

CLASS NEWSLETTER

GRADES 7,8,9 and 10



classroom



Here We Go Again!

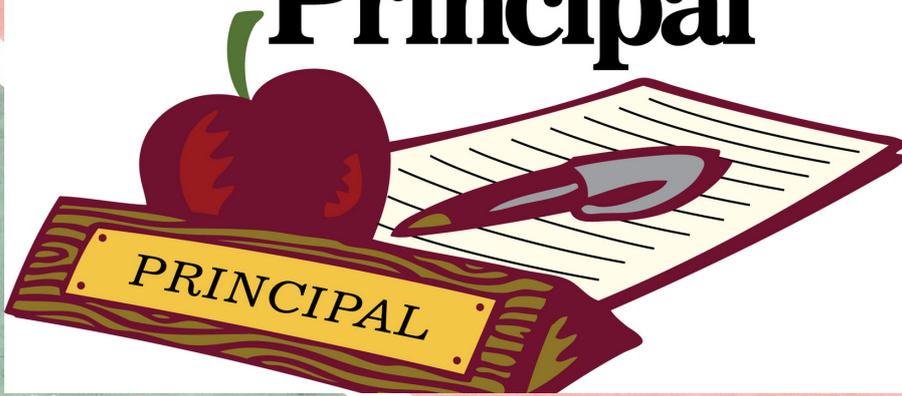
WHAT'S INSIDE?

- ARTICLES
- PUZZLES
- RIDDLES
- TEACHERS CORNER
- TONGUE TWISTERS

AND MANY MORE

INSPIRE | SUPPORT | ACHIEVE | TOGETHER

From *the* Principal



Dr. Deepti Chaturvedi

“children must be taught how to think, not what to think”;

Dear parents,

Once again we are here with the second edition of our school newsletter, which presents before you the creative reflections of our young achievers at Nurture. We trust in the philosophy of evolving through experiences and so try to create such an environment that optimizes the opportunity of exploration, experience, and reflection.

Leaving behind the hard times of pandemic, let's join hands to nurture our kids to the best of their potential, let them bloom with pride and glory, and witness the spectacular learning journey of the students of Nurture as you browse through. These achievements are true reflections of the continued guidance and encouragement of our wonderful team of facilitators.

Dr. Deepti Chaturvedi
Principal



Mrs. Haritha Valsaraj

Let's stop being afraid of what could go wrong and only think of what could go right. Have a positive mind as the word impossible itself says, "I'm possible" and you all are capable of doing amazing things.

Do the best you can until you know better. Then when you know better, do better. It's time for us to work it out.

1. Except Mathematics, study all other subjects for 1-1.5 hours each on a daily basis.

Take it as a mix and match. Plan your day well. Like a good meal, it is important to have all the essential ingredients while studying as well. Do not have all easy subjects/topics in a day or do not over burden yourself with topics that you find difficult. To maximize your output, start your "study day" with a light subject for an hour or so, once you get warmed up, take up a heavy subject or a topic.

2. Mathematics requires a lot of practice; so, allocate 2 hours for Maths.

3. Allocate 1.5 hours for Science. Based on your requirements (like homework), allocate time for Physics, Chemistry, and Biology within this 1.5 hours. You can study one, two or all three Science divisions on a given day depending on your needs and convenience. Make use of concept maps, highlight all terminologies, Venn diagrams to compare, flow charts, diagrams with key points near the labellings to help you learn quick.

4. Similarly, allocate 1.5 hours for Social Science divisions (History, Geography, Civics, etc). Make time lines, concept maps, Venn diagrams to compare, flow charts to help you learn quick.

5. Study any one of the literature subjects (English or Hindi/Sanskrit) for 1 hour on a given day. For example, if you are studying English from 8.00 pm to 9.00 pm on Monday, study Hindi/Sanskrit from 8.00 pm to 9.00 pm on Tuesday.

6. Be flexible to change your timetable based on your strength, weaknesses, convenience, and needs. Don't have too much on your platter.

Exercise your brain in a constructive way, and do not burden it with a lot of thoughts. Be clear in your mind and do not pressurize yourself to cover things that are beyond your reach.

Make realistic targets for a day. Even Rome was not built in a day. Do not overdo things.

Do not try and study everything in a single day. Try taking it slow and apportion your revision accordingly.

7. Do not study for more than 2-3 hours at a stretch. Take breaks after that. Practice art of relaxation.

Exercise and meditation helps to improve concentration. Many of the athletes and sports professionals regularly employ meditation methods. Studies have found a direct correlation between concentration exercises (meditation) and the performance level of sports professionals.

Meditation strengthens the mind, it comes under control and is able to provide effective guidance to the physical body to effectively execute all its projects. Psychological exercises are a powerful way of improving concentration and improving mental strength. So go for a walk in the park early in the morning before you start studying.

8. Do not compromise with your health. Eat properly. Sleep for 7-8 hours daily.



Mrs. Rekha R Chandran

Josh Groban's Commencement Speech: "Embrace fear and trust your instincts."

That was Josh Groban's message to a college graduation assembly at High Point University in 2018. He went on to say:

"I believe that it would be better to fail at doing something challenging, something worthwhile, and something I'm excited to show the world than to succeed doing something safe, something that wouldn't actually inspire much at all. You learn with experience that some fear is the good stuff. Not all. But when the fear comes from a place of wanting to follow through with passion—something you believe in, it's good. When it comes to your future experiences, as you enter the world with your knowledge and excitement, as you choose opportunities, always remember: if you aren't scared, be worried."



Covid Warriors

Purvank Shetty
Grade 9



The 2019–2020 corona virus pandemic is upending life on a global level as we know it. The highly infectious corona virus disease 2019 (COVID-19) is caused by severe acute respiratory syndrome corona virus 2 (SARS-CoV-2). It was first seen in Wuhan, Hubei, China where its outbreak was first identified in December 2019. After almost 3 months, on March 11, 2020, the World Health Organization recognized it as a pandemic considering its significant ongoing spread in multiple countries across the world.

As of April 11, 2020, approximately 1,741,621 cases of COVID-19 have been confirmed in over 210 countries and territories resulting in around 106,670 deaths. Clearly, the corona virus outbreak situation cannot be taken lightly. Global pandemic of COVID 19, its ophthalmic implications, and precautions are well summarized in recently published editorials.

While on one hand people across India and around the globe are largely confined to their homes with businesses and educational institutions all shut down in an

attempt to contain the virus, on the other hand doctors, health-care workers, and medical staff members are leading the battle against COVID-19 from the front. Putting their own lives at stake with selfless determination for the sake of saving lives, they truly are our heroes in these challenging times. While they are putting their own health, families, and most importantly their own lives at risk, the least we can do is appreciate their efforts and cooperate by staying safe indoors. That being said, it is good to see tributes pouring in for all the medical heroes working in scrubs. On occasion of the Doctors' Day (March 30, 2020 USA and Australia), the stories of the medical heroes are inspiring and heart-breaking at the same time.

My online class experience at Nurture

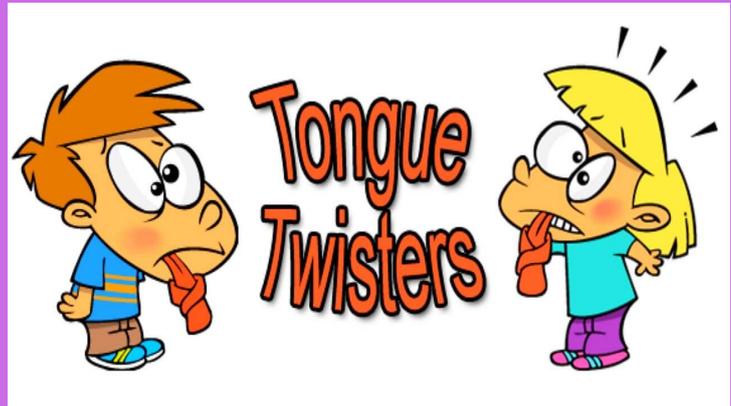
Sai Preetam Debata
Grade 8



- COVID-19 has resulted in schools being shut all across the world. Globally, over 1.2 billion children are out of the classroom. Our country was also adversely affected by this virus.
- As a result, education has changed drastically, with the distinctive rise of e-learning, whereby teaching is undertaken remotely and on digital platforms.
- Owing to the pandemic situation, our school also started online classes through Eduflex and Zoom portal from June 2020 as per the Government guidelines.
- We were excited too for online classes as it was a different experience for us. The studies are structured much better than I expected. I don't really see a much difference between the online and offline structures.
- Our teachers teach us the subjects by using PPTs and related videos. Through this we are able to understand the subject easily. Besides this, we were encouraged to participate in activities like dance, drawing classes, etc.
- Further, our school conducted students council election online where we voted and selected various leaders. We celebrated all the functions like Independence Day, online.
- Our school conducted a very fair and well organised online examination also.

Tongue twisters

Safa
Grade 8



1. How can a clam cram in a clean cream can?
2. Six sick hicks nick six slick bricks with picks and sticks.
3. I wish to wish the wish you wish to wish, but if you wish the wish the witch wishes, I won't wish the wish you wish to wish.
4. The 33 thieves thought that they thrilled the throne throughout Thursday.
5. The sixth sick sheikh's sixth sheep's sick.
6. She sells seashells by the seashore.

Stay fit stay healthy

Charan
Grade 8

1. Eat a healthy diet- Eat a combination of different foods, including fruits, vegetables, legumes, nuts and whole grains. Adults should eat at least five portions (400g) of fruits and vegetables per day.
2. Reduce intake of harmful fats - Fats consumed should be lesser than 30% of your total energy intake. This will help prevent unhealthy weight gain and NCDs.
3. Be active - Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure. This includes exercise and activities undertaken while working, playing, carrying out household chores, travelling, and engaging in recreational pursuits.
4. Cover your mouth when coughing or sneezing - Diseases such as Influenza, Pneumonia and Tuberculosis are transmitted through the air, when an infected person coughs or sneezes.

Article: How to spend time during pandemic at home?

Sannidhi
Grade 7

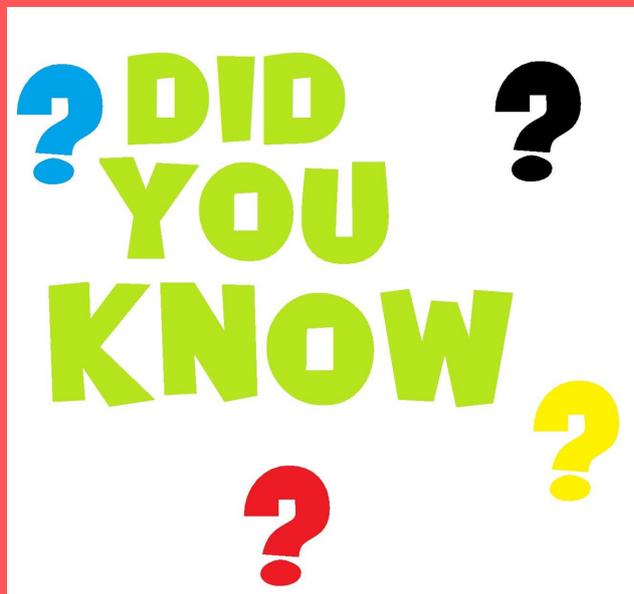


During this pandemic, people have been spending most of their time at home. Most of us get really bored at home by working/attending school online. Don't want to feel bored? Read on for some tips to not to get bored at home!!

1. Organize your wardrobe: #keepingroomclean posts are going viral on various social handles. Why not keep your room clean?? Try organizing your wardrobe for a start. Segregate your clothes, add stickers if you want, draw a picture and tape it to your wardrobe. It will surely be fun!!
2. Learn to cook: I am sure everyone misses hotel food. Why not try making it at home. There are YouTube videos for assistance. Try your favorite dish at home!! It can be a spicy meal or a sugary dessert!
3. Start a home garden: Don't you love the fragrance of fresh flowers?? Try starting a garden in your balcony or terrace. You can grow any plant of your preference. Collect seeds from fruits or vegetables. Or you can even order seeds from online shopping delivery services. You will surely enjoy growing a part of nature!!
4. Dance Your Heart Out: Whether or not you are a fan of dancing, give it a try. You can also learn a new form of dance. It will not only uplift your mood, health, and fitness but also helps you to increase your confidence.
5. Spend some "ME" time: Do something which you love to do. More like a hobby. It can be drawing, colouring, singing, dancing, acting or playing indoor games.

Fun Fact

Sannidhi
Grade 7



- 1) The only letter that doesn't appear on the periodic table is J.
- 2) The scientific name for Giant Anteater is *Myrmecophaga Tridactyla*. Which means "ant eating with three fingers".
- 3) Astronaut is a compound word derived from the two Ancient Greek words "Astro" meaning "star" and "naut" meaning "sailor". So astronaut literally means "star sailor".
- 4) The largest known prime number has 17,425,170 digits. The new prime number is 2 multiplied by itself 57,885,161 times, minus 1
- 5) The tongue is the only muscle in one's body that is attached from one end.
- 6) The Roman - Persian wars are the longest in history, lasting over 680 years. They began in 54 BC and ended in 628 AD.
- 7) People say, 'Bless You' when you sneeze because when you sneeze, your heart stops for a millisecond.
- 8) The blood of mammals is red, the blood of insects is yellow in colour, and the blood of lobster is blue.

Tokyo Olympics 2021 India Medal List. Kannada Activity

Safa
Grade 8



Riddles

Bhuvana
Grade 7



1. I am a fruit
I have many black seeds in me
I look similar to a chiku
And as green as grass.
Who am I?
2. What has to be broken before you can use it?
3. I am tall when I am young and short when I am old. Who am I?
4. What is full of holes but still holds water?
5. What is as big as you put doesn't weigh anything?

Answers

1. Kiwi
2. Egg
3. Candle
4. Sponge
5. Your shadow



Art corner

Sannidhi
Grade 7



Art

Kaarthika

Grade 7



Puzzle

Bhuvana

Grade 7

SUDOKU

2		9			6			
	4		8	7			1	2
8				1	9		4	
	3		7			8		1
	6	5			8		3	
1				3				7
			6	5		7		9
6		4					2	
	8		3		1	4	5	

ANSWER

2	1	9	5	4	3	6	7	8
5	4	3	8	7	6	9	1	2
8	7	6	2	1	9	3	4	5
4	3	2	7	6	5	8	9	1
7	6	5	1	9	8	2	3	4
1	9	8	4	3	2	5	6	7
3	2	1	6	5	4	7	8	9
6	5	4	9	8	7	1	2	3

Online class experience

Stuti
Grade 7



Amidst endless classwork, homework, worksheets and portfolios, every student looks forward to that Saturday which brings with it fun and enjoyable activities conducted by our school. These activities, not only bring a fun element to the students' life, but also help them inculcate leadership skills and sportsman spirit. These engaging activities give students exposure to the competitive world and help them bond better with their classmates and teachers. This year, despite the online platform, the variety of these activities hasn't changed a bit.

On 12th June 2021, we had our school club activities. In our school we have different clubs. We have IT, Literary, Heritage, Interact, Eureka and Eco club. We have distinct activities like debate, role play, speech, and other relative activities.

On 21st June 2021, school celebrated World Music Day virtually. We had a blast!! There were songs, speech and a sing a song challenge! We had a great time.

On 17th July 2021, we had a July month-based activity for all Grades. Each Grade had different activities like role play, declamation, post card making, and so on. We had so much fun participating.



Health Tips

Sannidhi

Grade 7

Healthy Habits Pledge

I pledge to stay healthy and clean through exercise and good hygiene. I will eat balanced meals every day to have more energy to learn and to play.

Every night I will get a good rest to be more ready to do my best. If I work hard to be healthy and strong I'll be happier my whole life long.

EXERCISES FOR KIDS



1. Planks



2. Push-ups



3. Crunches



4. Cycling



5. Lunges



6. Running

HealthyCounts

A health routine kids can count on.



More than eight hours of sleep a night



Breakfasts a week



Home-cooked meals a week



Servings of fruits and vegetables a day



Positive self messages a day



Servings of low-fat dairy a day



Hours or less of screen time a day



Hour or more of physical activity a day



Sugary drinks a day

Tongue twisters!!!

Bhuvana

Grade 7

- 1) He has a hat in his hand
- 2) I feel I need a deep sleep
- 3) Sit a bit. Sit till I kill the fly.
- 4) The cook took a good look at the cook book.
- 5) A little girl with a little curl.
- 6) He laughs best who loves last.

Comic Strips

Ashwith

Grade 7



A blue square with colorful confetti (red, yellow, purple, teal) scattered throughout. The words "Thank you" are written in a white, cursive font with a slight shadow effect, centered within the square.

Thank
you

Visit: www.nurtureinternational.in/bbk

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