



From the Principal's Desk

"SAY NO" TO BULLYING"

"Bullying is a learned behaviour. It's up to us to teach our children how to be kind and respectful to others."

Bullying is not the same as conflict between people (like having a fight) or disliking someone, even though people might bully each other because of conflict or dislike.

The sort of repeated behaviour that can be considered bullying includes:

Keeping someone out of a group (online or offline); Acting in an unpleasant way near or towards someone; Giving nasty looks, making rude gestures, calling names, being rude and impolite, and constantly negative teasing; Spreading rumours or lies, or misrepresenting someone (i.e. using their Facebook account to post messages as if it were them); Mucking about that goes too far; Harassing someone based on their race, sex, religion, gender or a disability ; Intentionally and repeatedly hurting someone physically; Intentionally stalking someone; Taking advantage of any power over someone else like a Prefect or a Student Representative.

Bullying can happen anywhere. It can be in schools, at home, at work, in online social spaces, via text messaging or via email. It can be physical, verbal, emotional, and it also includes messages, public statements and behaviour online intended to cause distress or harm also known as cyberbullying. But no matter what form bullying takes, the results can be the same: severe distress and pain for the person being bullied. People bully for different reasons. Those who bully persistently are likely to do so in order to dominate others and improve their social status. They may have high self-esteem, show little regret for their bullying behaviour and not see bullying as morally wrong. Other people may bully out of anger or frustration, they may struggle socially and could have also been victims of bullying.

What can you do to stop bullies?

- If you are being bullied, you should talk to someone you know well and trust; they will give you much needed support and will often have suggestions you hadn't considered for helping with the situation.
- You might feel more comfortable taking a friend with you to talk to the bully or when seeking help. If you feel you might get too nervous to speak, write down what you'd like to say on paper or in an email

- If you feel safe and confident, you should approach the person who is bullying you and tell them that their behaviour is unwanted and not acceptable.
- If you are being bullied while at school, it is a good idea to seek help from a friend, or to talk to a teacher or counsellor to see if they can help.

The best defence against bullying is being socially skilled—teaching all children social skills and allowing them to develop confidence in their own abilities. As social engineers for young children, parents are especially important in bully-proofing their children: They can regularly inquire about social challenges their children face and role-play possible solutions.

- Ms. Sripurna Sarma,
Principal, RIA Sarjapur

Quote of the month

"It's very important to choose kindness and stop bullying."

- Jacob Tremblay



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EVENTS AND ACTIVITIES AT SCHOOL

EVENTS

Teachers Day – Mont 1 to Mont 3

A teacher plants the seeds of knowledge, sprinkles them with love and patiently nurtures their growth to produce tomorrow's dreams. To give due reverence to their mentors the Little RYANITES of Ryan International Academy, Sarjapur celebrated Teacher's Day with great gusto and gaiety.

They recite a poem for their teacher on this special day.

We celebrate teachers day every year on 5th September, a day dedicated to teachers and their contribution in shaping one's life. It commemorates the birth anniversary of Dr. Sarvepalli Radhakrishnan who was a revered academician Bharat Ratna recipient, a well-known diplomat and above all, a timeless teacher. The principal Ms. Sripurna Sarma conveyed the message sent by Managing Director Madam Dr. Grace Pinto for the teachers, stating that the teachers are an integral part of education to transform and nurture young minds. She appealed to all teachers to rededicate themselves to this noble job.



National Nutrition Day – Mont 3

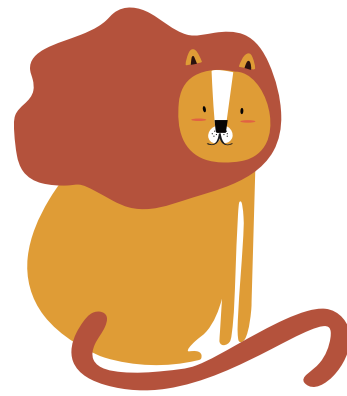
Good nutrition habits during childhood set the tone and patterns for lifelong health and wellness of children. A well-balanced diet allows children to reach their full growth potential, perform well at academics and maintain their energy level.

RIAS understands this and takes appropriate steps to ensure that the nutritional requirements of Ryanites are well met.

To Celebrate this week, Little RYANITES shared about the healthy vegetables and food by showing the pictures. They also explained about their Nutritious values.

Students learnt about the importance of healthy eating and also shared this idea with others.





"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 heartily 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."



COMPETITIONS

Tirangaa 2023

This is the day Ryan International Academy, Sarjapur celebrated the gala Inter School Event Tirangaa 2023 with the theme Real Heroes – Saluting the Indian Armed Forces with enthusiasm at its fullest. 8 schools along with the Ryanites participated in the event and made the day a fun-filled, energetic and memorable experience to all. Tirangaa 2023 showcased the importance of the Indian Armed Forces in safeguarding our lives and country, by way of different Co-Scholastic events and activities from all disciplines. The inspirational event was inaugurated by Mr. Ashok Gowda, the chief Guest and the Managing Director of the Edify School and honored by judges from various profiles. There were a total of 210 students who participated in this event in various competitions from 7 schools in Bangalore.



"Hindi Diwas" Our true identity – Mont 1 to Mont 3

Hindi was adopted by the National Constitution on September 14th, 1949 and it became the official language of the country. India's first prime minister, Jawaharlal Nehru, decided to celebrate September 14th as Hindi Diwas. This is the fourth widely spoken language in the world. Celebrating this day is an attempt to pay tribute to Beohar Rajendra Simha, who is recognized for his efforts in making the Hindi language the official language of India.

To mark the occasion Ryan International Academy Sarjapur celebrated Hindi Diwas with great zeal and enthusiasm. Our tiny tots participated in various activities like Story narration through puppets and Hindi Recitation Competition. At last the teachers explained to the students that Hindi Diwas reminds us all how beautiful the language is and we must always respect it.

"Hindi Hai Hamare Desh Ki Shaan Aur Hamare Desh Ka Abhiman."





Hear is a call, Peace for all – Mont 1 to Grade 6

**"White is a colour, colour of Peace
Peace is honest, Peace is bright."**

We, at Ryan International Academy, Sarjapur, truly believe that the key ingredient in building a culture of peace is education. The young generation of today deserve a radically different education – one that does not glorify war but educates for peace, non-violence and international cooperation. Working towards our belief, today we celebrated International Day of Peace or Day of Non-violence and Ceasefire with great zeal. The theme of International Day of Peace 2023 is "Actions for Peace: Our Ambition for the #Global Goals".

Peace Day provides a powerful and inspiring opportunity to engage children in diverse activities related to peace, unity and making a positive difference in their world. Keeping this in mind our tiny tots participated in a series of activities starting from special assembly, slogan competition, dove craft activity and many more. Meaningful involvement can help set a tone of respect and unity in early childhood.

"Let's stand hand in hand to have peace in the land."



Academic Activities

Sorting of Healthy and Unhealthy food items – Mont 1

"You are what you eat. The fuel you fill in your body keeps it running."

Food is important, it's more important to eat healthy. In a world where it's far easier to end up eating junk, it is important to know what is healthy and what isn't. This activity encourages kids to make informed food choices on what to eat and what not to eat by identifying and sorting healthy and unhealthy food items. Mont 1 children muse on the effect food can have on their lives as they pick up each food item related to healthy or unhealthy and keep it inside the basket. While performing the activity, they were very excited. This was completely an informative hands-on activity.

"Eating healthy food fills your body with energy and nutrients. Imagine your cells smiling back at you and saying: "Thank you!"



CELEBRATIONS

Blue Day

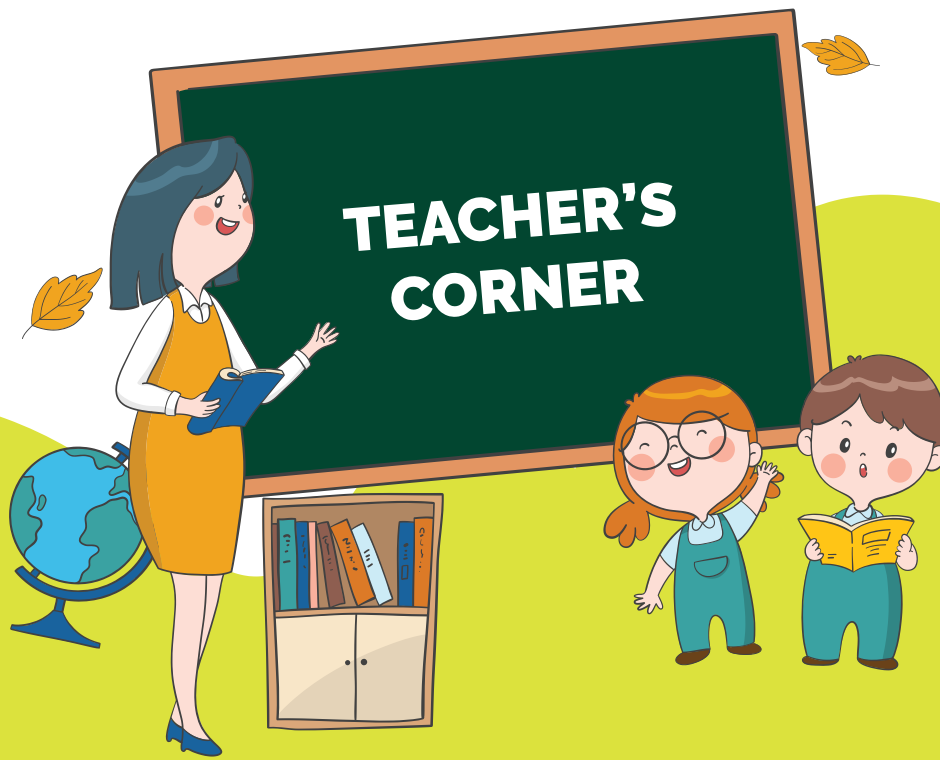
Let's celebrate the colour "BLUE" – the symbol of calmness, loyalty, strength and wisdom. Embrace the tranquility within and let it guide you."

To increase the knowledge band of colours and their significance, we at Ryan International Academy, Sarjapur, organized a Blue Day celebration for our blooming Ryannites of Montessori. All the students and teachers were dressed up in different shades of blue. The event area was decorated with blue balloons and an array of blue coloured objects like sea animals, clouds, facebook icon, blueberries, jeans, frock, baby romper, ball, peacock etc. were on display thus providing the students opportunities to have a clear sense of the colour and its importance. The importance of blue colour was delivered effectively with a series of activities to make learning fun for our tiny tots. The excitement level reached to the heights when our children heard different blue coloured rhymes which makes the celebration more impactful. It was an amazing learning experience which had a long-lasting effect on each student. Early identification of colours help to create the cognitive link between visual clues and words which is an important part of a child's development.

Excitement and passion was seen everywhere as students participated in with zeal and were eager to learn more about the Blue colour. It was indeed a visual treat to see the good effects of blue colour on our little ones.

"Today though we celebrated Blue Day, we turned it into a Happy Hue!" as it is a reminder to stay true to yourself and let your uniqueness shine.





Cultivating an Attitude of Gratitude

I have to admit that writing about gratitude right now gives me immense pleasure. It is not joy that makes us grateful; it is gratitude that makes us joyful. The more grateful I am, the more beauty I see. Gratitude is when memory is stored in the heart and not in the mind. Gratitude for the present moment and the fullness of life now is the true prosperity.

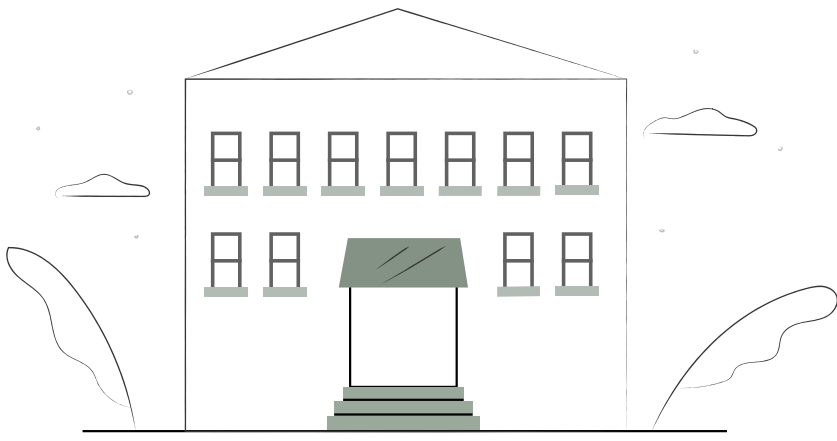
Yet the simplicity of gratitude lies in how powerfully it seems to function. Recent studies indicate that gratitude practices like counting your blessings, writing about things you are grateful for, doing someone else's chores without letting the person find out it was you, say what you feel in the right tone at the right moment, even a simple, "Mom, good dinner. Thanks!" means a lot and can actually improve your physical and mental health—and enhance your willingness to trust others. An expression of gratitude is a way to say thank you or show appreciation towards someone or their actions. You can give an expression of gratitude verbally or through a written source like a thank you letter or email.

If you take a look at the gratitude research conducted in schools till date, you will see evidence that gratitude may contribute to a greater sense of social support, school belonging, and satisfaction with the school experience, while lessening student's stress and depression.

Sometimes it may feel like a struggle to find something positive to note—particularly for kids in our class who might be facing genuine threats to their well-being. Rather than blindly encouraging them to "look on the bright side," I as an educator suggest listening deeply, empathizing, and acknowledging their feelings. This can help them cultivate resilience, which—along with other qualities like self-compassion and hope—could help plant the seeds for gratefulness.

Expressing appreciation is a powerful way to build and strengthen relationships. When we take the time to acknowledge and thank others for their contributions, we create a sense of connection and mutual respect. This is particularly important in the workplace, where collaboration and teamwork are keys to success.

**- Ms. Neha Rani,
PPRT Mother Teacher - Mont I**



PARENT'S CORNER

Education is the passport to the future, for tomorrow belongs to those who prepare for it today. We would really appreciate the dedication and hard work of Ryan International Academy Sarjapur, in preparing tomorrow's leaders, today. The 21st century skills and holistic learning approach practiced in RIA Sarjapur is praiseworthy. We are delighted about the well trained knowledgeable teachers and staff on the campus. The Infrastructure of the school campus is very impressive and at the same time we feel safe inside the campus.

Talking about the academic part, the classrooms are well equipped with teaching and learning materials to make the students grasp the concepts very easily. Moreover every week many activities are being conducted to enhance the students abilities in various aspects.

We are elated about the school's HSCP and zero tolerance Policies. We are blissful to share that our child loves the outdoor play area and the Futsal Ground. The Innovation Lab is really a big treasure box of learning new ideologies. The art and craft activities being taught at a very young age is really helpful for the young minds to be more artistic. We would like to extend our heartfelt thanks to the Principal, teaching and non teaching staff for their continuous support and guidance..

A special thanks to the housekeeping staff for taking care of our child in the washroom and helping all the little ones.

- Mr. Sandeep kumar, Dhakshayani,
Parent of Sasha Inchara - Mont III 'B'

Upcoming Events

- National Non Violence Day.
- National Airforce Day
- Brown Day

