



From the Principal's Desk

"Celebrate Endings - for They Precede New Beginings"

- Jonathan Lockwood Huie

The new year, 2023, began evoking hope and joy in everyone. The last year was still a question mark in the middle of the lockdown and hence the year 2023 has given a way to new joy.

However, along with this new independence found this year, we have to reflect on everything our experiences have taught us to prevent such scenarios in the future. At RIA, the new year begun by welcoming our dearest students back to school after the winter break. We were also fortunate to welcome our CEO Sir Mr. Ryan Pinto, who interacted with all our students very fondly. His presence really uplifted their spirits and gave them someone to look up to as their role model.

January has been a competitive month for teachers and students. The Young Mickey and Young Tagore Championships for Grades II and V were platforms for our students to explore their presentation skills and build their self-confidence. The teachers participated in the 'Lead by Example' city level rounds wherein all the teachers presented innovative teaching and learning strategies to bring out the best in the students.

"Freedom In Our Mind, Strength In Our Words, Purenness In Our Blood, Pride In Our Souls, Zeal In Our Hearts" - that's The Pride of A Republic Nation

Republic Day is undeniably a day which makes all of us Indians feel prouder about the Constitution of India coming into effect 74 years ago. It marks the sacrifice and dedication of hundreds of freedom fighters and leaders to build our country to what it is today. It is very crucial to make our children of today's generation to not only understand the significance of this sacrifice but also make them realize that to achieve greater goals they should have the determination and willingness to work towards it. With the rise of technology, we can witness how life has become more and more convenient to today's children. We get all the answers at the tip of our fingers unlike in olden times when we had to meet up with our friends and explore the public libraries to work on our school projects. Hence, children today get the answers, most probably, more accurately and much quicker than in the olden times but they are missing out on the sincere loving friendships, the feel and smell of the old books from the library, learning to be more courageous by using the public transport to reach the library, etc. We need to embrace the gift of technology and also learn to strike a balance by imbibing all the goodness from the older generation and instilling them in the younger generation. Let us all walk hand in hand to make this year a more fruitful and successful one for all of us and find our balance at all times.

Happy New Year to all

- Ms. Sripurna Sarma,
Principal, RIA Sarjapur

Quote of the month

*"Our constitution is a ray of hope:
H for harmony, O for Opportunity,
P for people's participation and E
for equality."*

- Narendra Modi

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EVENTS AND ACTIVITIES AT SCHOOL

EVENTS

Ryan Sir's Visit

Respected CEO Mr. Ryan Pinto visited our campus to meet the students and teachers. The students were delighted with Sir's visit to every classroom and interacted with students. He is an inspiration for the students and teachers. We are grateful as he has made some beautiful memories by sharing his valuable time with us. Here are a few lovely moments of the visit. It was a day to remember and cherish.



Lead by Example

Lead by Example is an endeavor to acknowledge the effort of teachers who have done some incredible work and applaud them. Edunation provides a platform to all those teachers to showcase their work at the most coveted, 'Lead by Example - Annual Competition'. The teachers presented case studies on the strategies impacting most or all learners in their class, in this altogether new scenario with a different set of challenges. They focussed on developing the desired knowledge and skill set in the learners with fresh ideas and well thought through activities. The event was conducted at Ryan International Academy, Sarjapur, on 21st January, 2023. We had esteemed principals from other schools as judges. The teachers who have won in the City Level will be competing at the National Level in February 2023.



Young Mickey Championship

All India Ryan Championship is being conducted in all the branches of Ryan.

We at RIA Sarjapur conducted 'The Young Mickey' competition for grade 2 students. This is a great opportunity for our students to introduce themselves and their hobbies to their classmates and make new friends with common interests.

We conducted an introduction session for them on 17th January 2023 and 'Group championship' on 24th January.

All students had participated enthusiastically and presented very well.



ACTIVITIES

Global Family Day

Global Family Day starts the new year with a positive message of unity to the world.

Cultures and religions across the world may be different but, the truth is, all of mankind is a large family that can survive and succeed only if united. International Day of Families is annually observed by the United Nations across the world to highlight the important affairs central to the welfare of families, such as health, education, gender equality, rights for children and social inclusion among others.

It is observed as a day devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire.

For this day Ryan International Academy, Sarjapur organized writing and speaking, drawing and art activities for grades 1 to 5. Students drew the symbol of a dove- The symbol of peace using the palm and fingerprints, spoke and wrote about things and activities they love to do with their families. Montessori children were briefed about the Importance of Family and Family Fingers drawings were made along with singing Family song.

World Laughter Day

"Laughter is the best medicine" the phrase says it all.

We at RIA, celebrated World Laughter Day on 10th January, 2023 with much enthusiasm.

All across our Mont classes, children have formed a group of 4-5 and put on their best smile. The class teacher has captured the smiling groups in photographs. As a part of celebration, Mont children have also participated in a coloring activity of a clown's picture.

The activities across Mont classes were enjoyed utmost as sharing laughter is the best way to make our classroom and surroundings dynamics better. Primary grades had fun drawing Emoji's and writing a few lines on it.



ACTIVITIES

Yellow Day

Yellow is the colour of optimism, glory, sunshine, and happiness. It stands for freshness, positivity, intellect and joy. The motive of celebrating yellow day was to make the students aware of the colour yellow, its significance and to develop the fine motor skills in the students. All Mont children were not only beautifully dressed in their favorite yellow dresses but also brought yellow objects for show and tell activity. Mont 1 and Mont 3 kids did hand print activity and Mont 2 made crown. It was a beautiful sunny day for all.



Mont 3A: Celebrating Yellow Day.



Happy Yellow Month



MONT 1A - YELLOW DAY CELEBRATION



COMPETITIONS

Festival of Kites

The kite flying festival in India falls on 14th of January every year, marking the arrival of spring. In quite a few states in India, Makar Sankranti is considered as a major harvest festival.

At RIAS, pre-primary children had great fun learning about the festival. Discussions were held regarding the prominence of the festival along with the kind of special delicacies prepared during this festival like paysam, puran poli, kichdi, pongal, etc. Montessori students were enticed at the sight of kites and enjoyed decorating them. The students of Mont 1 'A' made pom pom printing and sponge dabbling with paint on the kites to make the kites colorful. The students of Mont 2 and Mont 3 drew kites and coloured them.

The students of grades 1 to 5 had a kite making competition on 23rd January, 2023. It was a wonderful opportunity for the students to showcase their creativity manifested in the form of beautiful vibrant kites made by them.

Slogan Writing Competition for National Girl Child Day

National Girl Child Day is celebrated to raise awareness among people regarding inequalities, discrimination, exploitation faced by the girls in society. India is celebrating National Girl Child Day every year on Monday, January 24th. It is an initiative undertaken by the ministry of women and child development with an objective to provide support and opportunities to the girls of India. At Ryan International Academy, Sarjapur, celebrated this day by enlightening the students about some of the discriminations in the past faced by girls. Some students also shared experiences in their life wherein they have observed the inequalities in the society. The students had a competition to write slogans supporting respect, education and equality for all women.

Republic Day Competition

The students of grade 5 had a competition to showcase their knowledge about the various features of our country on Republic Day through a presentation made by the students. The students presented on a variety of topics such as length and breadth of India of total boundary in kilometers, highest and lowest point in India, mountain ranges of our country and important rivers in India and across the world. Students prepared powerpoint presentations and were enthusiastic about presenting their respective PPTs in a house-wise competition held on Republic Day 26th January, 2023. The students got an opportunity to learn more about our country and its physical features.



CELEBRATIONS

Republic Day Celebration

Freedom in the mind, Strength in the words, Purenness in our blood, Pride in our souls, Zeal in our hearts, hailing to our nation on Republic Day.

Ryan International Academy, Sarjapur celebrated the day which marks the celebration of the empowerment of Indian citizens to select their own government. The celebration started with Guard of honor followed by unfurling of the National flag with the National Anthem in the chorus. It was followed by a cultural program, which included speeches in three languages Hindi, English & Kannada and dance and a special patriotic song.

The day was filled with uncountable cheers and smiles all around. The Principal addressed the gathering with motivational words, and it was well spent with patriotic fervor, reminding us to feel proud of being a citizen of the country with the largest constitution in the world.

The students were also engaged in a variety of activities after the celebration.



HEALTH SAFETY CHILD PROTECTION

SAFETY RULES AND REGULATIONS TO BE FOLLOWED

The students were explained about rules and responsibilities of the bus monitor, lady assistants, drivers and do's and don'ts when traveling in the school bus on 25th January, 2023.

RESPONSIBILITIES OF THE BUS MONITOR AND FOR THE TEACHER'S	DO's and DON'T's
<ul style="list-style-type: none">➤ Wear the bus monitor badge daily➤ Observe the student's behaviors in the bus➤ If you notice that the students are bullied in the bus report immediately➤ Don't allow anyone to make fun on others	<ul style="list-style-type: none">➤ Don't put your hands or head outside of the window➤ Don't spit or throw anything outside of the window when the bus is running➤ Do not move around in the bus when it's moving

RESPONSIBILITIES OF THE BUS LADY ASSISTANT'S:	RESPONSIBILITIES OF THE BUS DRIVER:
<ul style="list-style-type: none">➤ Do not be rude or hitting the children➤ Help the children if they required➤ Stand in the bus and check the behavior of the kids	<ul style="list-style-type: none">➤ Maintain Speed limits➤ Don't drink and drive➤ Go slowly in the bumps➤ Wait for the students to settle down in the bus after they boarding



ART CORNER

Art programs for school students aim to nurture their creativity and provide them with opportunities to express themselves through various forms of visual media. These programs are designed to foster critical thinking, problem-solving, and communication skills, as well as help students develop their own artistic style.

In addition to learning technical skills, school art programs also aim to develop students' creativity and self-expression. Art projects and activities may encourage students to think outside the box, take risks, and explore new ideas.

Overall, school art programs play an important role in fostering students' creativity and helping them develop important life skills. Through their participation in these programs, students are given the opportunity to explore their interests and passions, while also building a foundation for a lifetime of artistic expression and enjoyment.

Each year our students will learn one of the lost art of India. This year it was GOND ART.

Reviving lost art can also help students develop their own technical skills, such as drawing, painting, or sculpting. By studying lost art, students can learn about the techniques and materials used by artists from the past, and then apply that knowledge to their own art-making.



ACADEMICS

TRAIN ENGINE CRAFT

Children of Mont 2 crafted a Paper train engine. This train is a simple cut and paste paper craft activity with simple pieces that is easy for young children to make.

They coloured the parts of the engine and arranged the different shapes like circle, square, triangle, rectangle etc to make the engine. It was a fun-filled activity. Children enjoyed a lot while making their own engine.

English - Grade 3

Adjectives

Aim: To enable students to use adjectives in their regular vocabulary

The students were asked to find objects in and around the classroom. They were asked to find one object each. The students came in front of the class and showed their object. They spoke describing the objects using different kinds of adjectives. The students identified the adjectives used by their peers and differentiated them into different kinds of adjectives.

Science - Grade 5

Conversion of energy

Aim: To prove that energy can be converted from one form to the other

The students had a hands-on learning experience wherein the students go to learn all about energy transformation using a bulb, buzzer and batteries. The students built simple circuits and had the experience of making them work using the dry cell.



STUDENT'S CORNER

New Year Resolution

Art programs for school students aim to nurture their creativity and provide them with opportunities to learn and grow. I am Hriday from Grade 5 'A'. I study at Ryan International Academy, Sarjapur. Here we are into another year! carrying forward all those memories, experiences and to a promising year for us to make new resolutions as we step into a new year.

Let me step a little back and brief you about resolutions. Resolution is a definite decision to do or not to do something throughout the year. I only realized the meaning and importance of making resolutions when my teacher spoke about it. I understood that to get ahead in life and make each passing year better than the last one, it is important to reflect on the past and make changes. As rightly said, 'Change is the only constant'. Changes are inevitable, however, to catch up and rise above all the challenges that come with it, we need to make up our minds.

I have always been hard working, punctual and I enjoy learning. I challenge myself in many ways and want to be the best I can be. Hence, the thought about making resolutions to look forward to a better year than the last felt like I have an opportunity here to decide on making the best use of my time and abilities. I am going to have a fresh start this year with a lot more learning.

Finally, I would like to end by stating that do not make resolutions to break them. Set small, achievable, realistic goals. Then keep enhancing, working and take it higher to another level. Keep challenging yourself and ensure that you are better this year than last year.

- Hriday Gauroji, Grade V 'A'





Importance of children's mental health

"Balance Homework Versus Playtime"

When a baby reaches a milestone, it is a moment of pride and joy for the parents. If the baby misses a milestone, however, or if there is a delay, a parent might end up feeling crestfallen. At a very early stage, a sense of competition slithers into the hearts of parents and they end up pushing their children a little more each time.

We should always strive to balance between play and studies but we all get carried away with more focus on studies due to peer pressure. Every mother usually likes to tell people or other parents about their child's latest achievements and the new educational stuff we bought for them. I think it's not fair on little children to be pressured in this way.

The age of 0-3 years is the age for unstructured learning where a child can be given a wide variety of exposures. Activities related to the five senses can be indulged in and repeated. The repetition helps brain connections become stronger and it ensures long-term retention.

At this age, children have a very short attention span of just a few seconds, so one must use short sentences, long lectures make no sense to them and they switch off. You should read more to your child,



talk a lot to your child.

From 3-4 years, children start becoming social and are ready to mingle. They are ready for school and routines. As for discipline, it starts at birth. Discipline is a continuous effort. Homework or any studies done with the child at home, at an age as early as 4-5 is best. It will inculcate a sense of discipline into a child . To make a child sit with a paper and pencil for about 15 minutes a day in a week is sufficient.

Lots of time should be spent on reading books to children, playing in the park, teaching them new things like rhymes, songs, general awareness topics. Learning should be a fun process and not stressful for kids, be it school or home.

"Don't lead the child. Be led by the child". The most important thing a child needs is love, lots and lots of love ,hugs, kisses and fun-time with the family. The child needs to 'feel loved' and with time the child herself/himself will show you what he/she is passionate about. Coloring, skating, gardening, building things etc. that is how a child leads us and then it is up to us to guide, coach or counsel them to be successful while pursuing their passion. The educators warn against parents trying to live their own dreams through their children. That is just unfair.

- Udipi Saha,
Teacher of Mont 3 'A'



PARENT'S CORNER

Demystifying Wellbeing for Parents and Children

The pandemic years were not easy for any of us. Each one of us lost years, friends and relatives and it was traumatic. However, the most affected were children in the age group of 4 to 13 years as they lost a good chunk of the formative years locked at home and devoid of any social interactions. As a result, the pandemic hampered their growth. But there is always a silver lining to a dark cloud. The pandemic pushed all of us to focus on our overall well-being and people responded in different ways. While some people concentrated on enhancing their lung capacities, others ensured that they are always active. As a family we also adapted to the new normal and took steps for our wellbeing that I am sharing as part of this article. I would like to highlight upfront that there is no wrong or right way of doing it – we need to find solutions that work best for us.

The pandemic taught us a lot of lessons, the most important was to take care of yourself and spend time with your loved ones. As we heard about the increasing covid numbers across the country we consciously chose to stay calm and remained indoors. We had deliberately set a routine where we used to pray every morning to show gratitude for what we have, followed by some positive music. We also added breathing exercises as a ritual and practiced yoga every evening to stay both mentally and physically fit. We ensured that the mobile alarm is replaced by an alarm clock to balance the energies of the room. Once the lockdown opened up, regular exercise became a part of our daily routine.

On the mental front, we practiced mindful eating, speaking and sleeping which helped us to be less anxious. Our body always reacts to what we consume and our mind to what we feel or think. Hence investing time towards solitude was also equally important. It was very difficult initially, but five minutes of keeping our eyes closed while sitting in an upright position helped us to declutter our minds of negative thoughts.

We continue most of this even today, by giving some time to play, run, walk, exercise and also being careful of what we consume (through our mind and our body). During the Christmas break we went to a beautiful retreat which



PARENT'S CORNER

specialized In Yoga and Ayurveda. We lived an organic (Sattvic) life for 4 days, where we were detached from all gadgets. Our routine was to wake up early, practice yoga, go to the farm to feed the domestic animals, go for the Ayurvedic therapy (only for the adults), read, paint and eventually retire to the bed by 8:30 pm. The food had no preservatives, oil nor any spices. All the vegetables were homegrown. Through short stories starring children, animals, the mentors taught us some of the important lessons:

- What you think will become the reality (so think positive)
- Let go of the past and embrace the present
- Forgiveness is the key
- Be mindful of what you eat, speak and think

They say it takes 21 days to form a habit, so as parents we can truly do small things to ensure that there is a balanced life. I understand that it is very difficult to keep pace with the routine, however it is essential to slow down at times. We can always guide our children to do away with unproductive things and ask them to utilize their time either playing, learning something that they like, or reading etc.

Honestly we do not need another pandemic to inculcate a few habits, let's try creating something valuable for the coming generations in our own way.

- Ms. Shraddha Tripathi,
Mother of Sia Anand, Grade 5 'A'

Upcoming Events

- Ryan Champion Young Mickey / Tagore Event - National levels

