



PRISM

Cambridge International Edition

Principal's Message

Dear Parents & Geckos,

Welcome to the June-July edition of the CI Newsletter!

As I sit back to reflect on the joys of learning at The Gaudium, I realise that our classrooms are spaces where dreams are carved and nurtured. Doing this for children has to be a collective effort, and to see how the school staff and families align in this endeavour has been a real privilege. These two months have been quite eventful and we have experienced an extraordinary range of activities that enriched the education of our students, beyond the time-tabled curriculum. The outgoing batches of Grades 10 and 12 were bestowed with the graduation laurels in a gorgeous ceremony; needless to mention that the pride of the moment will be cherished forever. Next, we had the student council members assuming their responsibility as student leaders in a ritualistic manner in this year's Investiture Ceremony. In their victory is written the tales of responsibility to uphold the sanctity of our institution. Above all, the students have been engaged in variety of exceptional learning experiences with visible cognitive benefits.



To quote Dalai Lama "While educating the minds of our youth, we must not forget to educate their heart" and I take great pride in claiming that our Geckos have ventured into becoming mindful, reflective individuals who value their relationships above everything else. I believe that the open, honest relationships that we enjoy between home and school are essential models for our children. I also believe that they serve to reinforce and amplify our efforts, and through alignment they become resonant. This resonance pulls us along and keeps us in harmony. Thus, in our classrooms we see The Gaudium's vision manifested in reality with illustrative examples of students empowered by learning, empowered by values, empowered to act.

Finally, we are still in the phase of restrictions, I encourage you all to continue to work together to keep our community safe and not jeopardise the results of the sacrifices we have made over these past many months. There are significant and real glimmers of hope on the horizon.

Stay Safe, Dream Big and Celebrate the Small!

Warm Regards

Shalini Singh Hamilton

Principal – CI, IB MYP-DP & CBSE

Holistic Excellence

To Another Year of Victories and Winnings!

Many people build up the first day of school to be intimidating. Yes, meeting new teachers and making new friends can certainly be very unnerving as Harry Wong has rightly stated - "The most important day of a person's education is the first day of school, not Graduation Day."

Last year was certainly a challenge. Moving from physical school to virtual was hard on everyone, from teachers, students and even the IT team. But everything has a brighter side. Integrating different applications such as Quizziz, Kahoot, Grasshopper, Peardeck allowed us to learn more and learn better. The exams allowed us to challenge ourselves and know how much we understood what we learnt. The Talking Titans program inspired us to follow our dreams, and the counselling sessions helped us become better human beings. All of this just made me more excited to start off the new academic year!

And wow! What a blast it has been until now with enriching sessions of counselling, interactions with the new teachers, the STEAM, coding, and the Talking Titan! I can't even express how nice it was to be back. The parent orientation was really informative, as it helped us to understand more about what we'll be learning this year.

Overall, I'm thrilled that the school has started again, and I can't wait to see what more it has in store for us!

Vaishnavi B
Grade 7B

Holistic Excellence

Learning through inquiry approach and Constructivism

In Grade 10, the concept of Venn diagram is enhanced through the prior knowledge of Probability, Statistics and Number Systems.

Example

A vet surveys 100 of her clients. She finds that:

- 15 own dogs
- 15 own cats and dogs
- 13 own cats
- 10 own cats and tropical fish
- 10 own tropical fish
- 11 own dogs, cats and tropical fish

A client is chosen at random, find the probability that the client:

- Owens dogs only.** Can't involve fish or cats: $= \frac{6}{100}$
- Does not own tropical fish.** But could still be a cat or a dog or nothing: $= \frac{6+8+35+11}{100} = \frac{60}{100}$
- Does not own dogs, cats or tropical fish.** $= \frac{11}{100}$

Adenosine triphosphate

$C_{40}H_{66}N_5O_{13}P_3$

Understanding the structure of DNA through inquiry process in Grade 10

Approaches to scientific skills through inquiry in Grade 6B

Step 2: Forming a Question

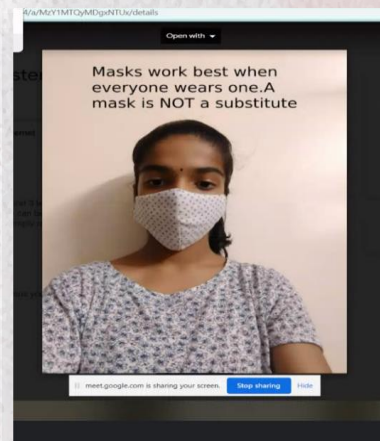
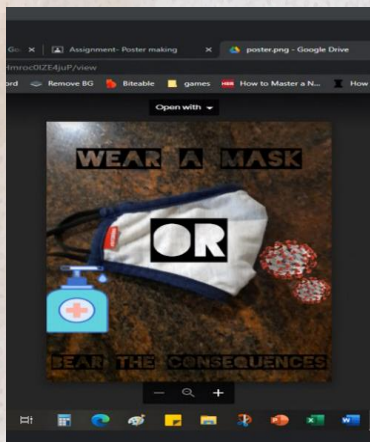
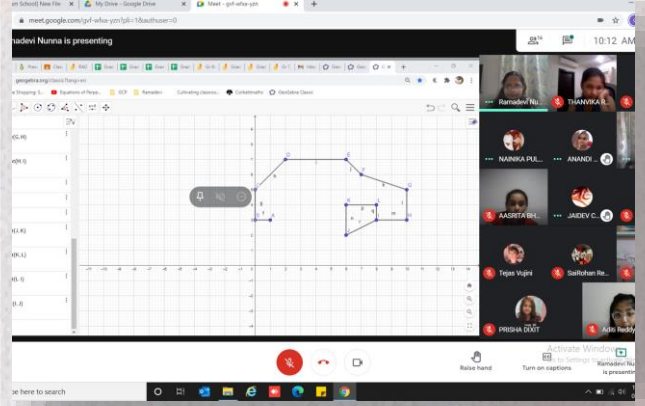
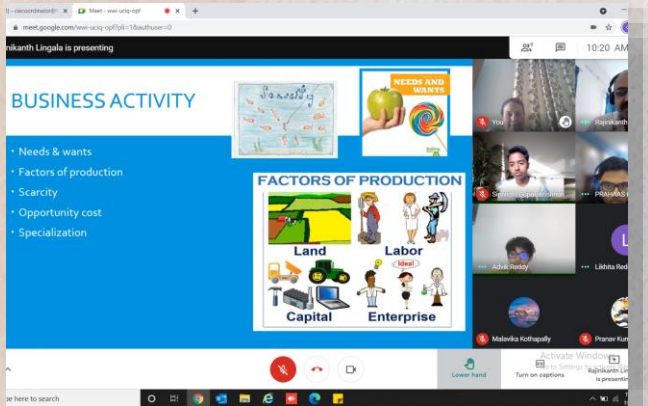
- Based on your observations
- Develop a question or problem that can be solved through experimentation.
- Usually a "How" or "Why" question

Can you form a question about paper folding?

Holistic Excellence

Teaching through various online tools: PPTs, GeoGebra, Photopea

To enrich the learning experiences on virtual mode, various online tools help teachers to engage the learners better and draw their attention



Holistic Excellence



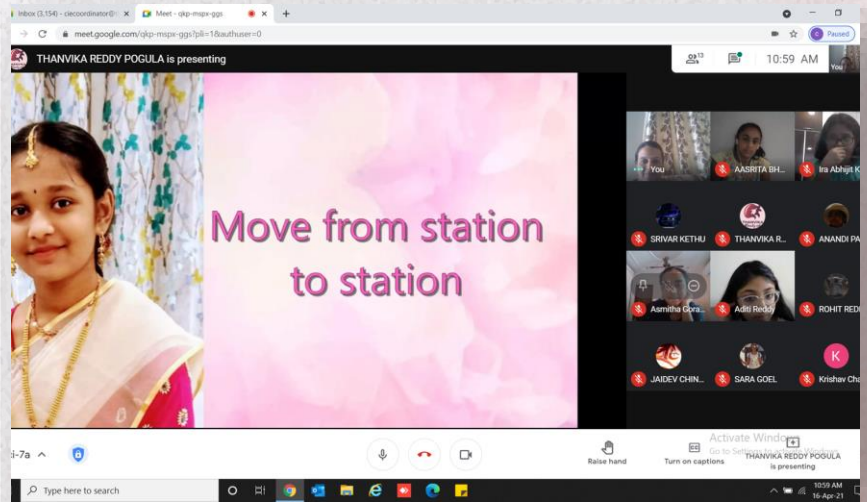
Sri Jayathi Devi Reddy



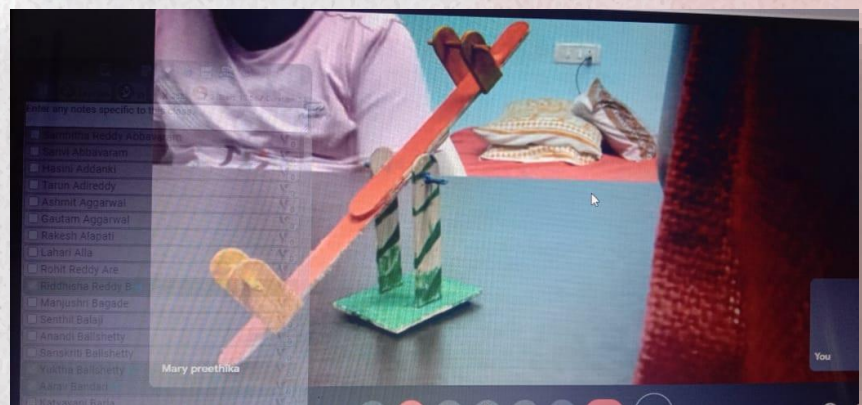
Vishruth Reddy

Grade 6A Students making their Passports in GP class

Student of Grade 7A,
Thanvika Reddy composed
a song on the topic
'Migration' in GP



Using ice cream sticks,
Grade 6A students
making a See-Saw
while learning Levers
concepts

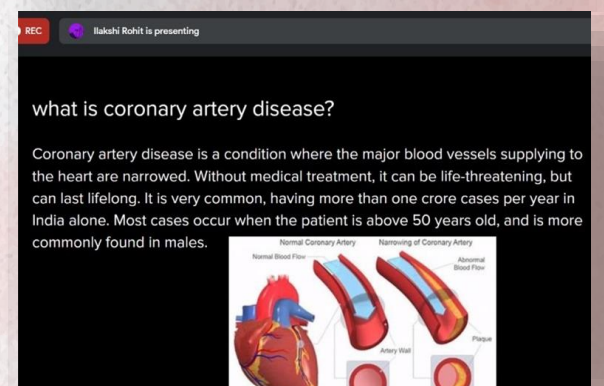
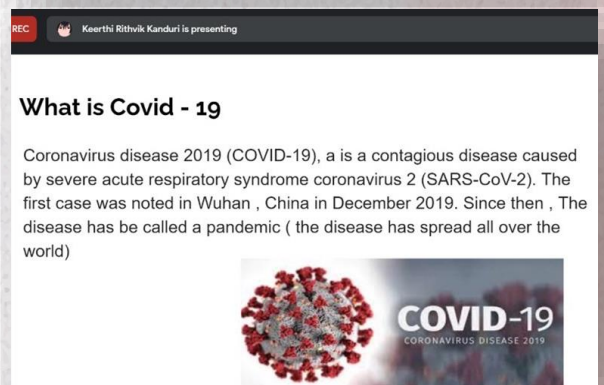


Holistic Excellence

Biology-In-Life

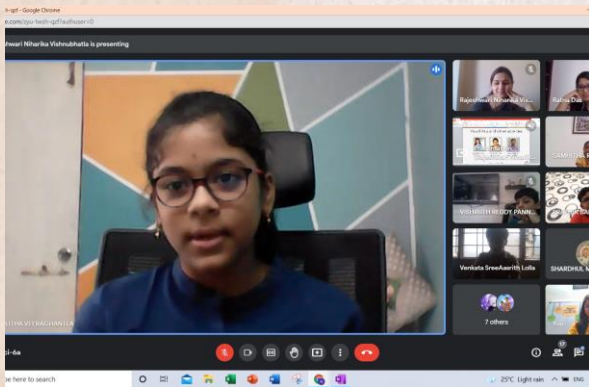
As the teaching of science involves, the place of independent science project has become an integral part and learning now has shifted its emphasis from collections and demonstrations to experimental approach. I was thrilled to observe the ideas and approach each student adopted to perform their biology project assigned as holiday homework for this summer. Students were instructed to do an investigation or an experiment and each one of them beautifully expressed their ideas projecting their creativity and critical thinking skills. Students also demonstrated their project in the class as the school reopened and shared their knowledge. Investigation on COVID-19 was a topic because it is a global phenomenon as well as now into our daily lives and the spread of knowledge and awareness amongst the students is essential to get future ready.

Debanita Roy
Biology Facilitator



Core Values

Listening and expressing their views during Pastoral sessions



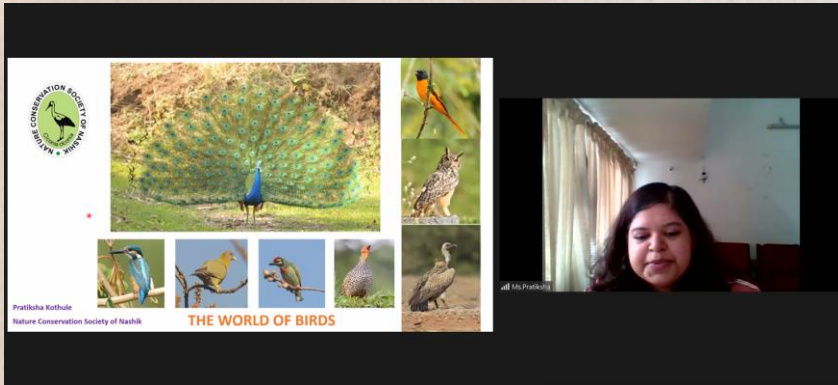
Sri Lalitha ,Grade 6A



Prathik Reddy ,Grade 6A

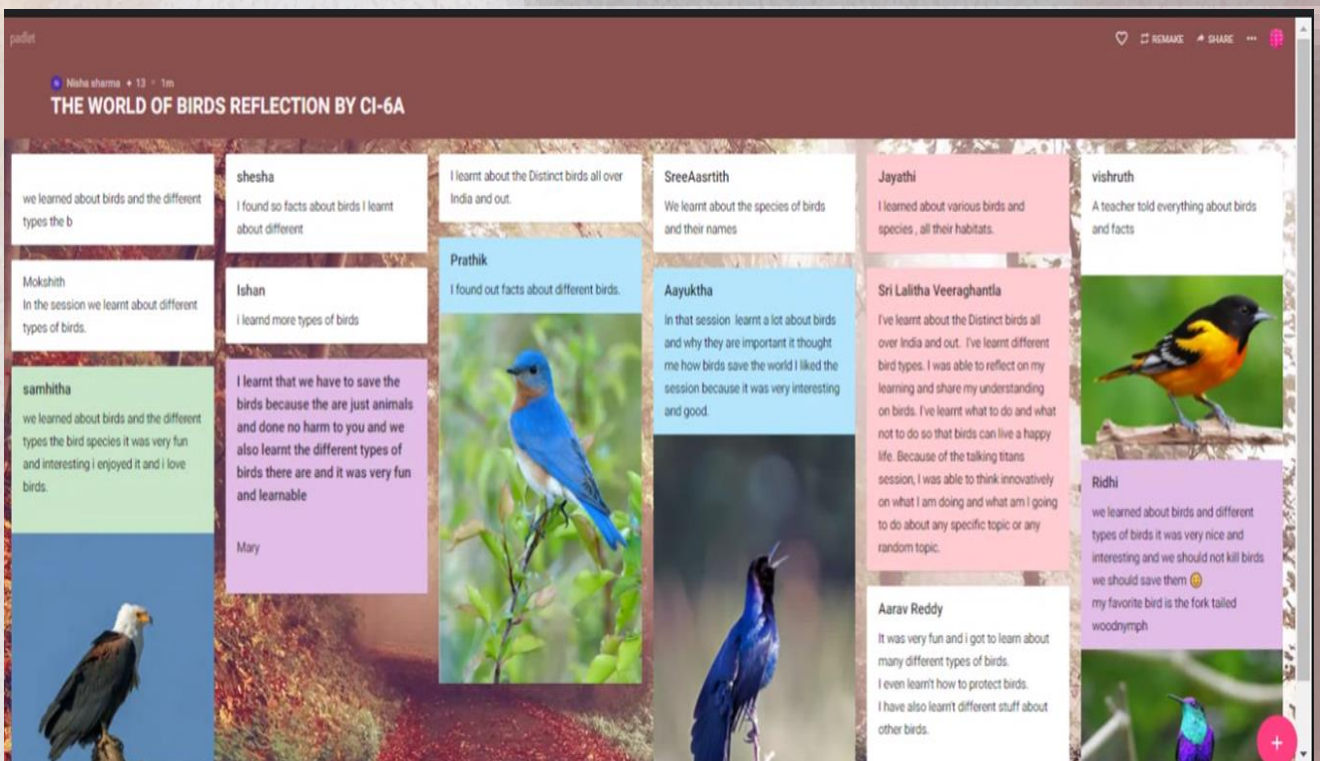


Core Values



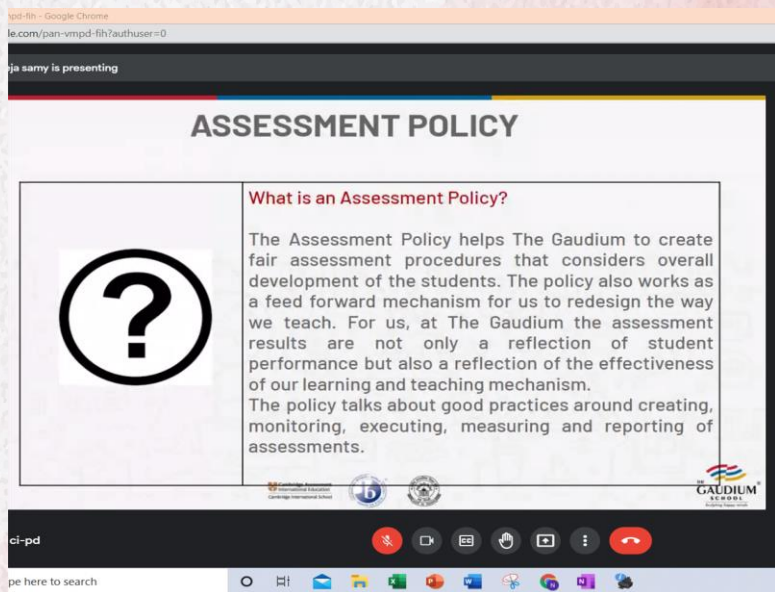
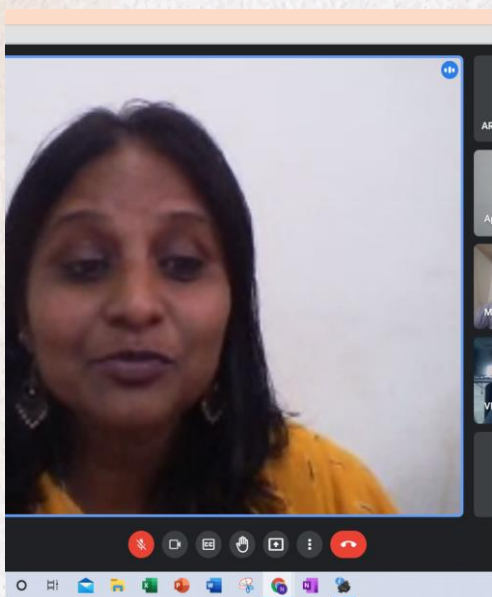
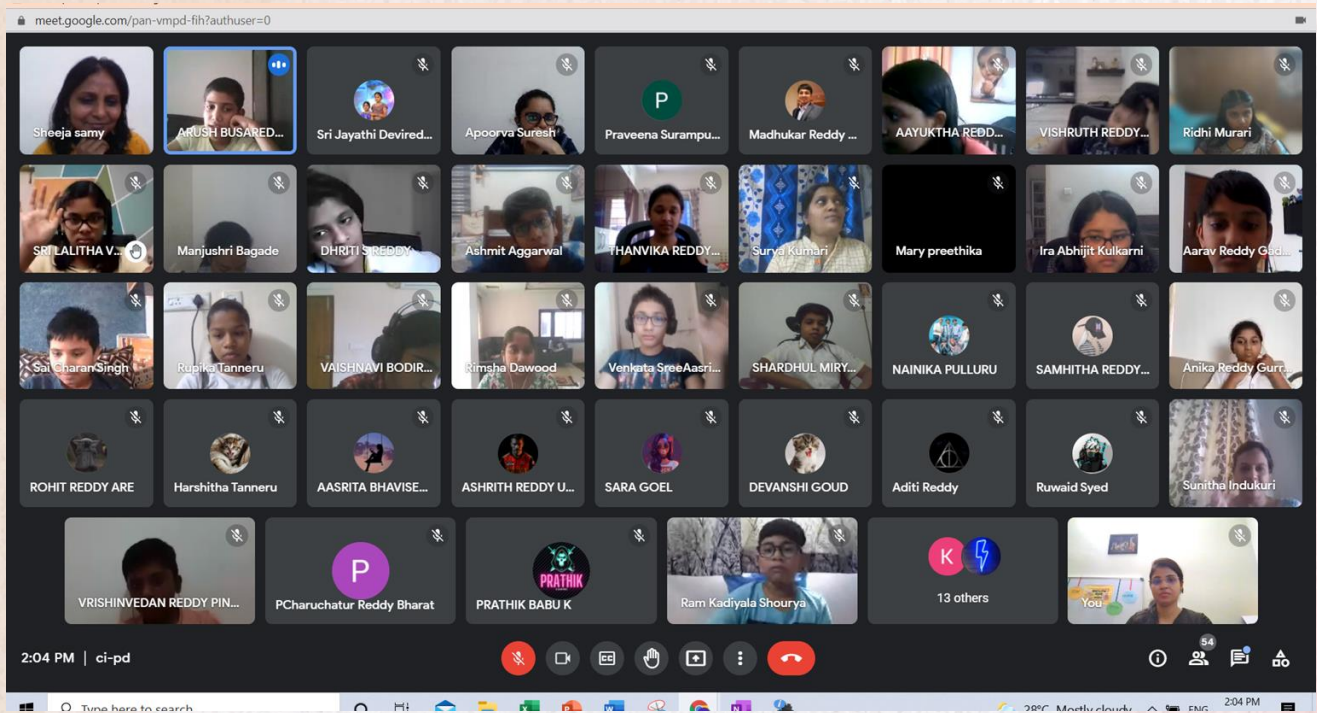
Under Core value-Respect:

To develop the sense of respect towards environment, the Talking Titans session was conducted by Ms. Prateeksha



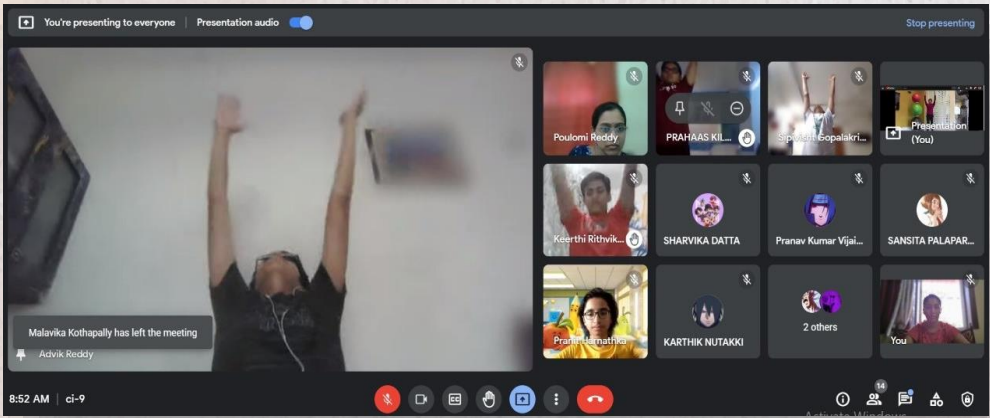
Core Values

Induction session on various School Policies



Mindfulness and Wellbeing

International Yoga Day Celebrations



Mary Preethika of Grade 6A along with her mother for Yoga session

Rupika Tanneru of Grade 6A practicing Yoga



Mindfulness and Wellbeing

योग साधना एवं तनाव मुक्त जीवन

वर्तमान समय प्रतिस्पर्धा का है। प्रतिस्पर्धा के चक्कर में मानव जीवन हाई-स्पीड ट्रेन की भांति समय दर समय दौड़ता प्रतीत हो रहा है। इस विशेष जीवन शैली को जीवन में अंगीकार करने से मनुष्य के स्वास्थ्य पर भी प्रतिकूल प्रभाव पड़ रहा है। आज हर आयु वर्ग का मनुष्य शूगर, उच्च रक्तचाप एवं मानसिक तनाव से पीड़ित है। इन रोगों के कुप्रभाव से बचने के लिए जो दवाएँ सेवन की जा रही हैं, वे भी मनुष्य के अन्य अंगों को प्रभावित कर रही हैं। मनुष्य के लिये तनाव हर जीवन की जिम्मेदारियों से है। घर का खर्चा, बच्चों की पढ़ाई, बैंक ऋण का भुगतान, यदि बच्चे विवाह योग्य हैं तो उनके विवाह प्रस्ताव, विवाह तय हो चुका है तो उसके लिये निधि का प्रबंधन। यदि कार्यस्थल का जिक्र किया जाये तो यदि नौकरी लक्ष्य आधारित उद्देश्यों की पूर्ति हेतु है, तो उस लक्ष्य को हासिल करने का तनाव। तनाव से मनुष्य जीवन एक विषैले पेय पदार्थ की तरह हो गया है जिसे पीना भी जरूरी है एवं पीने के बाद कड़वाहट महसूस करना भी जरूरी है। इस कष्टमय निदान से बचने का सबसे सुरक्षित एवं प्राकृतिक साधन है, योग। योग कोई वर्तमान युग का आविष्कार नहीं है यह तो वेदकाल की उपज है जो महर्षि पतंजलि द्वारा भारतवर्ष के बाशिंदों को परिचित करवाई गई। आज प्रातःकाल हमारे आस-पास के उद्यानों में लोगों का समूह योग करते हुये देखा जा सकता है। तनाव मुक्त जिंदगी जीने का एकमात्र उपाय है - 'योग साधना'। प्रातः काल एवं सायंकाल के केवल 30 मिनट आपके जीवन में अविश्वसनीय परिवर्तन के लिये काफी है। आज हर पार्क में आपको योग के प्रति लोगों का आकर्षण मिल जायेगा। सूर्य-नमस्कार, भ्रामरी प्राणायाम, कपालभाति, अनुलोम-विलोम ने पूरे जगत में रोग निदान के मामले में क्रांतिकारी परिवर्तन लाया है, लोग उच्च रक्तचाप, मधुमेह, मोटापा का स्तर घटाकर युवा ऊर्जा महसूस कर रहे हैं। योग की महत्वपूर्ण भूमिका को देखते हुए वर्ष 2014 से प्रतिवर्ष 21 जून को अंतर्राष्ट्रीय योग दिवस पूरे विश्व में मनाया जाता है। वर्तमान में कई संस्थाएं भारत के योग का प्रचार-प्रसार कर रही हैं। जिनका कार्य प्रशंसनीय है। यदि व्यक्ति जीवन को उन्मुक्त बनाना चाहता है। तो योग सर्वश्रेष्ठ साधन है। इस क्षेत्र में अभी और अनुसंधान बाकी है। योग साधना अपने आप में ईश्वरीय भक्ति का प्रतिपूरक है, जब प्राचीन युग में ईश्वर की प्राप्ति संभव थी तो स्वस्थ जीवन तो एक तृच्छ सी बात है। अभी लोगों को इस योग-साधना के प्रति भांतियां हैं। अभी योग सभी लोगों की पहुंच से दूर है, स्थानीय सरकारों को चाहिए कि भारतवासियों को स्वस्थ बनाने के लिये योग शिक्षा का प्रचार-प्रसार मुफ्त में करवायें, जागृति लायें। समाज को स्वस्थ बनायें। मंजिल दूर है पर प्रयासों के आगे असंभव नहीं।

!! स्वस्थ शरीर में ही स्वस्थ मस्तिष्क निवास होता है !!

धन्यवाद

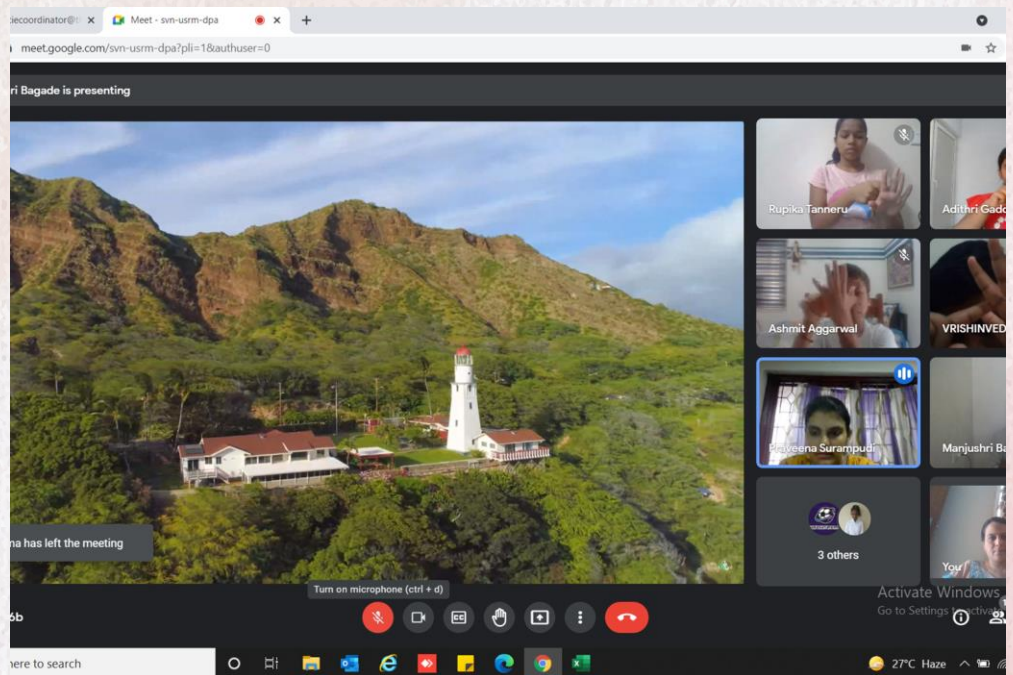
निशा शर्मा

हिन्दी अध्यापिका

Mindfulness and Wellbeing

The day starts at school with Mindful activities creating an environment to foster the wellbeing of all the Stake holders

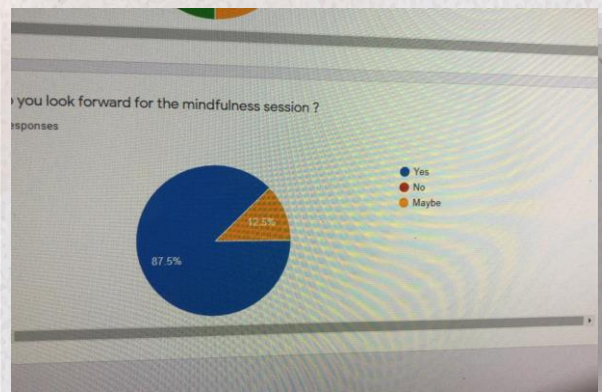
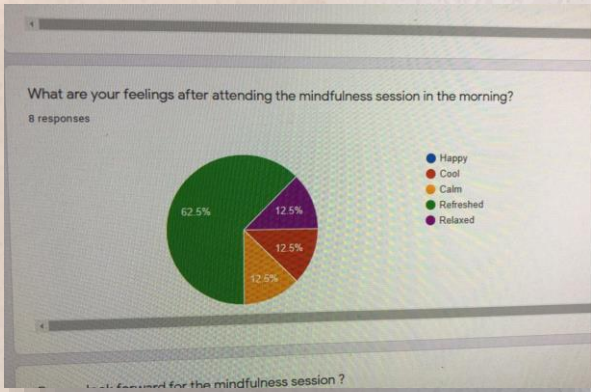
Students of Grade 6B practicing 'Five fingers star fish meditation'



Grade 7B students watching a video on self awareness and appreciation

Mindfulness and Wellbeing

Reflections on Mindful activities



padlet

gauravita mishra • 13 • 1m

'Talking Titan' Ms. Kalpana Ramesh

Rimsha Dawood

I learnt that we need to save water because it is a part of our life. We can conserve water by storing the rain water. I want to start saving water from my house slowly than, in my community and also tell the community to, I will also then start to clean water bodies near me, because change starts from us.

Mihika

This session has helped me realize how significant water is and

Rama Gouthami

The session impacted me. I learned how to conserve water. I will help people to help water.

My reflection on the session -Ira

Ms. Kalpana is a great inspiration. She showed that we all can do things on our own and that we can make a huge impact in our own society by conserving and reusing water. I will try to conserve and reuse as much water as I can. I will try to clean any water body around me and try to raise awareness in my society to encourage people to save water as well. I will conserve rainwater and try to help out in any way I can.

chanakya

I learned how to conserve water

Teena

Yes, this session impacted me a lot. I have learnt how we have lots of water but we are using it in the wrong way and we can do rainwater harvesting to save litres of water and use it in summer instead of wasting money on tankers.

sanchit

it has impacted me and I have learned how we waste water and how we can conserve water. I also now know how conserving and keeping water clean can impact us.

Tanush CIE 7b

this session has impacted me. I learnt the importance of water and how we have to conserve it. I will help conserve water.

Thanvika

Yes this session impacted me! It gave me a better idea about water and how to save it. I learned that rain water is very useful and we have to use it. I will try to clean lakes and ponds around me and help my community to understand the way to save water...

Sairish khan grade-7b

This session helped me to understand the importance of water. I learned that there are so many ways to conserve and to save water. I plan to also conserve water.

Ruwaid

This session impacted me very much making me to save water. I learned how to conserve water and how to help communities and I am planning to save water and help others in this program

Dear students

The Last Mile for Water. Are you willing to walk the last mile to conserve water? Let's start by talking about today's session. Did this session impact you? What did you learn? What do you plan to do?

chaturya

I learnt that we should not waste water and save water. I promise that I don't waste water and I also participate in water harvesting from today

Grade 9 students reflecting on mindful activities

Debanita Roy Jun 25, 06:22

What is mindful awareness and how the activities are helping us...

Anonymous Jun 25, 08:36

meditation session has helped me focus more -Dhiyaa

Anonymous Jun 25, 08:37

The daily activities help us collect our thoughts together and get ready for the day.

Anonymous Jun 25, 08:38

The meditation activities helps me focus more on the classes and gives me peace of mind which helps me collect my thoughts together

Anonymous Jun 25, 08:39

The meditation session helped me relax and focus more during class. - Pranit

Anonymous Jun 25, 08:39

The meditation setting we have everyday in the morning has helped me gather my thoughts. It also

Grade 9 students reflecting on mindful activities

Mindfulness and Wellbeing

Session on Social, Emotional & Mental Wellbeing during Pandemic by Dr. Divya Gupta


What Is Mental Health?

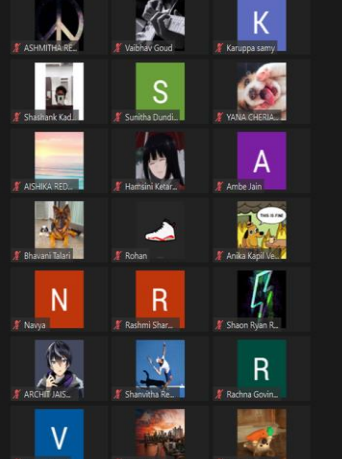
- Mental health includes our emotional, psychological, and social well-being
- It affects how we think, feel, and act
- It determines how we handle stress, relate to others, and make choices
- Mental health is important at every stage of life, from childhood and adolescence through adulthood



How to Cope with Pandemic Fatigue

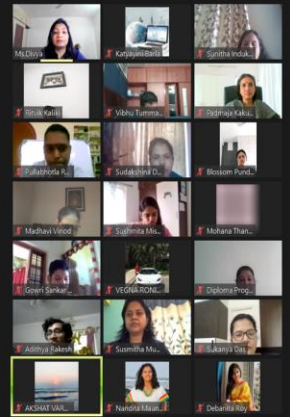
- Add Structure to your days
- Be Active
- Get bright light early
- Maintain hope
- Reflect and Accept
- Find ways to have community
- Stop 'doom scrolling' and limit time on your screens/Limit your news intake
- Journal
- Practice positive affirmation





Challenges faced by Adolescent during Pandemic

- Mood Swings
- Loneliness
- Loss of interest in activities previously enjoyed
- Increase use of Social media / gaming/ mobile phone
- Sleep Issues
- Changes in eating pattern
- Problems with memory, thinking, or concentration
- Less interest in school work and drop in academic effort
- Lack of basic personal hygiene
- An increase in risky or reckless behaviors, such as using drug or alcohol
- Thoughts about ineffectiveness of life



Mindfulness and Wellbeing

Reflection on the session by Dr. Divya Gupta

The session with Ms. Divya was very impactful and helpful to me. It has helped me to understand how to manage my anger. I also understood that the irritation and helplessness I have been feeling through the pandemic is not abnormal. I just have to be able to control myself so that others don't get hurt. My sleeping and eating patterns have evolved during the pandemic, this session has helped me and now I think I will be able to change my habits. The session was very much needed so that I can cope with the mood swings that I am going through. I am grateful to the school and Ms. Divya for providing the reassurance and help needed to get through the pandemic.

Tarita Kakker

Grade 10

TIPS IN FALLING ASLEEP?

TOP 10 TIPS FOR GOOD QUALITY SLEEP

1. Get up at the same time each day
2. Exercise regularly, but not 3-4 hours before bedtime
3. Make sure to have a comfortable sleep environment, free from light and noise. Even very small sources of light (e.g. phone charge/notification lights) can disturb your sleep.
4. Eat regular meals and do not go to bed hungry
5. Avoid excessive liquids in the evening. Limit caffeine, alcohol, and nicotine as well. All three interfere with your ability to get a quality night's sleep.
6. Use your bed for sleeping and sex only
7. Put the clock under the bed. Watching the clock when you're trying to sleep will increase your anxiety.
8. Avoid daytime naps
9. Don't take your problems to bed
10. Take a lukewarm water shower before bed and drink warm milk.

Stakeholder Engagement

Unpacking the five developmental pillars of the Happy minds model at The Gaudium

STAKEHOLDER CONNECT

- 1 Talking Titans
- 2 Participation in school events
- 3 Orientations
- 4 PTMs/Con Connect

Teacher's Portfolio
Connecting with 5 Pillars

- Holistic Excellence**
 - Lesson plans
 - Goal setting
 - Resources-worksheets, activities, videos, ppts
 - Mark lists
- Mindfulness and Well being**
 - Your reflections
 - Student feedback/reflections
 - Referral form
- Stakeholder's connect**
 - Parent Interactions
 - PTM record
 - Articles contributed for Newsletters/media
 - MOMs
 - Initiation for guest talks
- Global leadership**
 - Roles and responsibilities
 - PDs updates
 - Appreciation from parents & management/coordinator, principal
 - Certificates
- Core Values**
 - Assemblies
 - self reflection sheet
 - Pastoral care sessions

The 3 aspects of our mindfulness and wellbeing programme

- Endeavours**
Strive & Commitment
What are our efforts and plans to ensure the well-being of every individual?
Well-being programmes
- Environment**
Collaboration & Resources
How are we taking the well-being programmes forward?
Implementation of the well-being programmes
- Expression**
Celebration & Reflection
What do we do post implementation of the well-being programmes?
Feedback Reflections Appreciation

Stakeholder Engagement

Parent Orientations about the Cambridge curriculum

SUBJECTS OFFERED IN IGCSE

- Group1**
 - English as First Language
 - Hindi as Second Language
 - French as Foreign Language
 - Spanish as a Foreign Language
- Group2**
 - Economics
 - Global perspectives
 - History
- Group3**
 - Physics
 - Chemistry
 - Biology
 - Coordinated science
 - Combined Science
- Group4**
 - Extended Mathematics
 - Accelerated mathematics
 - Additional mathematics
- Group5**
 - Computer Science
 - Business Studies
 - Art & Design
 - Accounting
 - Music

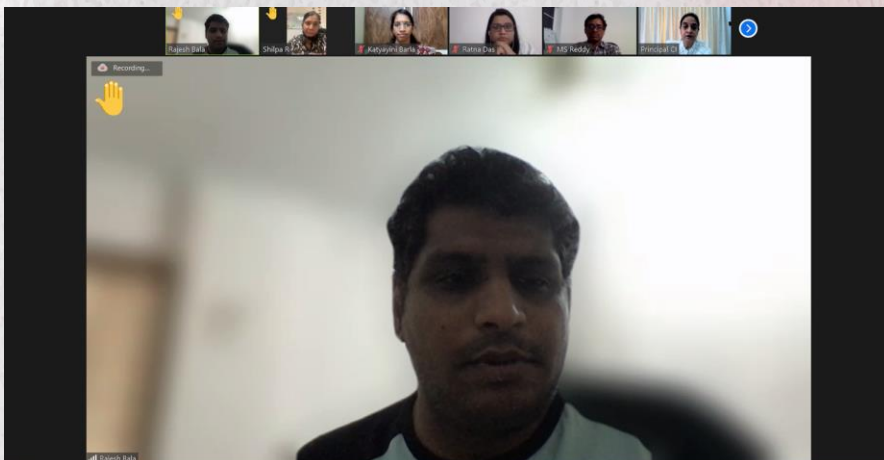
Participants: PRAHAAS KILARU, Praharshita Numa, Pranav Kumar Vijayan, Principal CI, Pritvi Sinha, Rajnikanth Lingala, Rakesh Uppala, Ramadani Numa, Ramu, Ritvik, ROHAN MANI GANAPATHY, Shaon Ryan Rangit, Shashi Pragnati, Sumitha Mukherjee, YANA CHERIAN.



OVERVIEW OF THE CURRICULUM...

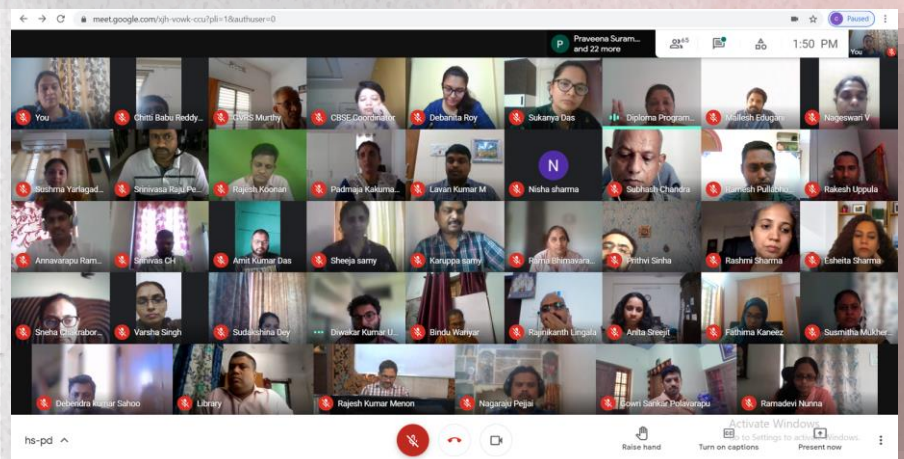
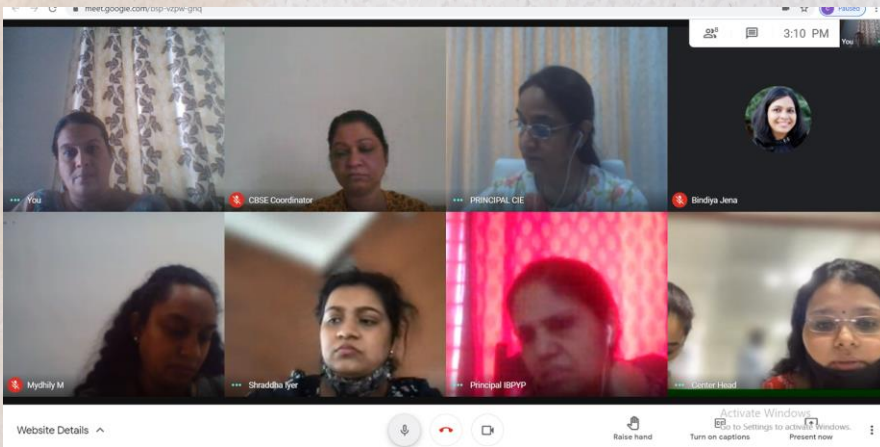
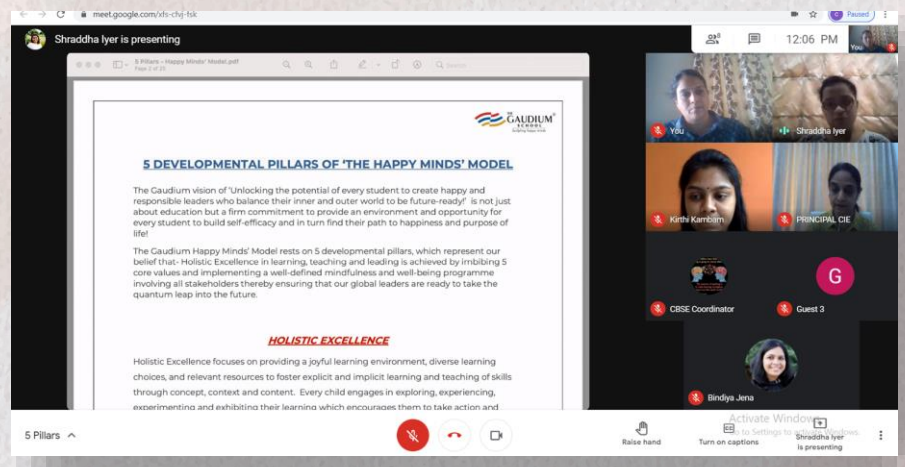
- Programmes designed that stretch, challenge and inspire students of all abilities.
- Prepares students for life by giving exposure to the 21st century skills.
- Our programmes help students to develop deep subject knowledge, conceptual understanding and higher order thinking skills through:
 - Application based lessons
 - Exploring by themselves
 - Effective communication
 - Extensive collaboration
- Our qualifications are widely recognised by universities and employers around the world.

Participants: PRAHAAS KILARU, Praharshita Numa, Pranav Kumar Vijayan, Principal CI, Pritvi Sinha, Rajnikanth Lingala, Rakesh Uppala, Ramadani Numa, Ramu, Ritvik, ROHAN MANI GANAPATHY, Shaon Ryan Rangit, Shashi Pragnati, Sumitha Mukherjee, YANA CHERIAN.



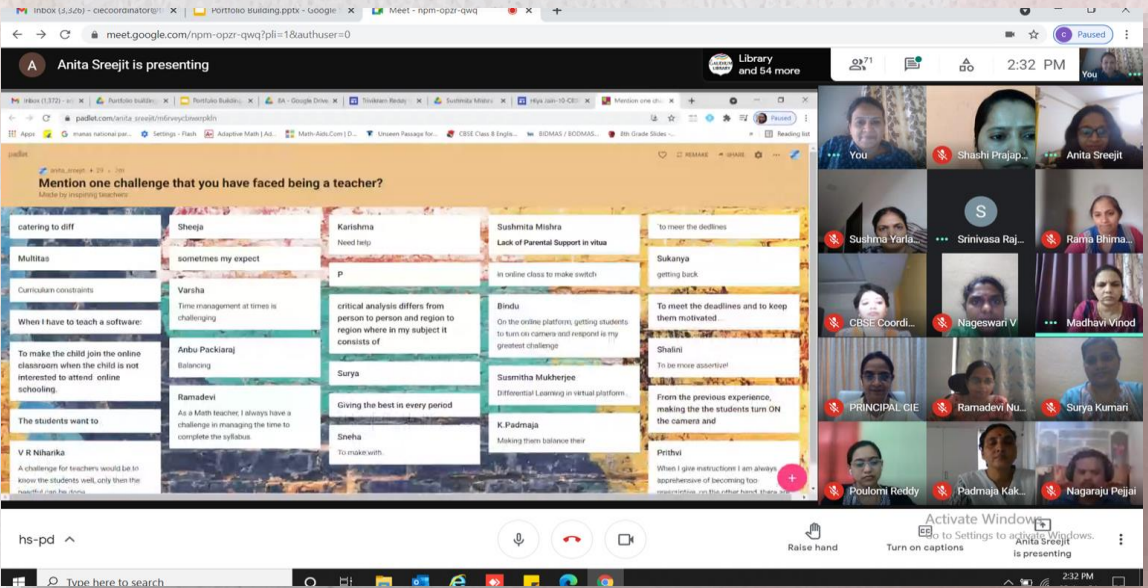
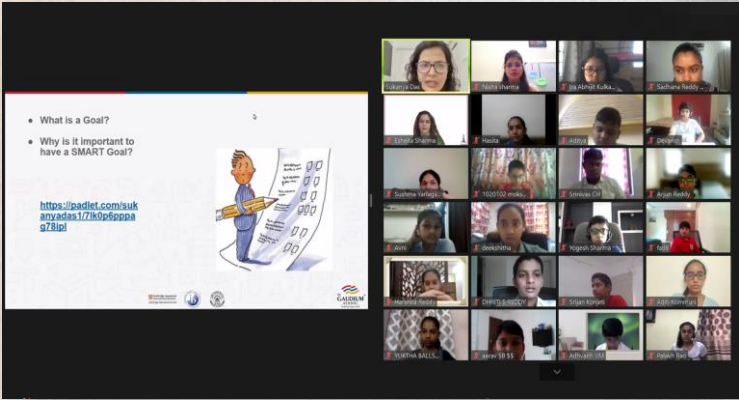
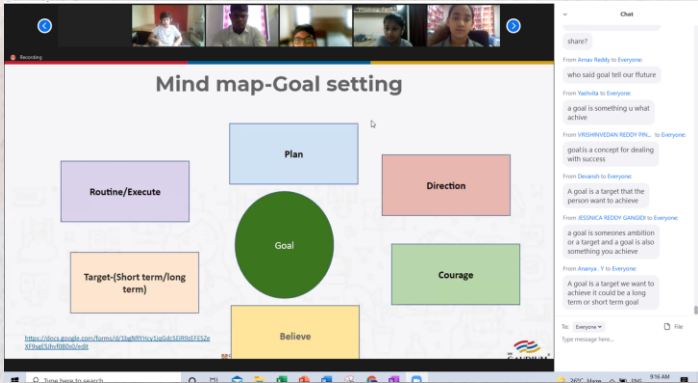
Stakeholder Engagement

Various collaborative meetings for the smooth functioning of the school activities



Global Leadership

Goal setting sessions for students



Session on Portfolio building for teachers

Global Leadership

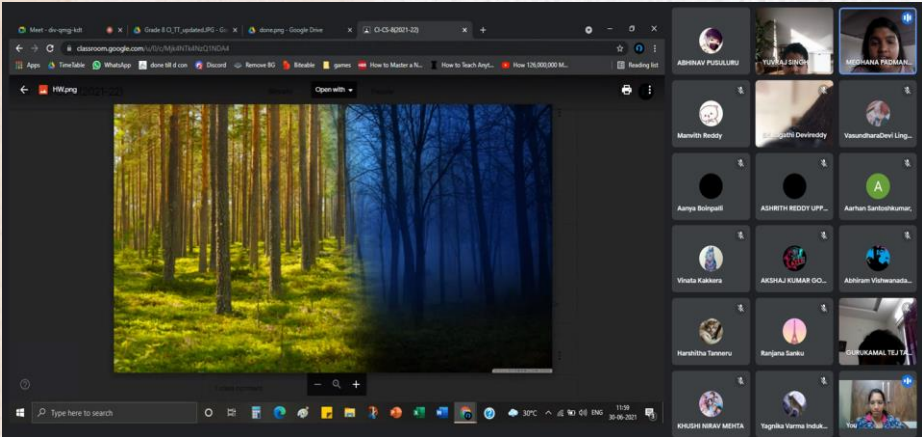
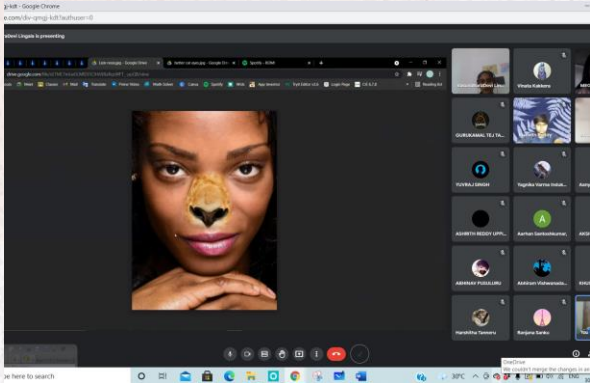


Image editing skills in enhancing creativity in students of Grade 8

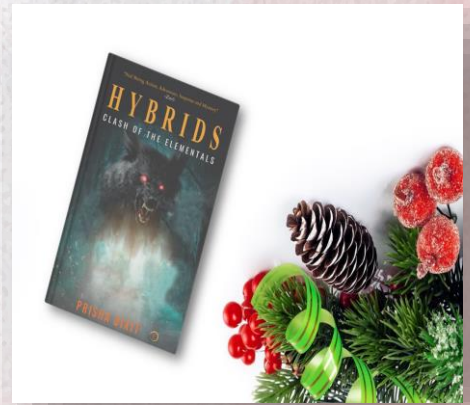
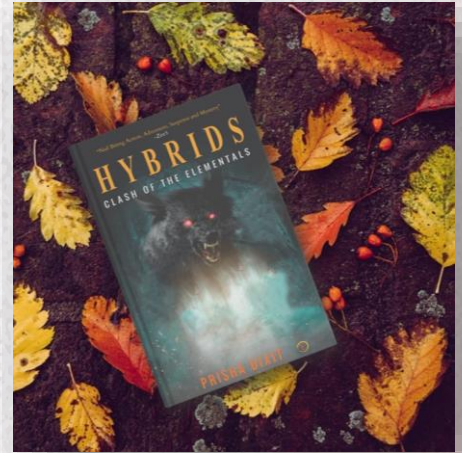


Time management skills in Life Skills classes

Global Leadership

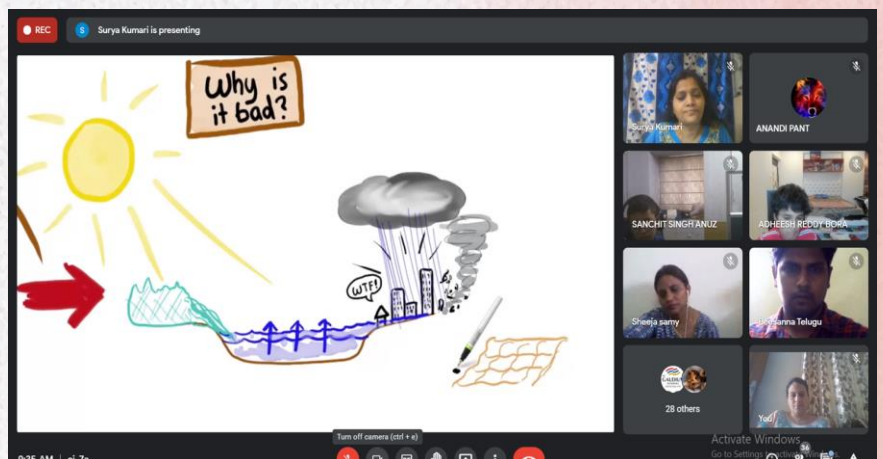
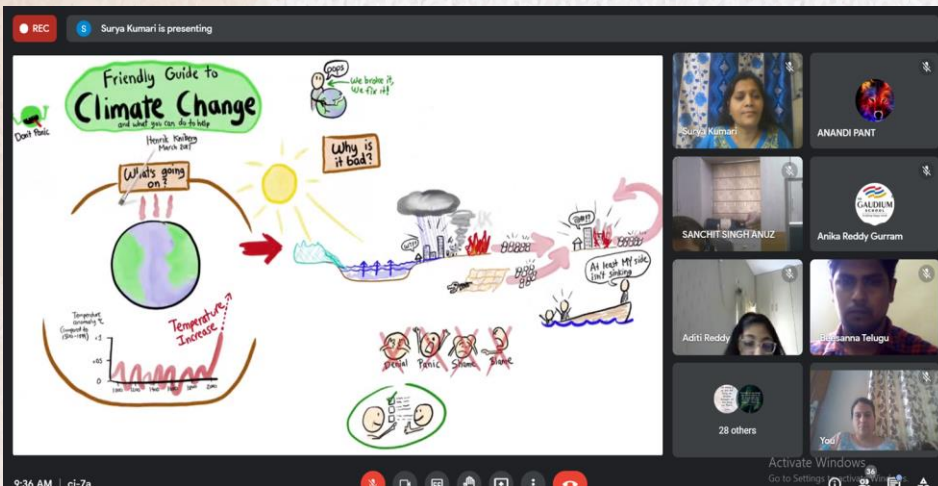
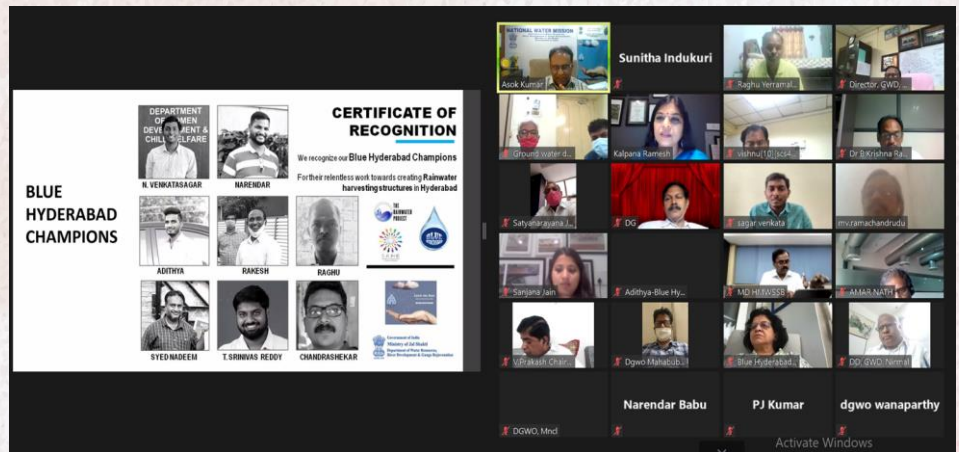
The Untiring Literati

Bright-eyed, slightly introverted and overtly imaginative- that's Prisha Dixit for you. This Grade 7 Gecko is a published author; her writing ventures is solid proof that age is just a number when it comes to exploring the extent of one's passion. She spent the summer writing 'Hybrids- Clash of the Elementals', a fantasy novel with a classic storyline fixated on young adults and dark lord adversary; it embodies the real-world struggles teenagers often face. Combined with a vivid imagination, the outcome is a potent blend of adrenaline, excitement and nightmares. The monsters of reality are unleashed; thus begins the journey to explore friendship goals, human evil, paranoia and war. 'Nail Biting Action, Adventure , Suspense and Mystery' is how ZEE5 describes its plotline. Join us in congratulating Prisha in achieving this literary genius. May her writerly ambitions always find a scholarly expression.



Global Leadership

UN SDGs : Empathizing and defining "Climate action" in Grade 7



Coming up Next

Date	Day	Event	Grade
4 th August	Wednesday	Talking Titans	Grades 6 to 8
7 th August	Saturday	Alumni Association Formation	
14 th August	Saturday	Con Connect	Grades 6 to 10
15 th August	Sunday	Independence Day	Grades 6 to 10
21 st August	Saturday	Career Counselling Session	Grades 9 & 10
27 th August	Friday	National Sports Day	Grades 6 to 10

Links

Our website:

<https://www.thegaudium.com/>

Learning blogs:

<https://www.thegaudium.com/the-learning-blogs/>

Facebook : For daily updates please like the page.

<https://www.facebook.com/thegaudiumschool/>

Sportopia registration link

<http://sportopia.thegaudium.com/pages/enquiries>

Editorial Board

Chief Editor

Ms. Ratna Das

Associate Editors

CI Team

Creative Team

Ms. Katyayani Barla