



## From the Principal's Desk

### How Emotional Intelligence Makes You Successful

*"It is not enough to be smart and hardworking. To have the added edge for success, students must also be able to understand and manage emotions."*

*- Carolyn MacCann, Yixin Jiang and Luke E. R. Brown*

Emotional Intelligence is the ability to identify, evaluate, manage, and express emotions effectively and positively. This concept teaches the power of understanding and managing emotions. It involves skill sets that enable people to use their emotional awareness to make decisions, communicate better, reduce anxiety, resolve conflict, and improve relationships. Childhood is a crucial period when humans grow rapidly – physically and emotionally. Emotions make us human. It's the moral responsibility of teachers to inculcate emotional intelligence in students, as it helps them develop social and emotional skills. By using social-emotional skills, students learn to understand who they are, what they feel, and what to expect when interacting with others. It benefits students by developing a growth mind set and self-confidence and makes them more optimistic. They start taking charge of their mistakes and learn proactively. Students with low emotional intelligence typically avoid dealing with challenges, use unstructured strategies, ignore emotional signals, and usually feel overwhelmed. Those who have high emotional intelligence consider the pros and cons before taking action. They learn from past experiences and apply those learnings in problem-solving. Such students are less likely to give up due to problems and are more consistent with their efforts. Students with low emotional intelligence typically avoid dealing with challenges, use unstructured strategies, ignore emotional signals, and usually feel overwhelmed. Those who have high emotional intelligence consider the pros and cons before taking action. They learn from past experiences and apply those learnings in problem-solving. Such students are less likely to give up due to problems and are more consistent with their efforts. If emotional intelligence is left unaddressed, stress persists in a student's academic and personal life. A student who can manage their emotions well is one that will not allow stress to rule their academic life. Uncontrolled stress is often associated with physical and mental disorders. Effective coping strategies such as meditation, sports, good nutrition, relaxation, humour, and fun-filled activities help reduce the effects of stress.

*"If your emotional abilities aren't in hand, if you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far."*

- Daniel Goleman

- Ms. Sripurna Sarma,  
Principal, RIA Sarjapur

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### **Quote of the month**

*"Politeness is the art  
of making others feel valued  
and respected."*

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- Mr. Parama Shiva

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## **EVENTS AND ACTIVITIES AT SCHOOL**

# EVENTS

## Sing on the beat and Tap your feet Rhyming session

We, at Ryan International Academy, Sarjapur, organized a rhyming session for our Montessori children today. Rhymes retained a tradition that spans decades, offering something in common between parents, grandparents and children and even people who don't know each other. Singing rhymes to children therefore, emphasizes &quot; to take part in a long tradition, a common practice. Children thoroughly enjoyed and participated in the session with great zeal. This practice improves phonological awareness and leads to linguistic development. Series of rhymes were sung by faculties accompanied by children with glee.



Rhymers will be readers, it's that simple!!

## "Let's groom the groomers!" – Micro teaching Session for educators

We at Ryan International Academy, Sarjapur believe that "Invest in our teachers, our children will succeed." With this aim, we heartedly welcomed all the educators for an interactive Micro Teaching Session at the premise.

Micro teaching is the practice of teaching to other teachers in order to get feedback and assessment on the tools, strategies and techniques used in a lesson. It was invented in 1963 at Stanford University by Dwight W. Allen, and has subsequently been used to develop educators in all forms of education.

In this session, teachers presented a demo of their class for the upcoming concepts accompanied by relevant TLM (Teaching Learning Materials) and provided a glimpse of their teaching techniques inside the classroom. This helps teachers to not only strengthen their skills but also their teaching methods. They also get a chance to modify and improve their classroom behavior in the desired direction. These sessions broaden up the possibilities of teaching techniques and learn from each other. Teachers also support and give each other constructive feedback and ideas of what they could do better. At RIAS, we have such insightful sessions frequently to ensure that we are doing our best for our students.



"The most valuable resource that all teachers have is each other. Without collaboration our growth is limited to our own perspectives."

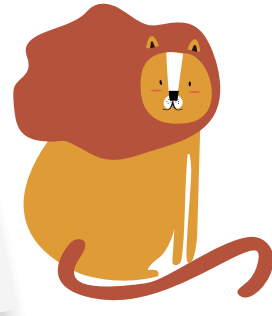
## National Handloom Day

"The handloom sector is a symbol of our country's rich and varied cultural heritage, and is an important source of livelihood in rural and semi-rural parts of our country."

National Handloom Day is celebrated on 7th of August every year. Handloom weaving is an age-old tradition in India. Our culture has been practicing it for ages, even before the introduction of textile mills. The weaver community (Jalahas) produced fabrics using natural dyes from plants, flowers, or fruits. It is also a sector that directly addresses women's empowerment with over 85% of all weavers and allied workers.

At Ryan International Academy Sarjapur, today we celebrated National Handloom 2023 to emphasize the significance of traditional handwoven fabrics. A special assembly was conducted and mont III 'B' children did a fashion ramp walk in their traditional attire. Overall, it's a beautiful day highlighting the rich heritage of handloom and its significance in Indian economic history.

"When human hands and heart work in tandem, that is grace in the making. Handwoven cloth has beauty and grace that is significant- Sadhguru"





## Orange Day Celebration

"Colours are the smiles of nature", so is the colour Orange.

Orange is a colour that signifies fun and radiates warmth. It stimulates activity, appetite and encourages socialization. Having colour themed days is a great way to introduce and reinforce the colours to the young children. It was a great learning activity which helped the students understand the concept of secondary colours.

At Ryan International Academy Sarjapur, we celebrated Orange Day to make the students understand the speciality of the colour. All the students and teachers were dressed up in orange coloured clothes. Our little Ryanites from mont I made an orange fish with hand prints. The students from mont II were involved in an activity wherein they had to draw and decorate the letter 'O' in orange colour. The students of mont III made carrots with orange paper. Thereby making the day colourful and joyful for everyone.



# COMPETITIONS

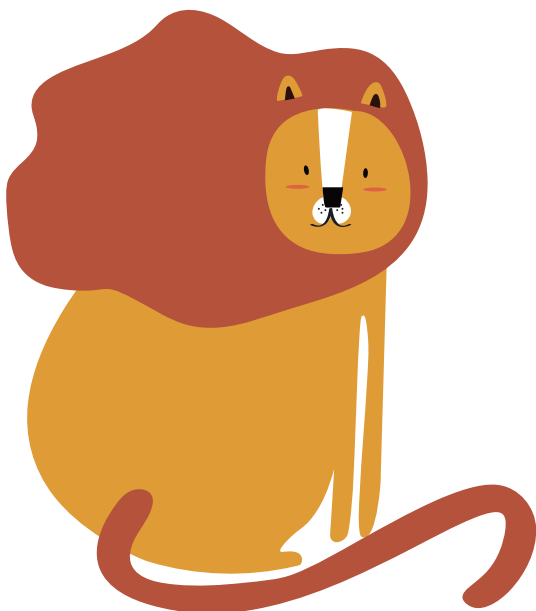
## Friendship Day Competition

"A friend in need is a friend indeed."

It is really important to have good friends. Friends help us create good memories and make our lives more fun. They make us smile. Good friends support us when things are not great and make us smile. They listen to us, help us and support us through difficult times. At RIAS our little Ryanites from mont I to III celebrated Friendship Day with a lot of enthusiasm. The teachers shared the importance of friends in life and taught them the value "Sharing is caring". Students prepared wonderful friendship bands for their friends and celebrated the special day. The celebration ended with students tying the bands made by them to teach others.

## Independence Day Competition

Every year on 15th August, India celebrates Independence Day. India was under the British for two centuries before it got freedom and became an independent country. Hence it is the time to celebrate the 77th Independence Day heartily on 15th August 2023 to remember our freedom. At Ryan International Academy, Sarjapur, students were involved in various competitions to invoke the essence of the importance of celebrating the 77th Independence Day. The students of mont I & II conducted a role play on freedom fighters. The students of mont III children participated in a recitation competition on the topic "My India, My Pride". These competitions not only gave them an understanding of Independence Day but also gave every child an opportunity to face an audience and work on their presentation skills.



# COMPETITIONS

## Splash into World Water Week 2023

Water is priceless treasure, Save it with pleasure. Water is life, treat it right!

The World Water Week 2023 theme is "Seeds of Change: Innovative Solutions for a Water-Wise World," with a call to rethink how we manage water. World Water Week is a five-day event on global water issues, organized by Stockholm International Water Institute since 1991. It is an annual event that aims to draw attention to global water issues.

During the week, they network, exchange ideas and develop solutions to the most pressing water-related challenges in the world today.

We, at Ryan International Academy, Sarjapur, conducted a show and tell activity on the topic - importance of water for genius kiddos. They were excited and eager to present their views on the importance of water as it is a fun and easy activity for kids that comes with tons of learning benefits. As Ryan International Academy, Sarjapur truly believes in the holistic development of the child so we emphasize on boosting a kid's self-esteem which helps in developing confidence, sharpens speaking and other social skills, and opens the door for kids to make easy friends with each other early in the school year. It even helps develop listening skills for those in the audience. For teachers, it's also a sneaky way to find new ways to bond and connect with students and evaluate strengths or areas for improvement.

Overall it was an interactive session for Little Ryanites as they say goodbye to their nervousness by highlighting their notions on the importance of water. "Water is life's matter, matrix, and medium. There is no life without water. Save now to Secure Future!"



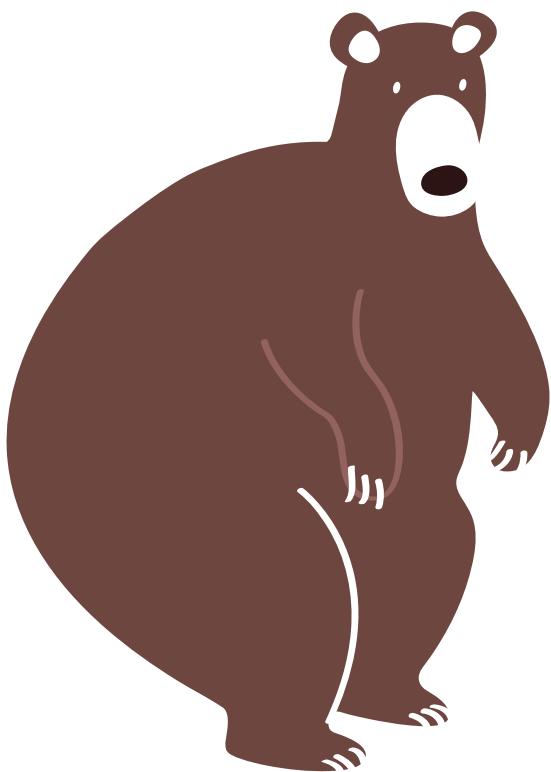
# COMPETITIONS

## National Sports Day

Sports says "leave your mouse and come out of the house". Go for one sport and just play it! We at Ryan International Academy Sarjapur truly believe and follow the ideology that conveys Khelega India, Badhega India! Sports have the unique power to bring people together regardless of their background, language, or beliefs. National Sports Day showcases this unity, reminding us that in the world of sports, the only thing that matters is talent and determination. This day serves as a catalyst for the development of a robust sports culture in India. We, at Ryan International Academy Sarjapur, celebrated National Sports Day with immense zeal to commemorate the birth anniversary of Hockey Legend, Major Dhyan Chand, also known as "Wizard of Hockey".

To mark the significance of National Sports Day, the school organized several activities to inculcate the feeling of true sportsmanship among the children and to enhance their physical and social skills. A series of races were executed in order to enhance children's coordination, balance, agility, and spatial awareness. They were thrilled while performing activities. A supportive environment was observed all around the campus in full circle.

"Sports are an enabler to an inclusive and fit society". Play the games of your choice! Give sports its due spot in your catalogue!



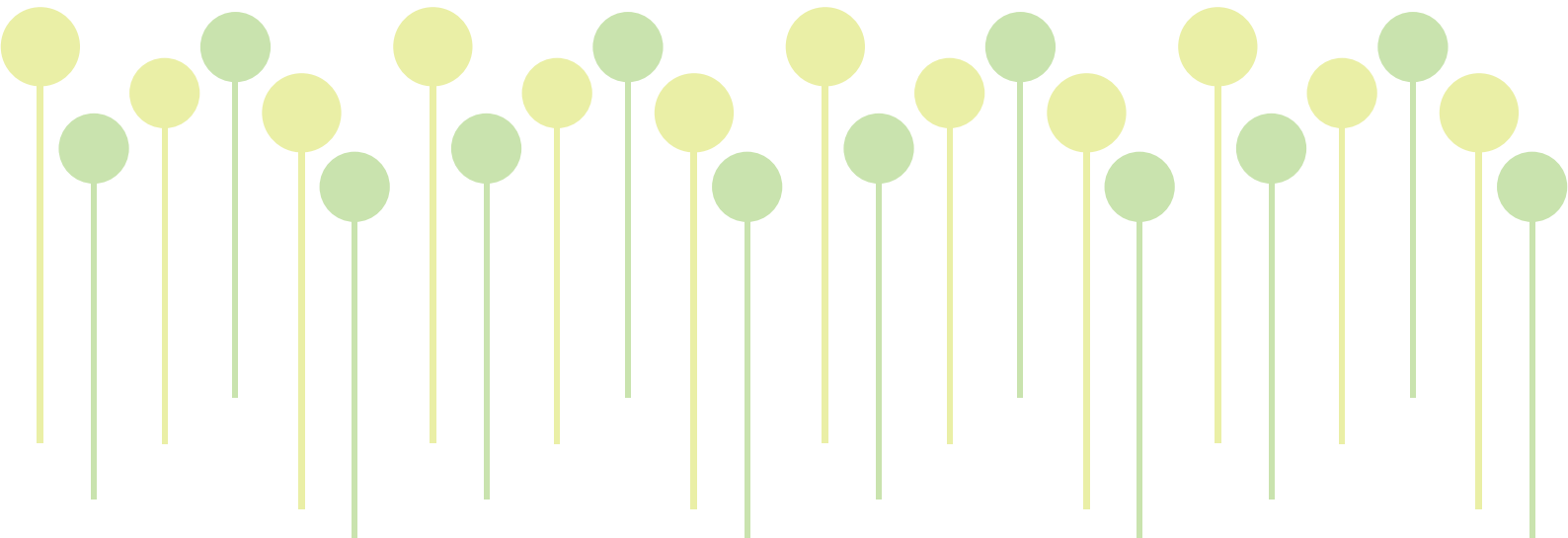


# Academic Activities

## Number Counting Activity

*"The goal of early childhood education should be to activate the child's own natural desire to learn".*  
- Maria Montessori

The students of Montessori III at Ryan International Academy, Sarjapur, experience the fun in counting through an activity. They had an exciting day with numbers games when their peers were happily cheering. They enjoyed doing the Number Game activity in class, when their peers were happily cheering.



# CELEBRATIONS

## Independence Day Celebration

Today we celebrated one of the most important events in our country's history - the 77th Independence Day. This day marks when our nation broke free from the shackles of British rule and gained the freedom to govern ourselves. Our forefathers made great sacrifices for freedom, and it is a day to honour their sacrifices.

To commemorate this day, at Ryan International Academy, the celebration began with the 'Guard of Honour' where our chief guest for the day, Mr. S. Joseph Xavier, was honoured by a slow march by our school parliament members which was followed by flag hoisting and singing of our national anthem giving a tribute to our motherland. The students of grade V & VI conducted the March Past to honour our country by saluting our national flag which created a patriotic ambience on the premises. This was followed by a program which began with a plantation ceremony, wherein the guest planted a tree sapling.

To further bring in the spirit of patriotism, we had several performances from students of mont I to grade VI, like role play, speech, skit, dance and patriotic songs.

The students of grades III to VI were also involved in house-wise football and badminton tournaments and were cheered by all the other students and parents. The tournament brought in the sportive spirit into the day's celebration and ended with everyone getting an opportunity to learn about India's efforts to foster patriotism and discipline in all Indians.

## Raksha bandhan Celebration

Little Ryanites of Ryan International Academy Sarjapur, celebrated Raksha Bandhan with full zeal and endeavor that one associates with this auspicious festival.

The main objective behind celebrating 'Raksha Bandhan' was making the children aware about the virtuous bond of love between a brother and a sister which is one of the deepest and noblest of all humans. Little RYANITES in traditional attire enthusiastically participated in the Colouring Competition. A special assembly was conducted by Mont Students, they performed to their best of abilities. The vibrant, colorful attires and innocent smiles brightened the ambience and lifted the spirit.





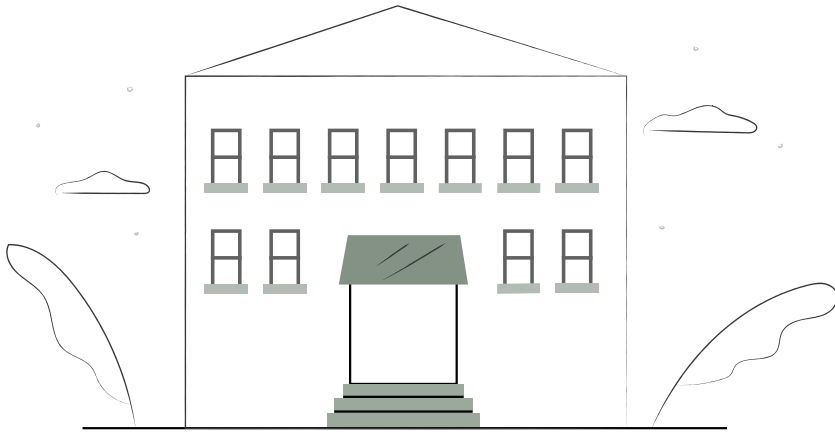
The Teacher profession is the esteemed noble job which can't be compared with any other profession. A good teacher's impact will be there in a person's life till the end . I have been enjoying teaching students and learning more about myself, my students, and the world around them, becoming a better communicator and I am developing my passion for writing, and sharing that knowledge with others as well. The qualities we adopted through this career are active listening, empathy, patience, adaptability .

In Ryan what is most exciting is Technology learning like Smart Boards, Soft Boards which we can use effectively.

I Would like to thank you for the opportunity given to understand myself and to become a member of Ryan Family and to build a healthy environment for students as well as good rapport with the co-teachers.



**- Ms. Tresa Jasmine G,  
Preprimary Teacher,  
Mother Teacher - Mont III 'C'**



## PARENT'S CORNER

We are very privileged to get associated with Ryan International Academy. We have seen a significant improvement in our child's Communication and logical understanding. Ryan has dedicated and Caring Staff and is always willing to go the extra mile to ensure our child's well-being and academic progress. Ryan International Academy offers a robust academic curriculum that challenges and nurtures our child's intellectual growth. Also prioritized safety and maintained the inclusive environment that helped our Child to grow with multicultural knowledge. Wide range of Extracurricular activities helped our Child to grow socially and physically.



- Mr. Nimish Khandelwal,  
Parent of Nishiv Khandelwal - Mont II 'A'

## Upcoming Events

- Tirangaa Interschool Competition
- National Nutrition Week
- Teacher's Day
- Blue Day

