



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



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EVENTS

Tiranga 2023

This is the day Ryan International Academy, Sarjapur celebrated the gala Inter School Event Tiranga 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. Tiranga 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.



ELEP Highest Tokens for the Month Award

The ELEP Highest Token for the Month of July was awarded to grade IV. ELEP is the English Language Enrichment Program that aims at building English language skills in speaking and writing. This award is the class wherein the students have received the highest number of ELEP tokens. ELEP tokens are awarded for the usage of new vocabulary introduced to students each day in the form of "Word of the Day". The students of grade IV were felicitated by the Principal, Ms. Sripurna Sarma, along with the class teacher during the assembly.



Field trip to Manipal Hospital

Field trips give the students a real-life experience of the concepts that they are learning in the class. The students of grade 3 'A' and 'B' went for a field trip to Manipal Hospital on 6th September as part of their curriculum. The main purpose of the field trip was



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to interact with the hospital staff which included doctors, nurses, and emergency responders to understand the functioning of the hospital and the care given to patients at different levels. The students enthusiastically listened to the doctors and learned a lot from this interaction. They also got to see the various medical equipment used in hospitals and their purposes.

Hospitals are essential for providing healthcare services to people in need. Now, with advanced medical technologies and equipment, allow and support medical professionals to provide high-quality medical care to patients.

Field trip to the Pet Store

Nothing compares to the joy of coming home to a loyal companion. The unconditional love of a pet can do more than keep you company. Pets may also decrease stress, improve heart health, and even help children with their emotional and social skills.

The students of grade IV and V were taken to a pet store where they saw various breeds of dogs. They were eagerly asking questions about the characteristics of each breed.

The students had a really fun filled field trip to the store. We also discussed the importance of a pet in our life. It was an informative and enjoyable field trip for us.

Field trip to Monkey Box Kitchen

Field trips give the students a real life experience of the concepts that they are learning in the class. The students of grade VI 'A' went for a field trip to Monkey Box Kitchen on 20th September as part of their curriculum. Intending to go beyond classroom learning, the industrial tours contribute a lot in holistic student development by letting students learn about the current trends in the food items industries, the future scenario of the industry



EVENTS

and the new technologies that are being applied in the industry. The students enthusiastically listened to the Chef and learnt a lot from this interaction. They also got to see the various equipment used to cook for large quantities.

The Chef cooked their favorite dish for them and served it for lunch.

International Peace Day

"White is a colour, colour of Peace

Peace is honest, Peace is bright."

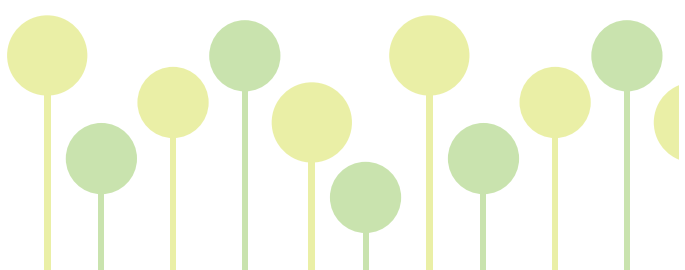
We, at Ryan International Academy, Sarjapur, truly believe that the key ingredient in building a culture of peace is education. The young generation of today deserve a radically different education – one that does not glorify war but educates for peace, non-violence and international cooperation. Working 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."



EVENTS

Teacher Engagement Activity – ELPS Session

“Teaching in the greatest act of optimism.” – Colleen Wilcox

Being optimistic and train young minds is the main task of a teacher. It is a job that revolves around motivating children to do their best. Hence, our team of motivators were further motivated by our respected Principal, Ms. Sripurna Sarma, by conducting a workshop on ELPS for teachers. ELPS stands for Experience Language Pictures Symbols. This is the process of teaching and learning which works best. There were several engaging activities conducted by Ms. Sripurna related to various subjects to understand the best possible methods of teaching concepts effectively. It was indeed an enlightening session and has motivated our teachers to do their best in their classrooms.



G20 Summit Special Assembly

The 18th G20 Summit of 2023 recently concluded in New Delhi, India, marking the first-ever G20 summit hosted by the country. The summit's theme, “Vasudhaiva Kutumbakam” or “One Earth, One Family, One Future” is rooted in ancient Sanskrit texts and the goal of sustainable development.

At Ryan International Academy, Sarjapur, our Head Girl, Laasya Priya, from grade 6 presented the details of the G20 Summit 2023 during the assembly. As India takes the G20 Presidency this year and is on a mission to promote environmentally-conscious practices and a sustainable way of living, she emphasized on the importance of all the students to do their bit in helping the environment.

It was indeed an enlightening speech and presentation and the students of RIAS have taken up the mission to ensure that they follow the best practices to safeguard our environment.



EVENTS

EPTA Meeting

EPTA (Executive Parent Teacher Association) is an organization composed of parents and teachers that are committed to promote the welfare of the children at home, school and the community. This



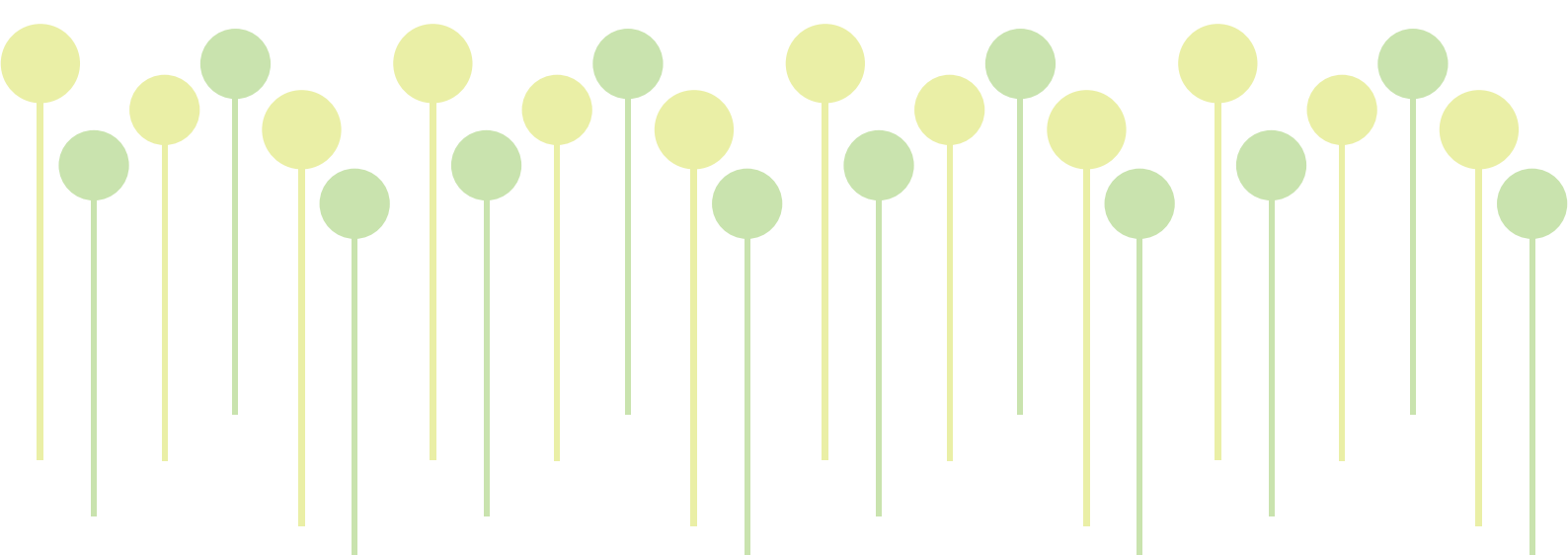
organization was formed with the intention to build a strong relationship between the home and school for parents and teachers to work together towards a common goal in the education and well-being of children.

At RIAS, we had the first meeting of the EPTA members on 24th September which was very insightful. The school put forward all their efforts put in over the last year to uplift our students and develop their skills holistically. Parents gave their valuable suggestions for which necessary steps have been taken by the school to include all the suggestions and ensure that students benefit the most from the school.

Health Safety Child Protection (HSCP)

Drug and alcohol abuse is a common societal problem worldwide. Alcohol and drug use and abuse increases the risk of suicide and the risk of injury or even death. Teacher-led school based prevention programmes can help students to recognize negative consequences associated with alcohol and drug use, to Learn life skills which can help them build their positive qualities and handle difficult situations and develop healthy problem solving skills.

At Ryan International Academy, a workshop was conducted by the Health basix team to the Students of grades IV to VI for creating awareness about the prevention of drug and alcohol abuse. The students were eagerly listening and then they participated energetically interacting in the questionnaire round. The workshop was of immense help to the students as well as the staff.



ACTIVITIES

Nutrition Week Special Assembly

Nutritional week is celebrated from September 1st to 7th to spread awareness about the significance of proper nutrition and its role in maintaining a healthy lifestyle. This week serves as an opportunity to educate individuals, families, communities, and schools about the importance of making a good diet plan. It helps to reduce disease-related malnutrition among people and communities in our nation.

The students of Ryan International Academy, Sarjapur, the students of grade 3 'A' and 'B' conducted a special assembly on 6th September 2023 as part of nutrition week celebrations. The students of grade 1 and 2 had a role play competition on "Junk food that I will give up." The students of grades 2 to 5 presented a speech on the topic 'The importance of Nutritional Week'. They also presented posters about nutrition charts and rules of healthy diet. The students of grade 6 participated in elocution competition on 'The Importance of a Balanced Diet'.



ACADEMIC ACTIVITIES

Yardstick activity

Learning Outcome:

1. Identify planets in our solar system.
2. Mark the relative position of planets in our solar system.

Students of grade 3 made a model of the solar system. Students made the eight planets by identifying the features of each. They then placed the sun and all planets in their respective orbits to make the solar system. Students were excited and happy to see their solar system.

ACADEMIC ACTIVITIES

Math Lab Activity

Learning Outcome:

1) Students will be able to identify revolution and angles made by the hour hand of a clock.

2) Addition and subtraction of integers.

3) Comparison, Successor and predecessor of integers.

"Learning is not limited to the classroom. Nature is the real classroom".

Students of grade 6 performed the Math lab activities outside the classroom.

They were using clocks to identify revolution and angles made by the hour hand of a clock.

Using color tokens for learning addition and subtraction of integers. They were using colourful number lines and played a game to identify the successor and predecessor of integers.



Passion Building

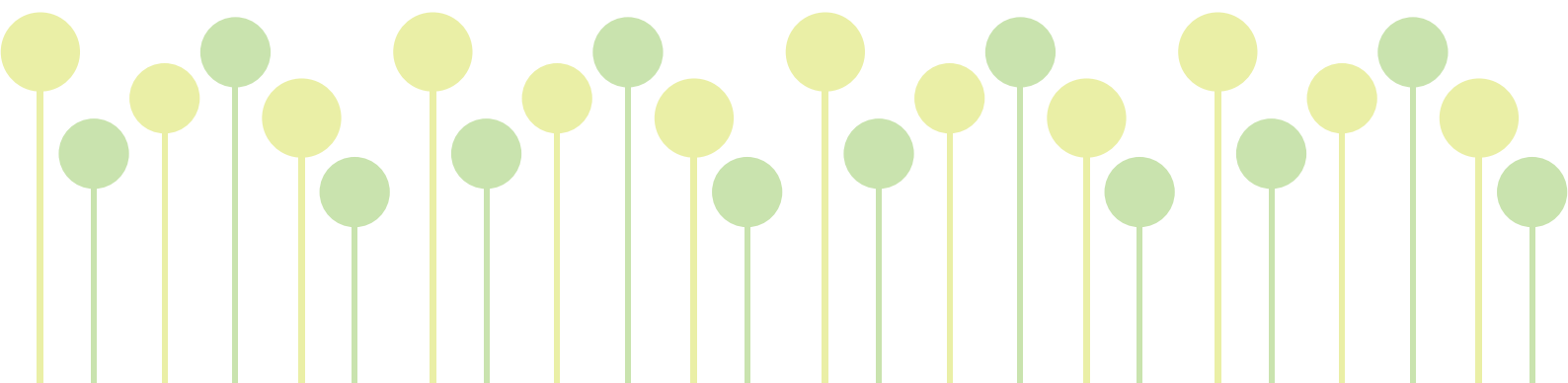
Activity/Event: Micro green

Microgreens are young seedlings of edible vegetables and herbs. Unlike larger herbs and vegetables that take weeks or months to grow, microgreens can be harvested and eaten a week to 10 days.

After each harvest, growers need fresh soil, seed and a sterilized container or growing mat to repeat the growing process. These costs add up compared to mature herbs and vegetables that grow back after they're initially cut or trimmed.

The use of microgreens has expanded now that they can be grown at home. You can add them to a salad, put them on a sandwich or top a steak or fish with them to provide a floral contrast.

The students were confused with microgreens and sprouts. Sprouts are germinated in water, not soil, for one or two days to produce underdeveloped leaves. Microgreens grow in soil and sunlight and take at least a week to produce leaves.



COMPETITIONS

Young Satyarthi Championship

At Ryan Group of Schools we have different championship competitions for various grades to enable holistic development in children, especially in the areas of creativity, public speaking, self confidence, etc. The 'Young Satyarthi Championship' is a platform for the students of grade 6 to express their interest towards various fields by presenting and speaking about their role models. This championship inspires students by sharing their views about personalities from their homes, books, TV shows, sports, history, politics, etc who are their role models. Students also learn to creatively make and present PowerPoint presentations. The participants were scored by each of their peers and parents and they voted for the best performer. Sreehari C M from grade VI won the first prize and was selected to the next level. We congratulate all the students for their active participation and motivating presentations in the 'Young Satyarthi Championship'.



CELEBRATIONS

Modi's birthday

Our current Prime Minister of India is Narendra Damodar Das Modi. He was born on 17th September, 1950 at Vadnagar, Mehsana Gujarat.

Today we celebrated our Prime Minister Narendra Modi's 71st birthday at Ryan International Academy. We started the celebration with a special assembly by grade 4 students dressed up as Modiji and spoke about his achievements as a PM. Grade 1 and 2 students expressed their views in the inspiration quote speaking competition on steps to be taken to control poverty and pollution.

Grades 3 to 5 students enthusiastically participated in the extempore on "If I were the Prime Minister of India" discussed development and actions taken by the PM.

Grade 6 wrote a special letter to the Honorable Prime Minister expressing their warm wishes of gratitude for his good initiatives in the country.

Hindi Diwas

कई क्षेत्रीय भाषाओं के कारण प्रशासन के लिए हर्दी को ही आधकारिक भाषा माना गया। इसके बाद आधकारिक तौर पहला हर्दी दविस 14 सतिंबर 1953 को मनाया गया। पूरी दुनया की बात करें को करीब 425 मलियिन लोग हर्दी अपनी पहली भाषा के तौर पर बोलते हैं और लगभग 120 मलियिन लोग ऐसे हैं जो दूसरी भाषा के रूप में हर्दी बोलते हैं। हर्दी दविस के अवसर पर रयानइंटरनेशनल अकादमी सरजापुर द्वारा छात्रों ने प्रस्तुतर्दी। हर्दी का महत्व कक्षा 6 की छात्रा सृष्टर्द्वारा बताया गया। इसी के साथ कक्षा 2, 3 और कक्षा एक के बच्चे हमारे राष्ट्रीय भाषा हर्दी का महत्व बताते हुए मंच पर अपने वचिर प्रस्तुत कर हर्दी दविस मनाया गया।

हर्दी ही हम हैं, हर्दी से ही हम हैं! इस हर्दी दविस पर हम सभी को हर्दी को महत्वपूर्ण रूप से बढ़ावा देने और इसके महत्व को समझने का संकल्प लेना चाहिए। हमें हर्दी की गरमा और महत्व को बढ़ावा देने के लिए मलिकर काम करना चाहिए ताकहिमें हमेशा हमारी भाषा पर अभमान रहे और हम इससे जुड़े रहें। आप सभी का धन्यवाद।



STUDENT'S CORNER

Holidays Well Spent

“The best present of all is being home for the holidays.”

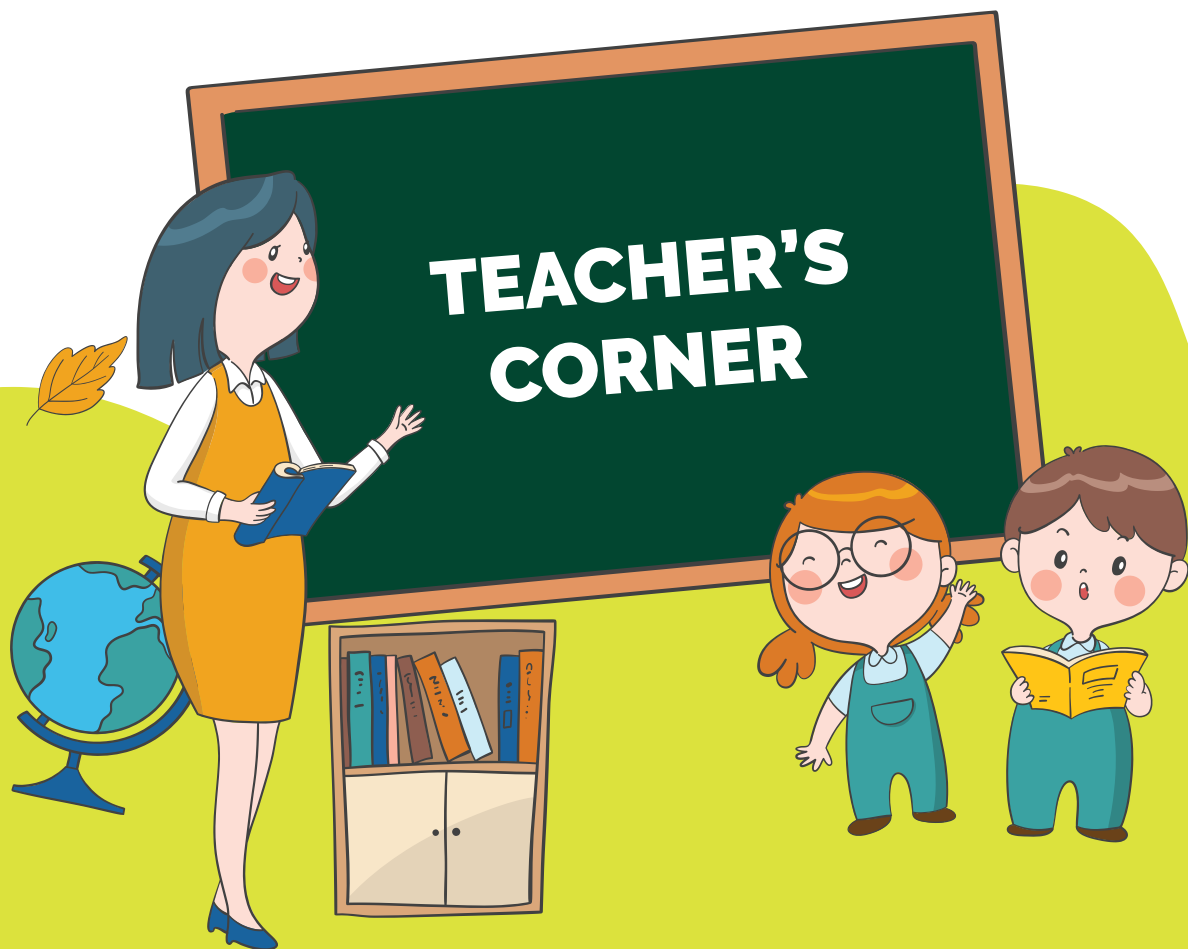
Holidays are meant to relax, go on vacations, celebrate festivals and spend time with our families. There are many activities that can be done during holidays. I spend my holidays mostly by reading books. I have been reading books from the Wimpy Kid series and am sure to finish them during the Dussehra holidays. I feel that during holidays, I have more time than my usual routine during school days, to explore my interests and hobbies. Hence, I help my mother to try new recipes and create new games to play with my brother and friends.

Most children of my age will be spending most of their time watching TV or playing games on digital devices. I love doing that too. However, my parents spoke to me about the importance of exploring my own talents and interests, instead of spending all my time on digital devices. I have decided that this Dussehra vacation, I will not watch TV or use any digital devices but I will focus on reading my books, not just fiction books but books of different genres.

At school, we have the 15 Books Campaign and the Home Library which are exciting programs for me since I love to read books. Other than reading books, I have understood that I am good at dancing, playing the keyboard, drawing, craft work and also singing. Most days after coming home from school, I was directly putting on the TV and spending a lot of time watching TV. I realized that if I am not in front of the TV, I get bored. When I told my mother about this, she told me that getting bored is important. Only if I get bored, I will explore my own hidden talents. She was right. Now I am making different artwork, learning new songs and the best part is I am also learning to play the keyboard which is very exciting. I do not want to watch TV anymore because I am never bored as I know what I want to do with my time.

**- Roger Regin,
Grade - III 'A'**





Importance of field trips in education

Going on a field trip enhances their critical thinking skills and gives students a chance to think about a topic or theme from a different perspective. Several children don't get to experience the typical field trip locations with their families. A school trip gives students the chance to experience new venues.

Such visual and practical experience allows students to remember, learn and understand subjects for their lifetime. Field trips help strengthen classroom materials and bring classroom lessons to life. Such trips provide students with the opportunity to visualize, experience, and discuss information.

It's very important to visit different places to develop their critical thinking and curiosity to learn and understand new information regarding their curriculum.

why field trips should be given due importance and how it contributes to a well-rounded education.

1. Interactive learning,
2. Access to different environments. Field trips allow students direct access
3. Social interaction
4. Erases classroom boredom etc.

Field trips can bring one dimensional lessons to life and create interest for a subject, something that is hard to duplicate through classroom lectures!

- Ms. Mary Greeshma,
PRT SST



PARENT'S CORNER

Role and Importance of Co-Curricular Activities at School Schools include Co-Curricular activities with academic curriculum so that students develop skills beyond knowledge of subjects. Co-Curricular activities also help improve teaching techniques at school. Know the importance of Co-curricular activities at school.

Benefits of Co-Curricular Activities Every activity in school life plays a significant role in development of students. Co Curricular activities are an essential part of school life and help in enhancing the learning process of students at school. Co-Curricular activities are compulsory activities which are important for every student to participate in. Co-curricular are designed and balanced with academic curriculum so that every student gets to learn beyond subjects. Co-curricular activities are meant to bring social skills, intellectual skills, moral values, personality progress and character appeal in students. It includes athletics, cultural events, Library activities, science lab activities, classroom activities, creative arts and meditation etc.

Role and Importance of Co-Curricular Activities at School – Proper Education – Since, co-curricular activities are merged with academics therefore, it ensures that students get to learn effectively. Science or Computer Lab practical, experiments and projects are part of co-curricular activities.

Cultural Values - Students get to learn by cultural events including national events and traditional events from different faiths including Gandhi Jayanti, Independence Day, Republic Day, as well as Diwali, Eid, Baisaki, Onam, Raksha Bandhan, and many other cultural events. Students get to learn about these events through books as well as co-curricular activities based on different cultures organized by Schools.

Personality Development – Students perform co-curricular activities in schools, which help them sharpen their communication skills, expression skills, public speaking, participation and sense of belongingness through different activities like debates, recitation. Art and craft, creative art competitions, classroom activities like reading, group discussions etc.



PARENT'S CORNER

Physical and Mental Health – Co-curricular activities require students to stay active at school by participation since, students have no option to skip these activities as it's a part of their curriculum. Students have to be a part of co-curricular activities like athletics, gymnastics, yoga, indoor games, and meditation etc. These activities are beneficial for students' physical fitness as well as mental health and they are relieved from academic stress.

Learning Experience – Co-curricular activities are good for improving students' learning experience at school which improves their attendance at school and increases participation rate by students in co-curricular activities. Of course, students get a really good excuse for a break from academics. Team Leadership Skills – Co-curricular activities at school are designed in groups so that students can participate along with their classmates. This helps students develop leadership skills, team integrity and coordination skills

Best aspect of Co-curricular activities at school is that they are part of academics, and makes teaching and learning experience exciting for both students and teachers. Students through classroom activities like quizzes, debates, recitation and any more academic games learn better. Therefore, Co-Curricular activities along with academics are essential for every student.

- Ms. Shruthi Radhakrishnan,
M/o Shivansh Vishnu, Grade - I 'A'

Upcoming Events

- Review 1 for Grade I and II
- Half Yearly Examination for Grades III to VI
- Dussehra Vacation
- Third PTM of the AY 2023-24

