



you NEVER FAIL
UNTIL
you STOP
TRYING

“Education the mind without educating the heart is no education at all.” -Aristotle



Greetings Parents!

At Nurture, we constantly endeavor to install values and qualities in our children and help them grow into responsible citizens of the future. We aim at unleashing the innate potential and talents in every child which enable them to explore and express their thoughts freely. Nurture, class newsletter the quarterly reflects our sincere efforts to hone abilities by pushing boundaries of learning with positive attitude.

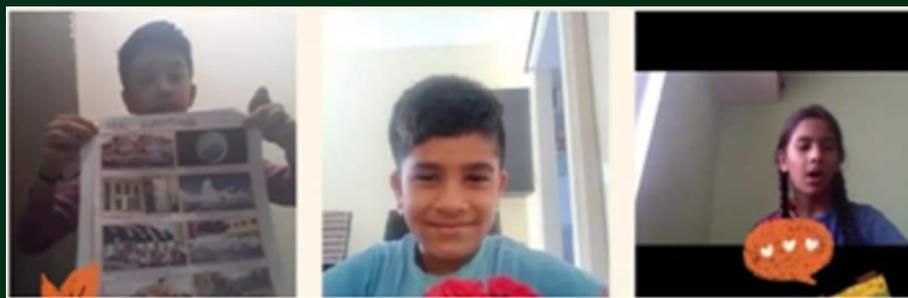
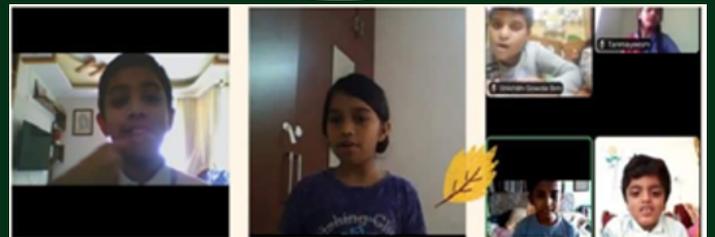
With sincere and warm regards
Dr. Deepti Chaturvedi
Principal, NISB



MY EXPERIENCE OF ONLINE CLASSES DURING PANDEMIC

Hi my dear teachers and lovely friends, I am Nihal Vishnu Sagar of 4th B sharing my experience of online classes during Covid-19. As soon as lockdown started, we all were locked at home and missed our regular schedule. Firstly, we could not come to school and it was a terrible feeling and it is still.

Our teachers started online classes to continue our studies from home. Each and every teacher has given their best to make us understand the concepts inspite of several disturbances at times from the students' end.





When online classes started, I was not familiar to use electronic devices effectively but after some time I am familiar with this new norm and I am able to use it according to my needs. My teachers have been working hard to improve the quality of online teaching. I felt very happy when online classes were started, So that we will be more interactive and the class shall be thoroughly enjoyed by all of us.

Apart from the main subjects we also have karate, reading, activity, music, dance which create a happy learning environment.

My teachers give us weekly test to improve our answer writing skills. Sometimes my system has poor internet connection so it creates a mess.

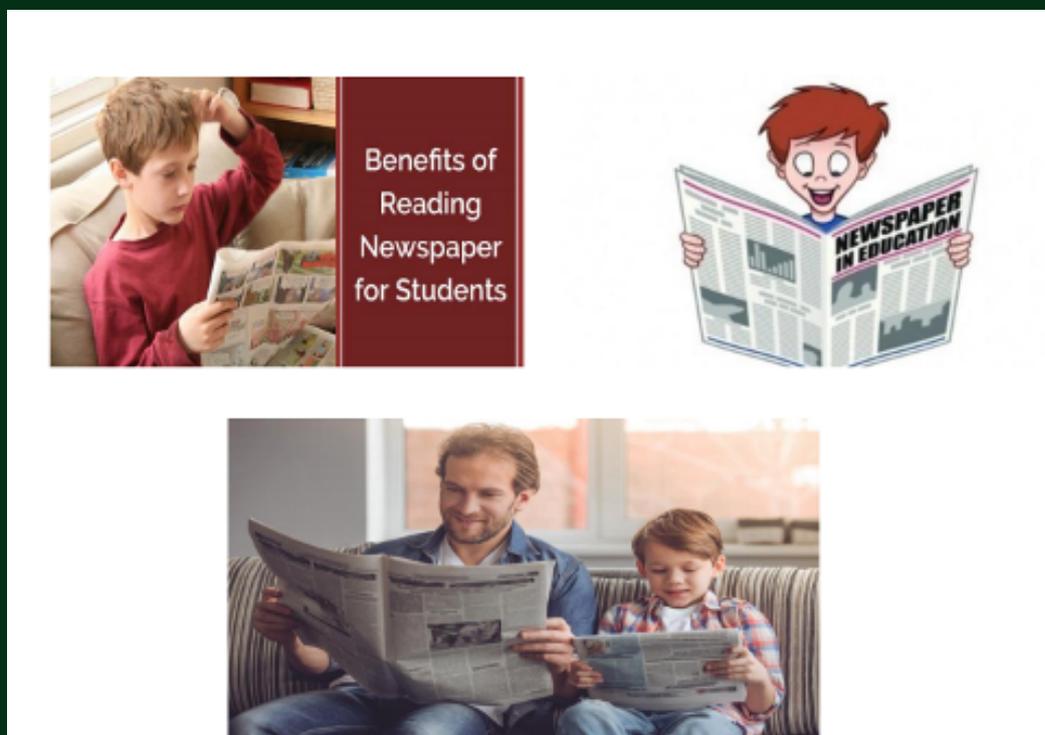
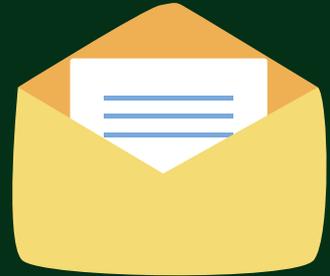


Nihal-4B

BENEFITS OF READING NEWSPAPER

Dakshata Umesh -4A

- Strengthens reading and writing skills
- Provides entertainment and sports news
- Best source of general knowledge
- Get up- to- date with politics
- Useful ideas about researches and projects
- Make us a good speaker
- Improves vocabulary skills
- Gets all the information of outer and inner world.



Wednesday, 7 July
World Chocolate Day 2021

ASHITH

Why is World Chocolate Day Celebrated?

World Chocolate Day is all about eating chocolate! It's a celebration of chocolate creations everywhere. No matter what your favorite brand or kind of chocolate is, anyone can celebrate by treating themselves to a little nibble on 7 July. Think of it like a celebration of chocolate becoming well-known and well-loved around the world. Americans celebrate International Chocolate Day on 13 September, because this was the birthday of Milton Hershey, the founder of the Hershey chocolate company.



What is World Chocolate Day?

World Chocolate Day is sometimes referred to as International Chocolate Day. It takes place on 7 July every year, and put simply, it's a celebration of all things chocolate! The event was created in 2009. In some countries around the world, the day is celebrated on different dates. But July 7 was chosen for World Chocolate Day because this day is thought to be around the time that chocolate was introduced to European countries. It quickly became a favorite treat in South Africa and across the world!

**4TH GRADE
A SEC**



Floods are frequent type of natural disaster and occur when an overflow of water submerges land that is usually dry.

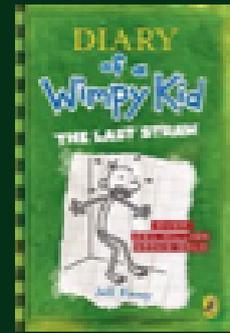
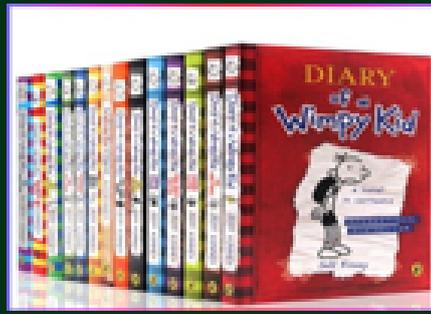
Floods are often caused by heavy rainfalls, rapid snow melt. For a storm surge from a tropical cyclone or tsunami in coastal land.

Flash floods occur within six hours of rain event. Listen for news of dam failures, watch for slow moving storms that repeatedly move over the same area during flood waters. Do not park your vehicle near a river or on a street that you know floods.

GOWRI NANADANA

DIARY of a Wimpy Kid

Arwin Jeevotham-4B



This diary of wimpy kid is a multi book series for middle schoolers, the author of this book is Jeff Kinney and using the cartoons in the book he has very nicely narrated the wimpy feeling of a middle schooler named Greg Hefley.

Out of all the series, my favorite one is diary of a Wimpy kid: THE LAST STRAW STORY. Here in this story, you will come across the Gregs family his parents – Frank and Susan hafley, three kids Rodrick (16), Greg (11) and Many (3yr) old, his maternal grandparents and Greg school friends Rowley and Holly.

The last straw series begins with Christmas season, holiday, new year resolution and gifts where in the wimpy kid receives a laundry hoop as gift from his uncle, everyone in the family comes up with new year resolution except our wimpy kid. His adventure while going to school, missing the school bus, bullied by other school kids, falling asleep in the classes and messing up with everyone in his most creepy way. But when there is detainment, a notice was announced. His father thinks of taming him strictly and threatens him that he will get his admission done in the military school. So this book is all about how parents discipline us.

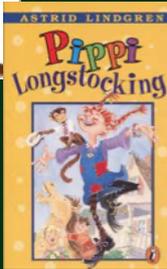
So, this is a funny book where in the reader can explore the adventure, fiction and humor in which kid is appealing silliness. The theme reflects on friendship, loyalty, self-esteem, demands of family, peers and one's own consciousness. Like many classic comics strips this is a series which hides its lesson well.

This series can be read by 8 -13 yr old schoolers, the series has a diary where in we can record our stories too. It has character cards, book mark, reflection question which is very thought provoking. The use of cartoons makes us to connect very well with the character. I strongly recommend to kids who are naughty can very well enjoy the series and its original version from the author and only one thing I thought was academic progression was not shown much with Greg otherwise it's an awesome fun loving book.

Hasini Ganesh-4B

Story Book Review – Pippi Longstocking

Pippi Longstocking series is a good and funny book. My mother got me this book when I was in Grade III. Then, I hadn't read all the chapters. It's a really fun read for all those who like to float in fantasy and adventure world. Pippi lives alone in a house called Villa Villekulla with her only monkey and her horse for company. There she meets her neighbors Tommy and Annika, with whom she has lots of fun. She is characterized as an unusual child, who fights with robbers or does really weird stuff like compete with the strongest man in the world, and beat him. My favorite character in the book is also Mr. Nilsson, the monkey. Do read the book and have fun yourselves!



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Riddles on Solar System

I am something in the sky
That seems to shine at night

However, I'm not a star

But the dents on me are bizarre

We are giant balls of gas

Filled with shiny glittery mass.

One of us is seen in the day,

And rest of us appear only at night

1. Neptun e
2. Mars
3. Mercury
4. Asteroids
5. Revolution
6. Rotation
7. Comets
8. Lunar
9. Astronaut
10. Satellites

World Oceans Day

World Oceans Day: History

Kevin-4B

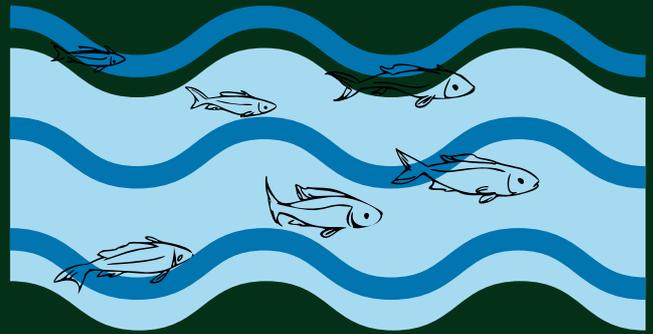
World Ocean Day is observed every year on June 8. The world oceans day was officially announced by the United Nation in the year 2008

Reasons Why the Ocean is Important?

1. Ocean produces more than 50% of the oxygen on earth
2. The ocean helps in regulating the climate of the earth
3. Ocean accounts for being the major source of food

Threats to the Ocean – Causes of Ocean Pollution

- Ocean Acidification
- Global warming
- Excessive usage of plastic
- Poor waste management
- Over-fishing



World Ocean Day Activities – Ways to Observe World Ocean Day

The following are the few measures that can be taken into consideration as part of observation of World Oceans Day.

- The usage of plastics should be reduced so that it can be avoided of being ended up in the oceans.
- Usage of solar energy can be emphasized.
- Organize a campaign to educate the fishermen in your locality on the harmful effects of leaving the fishing equipment in the ocean
- Dispose of the medical waste appropriately.

The pandemic has made us all sit inside our homes for a long time. Many times, we feel restless about the situation. We are having our online classes going on and we are all busy with our classes, assignments, activities etc. Something that refreshes our mind and gives our body the energy to work is required. I have come up with a simple recipe which we kids can do it on our own and can enjoy it with our family members. Yes, here is a recipe of "FRUIT PUNCH".



The ingredients for fruit punch is given below:

1. Mangoes – 1
 2. Apple – 1
 3. Banana – 4
 4. Pomegranate – 1
 5. Grapes – a bunch
 6. Cherries – handful
 7. Honey – 2-3 table spoons.
 8. Dry fruits – dry grapes, cashews, almonds – as per your liking.
- You can add few more fruits like papaya, musk melon, pine apple, oranges, berries etc.



Preparation method:

1. Cut the fruits into small pieces.
2. Take a mixing bowl and add all the cut fruits into it
3. Add honey to the fruit mixture. Mix the fruits well.
4. Then add the dry fruits to the fruit mixture.

The FRUIT PUNCH is now ready to be served. You can also serve this with a scoop of your favorite ice cream. Enjoy eating and feel energized.

Origin: The concept of fruit salad was probably introduced during the US Naval Era, perhaps in the early 1900s. While ancient Chamorus ate mangoes, papayas, young coconuts (mãnha), bananas and other native fruits, the mixing of a variety of fruits with a sweetsauce is distinctly Western.

Fruit salad as it is known today (a mixture of fresh fruits, canned fruits and sweetener) comes from the mid 1800s. There are several forms of fruit salads that use mayonnaise (Waldorf fruit salad) that is popular in Europe or oranges and sour cream (Ambrosia) popular in America and others that use coconut and condensed milk, popular in the Philippines and Guam.

Other names: A fruit salad is sometimes known as a fruit cocktail, fruit cup, Waldorf salad, Ambrosia salad, Jello salad.

Course of serving: Appetizer, dessert, snack, main meal (during fasting).

Health benefits:

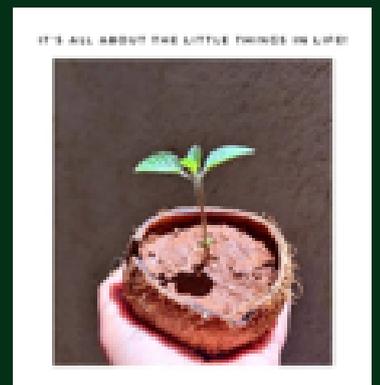
1. Eating lots of fruit lowers the risk of developing disease.
2. Fruit makes you sturdy as they make your bones and muscles stronger.
3. Water content in fruit helps to keep you hydrated.
4. All fruit have antioxidants which help to fight against diseases.
5. Fruits are high in fiber, which helps keep you fit and healthy.
6. Fruits are nutrient dense and provide our bodies with vitamins and minerals.
7. Fruits make you glow as they are rich in vitamin C.
8. Fruits boost brain power.
9. Fruits make you feel energized.
10. Fruits keep your digestive system happy.

World Environment Day celebration in our school

On 5th June ,every year people across the globe celebrate World Environment Day. The World Environment Day is run by the United Nations environment programme, since the year 1973 . The main purpose of celebrating this day is to spread awareness.

On 5th June our school celebrated ‘World Environment Day’. Many competitions were held to mark the celebrations. All students participated in the competitions such as drawing, role play , poster making, speech on World Environment Day etc through virtual platform and enjoyed a lot. Winners got rewards . Our teachers explained us how to plant a sapling and we learnt how trees can help to keep our environment safe. Trees reduce global warming, their roots conserve soil.

Therefore it is our duty to protect our environment and stop all the exploitation on it. Because in the end environment is our basic need for survival and our generations ahead.



Reading day in my class

Reading day activity was conducted in our school at every class. I and all my class mates enjoyed our reading day activities a lot in the languages – Hindi, English and Kannada. We are learning with balancing learning and fun and built a vocabulary by having a conversation. Reading Day activities focused on developing language skills through activities. Recently in Hindi we had an activity to describe about our best friend and I enjoyed it a lot by sharing about my best friend with my class mates and teacher. Now a days I am talking with my friends in Hindi and it feels great that I can talk and understand in Hindi language too. It has enhanced my learning skills. I and my all classmates are enjoying all activities .



World Covid-19

Atharva Singh-4c

As we know the world is fighting against a virus known as 'Corona Virus'.

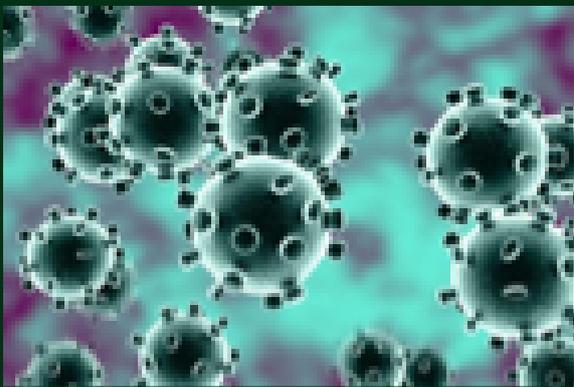
The whole world's covid cases, recoveries and deaths are:-

Coronavirus Cases:190,923,871 ,

Deaths:4,101,639 , Recovered:173,939,047

The country with most covid cases is: United States with 34,953,937 covid cases and our country India is at second place with 31,106,065 covid cases. COVID-19 affects different people in different ways.

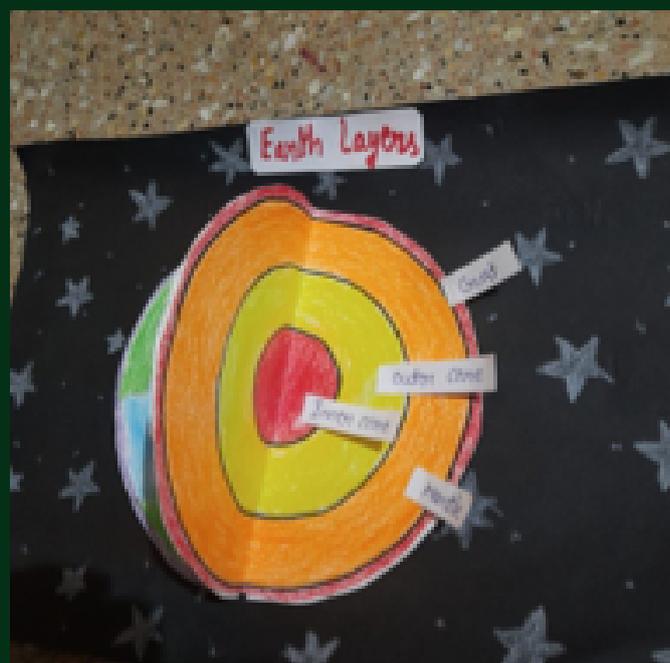
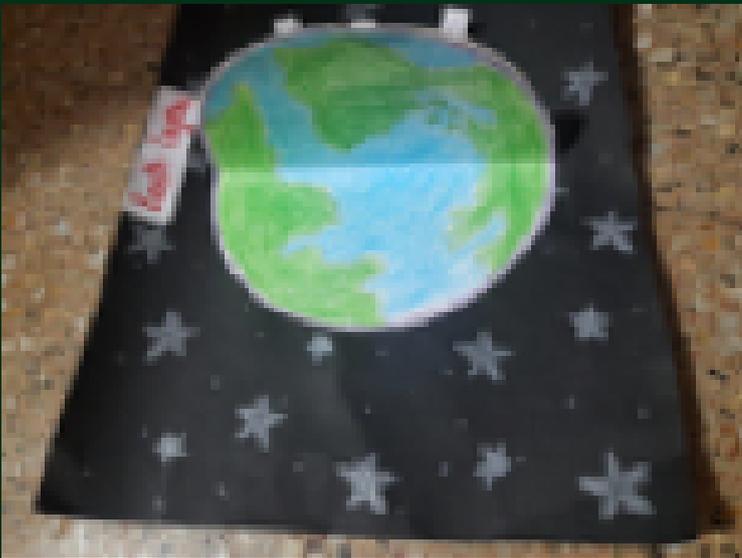
Some common symptoms are: fever, dry cough, tiredness. Most infected people will develop mild to moderate illness and recover without hospitalization and in some cases people were serious in which some of them recovered and some died. Lockdown was applied to prevent the cases of Covid-19. Countries made some rules for the citizens some of these are :-
Wear a mask. Frequently wash our hands. Maintain safe distance. Get vaccinated. After the vaccination people can't put themselves to risk and go to crowded places as the WHO says research on what is still going on. And to get out of this pandemic people need to vaccinate themselves at the nearest vaccination centre or hospitals.



Activity in My Favourite subject - EVS

My favourite subject is EVS and now a days in online classes I am enjoying it more. I learnt solar system ,map, globe and many new concepts. EVS class has enjoyable activities.

Activities create more interest in me to learn more and more.

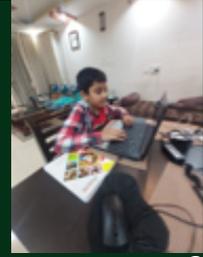


ಕನ್ನಡ ಚಟುವಟಿಕೆ
ಓದುವ ಕೌಶಲ್ಯ

ನನ್ನ ನೆಚ್ಚಿನ ಹವ್ಯಾಸ ಓದುವುದು.ನಾನು ಬಿಡುವಿನ ಸಮಯದಲ್ಲಿ ಓದಲು ಇಷ್ಟಪಡುತ್ತೇನೆ.ಚಿಕ್ಕವಳಾಗಿದ್ದಾಗಿನಿಂದ ನನಗೆ ಓದುವುದೆಂದರೆ ತುಂಬಾ ಇಷ್ಟ. ಶಾಲೆಯಲ್ಲಿ ನನಗೆ ಶಿಕ್ಷಕರು ಓದಲು ಹೇಳಿದಾಗ ನಾನು ತುಂಬಾ ಖುಷಿಯಿಂದ ಓದುತ್ತೇನೆ. ನನಗೆ ಹಾಸ್ಯ, ಕುತೂಹಲಕಾರಿ ಪುಸ್ತಕಗಳು ಓದಲು ತುಂಬಾ ಇಷ್ಟ. ಪುಸ್ತಕಗಳನ್ನು ಓದುವುದರಿಂದ ಹೆಚ್ಚಿನ ಜ್ಞಾನ ದೊರೆಯುತ್ತದೆ ಮತ್ತು ಹೊಸ ಪದಗಳ ಅರ್ಥಗಳನ್ನು ತಿಳಿಯ ಬಹುದು. ಕೆಲವು ಪುಸ್ತಕಗಳು ನಮ್ಮನ್ನು ಕಲ್ಪನಾಲೋಕಕ್ಕೆ ಕರೆದುಕೊಂಡು ಹೋಗುತ್ತವೆ. ಪುಸ್ತಕಗಳನ್ನು ಓದುವುದರಿಂದ ಹೊಸ ಅನುಕೂಲಗಳಿದ್ದು ನಾವು ಪ್ರಪಂಚದ ಎಲ್ಲಾವಿಷಯಗಳನ್ನು ತಿಳಿಯಬಹುದು. ಭವಿಷ್ಯದಲ್ಲಿ ನನಗೆ ಪುಸ್ತಕಗಳನ್ನು ಬರೆಯುವ ಆಸೆ ಇದೆ. ನನಗೆ ವಿಭಿನ್ನ ಸಂಸ್ಕೃತಿ, ಕಲೆ ಹಾಗೂ ಬೇರೆ ಬೇರೆ ಭಾಷೆಗಳ ಪುಸ್ತಕಗಳನ್ನು ಓದುವ ಆಕಾಂಕ್ಷೆ ಇದೆ. ನನಗೆ ದಿನದಲ್ಲಿ ಒಂದು ಘಂಟೆಯಾದರೂ ಪುಸ್ತಕವನ್ನು ಓದಬೇಕೆಂದು ಅನಿಸುತ್ತದೆ. ನಾನು ಮನೆಯಲ್ಲೂ ಸಹ ಪುಸ್ತಕಗಳನ್ನು ಓದುತ್ತೇನೆ ಹಾಗೂ ಪ್ರಸಿದ್ಧ ವ್ಯಕ್ತಿಗಳ ಜೀವನ ಚರಿತ್ರೆಯನ್ನು ಓದಬೇಕೆಂಬ ಆಸೆ ಇದೆ.

ನನಗೆ ದಿನದಲ್ಲಿ ಒಂದು ಘಂಟೆಯಾದರೂ ಪುಸ್ತಕವನ್ನು ಓದಬೇಕೆಂದು ಅನಿಸುತ್ತದೆ. ನಾನು ಮನೆಯಲ್ಲೂ ಸಹ ಪುಸ್ತಕಗಳನ್ನು ಓದುತ್ತೇನೆ ಹಾಗೂ ಪ್ರಸಿದ್ಧ ವ್ಯಕ್ತಿಗಳ ಜೀವನ ಚರಿತ್ರೆಯನ್ನು ಓದಬೇಕೆಂಬ ಆಸೆ ಇದೆ.

Pranav's Time



My Day

I wake up at 7:00am and get ready for my online classes. After classes I do Zoom meeting with my friends, Later, I complete my notes and assignments.

My Family

We are a nuclear family with my father, mother, sister and me. I visit my grand mother's house on Sunday's. We all have dinner together every night. I love my family.



Weekend Plan

I enjoy a lot during weekends. Sometimes we go out with friends and family for a dinner.

My friends

I have lots of friends. We play cricket together and go for cycling too.



Upcoming Event

On 15th August, we have planned for flag hoisting in our apartment on the occasion of Independence Day.

Topic – Importance of Role play in classroom



Memorable classroom experiences are valuable for several reasons. If something from your school days sticks with you for years to come, it's likely reflective of an engaging, unique learning experience. As teachers, we want students to not only gain the knowledge they need but also to have fun and be comfortable in the process.

Speaking from personal experience, I was not a fan of presentations as a student. Presentations equaled scary anticipation, sweaty palms, shaky hands, and a red face. At one point, I would be so willingly taking low marks in a class assessment rather than do the required presentation. We don't want this happening with students, and I carried those memories with me into my own teaching. I did not want any of my awesome students feeling absolute terror at the vision of a presentation.

But what can you do? Public speaking is important. Presentation skills are also important. Introducing confidence in students is really important. So, is it possible to get kids to enhance those skills, reach the needed comfort level, and maybe even strengthen conceptual learning without shaky hands and blushing that can be seen from outer space? Luckily, the answer is yes. There are definitely ways to make this sort of practice much less frightening, and one of those ways is through "role-playing".



One of my all-time favorite teachers converted some of our English language arts time to a drama unit. Those times produced some of my best school memories. While pretending to be someone else and having a specific role to play, I found a major sense of confidence.

That might seem like a big leap — to go from a public-speaking phobia to embracing the stage, but it makes sense if you think about it. Role-playing allows you to wear a mask. There is less pressure because you aren't just "you" — you have a specific persona and goal to focus on. All of the students, even the quietest ones, would volunteer for the speaking parts. They could do it from their desks, no one was looking at them, and it was a great way to accomplish several classroom goals at once: improving speaking skills, increasing student engagement, and raising the comfort level for all students, that's the beauty of role-playing in the classroom.



Nurture
INTERNATIONAL SCHOOL

thank
you

