



RYAN
INTERNATIONAL ACADEMY



 **SCHOOL**
Connect **June 2025**
Grades I to X

From the Principal's Desk

A Mindset for Success

In today's fast-paced and often unpredictable world, optimism is not just a trait — it is a mindset that fuels resilience, growth, and purpose. At the high school level, where students encounter academic pressures, peer dynamics, and growing responsibilities, it becomes especially important to nurture a positive outlook.

Optimism doesn't mean ignoring challenges — it means facing them with the belief that better outcomes are possible through effort and perseverance. At school, we cultivate this through open conversations, goal-setting, mentoring, and a culture of encouragement. We want our students to know that setbacks are temporary and that their future is full of promise.

We urge you to echo the same spirit at home. When we model optimism, our children learn to rise above fear with hope and face life with courage.

With faith in brighter tomorrows,

- Ms. Ruchi Masih,
Principal, RIAB





Editorial Team:

Mrs. Ruchi Masih - Principal

Ms. Aparna Pore - PRT English

Quote of the Month

**“Keep your face to the sunshine
and you cannot see a shadow”.**

- Helen Keller

The quote is a gentle yet powerful reminder to stay focused on the positive. The sunshine represents hope, joy, and opportunity, while the shadow symbolizes doubt, fear, and negativity. When we choose to look toward the light—toward what uplifts and inspires us—the darkness naturally falls behind. It’s not about ignoring life’s challenges, but about shifting our perspective to see beyond them. Optimism doesn’t erase hardship, but it helps us move through it with strength and grace.

Coordinator's Speak



The Importance of Mental Health

As essential as it is to maintain our physical health, it is equally important for us to prioritize our mental well-being as well. Awareness in this field of health may have had a late start but it is crucial that we take the needed approach from now on. A life in the education sphere comes with its own set of pressures—assignments, exams, friendships, expectations—daunting and seemingly endless. To learn how to manage the inevitable stress and emotions induced by such expectations is key to a healthy, happy student life. Mental well-being is not defined by an unwavering state of positivity at all times. It's about being conscious of your feelings, being able to recognize when something's not right, and reaching out when you need help. Even the simple step of taking the decision to talk to a trusted adult, a friend, or a counselor can make a big difference. Being able to reflect on your feelings and insecurities, and making the conscious decision to work on them, makes you braver than you realize.

Sleep, breaks, and hobbies aren't just mere indulgences — they're necessities, aimed to bring about a much needed balance to one's life. An exhausted mind struggles to learn, and an overwhelmed brain needs rest to recover without which it faces the fated threat of an ugly burnout.

Even small practices like journaling, going for a walk, practicing deep breathing, or just disconnecting from screens can go a long way in helping you rejuvenate and recharge. Therefore, let's remind ourselves to be kind to ourselves and refrain from the constant comparisons terms — whether in terms of personality and achievements for it is the only way we can shape confidence and inner peace.

**- Ms. Ayushree Nair,
TGT English**

Activities

Music Day

At Ryan International Academy, Bavdhan we joyfully celebrated Music Day with great enthusiasm and energy. Students from different grades showcased their talents through singing, instrumental performances, and group singing. Music Day reminded us of how music connects people and brings joy, creativity, and harmony into our lives.



Father's Day

With heartfelt joy, our school celebrated Father's Day through handmade cards, crafts, and touching speeches by students. The event beautifully honored the love, strength, and guidance fathers bring into our lives, creating memories wrapped in gratitude and affection.



International Yoga Day Celebration

"Being healthy means connecting with inner peace."

Our special assembly came alive with the vibrant energy of students from Grades I to X. From enthusiastic initiatives to a joyful yoga session led by guest Miss Shriyukta Pathak, the event celebrated health, mindfulness, and teamwork. Through active participation, students embraced the importance of fitness, balance, and responsibility for overall well-being.



Assemblies @ A Glance

Special Assembly on First Day

A Joyful Beginning to a Promising Year

The new academic session commenced with an inspiring assembly on 2nd June in the school auditorium. With prayers, a thoughtful message, and a motivating address by the Principal, the tone for a year of optimism and achievement was set. Centered on the theme of optimism, the event celebrated fresh beginnings, hard work, and positive thinking. The assembly concluded with the school and national anthems, leaving everyone energized and ready to embrace the journey ahead.

Special Assembly on Value of the month - “Optimism”

A special assembly was held to highlight *Optimism* as the value of the month. Students shared thoughts, quotes, and performances that emphasized the power of a positive mindset. The assembly encouraged everyone to face challenges with hope, focus on possibilities, and spread positivity within the school community.



Class Activities

Innovation Lab Activity

Igniting Young Minds at the Innovation Lab

Students immersed themselves in hands-on Innovation Lab activities that ignited creativity, critical thinking, and problem-solving. Through interactive experiments, model-making, and team challenges, they explored science, technology, and design with curiosity and enthusiasm. The lab became a launchpad for ideas, blending innovation with collaboration and nurturing a mindset of exploration and inventive thinking.



Star of The Week

"Embrace what makes you unique"!

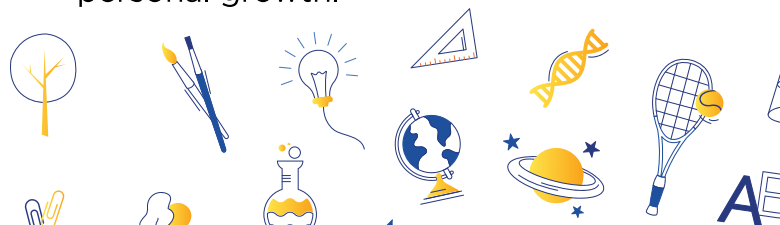
At Ryan International Academy, Bavdhan, we proudly celebrated our 'Star of the Week,' honoring an outstanding student from each class. Inviting parents to share insights about their children, this recognition empowers students to embrace responsibility and dedication in all aspects of their lives.



English Learning Enrichment Programme (ELEP)

Sharpening Skills with Words and Wisdom

Students refined their cursive writing through regular practice, building confidence in clarity and precision. Alongside, they actively participated in group discussions, boosting listening skills, critical thinking, and subject knowledge. This blend of writing and speaking activities fostered expressive communication, collaborative learning, and well-rounded personal growth.



Class Activities

Passion Building Initiative

School clubs offer students a chance to explore their passions and discover new interests. The *Eco and Gardening Club* engaged students in building their own planters, nurturing both creativity and environmental awareness. Students also explored traditional art by reviving *Madhubani painting*, while practicing essential life skills such as *personal hygiene and health, home organization and responsibility, basic household tasks, and home cleaning and maintenance*.

To make learning fun, *Math Club* activities included playing *Bingo* for calculations and creating *3D shapes using matchsticks*. These interactive methods not only made concepts easier to grasp but also added excitement to learning.

Participation in these clubs fosters valuable life skills, encourages creativity, and helps students grow into confident, well-rounded individuals.

Optional Sports

Our young champions showcase an indomitable spirit as they actively participate in a wide range of sports. In swimming, they refine their strokes and build endurance; in skating, they develop balance and agility. On the football field, they demonstrate skillful dribbling, passing, and goal-scoring. With bat and ball in hand, cricket players embrace the spirit of teamwork and precision, while basketball enthusiasts leap, shoot, and strategize for success. In taekwondo, students are learning powerful kicks and punches with discipline and focus.

Through every sport, our students display resilience, teamwork, and a love for the game—proving that sports go beyond competition, fostering growth, camaraderie, and joy.



Events - Galaxy

Anandvan Visit

Connecting with Nature on World Environment Day

On 5th June 2025, students visited Anandvan to celebrate World Environment Day amidst nature's serenity. Engaging in tree plantation, nature walks, and conservation talks, they explored the value of biodiversity and sustainable living. The experience deepened their environmental awareness and inspired a stronger commitment to protecting our planet—a meaningful blend of learning and connection with nature.



Eco Dash Rally

Racing Towards a Greener Tomorrow

On 11th June 2025, students participated with zeal in the Eco Dash Rally, championing the cause of environmental conservation. Holding vibrant posters and chanting powerful slogans like “Go Green, Breathe Clean,” they marched with purpose and pride. The rally blended fitness with advocacy, inspiring young minds to adopt eco-friendly habits and take action for a sustainable future.



A Glimpse into Bravery

Visit to the National Defence Academy

On 13th June 2025, students visited the esteemed National Defence Academy, gaining first-hand insight into the life of future defence leaders. From witnessing intense physical drills to understanding the academy's academic and leadership training, the experience was both enlightening and inspiring. It instilled patriotism, discipline, and deep respect for the armed forces—leaving students motivated to serve the nation with pride.



Events - Galaxy

Bending for a Cause: Guinness World Record Yoga Day Participation

On International Yoga Day, our students proudly joined a mass yoga performance aiming for a Guinness World Record. With enthusiasm and perfect coordination, they performed asanas alongside thousands, celebrating yoga's power to bring balance, strength, and serenity. The event fostered pride, unity, and mindfulness—offering students a truly global and inspiring experience of well-being and harmony.

Investiture and ASE Award Ceremony: Honoring Leadership and Excellence

The Investiture and ASE Award Ceremony was a proud celebration of responsibility, achievement, and vision. Newly elected student leaders were formally inducted, symbolizing the school's trust in their leadership and integrity. The ASE Awards recognized academic excellence and dedication. With inspiring speeches and the symbolic pinning of badges and scarves, the event radiated pride, purpose, and the spirit of perseverance.

Winning Streak- Student Performers

1. Arjun Potnis - Special mention Award - Verbal Mention for Invictus MUN held on 13th & 14th June 2025
2. Shlok - Grade V - U-12, Boys Doubles, Tennis - 1st position in State Level Championship



Trainings

British Council Action Plan Workshop

Our School hosted the prestigious British Council Educations' Workshop for training Principals and Teachers/ Coordinators for Recognition of International Dimension in Schools. Schools from entire Maharashtra Region had attended this Workshop.



CBSE Teachers' Capacity Building Workshop

Educators participated in intensive training sessions aimed at enhancing their teaching strategies and skills, ensuring effective connection with their students' minds. These efforts focused on developing robust subject knowledge and teaching capabilities to meet diverse student needs and enrich the learning environment.



Building a Safe Space: Anti-Bullying Session by the School Counsellor

An impactful Anti-Bullying session was conducted by the school counsellor to help students understand, identify, and stand against bullying. Through interactive discussions and reflective activities, students learned the importance of empathy, speaking up, and supporting peers. The workshop fostered awareness and reinforced the school's commitment to a respectful, inclusive, and safe learning environment for all.







PARENT'S CORNER

Building Positive Homework Habits Early

Homework plays a crucial role in reinforcing classroom learning and building independent study skills in children. Developing positive homework habits from the beginning of the school year can reduce stress, boost academic performance, and encourage a lifelong love for learning. While teachers provide the framework, parents play a key role in creating the right environment and attitude toward homework at home.

As a parent, I've come to understand that building positive homework habits early in the school year is one of the most valuable gifts we can give our children. In our home, we've created a quiet, clutter-free space where my child can concentrate without distractions. We try to stick to a consistent schedule, which helps set expectations and reduce resistance. I always remind myself that my role isn't to solve every problem but to guide, encourage, and be present. Whether it's reading instructions together or helping them break down tasks, I focus on making homework feel less overwhelming and more manageable.

I've also learned the importance of celebrating effort rather than perfection. A simple "You



PARENT'S CORNER

worked hard on this!” goes a long way in building motivation and confidence. Over time, I’ve seen my child take more responsibility for their work, feel proud of her accomplishments, and approach learning with a more positive mindset. These habits, once developed, don’t just support academic success—they shape a child’s attitude toward challenges in everyday life.

In the end, I’ve learned that homework doesn’t have to be a battle—it can become a meaningful part of our daily routine that strengthens not just academic skills, but also our bond as parent and child. With patience, encouragement, and consistency, children begin to see learning as something they can enjoy and take pride in. As a parent, nothing feels more fulfilling than watching your child grow in confidence, take ownership of their studies, and develop habits that will benefit them for years to come. Small steps today truly build a strong foundation for tomorrow.

- Ms. Chetna Sepehia,

Parent of Saiesha Chhabra - Mont II ‘A’

