

COMMUNIQUE



Official Newsletter of Indus Altum International School, Belagavi

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GREEN EAGLES TAKE CHARGE



On 10th January, the Green Saviors advocate Mr. Sameer Majhli conducted a very enriching session with the students of Grades 6 to 11. First and foremost, I would like to appreciate and thank Sir for spreading awareness about the global crisis which is being unnoticed by everyone. He commented on how people misunderstand flora and fauna. He also elaborated on the concepts that cause climate change and explained them in a very interesting way.

He talked about how he works with a group of people towards planting as many trees as possible in Belagavi and encouraged us to join him towards the restoration of our environment. The session was really engaging as he was very persuasive and genuine while talking about the issues and motivated everyone to become more involved as global citizens, who are willing to act locally.

Anish Patil, Grade 7



Last weekend, the 14th of January was fantastic as we got an opportunity to wake up early in the morning and go for the Green Eagles plantation drive - 1,000 trees in Belagavi city. The process was easy but needed a lot of hard work and patience. As soon as we reached there, we started the plantation process. It was a mind-blowing experience where we got a chance to work for the betterment of our future and other generations. We started by digging a pit with a pickaxe and a shovel. We dug the pit and carefully placed a sapling in fresh soil adding more soil and pouring water on it. This event was graced by our Principal, Dr Praseedha, our Director of Administration, Col Simha, and teachers who helped us participate in this beautiful plantation drive. The weather was freezing but we enjoyed it a lot. Though it took a lot of energy, I was glad to be present there to support all the other people planting trees to make Belagavi greener.

Aayush Gupta, Grade 8

[CLICK HERE TO WATCH](#)

ANNOTSAV - THE BIGGEST FOOD FEST @ BELAGAVI

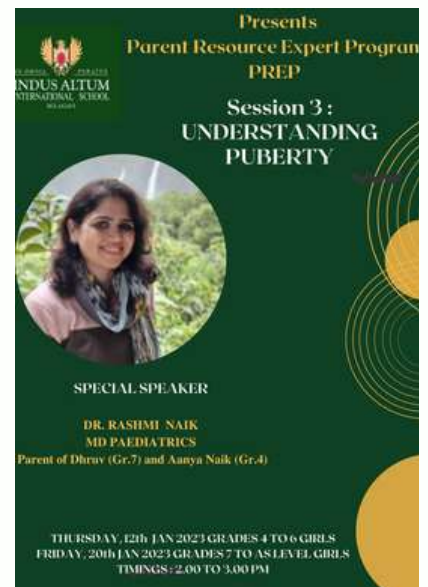


Rotary Club's Annotsav, Belgaum's biggest annual food festival with over 250 stalls, was back after a pandemic hit us. This event took place at Angadi College, and Indus Altum International School had the privilege of being the silver sponsors of this mouth-watering festival. This ten-day event, which ran till January 15th, saw many city-goers visiting the Indus Altum stall for enquiries.

PARENT EXPERT RESOURCE PROGRAM SESSION ON PUBERTY



Puberty is a time of a big transformation in a child's physical, mental, and psychological development. With the intention of keeping our students informed about these developments, on 12th January, the students of Grades 4 to 6 attended a special session on puberty. The session was conducted by our Indus Altum parent, Dr Rashmi Naik, MD Pediatrics. In this interactive session, Dr Naik discussed bodily changes along with changes in skin, height and overall development with the students. She also cleared common misconceptions and provided practical suggestions on how to approach this topic and communicate freely with a trusted adult.



Session by Dr Rashmi Naik
_(parent of Aanya, Grade 4 and Dhruv, Grade 7)

EXPERIENTIAL LEARNING - Field Trip to a Farm



A few weeks ago, IAIS took us on a field trip to Shoonya Farm Resort. The resort was nice and huge, surrounded by a lot of trees. We planted tomato and chilli seeds with the help of our teachers. It was an interesting activity where we learnt about germination. We also had fun making small pots during the pottery session, and we painted rocks, too! After this, we visited the farm, which was filled with cows, sheep, and a lot of cute rabbits. Finally, the day ended with some delicious food. I thoroughly enjoyed myself and it was a truly wonderful experience.

[CLICK HERE TO WATCH](#)

Kavin Desai, Grade 2

SESSION ON CYBER BULLYING



Cyber-bullying is an issue which is really important to be aware of as students. On 19th of January, our ICT facilitator Mr. Aniket Haval conducted a session with the Lower Secondary and Grade 9 students where we were made aware of aspects like Digital-footprint, Cyber-bullying and digital-ethics. We also learnt about internet safety and privacy. The session was very helpful for us who face challenges in this digital world. I believe that now I will be more mindful of my digital-footprint and would apply all the learning from this session when I am posting even a single word on the internet. I look forward to many such educational sessions and thank our facilitators for helping us become more aware.

Sipra Patil, Grade 8

OUR STUDENTS SPEAK



Tanvi Desai, Grade 5

Grade 5 is very disciplined and patient but when it comes to Fridays, the tables turn. Everyone seems to grow impatient during the Math class (the period before lunch) because there is something special, mouth-watering and everyone's favorite - Biryani! Yes, Biryani! Even other grade students could be excited as ours, but there is one boy in our class who is the most excited, as Biryani is his favorite, to the extent that he runs outside the classroom before the class even ends. Sometimes I wonder why our dining hall has Biryani only on Fridays, as it keeps each one of us waiting for the



moment for four days, and that remains a mystery to me. We have two different types of Biryanis - one for the vegetarians and the other for the non-vegetarians (Yes! Veg Biryani does exist, as some might oppose this idea). I prefer the veg one because it is spicier and savory. Fridays do bring in a lot of excitement for the weekend but with a happy note to our taste buds, and great memories with friends.

OUR PARENTS SPEAK



Mr. Gautam Samant
(parent of Rahi Samant, Grade 7)

I am extremely pleased with my experience at IAIS so far. My daughter Rahi, a weekly boarder, very easily adjusted to the boarding life. She is thriving academically. She particularly enjoys her studies and has made great progress in her classes. Communication from the school has been timely and informative, and we appreciate the efforts made to keep me informed and involved in Rahi's education. The teachers have been exceptional - they are knowledgeable, approachable and dedicated to their students. One of the most notable changes we have seen in Rahi is her approach to studies. She has become more self-motivated and takes the initiative to seek out additional resources and help when needed. This is a huge change for her, and we are very happy with the progress she has made. Overall, I feel that IAIS provides a high-quality education in a supportive and nurturing environment. I am grateful for the opportunities and experiences that my daughter is receiving at IAIS.

AVISHKAR – SCIENCE EXHIBITION

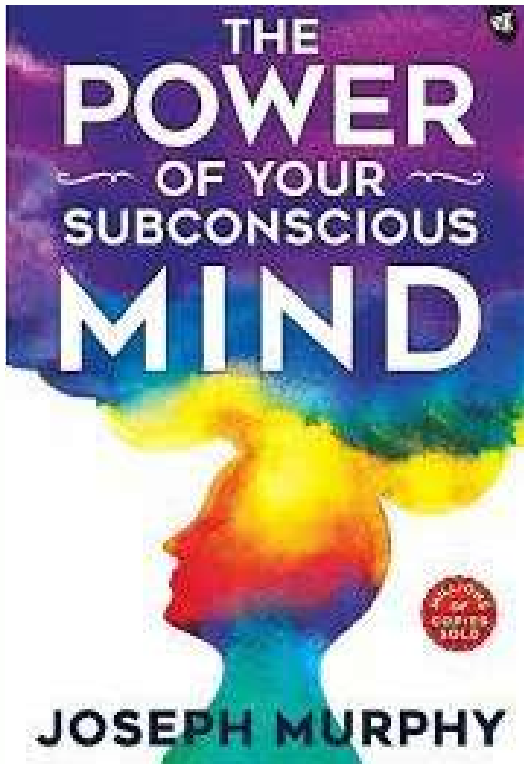


The students of Grades 6, 7 and 8 visited a science exhibition sponsored by Aequs Foundation, escorted by our coordinator Ms. Shubhra, and our teachers Mr. Upendra, Mr. Vishal and Ms. Sugandha. The models presented by the children and teachers from the government schools were interesting and engaging. There were various models ranging from rubbish collector machines to solar-powered farms. My personal favorite was the model representing the different types of motion, since I love Physics. I had a good experience and learnt a few things there. Most of the projects were based on the topics that I had learnt this year and last year. Visits like these are very important for us and form part of our experiential learning.

Siddharth Patil, Grade 8

THE INDUS ALTUM BOOKMARK

THE BOOK THAT WE RECOMMEND THIS MONTH IS
'The Power of Subconscious Mind ' by 'Joseph Murphy'



"The basic idea put forth in this book is that your subconscious mind has infinite power and as you shall think will be done unto you. It all depends on your thinking and thought process.

1. Repetition can train our subconscious mind.
2. Thinking and visualization are integral to achieving our dreams.
3. Utilize our natural ability to Self-Heal.
4. Fears are just false thoughts.
5. Combining visualization and personal passions can considerably improve our life. All of us have our own inner fear, beliefs, opinions.

These inner assumptions rule and govern our lives. A suggestion has no power in and of itself. Its power arises from the fact that we accept it mentally. The book has quite a bit to contribute to our narratives and the perspectives we hold in our mind. How powerful the mind can be, is something that we gain from the book and use it wisely to achieve our fullest in life.

Ms Femi Antony - SEN Facilitator