



# P R I S M

PP 1  
March & April 2026



# Message from the Founder and Director

Dear Graduates of 2025-26,

A big congratulations to all our students, parents, and teachers of the graduating Class of 2026.

We are incredibly proud of each and every one of you. Over the years, you have grown into thoughtful, responsible, and capable individuals, truly ready to take on the world.

As you celebrate this milestone, carry with you a deep sense of gratitude, for the teachers who believed in you, the parents who sacrificed for you, and the friends who stood beside you every step of the way.

Today, I want you to focus on the word. Contentment.

As you prepare to step into the world, pause for a moment and ask yourself:

What does happiness really mean to me? What does a fulfilled life look like for me?

Because in today's world, contentment is not optional. It is survival. We are constantly told to do more, be more, have more. And yet, it never feels like enough. Endless scrolling. Constant comparison. Everyone is chasing something and very few feel at peace. You can have success, money, validation and still feel empty inside.

Contentment is what protects you. In a world that constantly pulls you outward, contentment brings you back home to yourself. It's not something you achieve once. It's something you build, and return to again and again.



So what creates contentment?

First—Clarity of Purpose.

Know what truly matters to you. Not what the world tells you to chase, but what you value. Is it Peace? Success? Impact? Love? Freedom? When your life aligns with your values, contentment begins to grow. So dream. Set goals. But more importantly decide the kind of person you want to become.

Second, Acceptance and Peace with Yourself.

This is one of the most underrated skills in life. We live in a world that constantly tells you to improve but rarely teaches you to accept.



# Message from the Founder and Director

Acceptance means: not constantly judging yourself, not comparing your life to someone else's highlight reel. Because comparison steals your peace faster than failure ever will. When you accept yourself, your strengths, your flaws, your journey, you build inner stability. And from that comes real contentment. Learn the difference between what you can control and what you can't. Don't waste energy resisting reality. Focus on what you can grow. Because remember this, people suffer more from resisting reality than from reality itself. Acceptance removes mental friction. And when there's less friction, there's more clarity, peace, and strength.

Third—Meaningful Connections.

No one feels fulfilled in isolation. You can achieve everything and still feel empty without real people in your life. At your core, you want to be seen, understood, and supported. Not just liked. Not just followed. But truly known. And meaningful relationships aren't just about receiving, they're about giving.

Showing up. Listening without judging. Being there when it matters. Because real connections give your life emotional depth. You laugh more. You heal faster. You feel stronger.

So don't just chase success, build people into your life. Because at the end of the day, you won't remember marks or trophies as much as the people who stood by you.

Fourth—A Sense of Progress.

As human beings, we need to feel like we're moving forward. Not constant achievement but consistent growth. Learning something new. Improving a habit. Becoming just a little better than yesterday. That's where fulfillment lies. Because progress is quiet. It doesn't come with applause. But it gives you something powerful, a deep sense of satisfaction. So don't chase perfection. Chase progress. And finally, Stay Connected to Yourself.

Lastly, Have some form of spirituality in your life. It doesn't have to be religion. It simply means staying connected to who you are. It could be: working out, playing a sport, creating art, reflecting, or simply sitting in silence.



Because in today's world, it's easy to lose yourself. Endless scrolling. Constant noise. Always being busy, it slowly numbs you. You stop feeling deeply. You stop thinking clearly. You disconnect from yourself and from others. So pause. Check in with yourself. Ask: How am I really feeling? What do I really want?

Because when you are connected within, your decisions become clearer and your mind becomes calmer. In a noisy world, create moments of stillness. Because that is where clarity lives. And that is where peace begins.

Class of 2026, As you step into the world, remember this: Success may impress the world, but contentment will sustain you. So build a life that is not just successful but meaningful, peaceful, and truly your own. Congratulations once again. And I wish you a life full of purpose, growth, connection, and deep fulfillment.



# Message from the Center Head

As we approach the close of a rewarding academic year, we reflect with pride on our learners' journey. This year was marked by a successful IB consultant visit, affirming the strength of our teaching and learning practices. We are also delighted that the school received awards for excellence in teaching and learning—an achievement made possible through the collective efforts of our students, educators, and parents.

Our students have shown remarkable growth in confidence, curiosity, and independence. From building foundational skills to actively engaging in inquiry-based learning, their enthusiasm and progress have been truly commendable.

We sincerely thank our parent community for their continued support and partnership.

During the holidays, we encourage you to keep children meaningfully engaged while allowing time to relax:

- Foster reading habits
- Encourage creative activities
- Involve them in simple responsibilities at home
- Practice life skills such as organizing, self-care, and helping with daily routines
- Practice mindfulness through breathing, quiet reflection, or yoga
- Allow free play and exploration



The holiday period also offers a valuable opportunity for children to explore their interests at their own pace. Encouraging curiosity through hands-on experiences, meaningful conversations, and everyday learning moments can further nurture their confidence and independence. A thoughtful balance between structured activities and free time will ensure they return refreshed and ready for the year ahead.

We wish all our families a safe, joyful, and refreshing holiday break filled with meaningful moments.

**Happy Holidays!**



# School Philosophy- 5 Developmental Pillars

## Mindfulness & Well-Being

Students were engaged in mindfulness practices such as back-to-back breathing, volcano breathing, infinity breathing, and rock-a-bye exercises to develop self-management and emotional regulation skills. Daily mindfulness and movement routines supported their well-being by fostering calmness, focus, and self-awareness. Students also explored mandala art to enhance concentration, creativity, and fine motor skills. During well-being sessions, they identified emotions like happiness, sadness, anger, and excitement, connected them to colour zones, and practiced simple calming strategies to express and manage their feelings. These experiences strengthened their thinking, social, and communication skills, helping them become more aware and in control of their emotions.



# School Philosophy- 5 Developmental Pillars

## Core Values

Students explored the core value of Integrity through stories, discussions, videos, and interactive activities. They learned that integrity means being honest, taking responsibility, and doing the right thing even when no one is watching. Through role-plays, assemblies, and library sessions, they connected these ideas to real-life situations and reflected on their own actions. These experiences helped develop their thinking, social, and communication skills, encouraging them to practice honesty and responsibility both in school and at home.



# School Philosophy- 5 Developmental Pillars

## Holistic Excellence

As part of Holistic Development, students engaged in simple yet meaningful activities like identifying clean and dirty spaces, organizing their belongings, practicing hygiene, and participating in a small clean-room project. These experiences supported their overall growth by nurturing not just practical life skills but also positive attitudes and values. Children developed responsibility, independence, and awareness of their surroundings, while also learning to care for shared spaces. Through these activities, learners are becoming more self-managed, disciplined, and caring individuals, building a strong foundation for responsible and mindful behavior in everyday life.



# School Philosophy- 5 Developmental Pillars

## Stakeholder Engagement:

Our school has continued to create joyful and meaningful learning experiences, making the past weeks engaging and memorable for our students. The Holi celebrations brought great excitement, with students attending a special assembly and participating in flower Holi, where they explored the cultural significance of the festival while developing social skills, sensory awareness, and an appreciation for traditions in a safe and joyful manner. The Student-Led Conference (SLC) was a proud moment for our learners, as they confidently shared their learning journeys, reflections, and achievements with their parents, strengthening their communication skills, self-awareness, responsibility, and ownership of learning while building a strong home-school connection. As we come to the end of the academic year, we are proud to reflect on a vibrant and enriching journey for our entire school community.



# School Philosophy- 5 Developmental Pillars

## Global Leadership

Our Early Years learners participated in engaging activities that encourage kindness, sharing, and making thoughtful choices. During Holi, students enjoyed festive art while learning to respect and share with friends. They also engaged in plantation activities, developing care and responsibility towards nature. Students also participated in the Student-Led Conference, where they confidently shared their learning experiences, classroom work, and favorite activities with their parents. This provided them an opportunity to reflect on their learning and develop confidence in expressing their ideas.



# Learning and Teaching- Month Review

## Unit of Inquiry

### Transdisciplinary Theme:

Sharing the Planet

### Central Idea:

Plants are a life- Sustaining resource for us and other living things.

### Lines of Inquiry:

- Types of plants
- Lifecycle of plants
- Interdependence between plants and other living things

### Concepts:

Form, Change, Connection

## Unit of Inquiry

Students continued exploring the unit of inquiry by planting herbs in their section-wise herb gardens to reinforce their understanding of different types of plants. They learned about germination by planting seeds, observing their growth, and recording changes in their journals. Students also explored the differences between living and non-living things and the interdependence between plants and other living things through drawings, stories, models, and real-life examples. By growing and caring for their own plants, they developed a sense of responsibility and deeper understanding of how living things depend on one another, while engaging multiple intelligences such as naturalistic, visual-spatial, linguistic, and interpersonal intelligences.





# Learning and Teaching- Month Review

## Art

Students continued inquiring into different types of art by exploring sculpting. They observed a demonstration on paper sculpting and discussed the similarities and differences between tear-and-paste and paper sculpting techniques. Students experimented with twisting and turning paper to create various shapes and used them to make simple models. They further explored materials used for sculpting through clay modelling, rolling clay into spheres and cylinders and joining them to create their own models. As part of their inquiry, students also co-constructed the task, tools, and criteria for the end-of-unit assessment to demonstrate their understanding of different art techniques and forms.

## Dance

Students explored plants through dance, focusing on the concept of connection by using body movements, shape, energy, and time to express how plants grow, move, and change. They demonstrated curiosity and care while using thinking skills to create and perform simple dance sequences. Students also revisited dance forms and elements learned throughout the year, refining their movements using space, shape, time, energy, and expression. Through these experiences, they strengthened their self-management and thinking skills while reflecting on their learning.



## Drama

Students explored animal expressions and body movements, learning how animals show feelings through actions and sounds. Through role-play and movement activities, they connected emotions with physical expression, strengthening their creativity, coordination, and confidence. Building on this, students experimented with combining movements, facial expressions, and voice to portray animals in different situations and environments. Small group performances and creative role-play further supported the development of their imagination, coordination, and confidence.

## Music

Students continued exploring dynamics and emotions through songs and rhymes such as *If You're Happy, Bingo*, *My Pigeon House*, *Found a Peanut*, *Ants Go Marching*, and *Sunshine*. With the support of the electronic keyboard, they sang along with the teacher while expressing different emotions through music. Through these experiences, students developed their Approaches to Learning skills and demonstrated key Learner Profile attributes.

# Learning and Teaching- Month Review

## Physical Education (P. E)

Students explored gymnastic modules focusing on jumps (90° and 180°) and rolls (long roll and egg roll), along with basic gymnastics shapes. These activities supported the development of ATL skills such as self-management through improved body control, balance, and coordination; social skills through cooperation and encouraging peers; and thinking skills by understanding movement sequences and body positioning. Students also demonstrated Learner Profile attributes by being balanced in controlling their movements, risk-takers while attempting new skills, reflective as they refined their techniques, and principled by following safety guidelines during gymnastics activities.



# Learning and Teaching- Month Review-U0



Young inquirers nurtured their herb gardens while planting seeds and observing the process of germination and plant growth. Through caring for their plants and documenting changes, students explored the connection and interdependence between living things.



# Learning and Teaching- Month Review-UOI



Young inquirers nurtured their herb gardens by planting seeds and observing germination and plant growth. Through this, they explored the interdependence between living things while developing observation, responsibility, and communication skills.



# Learning and Teaching- Month Review - Math



Students explored numbers using hands-on materials and games to understand place value. They also practiced number comparison, addition, skip counting, ordering of numbers, and measurement of time, developing numeracy, problem-solving, and logical thinking skills.

# Learning and Teaching- Month Review- Art



Students explored sculpting by experimenting with paper and clay to create different shapes and models. They observed demonstrations, compared techniques, and used their creativity to design their own sculptures. Through this inquiry, they developed an understanding of different art techniques and materials, strengthening creativity, fine motor, and observation skills.



# Learning and Teaching- Month Review- Dance



Students explored the concept of connection through dance by using body movements, shape, energy, and time to express. They created and performed simple dance sequences while revisiting dance elements such as space, shape, and expression. Through these experiences, students strengthened their creativity, thinking skills, and self-management.

# Learning and Teaching- Month Review- Drama



Students explored animal expressions and body movements, learning how animals show feelings through actions and sounds. Through role-play and movement activities, they used facial expressions, voice, and actions to portray animals in different situations. These experiences helped develop their creativity, coordination, and confidence.



# Learning and Teaching- Month Review- Library



Students enjoyed listening to stories during their library time, exploring different characters and ideas while developing a love for books and reading. This experience helped enhance their listening skills, imagination, vocabulary, and comprehension abilities.



# Learning and Teaching- Month Review- Music



Students explored dynamics and emotions through songs and rhymes such as *If You're Happy, Bingo*, and *Ants Go Marching*. Singing along with the electronic keyboard, they expressed different emotions through music. These activities helped develop their confidence, listening skills, and enjoyment of music.



# Learning and Teaching- Month Review- Physical Education (P. E)



Students explored gymnastics through jumps, rolls, and basic body shapes. These activities helped develop balance, coordination, and body control while encouraging cooperation and safe practices. Through regular practice, students built confidence and improved their movement skills.

# Learning and Teaching- Month Review- Well-being



Students explored emotions and colour zones, expressing feelings through words and actions, while developing emotional awareness, self-regulation, communication, and social skills.



# Holistic Excellence - Life Skills



Students practiced practical life skills by picking up trash, organizing their spaces, cleaning resources, and drying clothes, developing responsibility, independence, fine motor, and self-management skills.

# Holistic Excellence - Life Skills



Students practiced practical life skills like organizing spaces, cleaning resources, and drying clothes, developing responsibility, independence, fine motor, coordination, and self-management skills.

# Holistic Excellence - Pottery



Creative minds at work in pottery class-

Students practiced the coiling technique in pottery, shaping clay into creative forms while developing fine motor skills, creativity, coordination, and concentration.



# Holistic Excellence- Play time



Students explored outdoor spaces through sand play, building, nature observation, and water activities, developing curiosity, sensory skills, coordination, and overall holistic growth.

# Global Leadership



Students took ownership of their learning while engaging in plantation activities, story reading, and celebrations like Holi celebrations, building confidence, communication, reflection, social, and environmental awareness skills.



# Stakeholder Engagement- Student Led Conference (SLC Term-2)



Student-Led Conferences strengthening the home-school partnership. Students confidently shared their learning journeys, reflections, and achievements with their parents during the Student-Led Conference. This experience strengthened their communication skills, self-awareness, and ownership of learning while fostering a strong home-school connection.

# Stakeholder Engagement - Student Led Conference (SLC Term-2)



Student-Led Conferences strengthened and fostering stakeholder engagement, collaboration, communication, and shared responsibility for learning.



# Stakeholder Engagement - Holi Celebrations



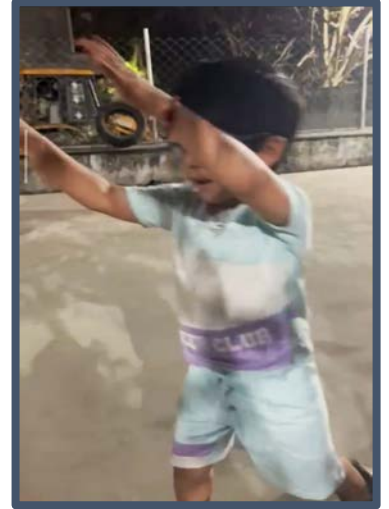
Joyful Holi celebrations fostering cultural appreciation and togetherness  
Students celebrated Holi through a special assembly and flower Holi, developing cultural awareness, social interaction, and collaboration skills.

# Action taken by Students



Students took action by sharing their learning about types of plants and germination at home through explanations and experiments, developing communication, inquiry, and real-life application skills.

# Action taken by Students



Students took initiative by engaging in calming activities, demonstrated confidence and coordination through physical skills, and practiced life skills by helping with daily chores, developing self-regulation, motor, and independence skills.

# More Information

## **Our website:**

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

## **Events link:**

<https://www.thegaudium.com/at-the-gaudium/gaudium-events/>

## **Facebook : For daily updates please like the page.**

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

