



Smt. Sulochanadevi Singhanian School



Preparatory Pulse
September Issue 2023



Preparatory Pulse



"Education is our passport to the future, for tomorrow belongs to the people who prepare for it today." - Malcolm X.

"School is a building which has four walls with tomorrow inside." - Lon Watters

Education is the key for unlocking the world and the school is the place where a child prepares for his future. A school is not just an institution that teaches the three R's of learning but a place where the child learns to become an individual who will be an asset to society at large.

At Smt. Sulochanadevi Singhania School, we endeavour to make learning fun for the children and nurture them to develop into conscientious citizens of the world. The song 'A Brand New Day' is an ode to our wonderful institution where children exult about all the different things they learn in school and how they enjoy each day here to the fullest. It is here that children learn to soar high but keep themselves grounded with the values imbibed. Life skills, confidence, knowledge sportsmanship, sensitivity and other traits are learnt in an environment that is conducive to holistic growth and development.

Each day in school is precious and the children are truly proud to be a part of this wonderful institution, and this song is about the children's love for their school.

The song is presented by the students of STD 5 L. Arush Gore from STD 6 G is accompanying them on the guitar.

Music-Mithil Gawade and Kaustubh Divekar

Song lyrics- Sunita Prabhu

(Conceptualized from the song 'Brand New Day' by Lyndsey Ray Ft. Tim Myers)

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Every Drop Counts

Water is the most important resource needed to survive on this planet. We need to do our bit in order to protect the planet from global warming which is causing climatic changes. The students discussed the importance of preserving their planet and ways in which they can contribute. They drew colourful pictures of nature with animals, humans and depleting water level along with slogans like 'Save Water', 'Every day is an Earth Day'. They creatively expressed their concern for the environment and its preservation.




PUZZLE TIME

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


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



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Love thy plants....

'From little seeds grow mighty trees' and with this belief in the mind the students of Std 3 planted the seeds and tried to understand the process of germination.

They planted the seeds in the soil and gave appropriate amount of water and sunlight. They observed their growth every day and documented it as well. It helped them understand the importance of sunlight, water and soil in the life of a plant.

The activity was interesting as it taught them to be caring and being patient as their seeds turn into beautiful plants. It was a fun process in which they documented the growth of the seed into a plant. The joy of seeing their little seed turning into a plant was truly magical.



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Studentspeak

I like coming to school because we get to do activities. I learned about Chandrayan 3 mission and space and many such topics that are not there in our school books.

Manasvi Band- 3K

FunFacts

Fingernails grow four times faster than toenails.

Did you know it is impossible to lick your own elbow?!

You can't smell anything while asleep!

The strongest muscle in the body is the tongue

Human Body

Human body has always been an interesting topic for children. Students of Std 3 were excited to explore the Human body with the help of 3D models of internal organs. It helped them understand the working of our Respiratory system in an easy and simplistic way. They understood how internal organs work together to keep us alive and how important these vital organs are for our daily functioning.

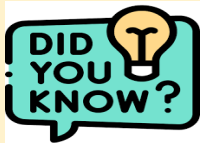


Tiranga Food- A Culinary Celebration of Patriotism

Tri coloured food is a creative way to celebrate national pride. Children got food with green, saffron, and white edible colour mixed to bring out the Tiranga effect to capture the essence of national spirit on a plate. Preparing Tiranga food Activity is not just about aesthetics; it's a reminder of the values that these colour represents.



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Studentspeak

I enjoy the greenery that surrounds my classroom. I love the temple bells and feel so lucky to listen to them every morning. There are so many exciting activities we do in all subjects. All these things inspire me and make my school day feel brighter.

Alvira Virani, 4L

Africa is the only continent to sit in all four hemispheres.

The deepest place on Earth is in the Pacific Ocean.

The smallest country in the world is Vatican City.

An accolade to our Green Magicians

Farmers are the unsung heroes of progress, toiling under the sun to nourish the world. Their hands sow the seeds of growth, nurturing fields that sustain us all. Without farmers, the tables would be bare, and the wheels of development would slow. They stand as guardians of sustenance, tending to crops and livestock that fuel our lives.

On the occasion of Independence Day, the children of std4, took on the project to show gratitude towards the farmers. They learnt about the crucial role a farmer plays in the development of the country. They work hard to grow crops and ensure that they are self-sufficient.

Unfortunately, a lot of food goes to waste due to various reasons. Sensitizing children about food wastage is crucial. The children were encouraged to eat or take only what they can finish. By fostering understanding and farmers' dedication, we instilled gratitude for the meals provided. Teaching children to consume only what they need reflects respect for both the farmer's efforts and the earth's resources. This valuable lesson ensures that food wastage diminishes, honoring the diligent work of the farmers while cultivating mindful, responsible eating habits among this generation.



Yoga for Better Health



In a world bustling with screens, schedules, and growing pressure, fostering mindfulness and well-being in our children has never been more crucial. As parents and educators, it's our responsibility to equip the younger generation with the tools that promote both physical and mental health. One such invaluable tool is the practice of yoga, coupled with essential breathing techniques.

In continuation with International Yoga Day, std 4 children are practicing yoga every day. Right breathing techniques and simple asanas are taught in the class as it aids in building self-confidence, reducing anxiety and promoting overall well-being.

Introducing children to simple breathing exercises can help them manage stress, increase concentration and navigate their emotions more effectively.

The journey of yoga and mindful breathing is as much about the process as it is about the results. Let's embark on this journey of yoga together, guiding children towards a healthier and happier future.

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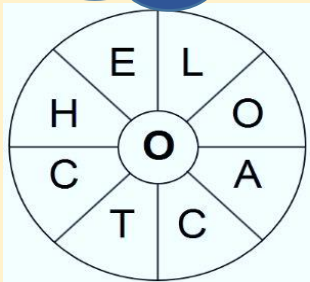
Swachhata Abhiyaan

Cleanliness is Next to Godliness

Cleanliness is a very essential component of human life. Cleanliness is not just about tidiness; it's a powerful practice that impacts our physical, mental, and emotional health. Maintaining a clean environment helps prevent the spread of germs and diseases, fostering a safer community for everyone. Regular handwashing, proper sanitation, and keeping surroundings clutter-free are simple yet effective ways to ensure a healthier lifestyle. Teaching cleanliness from a young age instills good habits that last a lifetime. We at Singhania believe that cleanliness is not just a chore; it's an investment in our health and well-being. Our little Swachhata Sainiks have taken the baton in their own hands and are personally assisting their fellow classmates in keeping their classes, corridors, and school clean.



Word Wheel



How many words can you make using these letters? Remember every word you make should have a centre letter i.e. O.

Quality Circle Time (QCT): The Significance of Value Based Learning

Quality Circle Time (QCT) is an educational approach that focuses on promoting positive communication, building relationships, and creating a supportive and inclusive classroom environment.

One of the most enriching aspects of QCT is the incorporation of value-based stories. These stories are carefully selected to instill essential life values, such as honesty, kindness, respect, and responsibility. They serve as a bridge between academic learning and character development.

Value-based stories have a profound impact on our students' growth and development. It's a moral compass towards empathy, critical thinking, cultural awareness and being positive role models.

After All Our Little Sulonians are the future of this country.



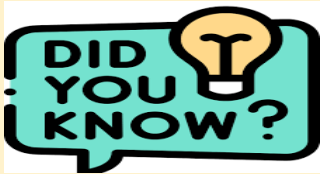
When the birds soar in the sky

The fourth-grade students conducted research to learn about migratory birds. They found that migratory birds are those that travel from one place to another during different seasons. Many students had seen birds flying in V-formation during certain times of the year. Some knew that birds migrate to find food and escape cold weather. Some popular migratory bird names were mentioned, like the swan and the flamingos. Some thought birds use maps, while others believed they follow other birds to find their way. The students recognized the importance of protecting bird habitats. They were excited to learn about these amazing birds and their incredible migrations. Children conducting research hold significant educational value. Our little Sulonians became active learners. They learnt by doing and had a deeper understanding of things. Conducting research encourages critical thinking and enhances analytical skills. This research, gathering information and making observations was integrated with science chapter of standard four.



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Find the three differences in the pictures.



Cats have no collarbone, which is why they are so flexible.

Every dog has a unique nose print with no two alike.

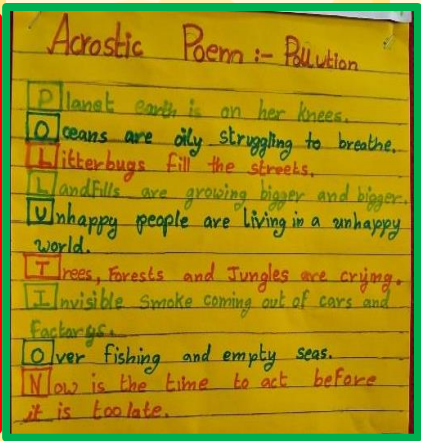
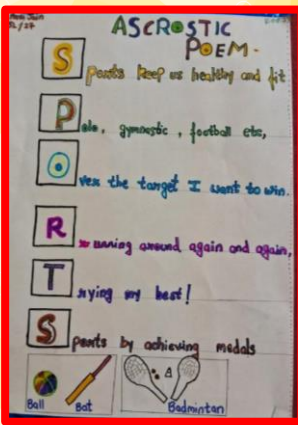
Kangaroos can't walk backwards.

Elephants are the only animals that can't jump.

Crocodiles cannot stick their tongue out.

For Better or Verse

Acrostic poems are a form of poetry where the first letter of each line spells out the message. The students were given five topics to choose from and they enjoyed using their creative skills to write acrostic poems and read them aloud in the class. This activity was a creative way to convey a message about the topic.



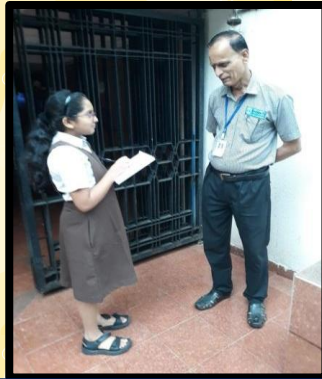
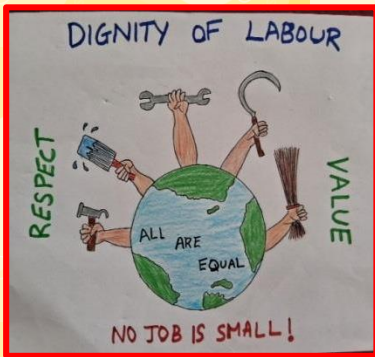
Let's get Motivated!

In this competitive world, where everyone aspires for perfection and quick success, it is easy to be bogged down by despair and have self-doubt when things don't go your way. The students of STD 5 begin each day in school with daily affirmations as they impact their minds positively and they become more confident. It also helps them develop their self-image. They say these daily affirmations with suitable actions and with great energy. Daily affirmations help the students focus on their strengths, goals and aspirations and motivate them towards a positive state of mind that is receptive to learning. They also do a set of energizing claps after the affirmations and that's how they ready themselves for a fun-filled and interesting day at school.



I AM....
I AM BOLD!
I AM ATTENTIVE!
I AM CONFIDENT!
I AM COMPASSIONATE!
I AM HELPFUL!
I AM AWESOME!
I AM SPECIAL!

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Dignity of Labour

As a project related to the unit Dignity of Labour in History, the students prepared Thank You cards for the service staff in school and for the community helpers in their locality. They handed over the cards to them with sincere gratitude and appreciation for their work. Posters on Dignity of Labour were made by students and displayed in the classrooms. Every student interviewed a community helper and got to learn about the difficulties they faced while doing their job. Through this project, the students learnt that all types of work, regardless of social status or monetary value, should be respected and valued equally. Dignity of labour promotes a more inclusive and respectful society and students learnt to appreciate individuals for their skills and contributions rather than judge them for the nature of their work.

Rain Gauge

The students had hands on activities like making a Rain Gauge in their Science class. The students learnt the significance of a rain gauge in various sectors from agriculture and infrastructure to weather forecasting and disaster management by providing accurate and reliable data on precipitation levels. The weeklong Monsoon Marvel Celebration was a fun-filled week of learning for all the students. They enjoyed participating in different activities chalked out by their teachers. It was truly edutainment at its best!



Studentspeak



Is Discipline Really Necessary?

By Ashwin Jaiswal STD 5L

Discipline means self-control and obedience. Discipline is very important in our daily lives. It cultivates good habits and eliminates procrastination. Discipline is the first step to success. Many children think that being disciplined is not necessary. They do not like to follow any rules. How wrong they are to think so! Discipline helps us remain calm and focused. It helps us concentrate on our goals. To achieve success in every step of our life, we need to be disciplined. Discipline and good organizational skills go hand in hand for a better work culture and attitude. Being disciplined is not very hard. We just need to listen to our parents and teachers, who always encourage us to follow discipline. I have actually followed this in my own life. It really helps me to stay focused and pursue my goals. Further, I get time to participate in extracurricular activities and hobbies due to discipline. We can discover the importance of discipline by inculcating it in our daily life. With discipline, we will experience positive changes in our personality. Are you ready to make discipline an important part of your life?

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Monsoon Marvel

The young Sulonians have displayed a keen interest and enthusiasm to enjoy the monsoon this year and creating awareness at school. And Behold Monsoon Marvel is born!

On the first day of the event, a group of students guided by the teachers organized this episode to showcase the effects of rain or the lack of it in our daily lives.

Through a thought-provoking short play conveyed that monsoon is a crucial weather phenomenon that impacts agriculture, water resources, plants, animal lives, economies, and ecosystems. Rain replenishes the groundwater, support diverse plant and animal life, and help regulate temperatures too.

They enthusiastically showcased a fashion show to highlight the season related accessories and clothes. Monsoon tourism was a new term they took fancy to.

They seemed to be interested in verifying new things and in creating a new body of knowledge and practises based on that new learning

Finally, educating themselves and others about disaster preparedness equips them with the knowledge to respond effectively during monsoon-related emergencies.

By creating awareness about the monsoon's importance in schools, we nurture responsible global citizens who value and protect our natural resources and communities.



Std 3



Std 4



Std 5

STREET PLAY- JAL HI JEEVAN HAI



The weeklong Monsoon Marvel Celebrations concluded with the Little Wonders of Grade 5 presenting 'Rain Rupture'. The students presented an insightful street play in Hindi titled 'Jal hi Jeevan Hai' that highlighted the importance of saving water. The students explained about the small changes we can make in our everyday lives to save water.



Indoor picnics are real fun especially when its KidZania.

It indeed was hands on learning including improved understanding of the real world. They were exposed to various career options and understanding the dignity of labour. It has enhanced social skills through interaction with other children through team work.

The trip to KidZania, introduced children to manage money and decision making in a simulated environment. The fun trip turned into a learning programme.



Std 3



Std4

Picnic to KidZania was very significant as it offered a blend of education and recreational experiences for students. The day not only provided a break from routine studies but also offered practical learning experiences outside the classroom. Children became doctors, fire fighters, dabbawallas etc. While doing so they learnt the dignity of labour and the importance of hard work. The trip to KidZania also promoted a holistic development by encouraging teamwork, problem-solving and communication skills.



Std 5



After all the hands-on activities and experiences at Kidzania, it was time for a Zumba session with the students. Zumba combines dance moves and exercise making it enjoyable and relaxing. The students and teachers felt energized and it was a real stress-buster. Zumba improves cardiovascular fitness, co-ordination and mood. It promotes social interaction and a sense of community among the participants.

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India Week Celebrations



To celebrate the Independence Day all through the week, was exhilarating for children in the school. The aim of the event was to show-case the variety of differences that exists in India and the amazing fact that these differences bind us together.

Students of grade 3 of the Preparatory Section chose to wear traditional dresses of their state, got food and shared popular dishes of that state.

They danced and enjoyed the day with a deep patriotic feeling towards the Mother land.



India week was celebrated with great pomp and splendour by STD 5 to develop a sense of patriotic pride and fervour. The students dressed up in traditional wear and made a tricolour flower in their visual arts class. They learnt about the significance of the colours of the Indian flag and also pledged to respect the national flag at all times. What an interesting and enjoyable way to learn about the tricolour and what it stands for!



On the occasion of Independence Day, the children of Std4, took on the project to show gratitude towards the farmers. The delicious morsel you enjoy comes from the hard work of farmers. They plant seeds, water plants, and care for them as they grow into the food we love. Farmers work in all kinds of weather to ensure our plates are filled with tasty meals. Their dedication helps to bring fruits, vegetables, grains and more to our table. So, every time you eat, remember the farmers who make it all possible.



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Budding artist, Naksh Pankaj Surana of Class 5 student's Painting was selected for Display at Nehru Centre, London from 17th to 23rd July 2023. Naksh earned this opportunity at such an early age on the basis of his skill set to create subjective paintings. Naksh is fascinated towards creating an inspirational thought painting on various topics of colourful life, climate change reflections etc.



All India Independent cup organized by Seko kai karate international India was held from 11th to 13th August 2023 in Talkatora stadium New Delhi. There were 3500 participants in all. Shravya Surve won the gold medal in Kata and Bronze medal in Kumite.



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No Bag Day : School is Fun

Life education is organized through experiences rather than carrying books to schools. An attempt to make learning more enjoyable for the Preparatory Stage, No bag Day was celebrated. The students came to school without a bag and learnt lessons through sports and games in an entertaining way. The day started with the much awaited activity by the students of Std 5, The Rain Gauge and writing an impromptu letter to the Rain God. Std 4 stepped up and got crafty colouring and making words related to the monsoons. Whereas the students of std 3 took immense pride in learning to make a lip smacking sandwich through Procedural Writing. They presented their ideas related to the activities in groups and then exhibited them through their splendid creativity.

Thus, No Bag Day not only brought happiness and cheer but also gave hands on learning experiences to all the children and definitely encouraged them to look at school learning in a different way.

