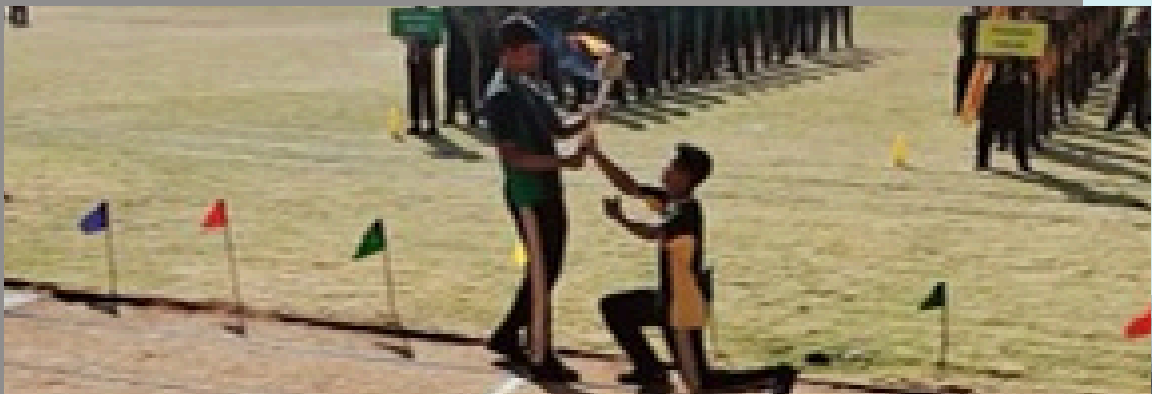




Weekly Newsletter

Indus Altum International School



**MEDITATION
SPORTS DAY
STUDY HOUR
REFLECTION**

**18TH
EDITION**



STAY CALM



INDUS ALTUM INTERNATIONAL SCHOOL

18TH EDITION

INDUS ALTUM INTERNATIONAL SCHOOL

SPORTS DAY



INDUS ALTUM INTERNATIONAL SCHOOL

SPORTS DAY



25 / 11 / 2024 - 02 / 12 / 2024

INDUS ALTUM INTERNATIONAL SCHOOL

SPORTS DAY



25/11/2024 - 02/12/2024

INDUS ALTUM INTERNATIONAL SCHOOL SPORTS DAY



25/11/2024 - 02/12/2024

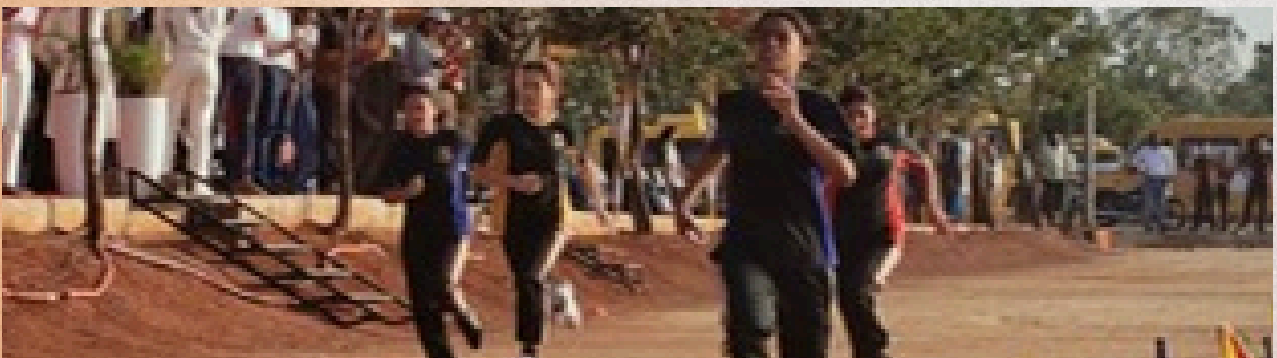
INDUS ALTUM INTERNATIONAL SCHOOL SPORTS DAY



25 / 11 / 2024 - 02 / 12 / 2024

INDUS ALTUM INTERNATIONAL SCHOOL

SPORTS DAY



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SPORTS DAY





STUDY HOUR

INDUS ALTUM INTERNATIONAL SCHOOL

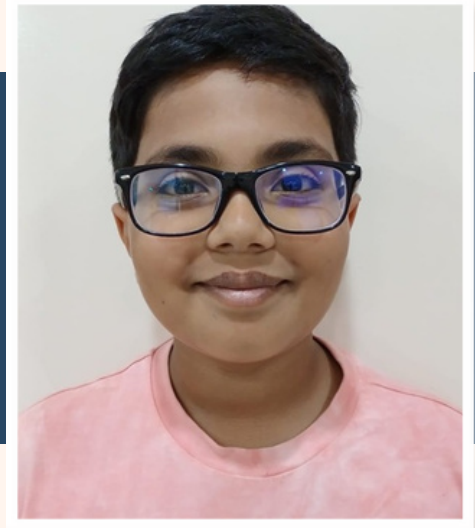
25 / 11 / 2024 - 02 / 12 / 2024

18TH EDITION



REFLECTION

RUDRA RACHH GR-6A



It has been about six months since I started staying in the hostel. During the summer, the mornings were pleasant, but it used to get hot in the evenings. Now, the weather is cold, and it reminds me of the trips I took to North India during the monsoons. It used to rain a lot, and once, during a storm, it even broke some construction metal.

Life in the boarding school is going well, and I have made a lot of friends. A few weeks ago, it was Children's Day, and we had so much fun celebrating it!

25 / 11 / 2024 - 02 / 12 / 2024

INDUS ALTUM INTERNATIONAL SCHOOL

REFLECTION

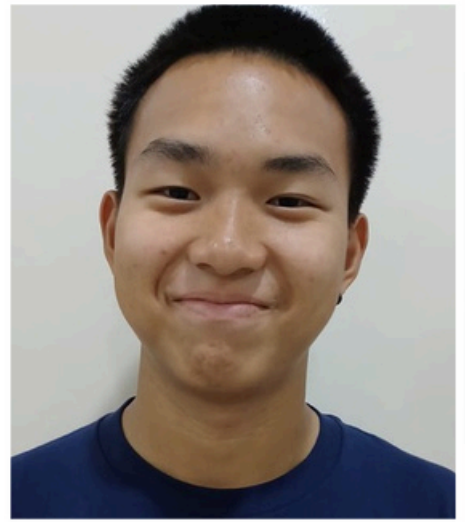
AARNA SRINIVAS GR-7



This week has been absolutely amazing! We had so much fun—winning medals, crossing our fingers for our house to win the cup, watching movies, and doing all the things we love. Sports day was a blast! Even though we didn't win any medals, the memories we made will last a lifetime. Everything about this week was unforgettable. We finally watched Moana 2 on the big screen, a movie we had been eagerly waiting for. After tossing popcorn and sipping coke, we headed to McDonald's, KFC, and Domino's. The food was incredible; there wasn't a single meal I regretted, even though I was stuffed. This week had its mix of ups and downs, but the highs and moments of appreciation made it so much more special.

REFLECTION

CHONNAPATT GR-9



Last week, we had Sports Day at school. Every day, I had to practice for the march past and the events that were scheduled for Friday. The mornings were very cold, but during practice, it was extremely hot. I felt very tired and didn't want to continue. However, when my friend told me, "Don't do it just for yourself, do it for others," it motivated me to practice harder.

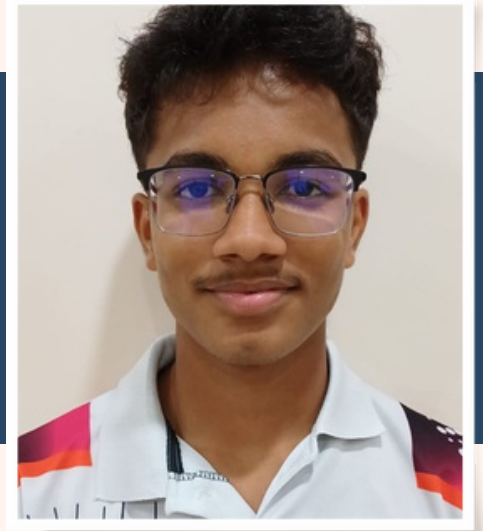
We also had to practice for different sports events like running, relay, high jump, long jump, and more. It was fun, but when Friday came, and I didn't win in some events, it felt disappointing because I couldn't achieve what I wanted.

On Saturday, we went to watch a movie. It was fun, though it had too much music at times, which made it a bit boring. After the movie, we went out for lunch at a restaurant. The rice and chicken there were very tasty.

Sunday was a relaxing day with lots of free time. It was a good way to end a busy week.

REFLECTION

SAMIT S BELLAD GR-11



This week was really exciting and fun! We started off the week preparing for Sports Day, which was coming up on Friday. We spent our sports time practicing our march past so that we could execute it perfectly during the event. On Thursday, we had a full run-through of the Sports Day, and our principal was present to see our performance.

Friday finally arrived, the most awaited day in Indus history, and it was incredibly exciting! I was representing the Phoenix House. We started by welcoming our chief guest, who is such an inspirational person, and I learned a lot from her. Then we proceeded with the march past, and after the chief guest gave us permission to start the Sports Day, we kicked off with athletics. I participated in the 100m race and came second. I also competed in the hurdles and relay, where my team and I came first. It was a really big moment for me since it was my first Sports Day at Indus. Phoenix House won the overall Sports Day, and we all celebrated our victory!

On Saturday, we went to watch a movie and stopped at McDonald's for lunch before heading back to the boarding. Sunday was filled with good food and a lot of rest time, and that's how the week ended.