



## From the Principal's Desk

### Health and Hygiene

Good health is the foundation of happy learning and successful living. At school, we constantly remind our students that taking care of their health and hygiene is just as important as excelling in academics. Simple habits like washing hands regularly, eating nutritious food, drinking clean water, exercising daily, and keeping our surroundings tidy go a long way in keeping us safe from illness.

Practicing hygiene is not only about protecting ourselves but also about being considerate towards others. A clean body, a clean mind, and a clean environment help us feel confident, focused, and positive in everything we do.

As we nurture young minds, let us also nurture healthy habits. Parents and teachers together play a vital role in guiding children to make health and hygiene a daily routine and lifelong value. When children grow up with these practices, they carry forward a lifestyle of wellness, responsibility, and respect for their own well-being and that of others. Let us all pledge to make health and hygiene our first responsibility—for a stronger, happier, and healthier future.

**- Ms. Shilpa Tribhuwan,**  
**Principal - RIAW**

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## Quote of the month

*“Health and hygiene are the keys to a happy life—when we stay clean and healthy, we stay strong and joyful.”*



The quote reminds us that good health and proper hygiene are the foundations of living a happy life. When we take care of ourselves by eating well, exercising, washing hands, keeping clean, and living in a tidy environment, we protect our bodies from illness. This helps us stay strong, active, and cheerful. Good habits of health and hygiene not only make us feel better but also allow us to enjoy life fully and share positivity with others.

## ACTIVITIES

### Poster Making and Campaign

As part of the eco-awareness drive, Grade VI students participated in a Poster Making and Campaign activity focused on the theme "Refuse Single-Use Plastic." Through creative expression students conveyed powerful messages on reducing plastic usage. Students gained a deeper understanding of the harmful effects of single-use plastic on the environment and developed a sense of responsibility towards sustainable living.



### Doctors' Day

The students across grades celebrated Doctors' Day with meaningful activities. Grade I & II students participated in a Show and Tell activity, sharing their thoughts and appreciation for doctors, while Grade VI students expressed their gratitude through heartfelt thank you letters, fostering awareness and respect for the medical profession among young learners. For the students of Grades III to V, a Poem Writing Activity was a wonderful way to encourage creativity and appreciation. The students crafted heartfelt poems highlighting the caring nature, bravery, and essential role of doctors in our lives.



### CEO Ryan Sir's Birthday

CEO Ryan Sir's birthday was celebrated with great zeal. The students expressed their love and wishes in various ways. The students of Grades III to V participated in a Role Play Competition on Sir's Achievements. The students of Grade VI delivered inspirational speeches on the topic "Leadership Lessons from Our CEO". Beautiful birthday cards and video messages were shared with Sir by the students and the staff members.



## ACADEMIC ACTIVITIES

### Self-Watering Systems

As part of their eco and gardening lessons, Grade V students created simple self-watering systems using recycled materials. This hands-on activity helped them explore sustainable gardening techniques. Students understood the importance of water conservation in daily life and gardening. They learned how self-watering systems support healthy plant growth by ensuring efficient and consistent water supply. The activity also encouraged creative reuse of materials, promoting eco-friendly habits.



### Soil Preparation

The students of Grade I & II were engaged in collecting dry leaves to make compost. The aim of the activity was to make them understand the process of composting and its importance to create fertile soil for plants. The activity developed awareness about recycling organic matter into useful manure. It also developed team building, patience, and observation skills among the students.



### Fire Extinguisher Demonstration

Fire extinguisher demonstration session was conducted for students of Grade II as a part of their EVS lesson. The aim was to build awareness and confidence among our young learners. The session aimed at teaching children about fire safety and the importance of staying calm in emergencies. The school's administration officer explained the different types of fire extinguishers and their uses in simple terms.





## EVENTS

### First Parent Teacher Meet

The first Parent Teacher Meet of academic year 2025-26 at Ryan International Academy, Wagholi, was successfully conducted, providing an opportunity for parents and teachers to discuss students' progress, performance, and areas for improvement. The PTM covered all grades from Mont I to Grade VI and the same was an excellent experience for the parents to understand the schools culture, academic environment, and student progress, fostering stronger parent-school collaboration to support student development.



### Oral Hygiene Session

On account of National Doctor's Day, an Oral Hygiene session was conducted for the students of Grades I to V by our student parent MDS Dr. Dipika Gavit. It was indeed a very informative session with a great Questions and Answers round at the end. Students asked relevant questions. The doctor was impressed by the interaction session and was full of praises for the students and thankful for the opportunity by the school. The session helped the students in understanding the importance of dental health and the major role played by the healthcare professionals, making Doctors' Day both educational and meaningful.



### Environment Awareness Rally

A rally was organized in the school as part of the Environment Week campaign. Students from various grades participated enthusiastically, holding placards and chanting slogans like "Say No to Plastic", "Save Water, Save Life", and "Clean Earth, Green Earth." The rally made its way through the school corridors and grounds, spreading the message of environmental



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conservation. The event aimed to create awareness and encourage students to take active steps towards protecting nature.

### Parents' Day Celebration

Ryan International Academy, Wagholi, came alive with joy and energy as it celebrated Parents' Day with great enthusiasm and warmth. The event was designed to honor the invaluable role of parents in a child's life and to strengthen the bond between school and families. The day began with a warm welcome note by the Principal followed by an energetic zumba session, where parents danced with their children, setting the tone for a fun-filled celebration. Laughter and cheers echoed through the campus as parents participated in a series of exciting games and activities, creating unforgettable memories with their children. The event reflected the school's commitment to holistic development and community building. It was a perfect blend of fitness, fun, and family bonding – a day that truly celebrated the spirit of togetherness.

### Green Day

Green Day celebration in Montessori classes was a joyful and educational event aimed at promoting awareness and understanding of the colour green among young children. Students not only participated in fun activities like coloring caterpillar, leaf printing, and pea pod activity to enhance their fine motor skills and creativity but also embraced the theme by wearing green dresses and enjoying green-colored foods, making the event both festive and educational.





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### Ryan Championship

The School Championship Round for Ryan Championship was conducted for the students of Grades III and V. The contest provided the students with a platform to showcase their knowledge, skills, and talents through presentations on given topics. It was a display of a healthy competition spirit. The participants displayed enthusiasm, confidence, and remarkable performance throughout the contest. Their dedication and hard work were truly commendable as they presented at the school level with pride. Such opportunities not only help students sharpen their academic and co-curricular skills but also encourage teamwork, sportsmanship, and self-belief.

### Rotary Club Plantation Drive

Ryan International Academy recently organized a successful plantation drive in collaboration with the Pune Rotary Club, emphasizing the importance of environmental sustainability and community involvement. Students, teachers, and members of the Rotary Club enthusiastically participated in planting a variety of saplings within the school campus. The initiative aimed to promote eco-consciousness among young minds and contribute to a greener future. This collaboration marks a significant step toward environmental awareness, encouraging students to take responsibility for preserving nature. The event not only fostered a spirit of teamwork and civic duty but also instilled a deeper appreciation for the environment. This activity at Ryan Schools inspired future generations to lead with care and responsibility toward the planet.



# ASSEMBLY

## Math Assembly

Math assembly was conducted by the students of Grade VI. They delivered an educational skit on the Properties of Whole numbers. They highlighted the Associative property, Commutative property, Additive identity and Multiplicative identity in the concept of Whole Numbers.



## Environment Week - Managing Waste

A special assembly was held in celebration of Environment Week, where students showcased their awareness and commitment to environmental conservation through a captivating skit. As part of Environment Week activities, a skit was performed by students highlighting the importance of using separate dustbins for different types of waste. The performance focused on spreading awareness about proper waste segregation and keeping the environment clean. Students conveyed the message effectively through creative dialogues and real-life situations.





# Health, Safety and Child Protection (HSCP) Practices

## Health Check-up

An annual health check-up was conducted for all the students from Mont I to Grade V. This camp is a part of the school health program and includes Health Screening by medical experts for dental and general physical health. Such programs help create a safe and healthy learning environment and educate students about the importance of nutrition, physical activity, hygiene and overall well-being.



## Anti-Bullying Session

An interactive and insightful Anti-Bullying Session was conducted for Grade VI students by the school counsellor. The session aimed to create awareness about bullying, its different forms, and the importance of standing up against it in a safe and responsible way. Through engaging discussions, real-life examples, and short activities, students learned how bullying can affect one's self-esteem and mental well-being. The counsellor also emphasized the importance of empathy, kindness, and respecting differences among peers. Students were encouraged to speak up, support each other, and report any incidents of bullying without fear. The session provided practical strategies to handle difficult situations and reinforced the message that our school is a safe and caring space for every child.





## PARENT'S CORNER

### Health and Hygiene – A Parent's Perspective

As parents, we all wish to see our children grow up healthy, happy, and confident. One of the best gifts we can give them is the habit of maintaining good health and hygiene from an early age.

Simple routines—like washing hands before meals, brushing teeth twice a day, taking a daily bath, and keeping nails clean—may seem small, but they build a strong foundation for lifelong well-being. Just as we guide our children in studies and play, guiding them in these habits is equally important.

We also need to remind them that health goes beyond cleanliness. Eating a balanced diet, staying active, getting enough rest, and keeping a positive mind are all part of a healthy lifestyle. Our children learn best by watching us, so when they see us practicing these habits, they naturally follow.

Together as teachers, parents, and students, we can nurture a culture of cleanliness and care that helps our children stay strong and safe. After all, good health is the first step towards a bright future.

**- Ms. Sonaly Marulkar,  
Parent of Vihaan Marulkar - Grade IV**