

Bulletin

JANUARY – MARCH EDITION



MESSAGE FROM THE PRINCIPAL

Physical fitness plays an essential role in supporting the mental health of children, especially as they navigate the challenges of growing up, including school pressures and social dynamics. Regular exercise not only improves their physical health but also helps reduce feelings of stress, anxiety, and sadness by releasing endorphins, the body's natural mood elevators. It also helps lower stress hormone levels, bringing calm and improving their overall mood.

Engaging in physical activities boosts a child's self-esteem and confidence as they notice improvements in their strength and abilities, which fosters a positive mindset. Additionally, fitness enhances cognitive functions like memory, focus, and concentration, contributing to better academic performance. It also provides opportunities for children to interact socially, forming friendships and building emotional support networks.

By making physical activity a part of their daily routine, children develop healthy habits and resilience that contribute to their mental and physical well-being. Ultimately, regular exercise equips children with the tools to thrive emotionally, socially, and academically, helping them navigate the demands of childhood and grow into well-rounded individuals.

Parent Testimonials

Thank you for your valuable feedback

We've had a delightful experience with Aadyant school since our daughter joined in 2nd standard in 2022. The school's unique strength lies in its optimal student-to-teacher ratio, making learning fun and effective. Professional teachers deliver engaging lessons, minimizing the need for parental involvement at home. Homework and projects are balanced, encouraging originality and creativity. Aadyant's curriculum strikes the perfect balance between challenge and enjoyment, fostering constructive development. Extracurricular activities, outings, and competitions are well-organized, thanks to the management. The security staff of Aadyant school deserve a special mention. They are very vigilant. Kids love them for their bright smile and warmth!

Overall, Aadyant school is an excellent choice for kids up to class 5!

-Anaisha Ghosh's parents

This newsletter gives you a peep into the world of teaching and learning at Aadyant. We, in this edition, focus on interesting activities and celebrations that have been conducted in the month of January, February and March.

ACADEMICS (PG & PN)

FLOWERS

Children recently participated in a fun and engaging sensory activity focused on flowers. During this activity, the children had the opportunity to touch and explore different types of flowers, such as roses and marigold. They felt the texture of the petals, noticing how some were soft and smooth while others had a slightly different feel. Through this hands-on experience, the children not only enjoyed the activity but also developed a deeper understanding of flowers. They observed the difference in petal texture, shape, and size, which helped enhance their sensory perception. This activity allowed them to connect with nature, stimulate their sense of touch, and learn through exploration. It was a joyful and enriching experience for all!



SCHOOL TOUR

The preschool children embarked on an exciting and educational tour of their school, where they had the unique opportunity to explore various key areas. During the tour, the little ones visited the Principal Ma'am and interacted with the Heads of Departments (HODs), gaining valuable insights into the roles and responsibilities within the school. As part of the tour, the children had the chance to explore a range of vibrant and engaging spaces, including the Montessori room, where they engaged with hands-on learning materials, and the "My Dream Home" area, which fostered their creativity and imagination. They also spent time in the library and explored other areas as well. The tour offered the children a firsthand experience of the diverse areas within the school, helping them connect with their learning environment in a meaningful way. This enriching experience sparked curiosity and excitement about the many educational opportunities that await them throughout their academic journey.



ACADEMICS (PG & PN)

SPINDLE BOX ACTIVITY

In the Montessori environment, children learn number counting and quantification using Spindle Box 1 and 2 from the mathematic shelf. The spindle box enhances early counting skills and fosters the association between quantity and number symbols from 0 to 9. Notably, it introduces the fundamental concept of zero. This wooden box features ten numbered compartments, where children place the corresponding number of tactile wooden spindles, reinforcing their understanding of numbers and quantities. Children of the Rising Stars class actively learned counting and quantification using a spindle box in the Montessori environment.



TRAFFIC LIGHTS

The Traffic Light activity proved to be a resounding success, offering students a fun and interactive learning experience. The children were engaged in a hands-on project where they created their very own traffic lights, using red, yellow, and green chart paper cutouts that they carefully pasted onto paper traffic light models. This engaging activity not only helped the children develop essential skills such as color recognition, fine motor abilities, and creativity, but it also introduced them to basic traffic rules and safety awareness in an enjoyable and memorable way. Through this creative project, the children gained valuable insights into the importance of road safety, while also having a great time in the process.

ACADEMICS(PG & PN)

FIRST AID KIT ACTIVITY

Children of PG and PN at Aadyant School recently participated in an engaging activity to learn about the importance of community helpers in our neighborhood. Through this activity, the children discovered how doctors, teachers, and farmers contribute to keeping us safe, happy, and healthy. As part of the lesson, the children created a dummy first aid kit by pasting cutouts of essential items like Dettol bottles, thermometers, stethoscopes, and Band-Aids. They learned how these items are used by doctors to treat wounds and monitor health. This hands-on activity not only introduced children to the concept of first aid but also emphasized the importance of having a first aid kit in every household for emergency situations.



ZIC ZAG LINES

Zig-zag patterns are characterized by sharp turns and angles, creating a dynamic and engaging visual. These patterns are simple yet stimulating for toddlers, helping them explore shapes, directions, and movement. Introducing zig-zag patterns aids in their early cognitive and motor development, as they observe and replicate the pattern through various activities. Walking on Zig-Zag Lines is an excellent way to combine fun with learning while promoting physical and cognitive skills in the children .

ACADEMICS (PG & PN)

JOY OF HARVESTING

Harvesting fresh vegetables is more than just a task; it is a mindful, meditative, and rewarding experience that deepens our connection to nature. It fosters awareness of sustainability and the cycles of life, making it an enriching activity for all ages. This winter, our school's Gardner cultivated a variety of seasonal vegetables, and some were ready for harvest. During their Organic Farming period, the children of Feather Faces had the wonderful opportunity to witness and participate in this process. Excitement filled the air as the children pulled fresh turnips from the soil. These turnips were then handed over to the school chef, who prepared a delicious turnip soup. When served, the children savored every sip, feeling a sense of accomplishment and joy in enjoying the fruits of their efforts. This hands-on experience not only taught them about farming but also highlighted the value of sustainable living and the satisfaction of consuming fresh, homegrown produce.



SHAPE TRAY ACTIVITY

Fun and engaging Montessori Shape Tray Activity*was conducted. Children explored basic shapes through hands-on sorting. The activity helps *Develop their shape recognition, fine motor skills and Problem-solving abilities .Using a wooden shape sorting box, children matched different shapes like circles, squares and triangles. The activity promotes independent learning, as children were encouraged to find similar shapes in their surroundings. This activity not only builds early math skills but also fosters confidence and curiosity in young learners.

ACADEMICS (PG & PN)

COMMUNITY HELPERS

Our school celebrated “Community Helpers Day” to help children understand and appreciate the invaluable contributions of these everyday superheroes. Teachers enthusiastically dressed up as various community helpers, including police officers, doctors, chefs, postmen and vegetable vendors, bringing the theme to life. A series of engaging activities were organized to provide hands on learning experiences. “Mission Rescue “ demonstrated the use of a fire extinguisher in case of emergencies, while “Tasty Treat” and gardening activities showed the roles of chefs and gardeners. Children also participated in a matching activity, pairing community helpers with their respective tools, enhancing their understanding of each profession. To provide a real- life experience, a cobbler was invited to interact with the children and explain the importance of his work in our daily lives. To instill gratitude, students created “Thank You” cards to express appreciation for those who serve our community selflessly. A special story session further deepened their awareness of the significance of these helpers in our daily lives.



PATTERNS AND NUMBERS (Nursery)

Our little learners explored the world of numbers and patterns through fun hands-on activities! They practiced counting, identifying numbers, and creating patterns using number cards. This activity helped improve their logical thinking, sequencing skills, and problem-solving abilities. Watching them confidently predict and extend patterns was a joy! Learning through play makes math exciting and engaging.



स्वर (K.G)

छात्र अ से अः तक स्वरों को क्रम में व्यवस्थित करने की एक रोमांचक गतिविधि में संलग्न हैं, जिससे उनकी हिंदी ध्वन्यात्मकता की समझ बढ़ रही है। यह व्यावहारिक तरीका हिंदी सीखने को अधिक इंटरएक्टिव बनाता है, जिससे छात्र न केवल पढ़ते हैं बल्कि भाषा को वास्तव में अनुभव भी करते हैं!

FUN WITH MULTIPLICATION (Grade 1)

Who here loves solving puzzles and playing with numbers?

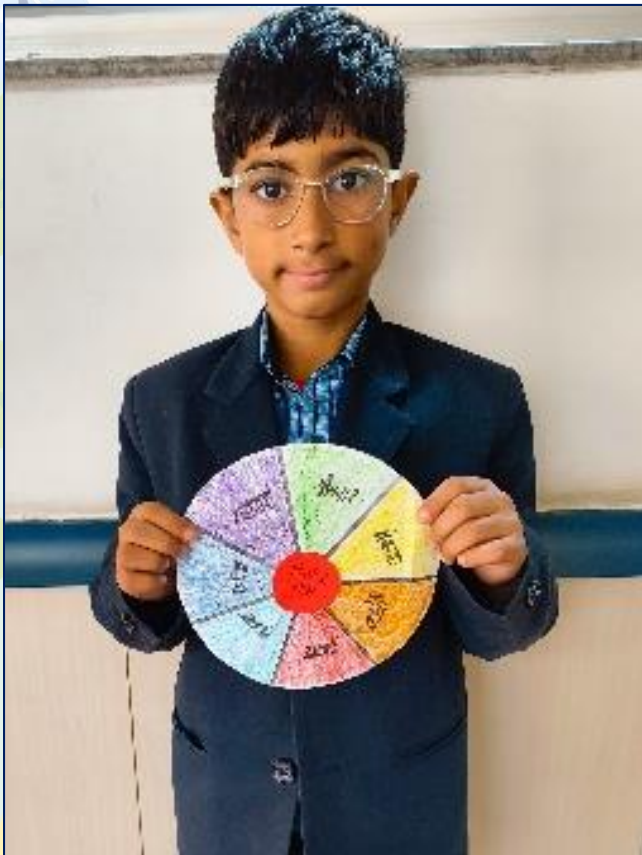
Our activity today is called "Multiplication Magic"!

Student's will be solving some simple multiplication equations, and they will think about the answers using their knowledge of tables!



MAKING OF GLOBE (Grade 2)

Students engaged in an exciting EVS activity where they labelled continents on a world map and pasted them onto a globe! This hands-on learning approach helped them understand the Earth's geography in a fun and interactive way. By visualizing the continents on both flat and spherical surfaces, they developed spatial awareness and map-reading skills. This activity also strengthened their memory and curiosity about different places. Learning through exploration makes geography more engaging and meaningful.



दिनों के नाम (Grade 3)

कक्षा 3 में, छात्रों ने हिंदी में "दिनों के नाम" सीखने के लिए एक अभिनव और इंटरैक्टिव गतिविधि में भाग लिया। उन्होंने एक रंगीन पहिया बनाया, जिसे सात खंडों में विभाजित किया गया था, और प्रत्येक खंड सप्ताह के एक दिन का प्रतिनिधित्व करता था। गतिविधि की शुरुआत सप्ताह के दिनों को सीखने के महत्व और उनके दैनिक जीवन में उपयोग पर चर्चा से हुई। प्रत्येक छात्र को एक खाली पहिए का साँचा दिया गया, जिसे उन्होंने रंग-बिरंगे रंगों, डिज़ाइनों और सजावट के साथ व्यक्तिगत रूप से सजाया। प्रत्येक खंड पर उन्होंने एक दिन का नाम साफ-सुथरी और कलात्मक लिखावट में लिखा।

ACADEMICS (PRE-PRIMARY & PRIMARY)



ELECTION EXPRESS (Grade 4)

Our classroom turned into a polling station for a fun and educational activity! Students registered as voters, verified their identity, and cast their votes in a Ballot Box. Ink was used to mark participation, ensuring a fair process. Once voting ended, ballots were counted, and the results were announced. This hands-on activity helped students understand the importance of voting and democracy in a practical way.

WORLD OF COMMERCE (Grade 4)

Takes on the World of Commerce! Our young entrepreneurs recently transformed their classroom into a bustling stationery mart! Students took on the roles of shopkeepers and customers, engaging in a fun, hands-on learning experience. As customers, they browsed and selected their favorite stationery items. As shopkeepers, they created bills and handled transactions. This innovative activity not only taught the concept of money but also instilled valuable skills in math, communication, and responsibility.



REPUBLIC DAY CELEBRATION

Republic Day was celebrated with great enthusiasm at Aadyant School, where the spirit of patriotism filled the air. Students dressed in vibrant tricolour attire added to the festive atmosphere. They created beautiful tricolour crafts and sang patriotic songs, showcasing their love for the country. The highlight of the event was an inspiring speech by our Principal, who thoughtfully compared the rules and responsibilities that guide our nation with those children should follow in their daily lives. This analogy left a lasting impact, motivating the students to become responsible citizens of tomorrow.



HOLI

Holi is a festival of colours and joy. Each colour symbolizes a different emotion. At Aadyant school Holi is celebrated with great enthusiasm and zeal. A special assembly was conducted where kids were taught the importance of Holi. Various fun and interactive activities were conducted at school to make this festival special like balloon painting, water gun activity and roller painting. Kids really enjoyed these activities and they took home a colourful token back home.



BASANT PANCHAMI

Basant Panchami was celebrated with great enthusiasm and joy. On this auspicious occasion special assembly was organized where the children were educated about the significance of the festival, including its connection to Saraswati Puja. To embrace the spirit of the day, both children and teachers dressed in vibrant yellow, symbolizing the color of the festival. As part of the celebration, yellow-colored sweets were offered as prashad to everyone, adding to the festive atmosphere. The children were also informed that Basant Panchami marks the preparation for the upcoming festival of Holi and signals the readiness for the harvesting season. It was a wonderful occasion for learning and celebration, bringing everyone together in the spirit of the season.



GRADUATION DAY

Aadyant School's Graduation Day was a joyful celebration marking the accomplishments of our young graduates. Dressed in graduation gowns, the children received their certificates from Principal Ms. Irmin. The event highlighted the hard work of students, teachers, and parents, with a lively dance performance showcasing the children's creativity. Graduates were also honored with individual titles for their achievements throughout the year. As the ceremony concluded, there was a mix of pride and nostalgia as the graduates bid farewell. We congratulate them once again and wish them success in their future endeavors.



★ SPORTS DAY ★

Aadyant School celebrated its highly anticipated Sports Day on 22nd February 2025, filled with energy, enthusiasm, and vibrant participation from students across all grades. The event kicked off with a spectacular march-past, where children showcased their discipline and team spirit, marching proudly in front of their peers and parents. The highlight of the day was the impressive drills performed by each class, where the children displayed remarkable coordination and confidence. Their enthusiasm was truly infectious, leaving everyone in awe of their performance. Alongside the drills, students participated in various races, demonstrating both competitive spirit and teamwork. It was truly heartwarming to witness such young children performing with such confidence, poise, and precision, making the Sports Day a memorable and inspiring event for all. The event not only highlighted the athletic talents of the students but also the values of perseverance, teamwork, and sportsmanship that Aadyant School fosters in its students.

