

NEWSLETTER



GRADE: 4



<https://www.facebook.com/nisb01>

Table of Content

1. Message from the Principal

2. Activities -Subject Wise

- English
- Math
- Art & Craft
- EVS
- Hindi

3. Special Assembly-National
Sports Day

4. Healthy Day Activity

5. Teacher Corner

Message from the Principal

“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

Activities : Art and Craft

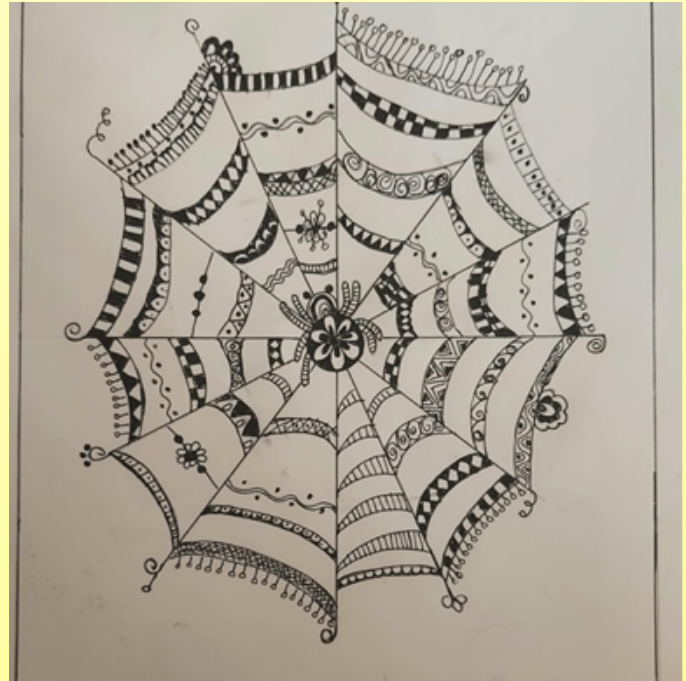
• Paper cup Rabbit



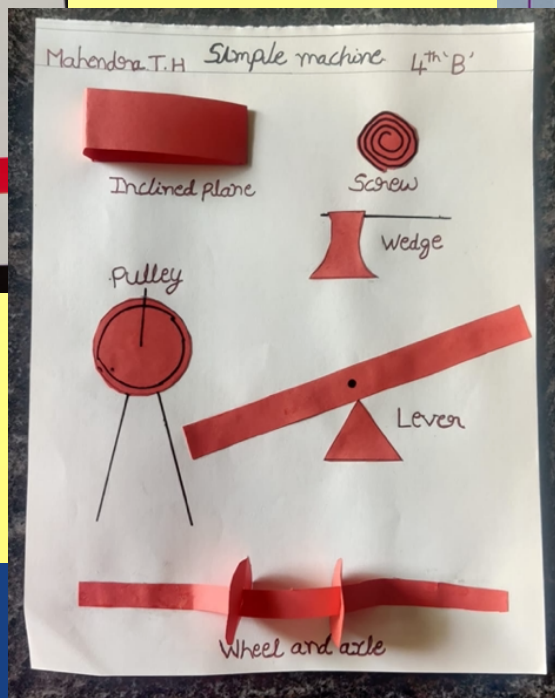
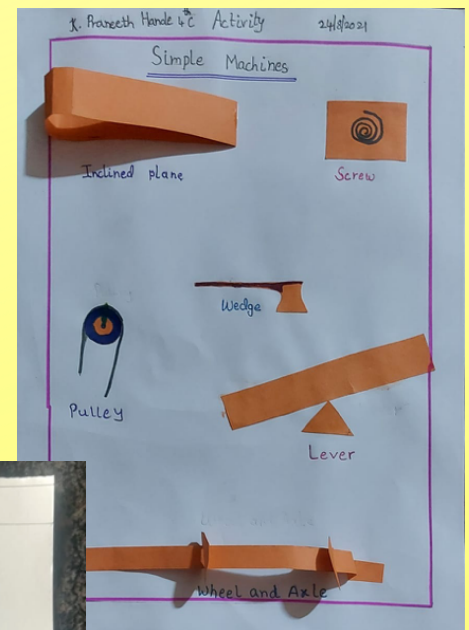
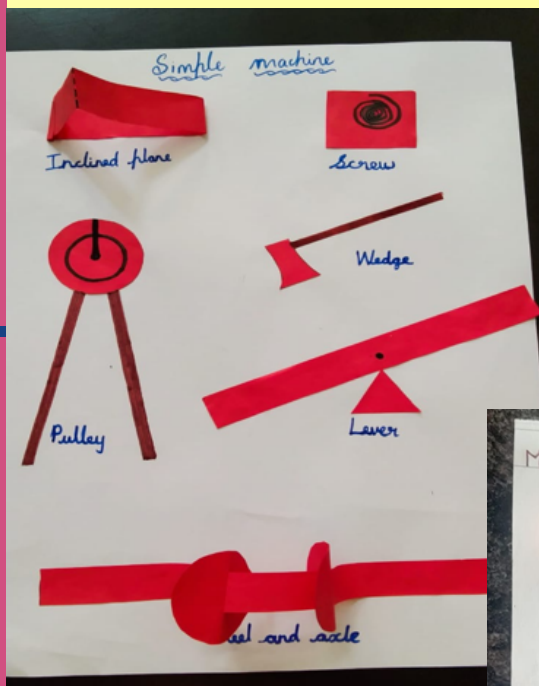
• Paper chain Snake craft



• Zentangle Spider web



• Art Integration of Simple Machines



Interesting Mind-Boggling World Facts

1. While you sleep you can't smell anything – even really, really bad or potent smells.
2. Our brain uses 10 watts of energy to think and does not feel pain.
3. 20% of all the oxygen you breathe is used by your brain.
4. Your fingernails grow faster when you are cold.
5. All babies are born with blue eyes.
6. You are about 1cm taller in the morning when you first get up than when you go to bed.
7. Asia has more than 2300 languages spoken closely followed by Africa with 2138 languages. Surprisingly, Europe has the least languages with only 286 of them.
8. When you speak and understand English, you use only the left side of the brain
9. Euouae holds two Guinness World records. It's the longest English word composed exclusively of vowels, and it has the most consecutive vowels of any word. It's a musical term from medieval times.
11. Hummingbirds are the smallest birds and only birds which can fly backward. To hover, hummingbirds may beat their wings up to 200 times per second.
12. Giant tortoise from the Galápagos Islands near Ecuador can weigh up to 250kg (550lbs) – the same as a brown bear!
13. A vampire bat's teeth are so sharp that its bite may not be felt at all. Their saliva dulls any pain, so a bat may drink its victim's blood for up to 30 minutes.
14. An owl can turn its head almost 360° but it cannot move its eyes.
15. Kiwi birds hunt by smell as they are blind. They are the only wingless birds
16. Strange fact: All octopuses have – not one, not two – but three hearts!
17. Male seahorses are the ones that give birth to their offspring, not the females. Weird, isn't it?
18. Why are things of different colors? It's because when white light hits an object, some of it reflects back like a ball bouncing off of a wall. The other colors (rainbow colors) are absorbed and not reflected back!
19. Walt Disney, the great animator, started sketching when he was just four years old!
20. Indian culture is one of the oldest cultures in the world and goes back to about 4,500 years.
21. India has never invaded a single country throughout its history.
22. Do you know what Indian currency notes are made of? If you said paper, you're wrong! They're actually made of cotton and cotton rag, but not many people know this.

Aman Singh
Grade 4B



Independence Day celebration at our school



Hi friends and teachers as you all know that we got Independence on August 15th 1947. This year we celebrated our 75th Independence day on 15th August 2021. Due to pandemic we couldn't celebrate physically in our school that does not mean we didn't celebrate. We had a virtual celebration with the same enthusiasm and joy.

Firstly Divya ma'am welcomed all of us, our Principal explained significance of the Independence day and how our leaders struggled and sacrificed for our nation. After listening to the speech it made me to feel that I should make my country proud and work hard for my nation. All of our NIS family members had joined through online platform for the celebration.

One of our senior Adithi Suraj conducted a quiz for all the students about our country, I had fun attending the quiz. It was quite interesting.

We saw a video of the parade held in New Delhi, it was fantastic. After watching the dance performance of our seniors and previous year's school celebrations, I felt very good which reminded me, the joy of school celebration. I hope next year we will celebrate together at our school. At the end we sang our National Anthem Jana Gana Mana. I felt it was a great and new experience.

Jai Hind.

K. Praneeth Hande

IV C



Club activities held on account of Kargil Vijay Diwas.

*Jenisha
Grade - 4C*

Kargil Diwas is celebrated on 26th July. We salute the bravery of our soldiers.

The Day marks the victory of Indian army over Pakistani force who occupied over the mountain top of Northern Kargil district in Ladakh on 26th July 1999.



Friendship Day

Jenisha
Grade - 4C

It is a day when all the friends come together and celebrate the day they exchange friendship bands.

I would like to say that, The Greatest Healing Therapy is friendship and love.

Due to this pandemic, we are staying away from each other due to which I miss my friends very much .



GLIDING BEAUTY

VARCHAS PRAAPTHI PRAMOD, 4A

*Bird of black yellow and grey,
Watching you is a bliss each new day.
Hey bird. You... yes you... flying in the sky
How do you fly so high and high...?*

*Come sit on this tree,
I want to hear you singing.
Come quench your thirst,
I want to see you sipping.
Where are you nesting?
Wait, I am still guessing.*



*Is it near the sun?
Still guessing, I am not yet done.
Is it between the hills?
Looking at you my heart thrills...*

Come nest here, do not fear.

*Bring your babies here,
why have you left them there?*

With this beautiful weather,

*I look forward to watching your babies warm themselves under your
feathers...*



Fables are the best way to teach morals to both children and adults. Govinda Haadu is a familiar story that every Kannadiga knows. Punyakoti is a cow that stands for truth & has become a synonym of truth. The song of Punyakoti was written to teach about standing for truth and how one should not go back on assurance once made.

The moral of the story was not to stop the tiger from eating a cow but to tell how important it is to be truthful. Children do not worry about the tiger but adore the cow for being truthful. In a way the tiger too is liked by the children because while dying, he also proved virtuous, meaning he recognized what it is to be truthful.

We use to sing the song during Sankranti Festival while doing pooja to all the cows at our home. That is one emotional song for me.

Nakul MS

4 A



My Life during Covid 19 Lockdown

Covid 19 lockdown has both positive and negative impact on my life

It all started when I was at my grandparent's house in Tirupur. Covid lockdown was announced... Not knowing the seriousness of it, I was super excited about "No exams, No going to school and extended holidays!!! "

However the excitement lasted only for few weeks...Got bored of playing mobile games, watching movies and cartoons all day and night. I was stuck at home - No play with friends, No short trips, No evening drive for eatery...This is NOT me - sitting at home all day. I love to play outdoor and make new friends...Every channel had talks only about Corona virus and how deadly it was. I slowly started settling down with staying indoor, maintaining personal hygiene and cleanliness.

Although I was pampered a lot by my grandparents... I started missing my parents and my lovely sister who was going to turn 1 year in April 2020. First birthdays are special!!! and I badly wanted to be with her. Unfortunately, lockdowns got extended and was not able to come home due to travel restrictions. We all connected through WhatsApp video call and celebrated her birthday with a simple cake cutting. Only after 4 months, I managed to travel back home...I still remember that moment when we all hugged each other so tight and were in tears..I was delighted to see my parents at home all day. My mom did work from home and dad managed his business calls over phone. We were all at home together and spent quality time helping each other in household work, eating food together and playing with my sister..

Being at home munching my favorite food sitting on a couch with no much physical activity has only doubled my weight. My mom was worried about it than anyone else in the world. So we both set a routine of going for a 30min morning walk or cycling, followed by playing shuttle taking all precautions of wearing mask, social distancing and sanitizing once back home

Online classes were kicked off early July 2020 at school - A new learning system for school kids. I was super excited at first. Geared myself with laptop and headphones ON (like my mom attending her project meetings)...The first year of online classes appeared difficult for me as I could not stay focused throughout the class. Now it has become a new-normal and have adapted to it. I have been managing to do well at studies. I am so thankful for the efforts taken by the teachers and parents for my studies.

Online classes can never replace live learning at school... I miss my school, miss my friends... I would do better at school than online classes...

It's almost a year and half now, we all are dealing with this pandemic. I have learnt lot of lessons - Being helpful, value of relationships, value of attending schools, staying fit and healthy, being more cautious on self-hygiene and cleanliness

There is an end for every crisis and this pandemic shall end soon.

**Inba Skandha
Grade 4A**



Tounge Twisters

1. She sells seashells by the seashore.
2. How can a clam cram in a clean cream can.
3. Betty bought some butter, but the butter was bitter, so Betty bought some better butter to make the bitter butter better

Quiz

1. Which is the smallest state in India?
2. Which is the tallest statue in the world?
3. Who wrote 'Discovery of India'?
4. How many bones are there in a new born baby?

Answers

1. Goa
2. The statue of Unity, India
3. Jawaharlal Nehru
4. 300

Ojaswi
Grace 4C

Tongue-twisters

Maanvi Ravishankar 4 A



Red lorry,
yellow lorry

I scream
you scream
we all scream
for ice cream



Fresh fried fish, fish
fresh fried, fried fish
fresh, fish fried fresh

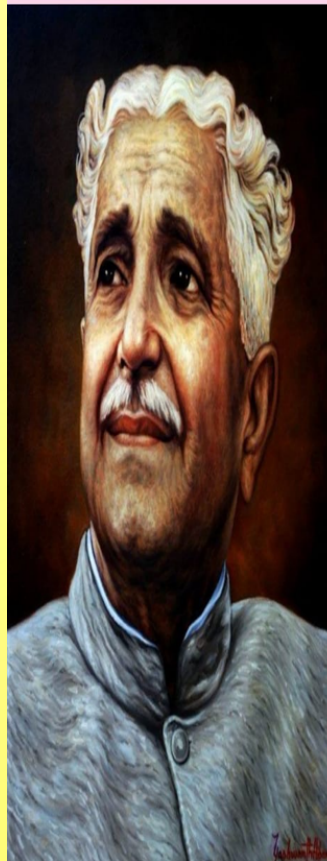


She sells
seashells by
the seashore



Three free throws

Give papa a cup of proper
coffee in a copper coffee cup



ಕುವೆಂಪು, ಕುಪ್ಪಳಿ ವೆಂಕಟಪ್ಪ ಪುಟ್ಟಪ್ಪ
ಜನನ: ೧೯೦೪ ಡಿಸೆಂಬರ್ ೨೯
ಕಾವ್ಯನಾಮ: ಕುವೆಂಪು
ಪ್ರಮುಖ ಪ್ರಶಸ್ತಿ(ಗಳು): ಜ್ಞಾನಪೀಠ
ಪ್ರಶಸ್ತಿ, ಪದ್ಮ ವಿಭೂಷಣ ಪ್ರಶಸ್ತಿ
ಸಾಹಿತ್ಯ ಚಳುವಳಿ: ನವೋದಯ
ಕುವೆಂಪು' ಎಂಬ ಕಾವ್ಯನಾಮದಿಂದಲೇ
ಪ್ರಸಿದ್ಧರಾಗಿರುವರು
ಕಾವ್ಯನಾಮ: ಕುವೆಂಪು, ಕಿಶೋರ
ಚಂದ್ರವಾಣಿ
ಮರಣ: ೧೯೯೪ ನವೆಂಬರ್

Dhakshatha Gowda C
4th A



ONLINE CLASSES

In this pandemic situation, School has been tough. Transferring to all online learning has been the biggest challenge this year for me. As a student, I'd say I've usually kept up with all my work for all my classes. The biggest change I've seen in myself is becoming less focused with my school work.

Being in a physical classroom is tremendously different from learning online. In a classroom, most of our focus is there, unlike virtually. This online learning has affected me personally because during this time, I found myself turning in assignments weeks late. It wasn't because I was having trouble, it was because I had no motivation and energy to do them.

The online learning experience as a student for me has been fine. I sometimes find myself not interested in doing my assignments and I feel like I'm lazy. I still do the assignments, but I sometimes end up turning in my assignments late. It's like I'll do the assignments whenever I feel like doing it. I can say that there is a reason for this, and that is where I am doing my school work.

My home is not a learning environment like at school, where there are teachers, other students, learning tools, desks/tables, chairs, a library, lots of space, and those who you can get support from. At home is like a sleeping or resting environment. In a classroom, I can focus more on my assignments/work and get engaged in the subject. Whenever I'm in a classroom, I feel prepared to learn and get my brain pumped; at home, I feel like it's very hard to be prepared because I'm always getting distracted. Whenever I need help, my teachers or classmates are there for me.

I feel that online learning is nothing compared to Physical learning.

Anarghya

4B

Issue 2 | 2021-2022

International Day Of Yoga

International Day Of Yoga

The 'International Day Of Yoga' has been declared annually on 21st June since 2015, following its inception in the United Nations General Assembly in 2014.

Yoga is a physical, mental, and spiritual practice that originated in India.

Our yoga teachers teach us yoga and also explain the benefits of yoga. Yoga is not only done on Yoga day in fact at our school yoga classes are regularly held. By this, we can keep our body fit and also mediation helps us to concentrate more on studies and helps us to perform better in our studies. Therefore everyone has to start practicing yoga to keep themselves healthy.

I also cultivated the habit of doing yoga at home for the past 4-5 years. Every day I do yoga for an hour i.e 6:30 am to 7:30 am. The yoga steps are like

1. Utakatasana: This pose helps me to strengthen my legs, upper back, and shoulders.
2. Adho Mukha svanasana: This lengthens my spine and stretches arm strings and creates a calming effect.
3. Virabhadrasana: Helps me to keep the mind calm and steady, it also strengthens my legs and ankles while increasing stamina.
4. Baddha konasana : Helps in creating a calming and cooling effect.
5. Savasana: It is simple which relaxes the whole body.
6. Kumbhakasana: It strengthens my abdominals and promotes stability.

These are the yoga steps which I daily practice. Yoga has helped me to keep my body healthy and fit, it has also increased my mental stability which helps me to concentrate on studies and perform well.



Kusumitha S
Grade 4B

Festivity

At my home, we celebrate Vaibhav Lakshmi pooja on 8 Fridays for prosperity and well being. This is a pooja for Goddess Mahalakshmi.

While doing this pooja, I help my mother. This gives me a lot of joy.

Pooja Vidhan: My mother started this pooja in the month of Ashada masa which is favourite for Goddess Lakshmi. It is performed on every Friday evening in Godhuli Lagna between 5:30pm to 6:30pm.

1. Wash face, hands and legs prior to pooja and apply Kumkum on your forehead.
2. Clean pooja area and apply rangoli
3. Infront of goddess photo, place kalasa and offer prayer.
4. Prasadam to be shared as maha naivedya with family members.
5. On 8th Friday, we can have “Anna santharpana” to devotees.

The most significant thing to remember while observing this vrata is that, you should be committed to it with unadulterated devotion and have complete faith in doing it.

Varshith Rathod
Grade 4B



Teacher's Corner

By Shwetha N

I would like to share a tip which I have been following from my schooling to all my dear students. I have heard from many students and parents that during exams it is difficult to remember and recollect all the points. Here is what we all can do...Use a technique called Mnemonics. It's a learning strategy that helps to store information and retrieve it

A good way to remember is by Keywords, Pegwords, Letters

Here is how we can use letters. Letter strategies include acronyms and acrostics (or sentence mnemonics).

For example

a. the acronym HOMES can be used to help students recall the names of the Great Lakes

H: Huron

O: Ontario

M: Michigan

E: Erie

S: Superior

b. To remember the processes that define living things:

MRS GREN: Movement; Respiration; Sensation; Growth; Reproduction; Excretion; Nutrition

c. To remember the 10 organ systems of the human body:

NICER DRUMS (Nervous, Integumentary, Circulatory, Endocrine, Respiratory, Digestive, Reproductive, Urinary, Muscular, Skeletal)

d. kilo-, hecto-, deca-, deci-, centi-, milli-, in descending order of magnitude:

Kangaroos Hop Down British Driveways Carrying M&Ms

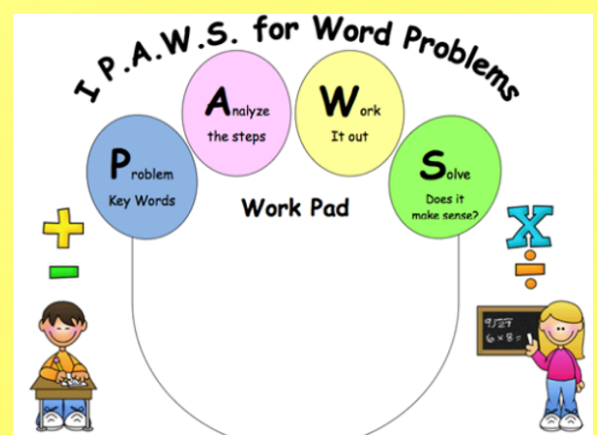
e. **My Very Educated Mother Just Sent Us Nine Pizzas** –

Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto

Try five steps to create acronyms of your own:

1. List the information you need to learn in meaningful phrases.
2. Circle or underline a keyword in each phrase.
3. Write down the first letter of each keyword.
4. Rearrange the letters into a memorable acronym.
5. Practice the association from the acronym to the keyword and then from the keyword to the meaningful phrase.

All the best!





Thank You