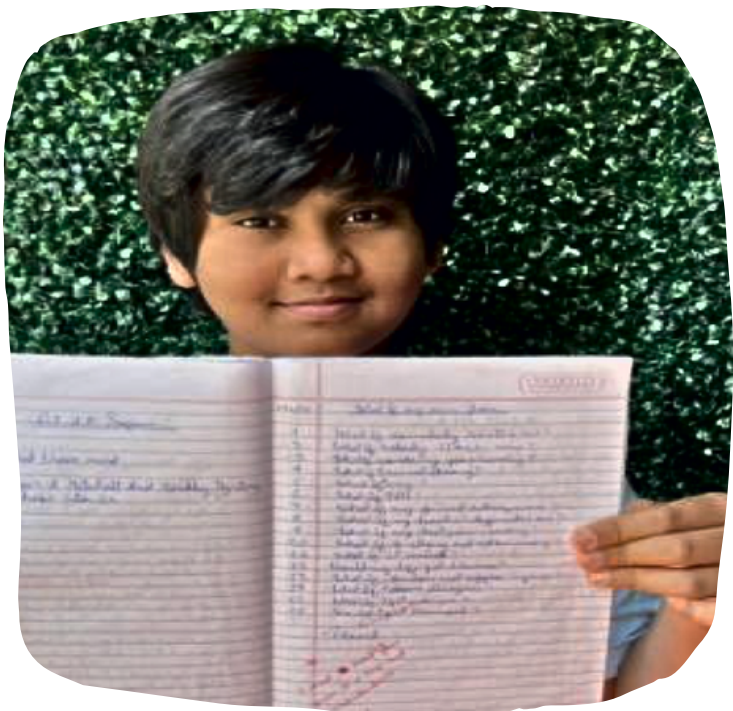
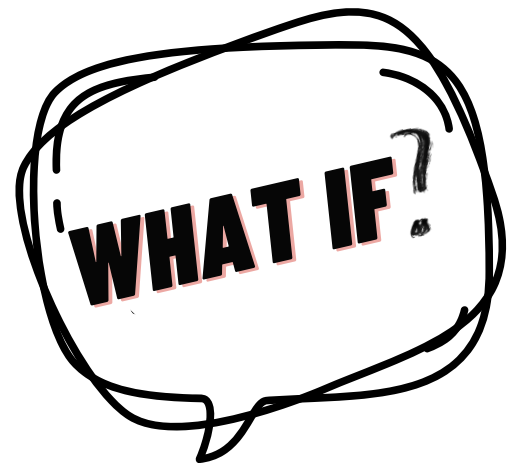
Last night, While I lay thinking here,
Some What if's crawled inside my ear,
And pranced and partied all night long,
And sang their same old What If song:

What if nobody likes me?
What if something goes wrong?
What if I am not strong?
What if I cry?
What if I die?

What if my friends betray me?
What if my relatives degrade me?
What if my test goes wrong?
What if it rained?
Would my life get drained?

What if she does not agree?
What if I disagree?
What if I get cramped?
Would I get tramped?

Everything seems swell,
and then The night-time
What if's strikes again!



RECIPE OF THE MONTH

- by Liz Mary Mathew

When Life Gives you lemons, make a lemonade!!!

Ingredients

- 1 glass of water
- Few cubes of ice
- Half a lemon
- Two teaspoons of sugar
- Few mint leaves



Method

- Slice the lemons in half.
- Squeeze them into a glass
- Add a glass of water
- Add two teaspoons of sugar
- Add fresh mint leave
- Stir well
- Serve with ice

Here I present my Lip-smacking Lemonade!!

Let's Enjoy!!



SPECIAL ASSEMBLY

HOLI

The festival Holi was celebrated with great enthusiasm by the students of SIS. A special assembly was conducted where the students emphasised the importance of the festival and how it is celebrated in our country. Through various role plays students of grade 6 showcased Do's and Don'ts of the Holi celebration. A beautiful poem was recited by Jashwitha and Liz Mathew from grade 4.



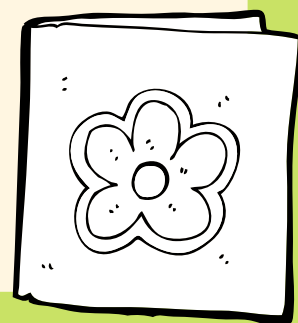
UGADI

Ugadi or Yugadi, also known as Samvatsaradi is New Year's Day according to the Hindu calendar and is celebrated in the states of Andhra Pradesh, Telangana and Karnataka. The day is observed by drawing colourful patterns on the floor called Muggulu, mango leaf decorations on the doorframe called torana, wearing new clothes, and preparing and sharing special festive food called pachdi. In the Kannada Hindu traditions, it is a symbolic reminder that one must expect all flavours of experiences in the coming new year and make the most of them. A special assembly was conducted by the pre-primary students emphasising the importance of this festival. The tiny tots were dressed up in their ethnic best and looked adorable.



ENRICHMENT ACTIVITIES (INTER HOUSE COMPETITIONS)

CARD MAKING



NURSERY

Classroom Activities



Woman's Day card activity



NURSERY

Classroom

Activities



Water transport origami activity



Ugadi Celebration



NURSERY Assembly



Interhouse colouring competition



DEAR



CTP (toilet roll painting)



LKG YOGA CLASS



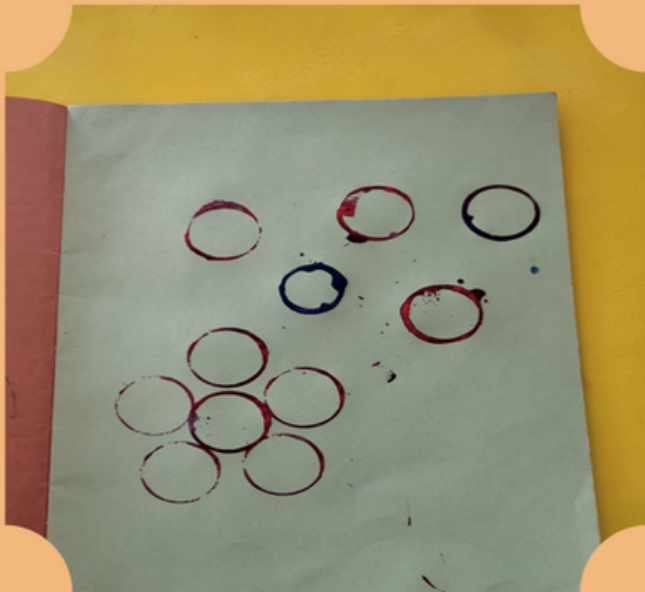
YOGA



Assembly



BOTTLE CAP PAINTING - CTP



DEAR



UKG - A

Classroom Activities



Fork printing Activity



**CTP-7. Story with Props
(The clever Fox)**



Photoframe Activity



Bottle cap painting -CTP



Cooking without fire



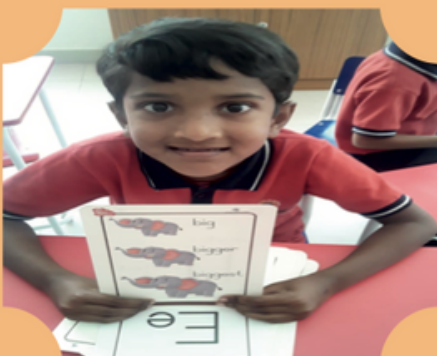
Ugadi celebration



Womens day celebration



Flash Card Activity

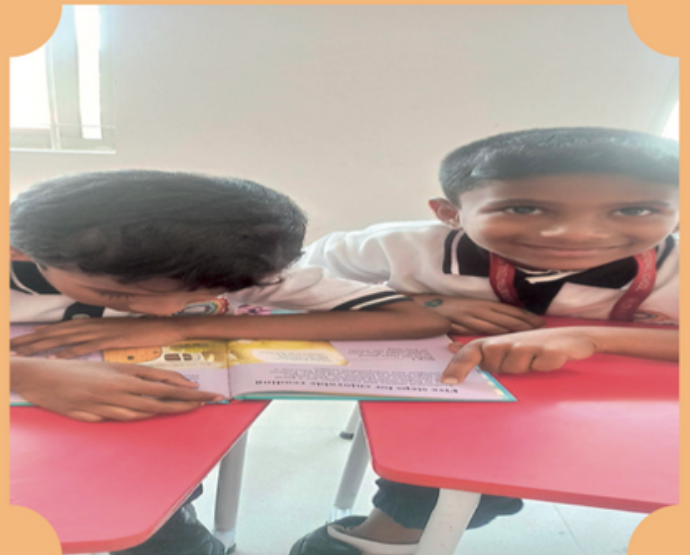


UKG - B

Classroom Activities



DEAR



Class Assembly



Time activity



Clay modeling



Leaf Printing



CTP Activity (hot & cold)



Photo Frames



Cooking Without Fire

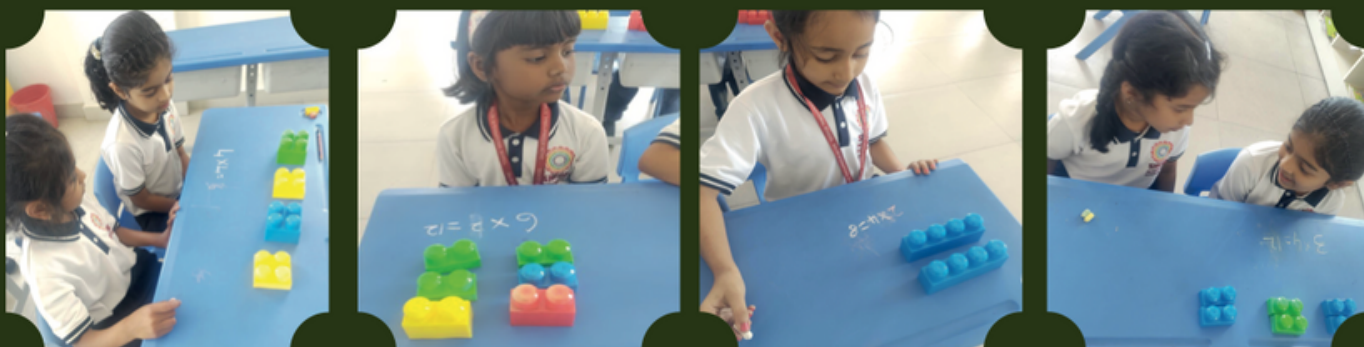


**GRADE - 1A
AND
GRADE-B**

Classroom Activities



Maths- Multiplication using Blocks



English- No fire cooking - sequencing



GRADE-2

Classroom

Activities



GRADE - 3

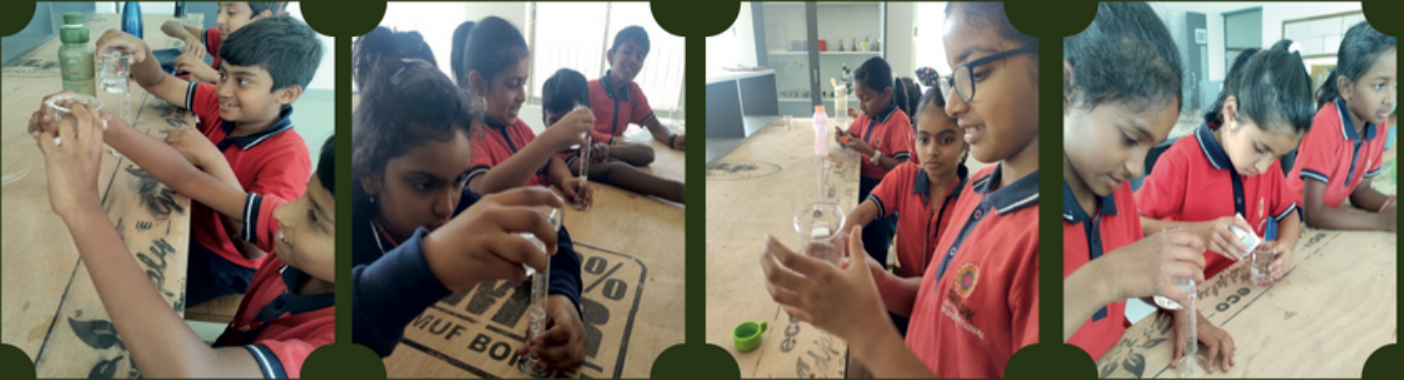
Classroom

Activities

English Story Telling



Math - Measurement of Capacity



Social Studies - Research about Rabindranath Tagore



Computer Science - Paint- Activity



GRADE -5

Classroom Activities



Science activity on air is needed for fire



English-Poem Recitation (Tamarind)

