



**SPRINGDAYS
CBSE SCHOOL**

Chennai - Bengaluru National Highway 46,
Vellore - 632 104, India.

VOICE OF SPRINGDAYS

News Letter - 1



FROM THE PRINCIPAL'S DESK

I can hear some interesting conversations of some eager minds, the shrieks of excitement from the victorious athletes, the thump of dancing feet and the sound of harmonious voices melodiously singing, while I proudly walk down the hallways of the school every day. The continuous energy, movement and enthusiasm infuse the atmosphere at Springdays School.



We are a school that believes in making a difference. We value uniqueness, imagination, creativity and innovation and we endeavour to nurture them in our students.

Springdays School perfectly amalgamates knowledgeable teachers, state-of-the-art infrastructure and expert administration. The school came into existence with the vision of creating a safe and compassionate atmosphere for its students by providing a seamless equilibrium of academics, sports and various other opportunities.

Our sincere and honest concern ensures each student's emotional growth along with intellectual finesse and empowering them to develop their self-confidence. The students get a change to develop their skills, analyse situations, share ideas by expressing them confidently through our pragmatic learning courses.

At Springdays School we have a multi-cultural student population; therefore, we teach the students the significance of tolerance and respecting each other's culture.

We at Springdays School aim to continue to do what we have always done i.e. to maintain this school and the students with honesty and ethics.

India today is an empowered and enterprising nation and we wish to make it even more powerful with meticulous, smart and confident citizens who would make us proud with their multidimensional growth.

Thank you,

Mrs. Anandhi Rajendiran (Principal)



INTRODUCTION TO VOICE OF SPRINGDAYS & NUTRITION SQUAD

The students of today are our future tomorrow and Springdays School is very particular about imparting education with a global vision. The school encourages its students to contribute, read and write good articles and also promotes healthy and hygienic eating. Therefore, the school has come up with forming two student groups who would be responsible for the monthly newsletter- Voice of Springdays and the other group would promote Nutrition Squad, thus supporting the vision of Springdays School LEARN, BLOOM, SUCCEED.

The 'Voice of Spring Days' will be a two way communication between the school and its community - the parents. It will contain schedules as well as list of events for the upcoming months.

The 'Voice of Spring Days' will provide parents and other interested parties information about the various activities happening around the school. A group of volunteers comprising of very hard working students will form an editorial team working in the editorial team. This team will be on a rotational basis so that all the students' get equal opportunity to be a part of the team.

The school will have a team of conscious students who will volunteer to form a 'Nutrition Squad' to overlook the school canteen and ensure that hygiene is maintained and will aim for zero food wastage in school. This team will supervised by me. We will conduct nutrition workshop in all classes where we will educate children on good habits on healthy food, nutrients and basic table manners. The team will also ensure that sumptuous and nutritious food is on the menu for all of us. The 'Nutrition Squad' will also work on a rotation basis so that all the students can participate.

Shilpi Sen (Teacher)



BOOK READING PROGRAM

A steaming cup of hot coffee, a dim lit corner of the room with sun beams lighting my inner self, dreams lurking my wide open eyes ... well the scene is all set but there is one thing missing my favourite paperback.

Books are the most coveted possession one can have. In fact they say an avid reader lives a thousand lives before he dies. The usual question I am asked is how can you sit for hours together with a book in your hand. But I tell them the whole world comes to my lap in the pages of my book.

Reading is a habit that can unravel the unknown world. At Springdays we provide a gamut of opportunities to help a child get allured to the habit of reading.

Library, at Springdays is a student's favourite hideout. A myriad collection of books, fiction and non-fiction lies at the disposal of the students. In fact, a child stands to miss a lot if he doesn't get to explore this maze station.

The habit of reading books is further accentuated with the unique practice of distributing weekend and term end books to the students. Each class maintains a set of story books conducive to their standard. These books are issued every Friday for the students to read over the weekend. This cycle of rotation continues till all the students get to read all the books of the class library.

Further more, story books are also issued during the Term holidays so that the child can enjoy reading books leisurely and savour the essence of spending time, reading. On their return after the holidays, children are required to summarise their understanding of the book read during the holidays.

The quintessential ways of developing a student's interest in reading books has been very rewarding. Students gain a healthy knowledge of vocabulary and improve their speaking skills. In addition it also teaches them to utilize their spare time effectively.

Thus at Springdays we feel proud to create a community, wise and eclectic for reading we believe can make wonders of humble mortals.

LANGUAGE DEVELOPMENT

Even before a new born enters into this world, he is familiar with the language of his mother. This language knows no words but speaks only of the bond of love. Thus language is that medium of expression that allows thoughts to flow from one person to another. No language is alien if expressed with adequate sense of reasoning. The first language that a child develops is to babble which slowly transforms to words that develop into articulation of meaningful sentences. Alphabets slowly build words that become sentences with an expression.

When does sound transform to words, when does gibberish become comprehension? Does a child do it all alone or is he assisted?

Well, for all that I can say, nothing can be accomplished without a child's compliance. But environment plays a conducive role in building the language of a child. When a child is abroad, he masters the accent of the English while at his home ground; his vernacular is his strength. So what influences him? The people around and the sounds that hears frequently influence his dialect.

Keeping this aspect in mind, we at Spring days have spearheaded the 'Language Development programme' for the kids of std I to This is a novel concept initiated with the prime objective of making English a perennial language. It is a continual process of associating the child with the nuances of English speaking.

English Grammar is considered a subject boring to the eye. A child often remains impervious to learning it spontaneously because there is the general tendency of switching to the vernacular. But the Language development classes allow the child to respond positively to English Learning. Play way method and grammar games help receptive learning possible. The child no longer flinches from learning Grammar, rather shows curiosity towards learning it.

Spin a yarn, Chinese whisper, word pyramids, and show and learn, idioms and their stories and many more such interesting games have gone a long way in inculcating the regular practice of speaking English fluently. Teachers at Spring days have tailor made programmes to help the child establish comprehensive English learning skills. The children shed their inhibitions, make mistakes, learn from them, explore new avenues and take home a new thought, a new learning.

This I believe is exclusive to Springdays School. A slot of one and a half hours in a week, preferably Saturdays is allocated to help children groom themselves in the art of speaking English and enhancing their language skills.

Thus language development opens news corridors of life .It makes a child proficient in English and comfortable with learning new things.

Mrs. Archana Venkatraman (Teacher)

REPORT ON LEADERSHIP DEVELOPMENT CURRICULUM

Leadership Development Curriculum is a contemporary concept, which enables the child to apprehend the emotions and feelings of themselves and others. It enables them to empathize and sense that everybody goes through different emotions in their daily lives.

The curriculum, for term I constitutes of

► Facial vocabulary:

The children were taught to display emotions such as happy, sad, angry and scared through facial expressions. Related activities emphasized real life scenarios which help the students relate to the emotions. Teaching aids such as flash cards, audio visuals, songs, power point presentations and charts were used to help identify the four basic emotions. Students were also encouraged to ventilate their emotions through speech.

► Fine Motor Vocabulary:

This curriculum involves the drawing of emotions. The drawing activities helped students identify their suppressed emotions and make a conscious effort to handle them. This also ensures that they do not pass on their suppressed emotions like fear of dogs, darkness, heights etc. Children were helped to realize that anger is not a bad emotion, but it is one's reaction to the emotion which results in negative consequences.

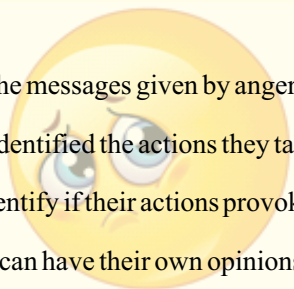
This curriculum aims to develop introspection, self awareness, socio-economic skills in students, which will enable them to lead a happy and successful life.

Hemasri Janarthanan (Student Counsellor & French Teacher)

MOVIE REVIEW

In leadership development curriculum, we are currently working on Anger Management. The students are learning about-

1. What are the messages given by anger?
2. Students identified the actions they take when they are angry.
3. How to identify if their actions provoked by anger was effective or not?
4. Everyone can have their own opinions.
5. Activities that can help to calm down and manage anger.



As a part of this, students had a movie review session for the movie “Angry Birds”. They enjoyed the movie a lot! Along with the enjoyment, they were also able to connect with what they have learned in the LD classes with what they were seeing in the movie. The students identified how the character of the movie “Red” was able to manage his anger, calm him down and achieve the desired result.

The session was facilitated by Ms. Ramya, Ms. Saisudha, Ms. Prithi and Ms. Vidhya from Fountainhead Leaders, Bangalore.

Prithi K.S. (Program Coach, Fountainhead Leaders)

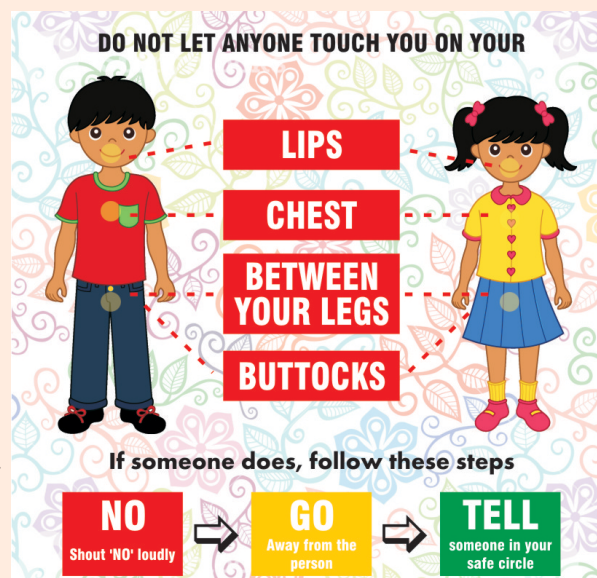
“BATTLING VULNERABILITY” BODY SAFETY FOR KIDS

Teaching your children how to be the boss of their own body is a gift that you can give to your child. We at Springdays gradually process these needs through imparting Body Safety Rules to make them aware about their private parts. It gives accurate information which keeps the child safer in the real world. Knowledge of these boundaries, empowers them. An educated child is far less likely to encounter difficult situations, because predators look for vulnerability.

Pamphlets and safe circle sheets were circulated to parents to create awareness.

These programmes and activities have had an encouraging impact on the lives of students. This is also leading students to a higher platform of thinking and expression.

Hemasri Janarthanan (Student Counsellor & French Teacher)



ANNUAL SPORTS DAY

The annual school sports day is one of the most exciting activities that the entire school waits for. In our school, the annual sports day took place on August 11, 2018. It was a cloudy day but luckily there were no rains. All the activities that the school children had prepared went efficiently and effortlessly.

Assembly of Athletes

Athletes of different classes were made to sit in separate places allotted for them. The audience sat under the tent eager to watch the sports meet open. Everyone gathered on the ground and keenly waited for the programme to begin.

Arrival of the Chief Guest

The honourable chief guest Dr. Arunalan (Paediatrician) arrived and the ceremony was declared open.

Prayer Song

The choir sang the prayer song under the able guidance of Mrs. Nalini and Mrs. Dorothy with lively spirits to start the day off.

Address of Welcome

The welcome speech addressed the chief guest, the parents and the audience, the principal and the vice principal, director of school and including the students of Springdays. The welcome address made everyone feel happy to attend the sports day celebrations.

Patriotic Song

The school choir sang a patriotic song "Saare Jahan Se Achcha" instilling the nationalistic feeling among the audience.

March Past

The march past is usually done to exhibit order, discipline, co-ordination and a sense of unity between the divisions of teams. The march past was performed by the senior students of the school who were of the IXth grade with great enthusiasm and order.

The school head girl Nitya Anu Shree lead the march past along with the various house captains and sports captains. They smartly paraded in front of our chief guest Dr. Arunalan and saluted him with great respect. March past is all about coordination and synchronization.

Arrival of the Olympic Torch

When the March past came to an end, the Olympic Torch was reputedly held by Vibeena which was passed on to Pranay Jain, Preetam and Diya. In the end of rounds around the ground, our PT teacher Mr. Rajesh took hold of the Olympic Torch that was flaming brightly, symbolising the light of spirit, knowledge and life.

Administration of Oath

Once the programmes were done, an oath was taken by the school head girl Nithya Anu shree speaking on Annual Athletic Meets, about the loyal competitions, attention to rules and for the honour of our school and glory of sports.

Declaring the Sports Meet Open

Later, the chief guest declared the Sports Meet open by letting a dove to fly to mark the inauguration of the sports meet open.

Dances

Our buds showed that they were nothing less and even capable of blooming just like our flowers! Sunshines from the Sathuvachari Campus blasted their welcome dance with enthusiasm towering to the sky. They showed that their motto, "We are the Champions", never fails in each step they had performed.

"Jai Ho!" screamed our Gandhi Nagar soldiers as they set the stage on fire with patriotism, sending goose bumps all over!

Followed was the Mickey Mouse dance, flowing with adorableness, it brought the audience huge waves of nostalgia. And to bring us all out from the waves; they performed a rainbow dance! Each child shone vividly like each colour, but when brought together, they formed a magnificent rainbow. Like the stars under a drizzling sky, our stars twinkled with umbrellas in hands, dancing the day away. Next were our UKG dancers from the main campus to dance away the Springdays star dance where each shone like the star in the sky. They performed with brilliant spirits and steps!

Next our girls of VI, VII and VIII presented "Rang Tharang" with great eloquence and grace. Being the epitome of unity, they showed the audience the importance of colours in this black & white world.

Drills, requiring enormous amounts of patience, practice and precision were pulled off effortlessly by the children. Red, Blue, Green and Yellow lit up the sky as the drill continued with enthralling greatness.

After the entertaining performance next was the workout blended with fun Zumba! The fun was proved as our I, II and III graders bounced along with the beat, ignoring the heat and the lack of a chilly breeze. "Euphoria Blue", living up to its name, radiated energies of great euphoria as our VI, VII and VIII brought a cheerful close to the event.

Kicks fly and scream echoing, performed in perfect unison was the Karate performance by the ninjas of our garden and also Ektha Mae Anaektha, a dance performed by the grade IV and V which was extraordinary and excellent! Trained without limits, efforts put beyond words, determined more than burning fire, both these dances posed an example of perfection and concentration.

"Small steps, but still we walk a little farther every day" proved our young dancers!

Reassembling

After the colourful dances and competitive events, everyone came back to their respective positions that were allocated for them. With the spirits still lively, everyone assembled back for the rest of the program.

Address by the Chief Guest

Once the programmes were over, our honourable chief guest Dr. Arunalan addressed the gathering on the importance of sports day celebrations and how sports plays a vital role in everyone's life. With that, he concluded the speech.

Prize Distribution

Number of students with a huge smile on their face came forward on to the stage to receive their prizes in the games they had won. The prizes were distributed by our Principal, Mrs. Anandhi Rajendran and Vice-Principal, Mrs. Shilly Shukla.

Vote of Thanks

Nearing the end of the program, the school head girl, Nitya Anu shree, came forward to deliver the vote of thanks, thanking the teachers, students, principal, vice-principal, correspondent and our chief guest. It was delivered to thank the efforts that had been put into this sports day celebrations.

National Anthem

Drawing near to the closure of the occasion and to mark the patriotism and unity residing amidst us, the National Anthem was sung by the choir.

Samreen Fathima (IX C), Glynis Edward (IX B), N. Pranesh (IX A)

PAST EVENTS

The children of LKG and UKG decked up to celebrate the birthday of Lord Krishna as they attired themselves as little Krishnas and Radhas. Singing and dancing like peacocks in the rain, they acted out their part very well; made possible only by the timeless efforts of parents and teachers!

The little ones were dressed up like Krishnas and Radhas. They sang songs. They posed beautifully for photos. Hats off to the parents for their efforts in getting their little ones dressed up beautifully.

Making children do something is very difficult especially when they're wearing something attractive. Seeing our little buds feel and live along with the characters was a feast to the eyes.

Hats off to the teachers for making the children cooperate with them.

Though they belonged to the kindergarten, they set the mark really high and showed not to underestimate the power of excitement of kids!



N. Pranesh (IX A)

PICNIC TO THE SNOWY HALLS OF VGP

It snowed on Springdays! Ice, snow and a trip filled with loads and loads of fun!

Our picnic day was on the 17th of September, 2018. We were excited beyond words to see and explore the snowy kingdom of VGP. We were advised to take a set of clothes to exchange while playing. Having reached earlier than planned, we were given enough time to look around and explore the place.

Then we had our breakfast, entered the kingdom and started playing with different types of rides and with the snowflakes. We saw attractive polar animals like seals, polar bears, tigers etc. We played and enjoyed for hours on end which seemed to pass by like seconds. Then we played with the snowflakes making snowmen and we had a snow fight.

The sight of crystal clear snow down below us was thrilling, especially to those of us who've never felt the feelings of holding snow in our hands. It was like a dream come true! All our life we watched our characters have snow fights and play with snow but that day, we held snow in our hands! Like a cherry on a pudding, to top the trip off, we went to the Art Gallery.

Illusions, Illusions, Optical Illusions everywhere! We also took pictures with wax statues of Mother Theresa, Michael Then, we had our lunch and started purchasing certain things from the shops in the kingdom. After that, it was time to leave. Saying "Goodbye" to our dream place was the hardest. The whole ride was filled with fun, dance and games! It had become very late and so we dined on the way.

It was very thrilling and beautiful place to visit and we students enjoyed a lot.

P. Chaithra (VII B)

TEACHER'S DAY CELEBRATION

Teachers have always been there for us and they are our superheroes.

To show our gratitude and love for them, we had class IX do the teacher's day celebration. First, we had the comparers who started the whole show and after that we have to have the choir sing a beautiful song to us. The girls danced gracefully and in sync with the music. And what more could we want; we would want the boys to show off their moves, don't we? The boys had outdone themselves with their rocking moves. Later, some games were conducted for the teachers to play and win exciting prizes. The students penned down their thoughts and read them in front of the teachers, thanking them for all their efforts and hard work.

I hope that the teachers enjoyed to the fullest. Of all the hard jobs around, one of the hardest is being a good teacher is the hardest, so let's appreciate them

V.S. Ritika (VII A)

MELODIOUS CORNER

Music is a soulful rendition which brings us altogether. Some songs might make us happy, motivate us and calm us down. Music has no language barriers; we listen to it a million times. Speaking of music, you might have heard about the world's biggest boy band, the K-pop global sensation BTS. BTS, which stands for beyond the scene, is a Korean band consisting of 7 members, which was formed in 2013. Currently BTS have one of the largest fan bases, and they continue to make history all around the world by singing in their native language, Korean.

Their amazingly synchronised dance moves and their good looks are enough to captivate the attentions of people of all ages. But the main reason for their popularity and their millions of loyal fans is their good nature.

Their kindness, dedication, sincerity and humble attitude are something the world needs to be inspired by and it serves as a major learning ground for all their young fans. Their song lyrics are extremely thought provoking and poetic. They spread the message of self love and compassion in every speech, every concert and every album. BTS are not just my favourite musicians but also my favourite human beings.

I learn from them every day to work hard and to never give up, that hard work alone will take you to great heights. That through blood, sweat and tears you can achieve anything you set your mind to. I am writing this article to spread my message among my peers as well. They are not just a band, but also the people I look up to the most after my family. I'd like to conclude saying that I'm proud to be a devoted BTS fan.

Lakshanya Priya (VI B)