

# RESPLENDENT EPISTLE

**Monthly Newsletter - SAIS**

**Edition — April 2023**

***Aspirations*** Every sunset is an opportunity to reset. Every sunrise makes us

**REALISE** to see the world with **REAL EYES** to avoid **REEL** life. A glad heart makes a happy face; when the mind overflows, joy then spills into the physical body. The by-product of a happy mind is always better physical health.

Let me make you ponder with a question. Why do we set an alarm every night?

Hmmm... to get up early ..... not to be late... well moreover it's the **Hope** that you will be alive the next day ...your thoughts are parallel to my words.

With new hope comes new joy, such joy quickly saturates all our thoughts and emotions. With this thought, I'd like to narrate a story that I read in reader's Digest – one of the prominent, fast-selling monthly magazines. The story is about heroic Portsmouth sailor Sir Robin Knox Johnston who recalls Elizabeth II's radiant smile from multiple encounters with the late monarch.

A legendry sailor along his journey was the first person to sail solo non-stop around the world where he battled 80 ft. waves, shark attacks, and even appendicitis yet continued and survived his voyage alone and finally reached the shore after 157 days with a ray of hope and belief that he will reach his family who is waiting to meet him earnestly. So when the queen asked the sailor what made him survive the climate challenge, the answer he gave was stunning – He said he had a family who was waiting for him with a never-ending hope, and this hope within him gave him the strength to survive all the ups and downs all through the way in the turbulent sea, gives me the one must have hope in their actions which will further lead them towards a successful life

So dear students, this academic session let's begin with new thoughts, and new hope which will further take you to a contented state of mind, helping you to cope with post-pandemic stress and manage your work by being more responsible and cheerful. As we flip the pages of the RESPLENDENT, let's ignite the series of hope and belief of an individual in accomplishing the target.

**Diana Cyrus**

**Vice Principal SAIS**



## Gaiety and Vivacious Annual Day

St Anthony's International School, Gundlapochampally celebrated its 3rd Annual Day with fervour and exuberance as the students jubilant in spirits showcased their talent and skills not only through a Cultural programme but also through the Prize

Distribution, The Chairman cum Director Mr N. P. Sundara Raju and Academic Director Mrs Sarita Sundera Raju awarded the most outstanding students in Academics for the year 2022. The Annual Day was graced by the members of the SAIS, Managing Committee, parents, teachers and the students. Dr V. Balakista Reddy Former vice chancellor – Nalsar University.



The Academic Director presented the Annual Report highlighting the prominent

features of the school, the achievements in academics and co-curricular activities for the year 2021-2022.



The cultural programme on the theme – Love nature, enthralled everyone; the audience was awestruck with the talent and skill revealed in each performance. There were feet tapping Dances, side-splitting skits fortified with a skit cum

dance based on 'not to cut down trees'. The timely gap-fillers were equally entertaining and their careful planning gave away SAIS' skill in managing time in a programme of such magnitude. The climax of the evening that enraptured the audience was with the grand finale.

This national bird represents strength and power and its feathers symbolize immortality and immunity to evil. Peacock motifs in Indian art portray wealth and luxury items, similar to, clothing or jewellery. One can find this motif in religious art, such as Hinduism, which represents immortality and resurrection.



Grade 3 children danced on an instrumental music themed as dancing of peacocks and Lord Krishna. The dance represents the first showers, the forests becoming verdant and cool Dark

rain clouds gathering on the horizon to a slow beat of thunder and lord Krishna's flute. Mellow sunrays piercing through clinks in the cloud cover, rain drops beginning to fall one by one on the sun parched trees and flocks of splendid peacocks dancing under the grey skies praising Lord Krishna



This song " shape of you" was written by English writer Ed Sheeran. This song was performed from grade 6 to 9th as a welcome dance in the annual function. There were around 26 girls participated in this performance. They were all wearing traditional

classical attire which makes them look more beautiful and elegant. They all enjoyed performing in this song.



The theme of the song was to inculcate the modern lifestyle with the traditional tribal one that followed in the urban and in the forest. This dance depicts the two different tradition and culture. The face of between tribal and urban was performed from grade 6 to 9th boys. They were in there modern and tribal outfit which brought out the real face of between tribal and urban.



Our survival depends on trees. They support wildlife, provide humans with oxygen, store carbon dioxide, and stabilize the soil. Trees play a crucial role in maintaining the healthy balance of our ecology. All of the organisms on our planet depend on trees. Every living thing needs access to food, water, and air to survive.



When a tree is taken down, a life is lost; when a tree is planted, a life is gained. However, saving a tree also saves a life.

Monkey's in the jungle, they play on the trees jumping from one branch to other, they are very naughty and mischievous...Our kids enjoyed imitating like monkeys and tapping on the beats of the song through their action packed and powerful performance. It was like a hilarious and an eye treat to watch their performance of our toddler's by grade LKG- incorporated dancing and singing



The jungle boy Mowgli is a good, strong leader who honours the jungle law

respects the jungle traditions. The most important life lessons in jungle book are not to be a coward. We need to face our fears, gain confidence and triumph over it. This is beautifully shown by our grade 1 students through a dance number.

Chicken dance - The Chicken is a popular rhythm and blues dance that started in America in the 1950s, in which the dancers flapped their arms and kicked back their feet in an imitation of a chicken. The dance featured lateral body movements. It was used primarily as a change of pace step while doing the twist. The UKG students



enthralled everyone with their chicken dance.

If life in the world is to be preserved, the Earth must be protected. By preventing pollution of the Earth and preserving natural resources such as air and water, we can save the planet. Which summons a force that heals the world.

### **New academic Year**

The teachers of SAIS, believe that every child should be productive in the class and must Avoid “loaded” procrastination. Micro-teaching is a teacher training and faculty development technique whereby the teacher reviews a teaching session, in order to get constructive feedback from peers and/or students about what has worked and what improvements can be made to their teaching technique. The Teachers used dramatics to

emphasis on the lesson and encourages them to think, act, and behave creatively in all areas of learning as well as life. Teachers during training used dramatics to define school rules, the best team that won was on Hygiene and Sanitisation. Special Mention – Mr Charan, Ms Bharati, Ms Varshini, Ms Jolly and Ms Pretti.



### **Potluck – Healthy Platter: Potluck Brings a School Community Together.**

At SAIS, grade wise potluck was organised where each student contributed a fruit, vegetable or a healthy diet, to be shared and adopt healthy eating habits, the activity acted as a catalyst in promoting the valuable lesson ‘Sharing is Caring’. Each learner spoke at length the nutritional benefit of each fruits and shared a recipe of fruit delight food. The 8<sup>th</sup> and 9<sup>th</sup> graders presented the décor of fruits with exquisite fruit and

vegetable carving. Students in a 21st-century skills classroom are not afraid to get their hands dirty. They thrive on translating what they see from the world into real-life scenarios such as organising the event with limited resources and treat their own peers with a fruit plate. The teachers thus become facilitator to encourage creativity, experimentation, and trial-



and-error methods for their learners.

It was more than just enjoying food and having a good time, it gave the learners an opportunity to share and connect better with each other. It also added on their knowledge about healthy eating.



## Star Achiever of SAIS – Congratulations

**Pranit Somani is a X grader and a National aspiring Badminton Player, mentioned below are his achievements for the year 2022-23**

1. Semi Finalist in Boys Doubles Under 15 in Yonex-Sunrise National Badminton Championship 2022 held in Bhubaneswar in December 2022
2. Pre-Quarters (Round of 16) in Boys Singles Under 15 in Yonex-Sunrise National Badminton Championship 2022 held in Bhubaneswar in December 2022
3. Runners-up in Boys Singles Under 15 in Yonex Sunrise Maharashtra Sub-Junior (U15 & U17) State Selection Tournament 2022 held in Nashik in November 2022
4. Runners-up in Boys Doubles Under 15 in Yonex Sunrise Maharashtra Sub-Junior (U15 & U17) State Selection Tournament 2022 held in Nashik in November 2022
5. Semi Finalist in Boys Singles Under 15 in Yonex Sunrise Maharashtra Sub-Junior (U15 & U17) State Selection Tournament 2022 held in Pune in August 2022
6. Semi Finalist in Boys Doubles Under 15 in Yonex Sunrise Maharashtra Sub-Junior (U15 & U17) State Selection Tournament 2022 held in Pune in August 2022
7. "Promising Player" recognition received at Yonex Sunrise All India Junior Ranking Badminton Tournament at Goa in July 2022
8. Pre-Quarters (Round of 16) in Boys Singles Under 15 in Yonex Sunrise All India Junior Ranking Badminton Tournament at Goa in July 2022
9. Semi Finalist in Boys Singles Under 15 in PNB Metlife Junior Badminton Championship 2022 (Mumbai) in August 2022
10. Semi Finalist in Boys Singles Under 17 in PNB Metlife Junior Badminton Championship 2022 (Mumbai) in August 2022



11. Pre-Quarters (Round of 16) in Boys Singles Under 15 in Yonex Sunrise All India Sub Junior Ranking Tournament - 2022 in Oct 2022 (at Gopichand Academy)
12. Pre-Quarters (Round of 16) in Boys Singles Under 15 in Yonex Sunrise All India Sub Junior Ranking Tournament 2022 in Oct 2022 (at Jwalla Gutta Academy)
13. Third Place in Boys Doubles Under 15 in Yonex Sunrise All India Sub Junior Ranking Tournament - 2022 in Oct 2022 (at Jwalla Gutta Academy)

## Spell Bee Competitions

Encouraging your child to enter a spelling bee competition can result in several benefits. The spelling bee not only provides a valuable educational experience for your child, but also allows them to engage in healthy competition. 30 words grade wise was given to each student, every word was associated with its meaning, pronunciation and a word used in a sentence. The best speller were adjudged in the assembly with unknown words grade wise and were awarded. Spell bee isn't a once a year program The winners were awarded certificate on the last working day

Catch the pics below....

<https://photos.app.goo.gl/xRiT82vqzebj42hXA>

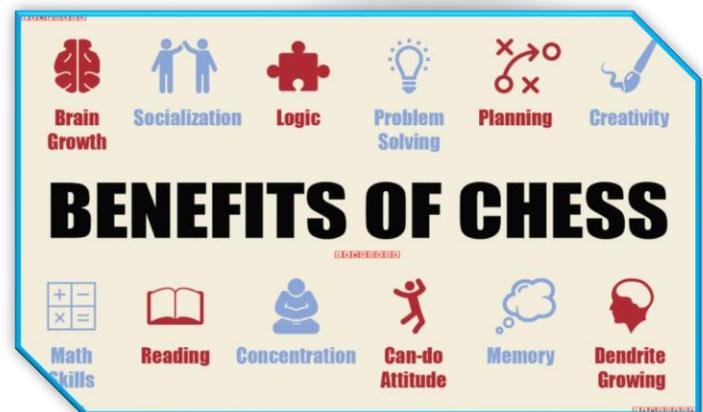


## Chess Tournament

As the temperature soars in April, so does the activities at SAIS. Chess has been proven to increase the IQ, improve memory function, help develop higher levels of creativity, simultaneously exercise both sides of the brain, help prevent Alzheimer's and dementia, and increase a child's problem solving skills. Lingering with the learning outcome, a competition was held for all classes. The Vice Principal appreciated the participant as students in large numbers actively enrolled for the competition.

Catch the students in action below

<https://photos.app.goo.gl/r75RdcXNcGP8HN9p6>



## Best out of waste

Some thrash is recycled, some is thrown away, some ends up in the hands of SAIS students with a new life of creativity, Making the best out of waste means creating something useful and innovative from items that would otherwise be thrown away.

Concept of Kintsugi - kintsugi is similar to the Japanese philosophy of wabi-sabi, an embracing of the flawed or imperfect.

The learners added new value to new and discarded items, with the golden creativity.



### **Teachers into action**

Better than a thousand days of diligent study is one day with a great teacher.

– Japanese Proverb

The love for diversity and exploring people from various walks of life make teachers approachable and relatable. How to create a fun loving yet charming assembly is make students sway, sing and probe so that they can express without any hesitations.

### **Yellow day cum AAMazing Day**

Amidst the monotonous administrative paper work, guess who came to spread the colour of JOY and Happiness, none other than pre-primary tiny tots who celebrated Yellow day cum Mango Day. Fresh organic mangoes from the Directors hand were showered in the kid's bosom, and tiny hands held on to them, the super excited went ahead to make mango milkshake and served it chilled to their teachers. Yellow chicks, daffodils, mangoes, bees, sunshine lit up their classes.



## Summer Break - POTLUCK

Happy Teachers create happy classroom, the teachers celebrated their day with a potluck, after mundane desk job, submitting their split up, planning and register they had time to relax with their colleagues. Meaningful relationships also provide a sense of well-being, and student and teacher well-being are inextricably linked and hence it's better to let loose and rejuvenate with SAIS family.





HAPPY  
*Holidays*