

Bulletin

OCTOBER - DECEMBER EDITION



MESSAGE FROM THE PRINCIPAL

TEACHING MINDFULNESS AND EMOTIONAL REGULATION - A Shared Responsibility of School and Parents

In today's fast-paced world, helping our children understand and manage their emotions is as important as academic learning. At Aadyant School, we strive to create a safe, caring, and supportive environment where children feel heard and valued. Through our vetted age-appropriate activities such as mindful breathing, quiet time, storytelling, role play, circle time discussions, and guided movement; children gradually learn to recognize their emotions, express their feelings appropriately, and develop self-control. Our trained teachers gently guide children to pause, reflect and respond rather than react, helping them build resilience and empathy from an early age. However, the foundation of emotional well-being is strengthened when school and parents work hand in hand.

Parents play a crucial role by reinforcing mindfulness practices at home - by encouraging open conversations, listening patiently, acknowledging children's feelings, and modeling calm behavior. Simple routines like spending quality time together, practicing gratitude, limiting screen time, and maintaining consistent schedules greatly support a child's emotional balance. When children receive the same messages of understanding, patience and emotional awareness both at school and at home, they feel secure and supported. This strong partnership enables them to face challenges with confidence, develop healthy relationships, and grow into compassionate individuals. Together, as educators and parents, we can nurture mindful hearts and balanced minds - laying the foundation for lifelong emotional well-being and success.

Mrs. Irmin Kathuria
Principal

Parent Testimonials

Thank you for your valuable feedback

We have a long association with Aadyant school. Having enrolled our first child here, we already knew and cherished the nurturing environment, and it is heartening to see the same warmth extended to our second child as well. All the teachers, especially Meenu ma'am and Asmita ma'am, are incredibly kind, patient, and attentive. Our child feels safe, loved, and truly at home here. The environment is clean, positive, and filled with joy. We are delighted to see the remarkable boost in Ishaanvi's confidence and social skills. The perfect blend of fun, creative activities along with a gentle introduction to academics helps children grow with confidence and enthusiasm. We would like to especially mention, Somya ma'am and Aastha ma'am, who are always just a phone call away and ever ready to support parents with guidance and care. It is wonderful to see Principal, Irmin ma'am, actively involved in all the activities with the children, making them feel comfortable and secure. Her continuous interaction with parents and her approachable nature truly make her stand out. We strongly feel that being nurtured and pampered at Aadyant school during the early schooling years is something every child truly deserves. We are grateful to the entire Aadyant team for creating such a loving, supportive, and enriching environment where children blossom happily and parents feel assured and valued.

Regards
Himanshu and Gayatri
(Parents of Ishaanvi Sharma)

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

ACADEMICS (PG & PN)

CAR WASH

Clean it like you mean it, our Little ones did Car washing activity where they cleaned the cars with water, soap and different type of cleaning essentials like Sponge, Soap water and clean water.

Children initiated the goal of hygiene and understood the meaning of cleanliness by using the soap and sponge by themselves.



SORTING OF FRUITS & VEGETABLES

Sorting of fruits and vegetables is an engaging activity that offers young children a fun and hands-on way to explore and distinguish between different fruits and vegetables. Through observation and interaction, children develop an early understanding of healthy eating habits while strengthening their cognitive and language skills.

The activity begins with a vibrant display of colorful fruits and vegetables such as apples, bananas, carrots, tomatoes, grapes, and cucumbers. Placed together in a basket, these items capture the children's attention and spark curiosity, setting the stage for an enjoyable and meaningful learning experience.

ACADEMICS (PG & PN)

REINFORCEMENT OF NUMBERS

Numbers are an integral part of our lives. We use them for everything to count the days, things or months. revision of numbers 1 ,2 ,3 4 and 5 was done with the help of an interactive game where the children identified the numbers and placed the rubber bands according to the numbers shown in the fingers. They learnt to recognize patterns and relationships between Numbers, builds confidence. Children feel a sense of accomplishment when they master counting skills. Children enjoyed this activity.



IMPORTANCE OF TRAFFIC SIGNALS

The children were introduced to the Traffic signals through an interesting activity, where they used a car prop to understand and follow traffic signals. Through this hands-on experience, they learned the importance of traffic lights and how they help keep everyone safe on the road. The children discovered that the red light means stop, the yellow light reminds us to wait, and the green light signals us to go. This activity not only strengthened their understanding of road safety but also enhanced their observation skills and ability to follow instructions. The children thoroughly enjoyed the session and confidently shared the meaning of each traffic signal.

ACADEMICS (PG & PN)

PURPLE DAY CELEBRATION

Purple Day was celebrated with great enthusiasm in our school. The children came dressed in beautiful purple outfits and brought purple-colored objects. Through fun activities, songs, and discussions, children learned to identify the color purple and enjoyed the day with excitement. The celebration helped enhance their color recognition skills and encouraged joyful participation. A special assembly was conducted to celebrate the purple day.



VISIT OF A VEGETABLE VENDOR

Children at Aadyant school had an exciting and interactive experience during the visit of a vegetable vendor to the school. A mini vegetable market was set up, giving the children a real-life glimpse into how vegetables are sold and purchased in daily life. The vendor showcased a wide variety of fresh vegetables, and the children enthusiastically explored them—touching, smelling, and identifying different colours, shapes, and sizes. To make the experience more meaningful, children were given *play currency* which they used to “buy” vegetables from the vendor. They learned how to count and exchange money, helping them understand the concept of currency and basic transactions in a fun, age-appropriate way. Each child carried a small basket to collect the vegetables they purchased, which encouraged independence, organization, and the use of fine motor skills while handling objects. This hands-on activity helped children learn about healthy food choices, basic mathematics, and life skills, while thoroughly enjoying the role-play experience of shopping at a vegetable market.

ACADEMICS (PG & PN)

LACING OF FRUITS

The lacing of fruits activity was conducted by the children of pre-nursery. It plays an important role in supporting early childhood development. Through this hands-on task, children strengthen their fine motor skills as they carefully thread the lace through each hole, which also enhances their hand-eye coordination and prepares them for future writing skills. The activity encourages focus, patience, and concentration while helping them learn about different fruits, shapes, and colours in an engaging way. It builds their confidence as they complete the task independently and also nurtures creativity as they explore different patterns. Overall, this simple yet meaningful activity contributes to the holistic growth of young learners.



BRAIN GYM

“Play is the engine of real learning.” Our little champs are sharpening their minds through an exciting *Brain Gym* activity filled with joy, movement, and fun.

Play-based learning keeps children both physically and mentally active, making learning a truly enjoyable experience.

The children of the enthusiastically participated in a colour-matching Brain Gym activity. They were shown colourful balls and encouraged to place their hands on the matching coloured hand cut-outs arranged on the table—an activity that blended learning with laughter!

Fuel the brain. Supercharge the mind!

ACADEMICS (PRE-PRIMARY & PRIMARY)

POSITION THE CAP

Our little learners from K.G class had a fun and engaging time exploring position words through a hands-on activity called "Position the Cap." Using caps, children practiced placing them in, under, on, behind, beside, and in front of a transparent glass. This playful activity helped them understand spatial concepts while building their observation and listening skills. Learning became so much more meaningful when it was done through play!



SET THE CLOCK RIGHT!

Our little timekeepers from K.G class had a wonderful time learning to read and set the clock hands correctly! Through this interactive activity, students not only practiced reading and setting time, but also strengthened their understanding of hours, minutes, and the movement of clock hands. because learning is always better when done by the tick of joy!

गुण मिलाओ

कक्षा 1 के नन्हे-मुन्ने बच्चों ने बड़ी खुशी और उत्साह के साथ "पहचानो - गुण मिलाओ" गतिविधि में भाग लिया।

इस रोचक गतिविधि में बच्चों ने तीर की मदद से अलग-अलग चित्रों और वस्तुओं को उनके सही विशेषणों (गुणों) जैसे- सुंदर, ताकतवर, उड़ता, काला आदि से मिलाया।

बच्चों ने ध्यान से चित्रों को देखा, सोचा और सही शब्द से जोड़कर अपनी सोचने की क्षमता, शब्दावली और वर्णन कौशल को मज़बूत किया।



ACADEMICS (PRE-PRIMARY & PRIMARY)

SHAPES IDENTIFICATION

The students of Class 1 took part in a super fun Shapes Identification Activity!

They learned to recognize and name different shapes like Circle, Square, Rectangle, Triangle, and Oval. The children matched colorful shape cutouts with the correct cards and created wonderful patterns using different shapes. This exciting hands-on activity helped them improve their observation, sorting, and fine motor skills.



FRACTION WALL

In this activity Grade 2 kids visually compare fractions, by following these steps:

1. Fold an A4 sheet into half and then half again. Cut into 4 equal pieces.
2. Keep one piece whole (1).
3. Fold the second into half ($1/2$).
4. Fold the third into 3 equal pieces ($1/3$).
5. Fold the fourth into 4 equal pieces ($1/4$).
6. Paste them to create a fraction wall.

POLLUTION

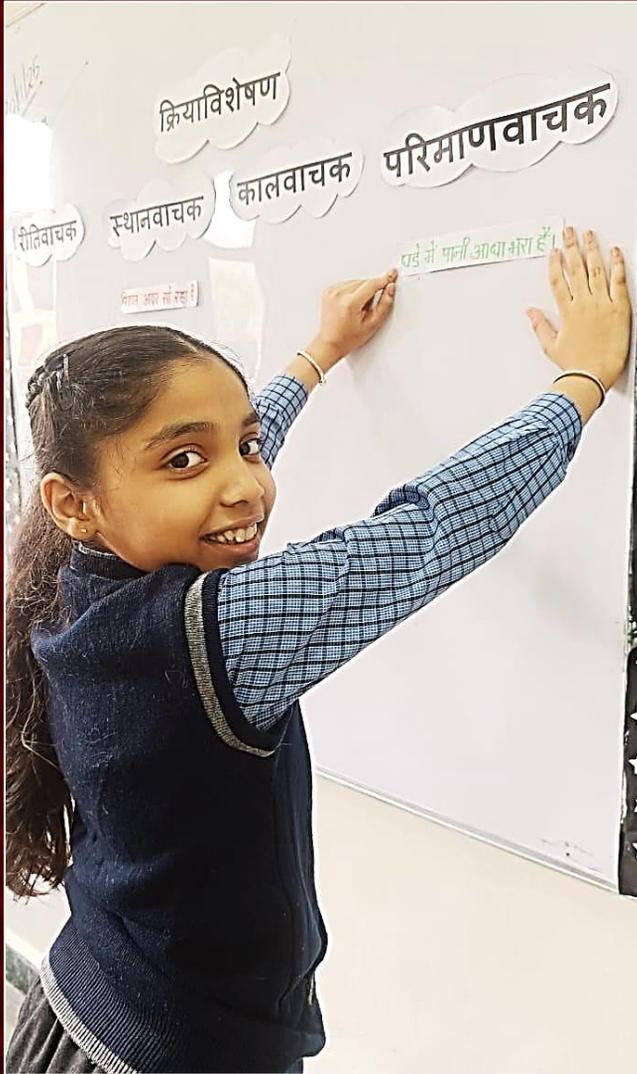
We should always keep our Earth clean. Throwing garbage on land and in water makes our planet dirty and harms humans, animals and plants. So students of Grade 2, cleaned their surroundings by picking up wrappers, bottles and papers and putting them in the dustbin. When we keep our land and water clean, Earth becomes happy and healthy. Let us promise to protect our beautiful planet every day.



ACADEMICS (PRE-PRIMARY & PRIMARY)

SOLUBLE & INSOLUBLE

Class 4 conducted an engaging activity on Soluble and Insoluble Substances. The experiment helped students observe how materials like salt, sugar, and lemon juice dissolve easily in water, while substances such as foam, chalk powder, and oil do not. Through this enjoyable hands-on learning experience, students explored how different substances behave in water—making science both exciting and easy to understand!



क्रिया-विशेषण

कक्षा 5 के विद्यार्थियों ने क्रियाविशेषण पर एक रोचक गतिविधि की। इस गतिविधि में एक कटोरी रखी गई थी — कटोरी में क्रियाविशेषण के भेदों के कई उदाहरण वाक्य रखे गए थे और बोर्ड पर क्रियाविशेषण के भेदों के नाम चिपकाये हुए थे। बच्चों को कटोरी से एक क्रियाविशेषण के उदाहरण वाक्य को चुनना था और उसे पढ़कर उपयुक्त क्रियाविशेषण भेदों के नीचे चिपकाना था। इस गतिविधि के माध्यम से बच्चों ने क्रियाविशेषण की पहचान की और उसके विभिन्न भेदों के उदाहरण का उचित प्रयोग करना सीखा। बच्चों ने अपने सोचने की क्षमता और पहचानने की मनोवृत्ति का विकास किया। इस क्रिया से सभी बच्चों में आत्मविश्वास और सहभागिता की भावना और अधिक जगी।

EVENTS

DIWALI CELEBRATION

Aadyant school lit up the Diwali spirit with great enthusiasm and joy! Students enjoyed captivating Ramleela performances and dived into creative activities – decorating diyas, crafting vibrant rangolis, and adorning their classrooms with festive flair. The highlight of the celebration was the Laxmi Pujan, joyfully performed by our little ones alongside our principal Mrs Irmin Kathuria & all the staff members . A memorable Diwali filled with learning, fun, and togetherness! shoot, creating memorable moments.



GURPURAB CELEBRATION

Gurburab was celebrated with great devotion and enthusiasm. A special assembly was conducted where children learned about the significance of the festival and the teachings of “Guru Nanak Dev Ji”. To seek blessings and express gratitude, the students also visited a “Gurudwara”, where they participated in prayers. The serene atmosphere and the spirit of devotion made the visit a truly enriching experience for all. The students were offered “Kada Prasad” marking the spiritually and uplifting day filled with hope, reverence and joy.

BIRTHDAY CELEBRATION

At Aadyant school, birthdays are celebrated together with great enthusiasm and joy. Our combined birthday celebrations create a warm and festive atmosphere, with parents joining us to share these special moments. It was truly a delight to watch our little ones cut the cake and receive blessings and gifts from our respected Principal, Mrs. Irmin Kathuria making the day even more memorable for everyone.



EVENTS

HALLOWEEN

Halloween was celebrated with great enthusiasm and excitement as our little ones came dressed in creative costumes, adding a spooky yet cheerful vibe to the day! The school was filled with laughter and festive spirit as children participated in a variety of engaging Halloween-themed activities. They expressed their creativity through Pumpkin Art and crafted spooky Jack-o'-Lanterns. The Sensory Bin offered an exciting hands-on experience, while games like Feed the Monster, Hit the Target, and Ring the Monster kept the fun going. The Witch Hat Glam corner added a sparkle of magic and imagination to the celebration. It was a day full of creativity, rhythm, and joy—making Halloween a truly unforgettable celebration for our little ones!



CHILDREN'S DAY

Children's Day is the day filled with full of excitement for the little one's of our school. This day is also called as Bal Diwas. It is celebrated on November 14th to honor our first Prime Minister Pandit Jawaharlal Nehru ji who deeply loved children and called them the future of our Nation. On this day our school has organized many exciting programs to entertain our Tiny tots. "Magic in every move , joy in every Game". Kids enjoyed the fun filled activities, game's, bouncy castle. The highlight of the day was Captivating magic show which kept everyone amazed and entertained. They enjoyed the special party snacks brought from their home. It was an absolute blast filled with laughter, joy and happiness." The child is the beauty of God present in the world that greatest gift to the family."

GLIMPSES OF WHIMSICAL WONDERLAND 2025



HAPPY
New Year
2026