

December - January 2023-24 | Vol. 5

*The
Communiqué*



Nahar International School



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Attribute of the month - Perseverance

Inspired by Winston Churchill's timeless wisdom – 'Success is not final, failure is not fatal. It is the courage to continue that counts,' this month's spotlight is on the invaluable attribute of perseverance.

Throughout our academic and extracurricular endeavors, our students embody resilience and determination. In the intricate realm of mathematics, they face abstract concepts and rigorous problem-solving, turning setbacks into opportunities for intellectual growth.

Beyond the classroom, our students showcase perseverance in diverse activities. Whether tending to a meticulously cared-for Kitchen garden, organizing events like the National Premier League, excelling in sports, or delivering captivating performances during Cultural Day – their commitment to excellence knows no bounds.

In the realm of service, our IBDP students consistently demonstrate dedication by maintaining classrooms. Furthermore, our high school students have undertaken a meaningful initiative to assist a school in Wada, showcasing perseverance in the face of community challenges.

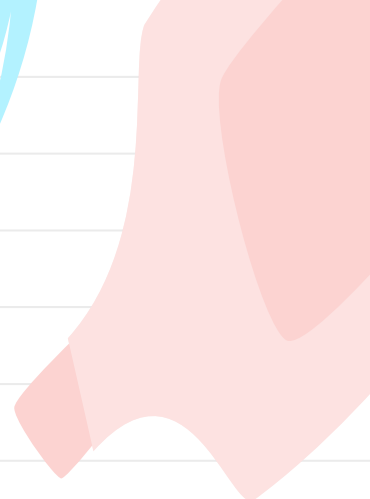
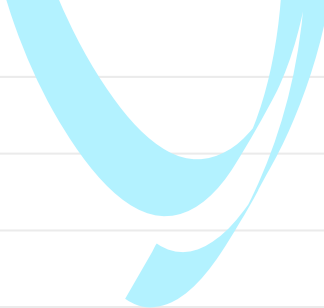
As we celebrate the spirit of perseverance, let us applaud our students for their unwavering commitment to success and their courage to overcome challenges.

Together, we continue to foster an environment where determination and resilience thrive.


- Jaspreet Kaur Rayat
HOD Mathematics



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EVENTS



Joy of Giving

The school buzzed with a delightful festive spirit as our little ones, adorned in festive wear, radiated joy and excitement. Captivating performances by our EY children featured carol singing and dancing, spreading infectious festive cheer. Parents added charm with carol singing, a lively fusion Christmas dance, and a heartwarming skit on the joy of giving.

Post-performances, the festivities continued with a thoughtful Christmas fair organized by our dedicated parents. Children enjoyed games, badge-making, and fun activities. In the spirit of giving, children presented boxes filled with donated books and toys to older children in charge for our adopted school in Wada.

The excitement peaked as the children met Santa and received personal letters, bringing immense delight. It was a day filled with love, laughter, and the enchanting magic of Christmas.



Primary Christmas Carnival

The Christmas carnival was a true delight, featuring various activities that added sparkle to the festivities. The carnival dazzled with an impressive flash mob and lively performances, showcasing the dedication and musical talents of our students. Festive decorations, delectable snacks, and engaging stalls elevated the event into a lively celebration, creating lasting memories for our students who fully embraced the joyful atmosphere. As the laughter echoed and friendships blossomed, the carnival became a cherished chapter in our school's festive history, leaving us eagerly anticipating the joyous celebrations to come. Lastly, the 'Book Exchange' initiative encouraged a love for reading, fostering mutual support and exploration of diverse literary worlds, adding a meaningful touch to our festive gathering.



Curious to Explore Dasada?



Embarking on an enriching adventure, Grade 5 students kicked off their memorable journey in Dasada, exploring the historical wonders of Rani ki Vav and Modhera Sun Temple. Connecting with the Mir community, they immersed themselves in cultural activities like Lippan art and beading, creating treasured memories with each moment.

The adventure continued with a visit to the enchanting Little Rann of Kutch, where a bonfire, stargazing, and a magical musical night unfolded, fostering camaraderie and shared experiences. The final day included a reflective visit to the Gandhi Ashram in Ahmedabad, allowing students to express gratitude through heartfelt cards. Leaving with wonderful memories and new friendships, students wrapped up their adventure, a testament to the educational and cultural experiences of the trip.



School Sleepover Spectacle

The Grade 3 overnight stay was a highly awaited event for our students, providing a unique experience away from home and fostering bonds with friends and teachers. Carefully planned activities, including outdoor sports, group games, and an art session, not only imparted valuable lessons but also brought joy to the learning process. The structured routine encouraged teamwork, resource sharing, and strengthened connections. The next morning, a fitness session and serene yoga set a harmonious tone for the day. Beyond creating cherished memories, this overnight stay marked a significant milestone in our students' journey toward independence, fostering growth, connections, and shared experiences essential for their holistic development. We look forward to more such enriching learning adventures for our children.



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Decoding Project Happiness

In January, our Grade 7 students embarked on a transformative journey with "Project Happiness." This science-based series is designed to cultivate social and emotional resilience, recognizing that success in life extends beyond academic intelligence. The program equips students with invaluable life skills applicable at school, home, and in future workplaces.

The benefits of participating in Project Happiness are multifaceted. Each lesson incorporates practical activities grounded in neuroscience, positive psychology, and mindfulness, "training their brain" for a happy, successful, and meaningful life.

Going beyond traditional academic focus, Project Happiness aims to empower every child for a brighter and more fulfilling future.



Diving into IAYP Practice and Adventurous Journey

At Nahar, we are dedicated to nurturing holistic development, urging students to venture beyond their academic boundaries. In this spirit, our Grade 9 and II students enthusiastically joined the International Award for Young People (IAYP) Practice and Adventurous Journey.

Their journey led them to the breathtaking landscapes of Garudmachi Pune, where they engaged in activities like trekking, hiking, and rock climbing. This experience not only introduced them to new challenges but also unveiled their physical fitness and resilience beyond their usual limits.

Amidst wilderness-style tents, they acquired essential trekking skills and imbibed principles of environmental conservation through "leave no trace" studies. Facing fears, expanding boundaries, and fostering teamwork became an integral part of their transformative journey.

Evenings were dedicated to relaxation and introspection, allowing students to absorb invaluable lessons learned beyond the traditional classroom setting. A special visit to a village provided a firsthand experience of native inhabitants' lives, encompassing cooking methods and daily routines.

This trip has helped shape resilient, team-oriented individuals who are now ready to embrace the challenges that lie ahead.



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Laurels of Nahar!

In a jubilant celebration of academic excellence, students from our community have once again demonstrated their outstanding capabilities at the recently held MISA Toppers Award Ceremony (Members of the International School Association).

Distinguished awardees include Shreyas Raghu, Naman Tandon, and Ojas Paithankar, securing top positions in the IGCSE – Feb/March 2023 series. Kairavi Lal, Mridini Manivannan, and Ananya Yadhav were honored for their exceptional achievements in A levels – Feb/March 2023 and May/June 2023 series.

These achievements reflect not only student dedication but also the high standard of education provided by Nahar International School. We applaud our MISA toppers and extend gratitude to facilitators and parents for their support.

Congratulations to all Nahar International School MISA Toppers! Your achievements are a testament to your hard work and dedication.



What happens when Math meets Art?

National Mathematics Day, observed annually on December 22 in India, pays homage to the acclaimed mathematician Srinivasa Ramanujan. This year's theme, 'Geometric Shapes Around Us,' engaged students from middle and high school, challenging them to create 3D illusions on a 2D plane.



In Grade 9, there was an exploration of polyhedrons and Platonic solids, with students collaboratively curating insightful displays. They focused on illustrating the five Platonic solids—cubes, tetrahedra, octahedra, dodecahedra, and icosahedra. Additionally, IBDP students constructed a geometric model of Chandrayan-3, showcasing practical applications of mathematical concepts. AS-level students took the lead in designing and conducting interactive math games for middle and high school students, fostering enjoyment and knowledge-sharing in the classroom.



The National Mathematics Day event successfully underscored the synergy between creativity, mathematics, and practical application, leaving a lasting impact on all participants.



Palette for Progress: Art Workshop on UN Sustainable Development Goals

In an enchanting blend of artistic prowess and environmental awareness, Grade 8 students recently embarked on a transformative journey through the "Life Below Water" clay modelling workshop. This captivating initiative, aligned with UN Sustainable Development Goal 14, witnessed students channeling their creativity into intricate sculptures that portrayed both the mesmerizing beauty and delicate vulnerability of marine life.

From vibrant coral reefs to the serene grace of sea turtles, each sculpture became a canvas for a profound message about the significance of ocean conservation. The workshop not only served as a platform to refine the students' artistic skills but also as a conduit for fostering a deeper connection with the fragility shared by both the malleable clay medium and the vast underwater ecosystems.



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Students Gastronomy Journey from Nachos to Crepes



IBDP 2 students orchestrated a captivating cultural celebration for their IBDP 1 peers, delving into the rich tapestry of Spain and France. This student-led initiative featured a culinary odyssey with authentic dishes such as Spanish Tapas, Mexican Nachos con queso with salsa, French Crepes with maple syrup, and Patate Lyonnaise. An educational touch was added with a simulated French wine tasting using grape juice, providing insights into this cultural practice. The traditional French game Petanque and vibrant Spanish and French music enriched the immersive experience, successfully uniting IBDP students and teachers in cultural appreciation. This event exemplifies the power of student-led initiatives in fostering understanding through engaging events.



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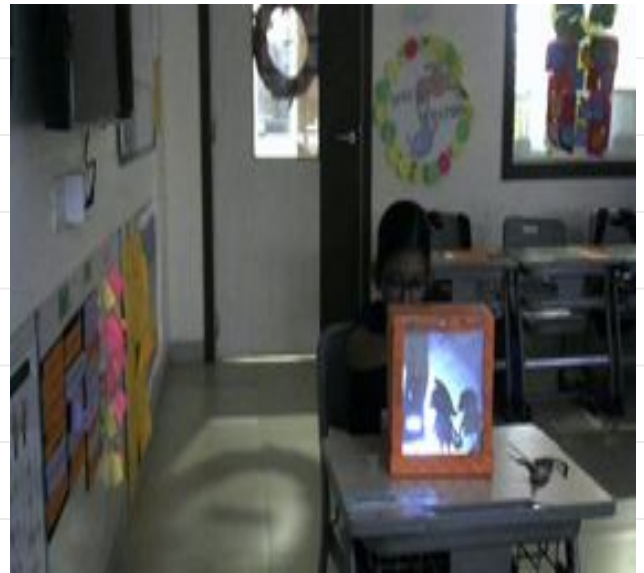


ACTIVE LEARNING



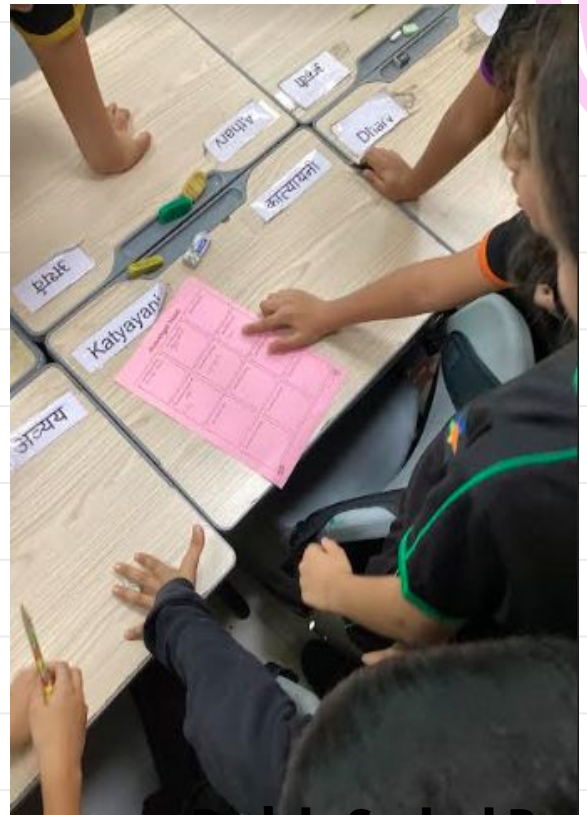
Shadow Puppet Theatre Unleashes Creativity

In a recent exploration, our students dove into the captivating world of shadow puppetry. Teachers sparked interest with a short story, and students, armed with materials, crafted their puppets, emphasizing teamwork. Buddies collaborated on creative storylines, applying their understanding of shadows. This hands-on activity made learning enjoyable and left a lasting impact on their education. The shadow puppet theatre adventure showcased the power of creativity and collaboration, making education a vibrant and memorable journey for our students.



Noun Treasure Hunt

Grade 2 students recently had a fun treasure hunt to discover nouns! Using clever clues, they found nouns like birds and flowers around them, making language come alive. This hands-on experience sparked curiosity, teamwork, and a love for words, laying the foundation for understanding adjectives. Stay tuned for more exciting learning adventures in our classroom!



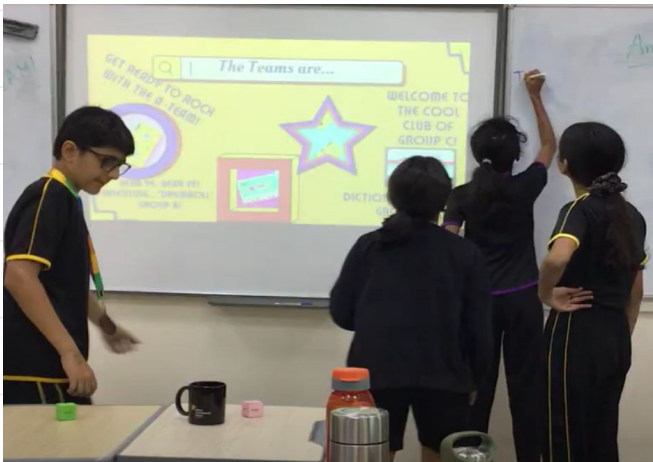
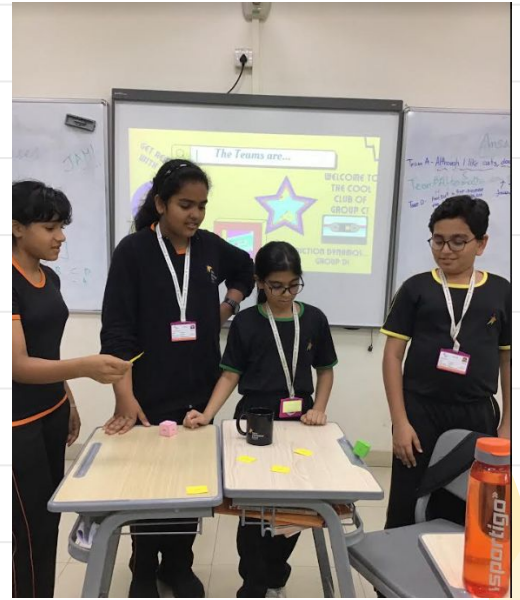
Wheels of Imagination

Grade 2 students explored private and public transport concepts through interactive worksheets, applying their knowledge with colorful backgrounds. The fusion of 2D drawings and 3D playdough models made a lasting impact, and as a delightful finale, they shaped playdough into cars, airplanes, and boats. This hands-on adventure not only enhanced fine motor skills but also sparked curiosity, bringing joy and a sense of accomplishment as each child proudly presented their unique creations. The classroom transformed into a vibrant showcase of creativity, illustrating the incredible learning journey of our students.



Clause Craze and Dicey Delight

Grade 6 English came alive with the Clauses Dice Challenge, where students, organized into collaborative groups, crafted complex sentences under time constraints. With the roll of the dice revealing subordinating conjunctions or relative pronouns, the challenge sparked quick thinking and grammatical prowess. Introducing HAM (Half a Minute) and JAM (Just a Minute) challenges added excitement, nurturing skills for constructing sentences with finesse. This dynamic exercise not only solidified grammar concepts but also showcased students' remarkable creativity and collaborative spirit, turning language arts into an enjoyable journey.

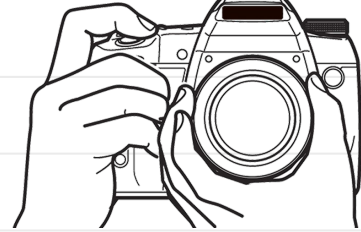


Crafting Young Cartoonists

Stepping into the realm of creativity, our Art learners recently participated in a workshop on visual storytelling conducted by Mr. Omkar Mahashabde. The primary focus of the workshop was to enhance the artistic skills of our learners through the medium of visual storytelling. Mr. Mahashabde guided the participants in understanding the art of storyboarding, utilizing cartooning techniques to convey narratives effectively. The workshop provided a comprehensive exploration of various forms of storytelling, fostering a deeper appreciation for diverse narrative styles. Participants gained valuable insights into the expressive power of visual elements in conveying compelling stories. The workshop proved to be an enriching experience, promoting creativity and expanding the artistic horizons of the students.



Photography Club




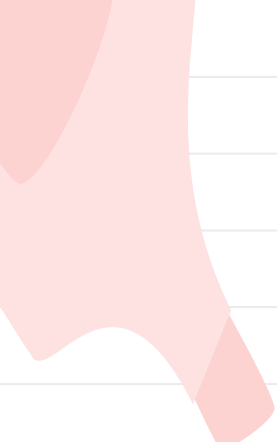
The Photography Club conducted an engaging series of workshops, demystifying the art of photography for its diverse group of budding photographers. Beginning with fundamental concepts like aperture and shutter speed settings, members actively engaged in hands-on exercises to master the art of capturing the perfect shot.

The practical sessions included insightful discussions on frame composition and composition rules. From portraits to landscapes, the club covered a range of subjects, encouraging participants to find photographic inspiration in their daily lives.


In a collaborative learning environment, members shared experiences, making each session a vibrant exploration of photography. The club not only imparted technical skills but also fostered a deep appreciation for the art form, showcasing our commitment to nurturing well-rounded individuals with a passion for the arts.



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STUDENTS', COLUMN



A Personal Saga of Goals, Grit, and Glory

On the vibrant Saturday of January 13th, I eagerly participated in the Nahar Premier League, a football tournament hosted by Nahar International School. The anticipation had been building since the announcement, and this event marked a unique opportunity to unite with classmates, seniors, and juniors on the football field.

Our journey commenced with a spirited match against JBCN. Despite trailing 0-1 at halftime, a tactical adjustment by our coach ignited a spectacular comeback, resulting in a 4-1 victory. The euphoria of this win set the stage for the semi-final clash against Podar. The game was nothing short of a spectacle, featuring brilliant goals and an acrobatic shot that left spectators in awe.

Undeterred, we entered the third-place match against HFS. Our composure under pressure secured a 3-2 victory, securing the third-place position. While we felt a tinge of disappointment for not finishing higher, the award ceremony brought a sense of accomplishment. Personally, receiving the MVP trophy was an unexpected honor, a testament to the collective dedication of our team.

The Nahar Premier League provided a kaleidoscope of emotions, from thrilling victories to resilient comebacks. This unforgettable experience, marked by camaraderie and sportsmanship, will forever hold a special place in my high school memories.



-Arav Chowdhury
IBDPI



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**MENTORS,
COLUMN**



Adolescent Emotions in the Age of Smartphones

Do you ever catch yourself scrolling through social media before bedtime or checking your phone at the slightest vibration? In the age of smartphones, these devices have become constant companions, significantly influencing the lives of teenagers who spend an average of 45 minutes daily on social media.

Why are Teens drawn to Social Media?

Teens are attracted to social media for its positive impact; around 80% feel connected and supported. It's a platform for showcasing creativity, finding reassurance during tough times, and experiencing increased acceptance. However, it's essential to recognize the undeniable link between social media and mental health.

Mindful Social Media Engagement

Avoiding Comparison: Be mindful of comparing yourself to others online, preventing disheartenment about personal accomplishments.

Building Genuine Connections: Reflect on social media's impact on genuine connections, crucial as face-to-face interactions decline.

Content and Self-worth: Consider how social media content influences your self-worth, especially through likes and comments.

Quality Sleep Habits: Beware of bedtime browsing, as it can negatively affect sleep quality and leave you tired the next day.

Promoting Healthy Social Media Habits

Mindful Engagement: Before using social media, take a moment to pause, be mindful, and set intentions for a healthier experience. This helps create the right frame of mind for a positive interaction.

Open-Ended Reflection

Encourage open-ended reflection on social media experiences. Ask questions like: What's positive? What's challenging? What changes would you like to see? Remember, social media is just one aspect contributing to overall well-being.

Self-Management

Support teens in managing their social media use. If needed, establish specific screen rules at home, including screen-free times (e.g., during homework) and areas (e.g., the bedroom). Introduce device-free dinner nights, ensuring adherence to these guidelines.

Ultimately, social media, like a catchy song, can be enjoyable but may also impact our minds. Developing mindful micro-habits can reshape our relationship with it.

- Deepa Raman

School Counselor, Student Wellbeing Department

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LEARNING BEYOND ACADEMICS

MISA Aesthetics Achievers

We are thrilled to share the resounding success of our talented learners at this year's MISA Aesthetics, an annual cultural extravaganza that provides students from Cambridge Schools with a platform to showcase their creativity and artistic prowess.

The event, spanning a myriad of artistic domains, witnessed our students shine across various categories, earning accolades and recognition for their outstanding performances. Here's a glimpse of our students' achievements:

1. 2nd Position-Senior Group Poster Making
2. 2nd position-Junior Group Singing
3. 3rd position-Senior Group Dance - Folk Genre

These achievements highlight not only academic excellence but also the vibrant artistic spirit of our school. Here's to fostering more creative brilliance in the future!



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Rashtra Suraksha Abhiyan

The Rotary Club, Powai, and Chandivli Police Station collaborated to organize the "Rasta Suraksha Abhiyan," a significant event dedicated to road safety awareness. Nahar International School graciously hosted the inter-school event, which saw active participation in competitions such as Essay Writing, Elocution, and Drawing.

We were honored by the esteemed presence of the Assistant Commissioner of Police and several police personnel, adding weight to the event's importance. Their engagement highlighted the crucial collaboration between the community and law enforcement in advocating for road safety.

This initiative showcased the creative talents of students while emphasizing our collective commitment to nurturing a safer road environment.



Nahar's Dynamo Strikes Gold

Nahar International School proudly announces the remarkable achievements of our students in the recent SFA Football Tournament. Our teams demonstrated exceptional prowess and commitment, earning prestigious positions in three categories



U/14 Girls: 1st place among 8 schools.

U/12 Boys: 2nd place among 54 schools



U/14 Boys: 1st place among 34 schools.



We extend our heartfelt congratulations to each student participant and our dedicated staff for their unwavering efforts. This collective achievement has not only brought honour to our school but has also instilled a profound sense of pride within the entire school community.

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Vibe Victors

We are delighted to share the achievements of our students who participated in the VIBE event organized by Next School! Malini Mukherjea, Madhuvanathi Karthik, and Meera Agarwal secured first place in Culinary Imagination, while Anshul Rao, Shrey Rastog, Abir Lal, and Danyal achieved second place in Fusion Relay.



At Nahar, we are committed to promoting holistic learning experiences that empower students to excel in various fields. Your success not only reflects your individual brilliance but also contributes to the vibrant and dynamic learning community at our school.



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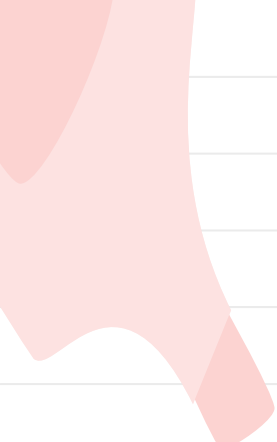
Slam Dunk Success

Our school's basketball prowess was on full display at the MQ Basketball League Tournament, featuring spirited competition among seven schools. In the Under-12 category, the boys clinched 1st position in a stellar performance, while the girls showcased commendable skills reaching the semi-finals.


Moving up to the Under-14 category, both our boys' and girls' teams secured 1st positions, adding significant victories to our school's achievements. The Under-16 category saw our boys continuing their winning streak with another 1st position, while the girls earned a notable 2nd place.

Congratulations to our talented athletes and coaches for their exemplary performance. We look forward to more triumphs.





*FEATURE OF
THE MONTH*



EY Sports Day : Where Families Play and Bond in Style

EY Sports Day was not merely a celebration of physical activity; it was a joyous occasion where parents and children united to play, bond, and create cherished memories. This special day focused on togetherness, offering parents and children the chance to join hands, hearts, and laughter in delightful games. Emphasizing the joy of playing together over competition, the event aimed at building connections and fostering teamwork.

Upon entering, parents received a checklist featuring games like 'Pass through the Hula Hoop', 'High Jump', 'Letter Match pattern walk', 'Sight word explorer', and more. Parents enjoyed experiencing these activities with their little ones, who proved to be experts and terrific guides. After completing the games, parents were pleasantly surprised as our children performed to various songs. Parents also had their share of fun participating in games like pass the ball and strike the city. It was an unforgettable day that brought the joy of play and the spirit of togetherness to all in attendance.



Primary Sports Extravaganza

The Primary Sports Day unfolded over three days, featuring captivating displays and unique races for students in grades 1 to 5. At NIS, the emphasis lies in fostering collaboration, teamwork, and sportsmanship among participants, creating an atmosphere of inclusivity in the games.

The displays were a highlight, showcasing creative presentations utilizing items such as umbrellas, basketballs, hula hoops, colorful rackets, and more. This resulted in a grand and spectacular show for everyone involved, reflecting the vibrant spirit of our school's sports culture.



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Middle and High School Spirit and Sportsmanship

Our middle and high school came alive as students eagerly represented their houses in the highly anticipated sports day. The day featured thrilling races and matches, such as the 'Medicine Ball Throw,' 'Tele Matches,' and the electrifying 'Relay,' igniting the competitive spirit among houses.

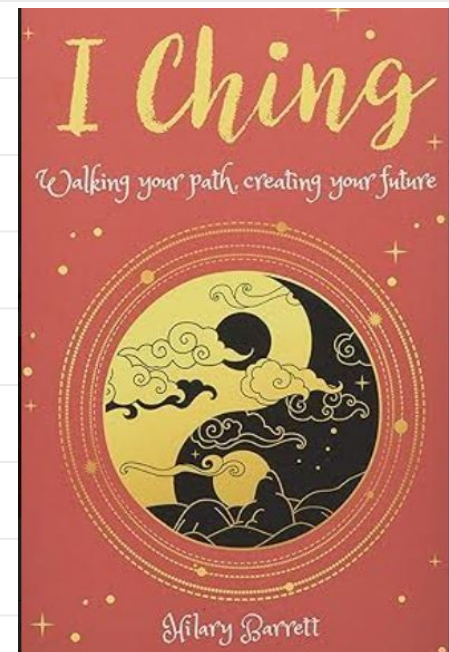
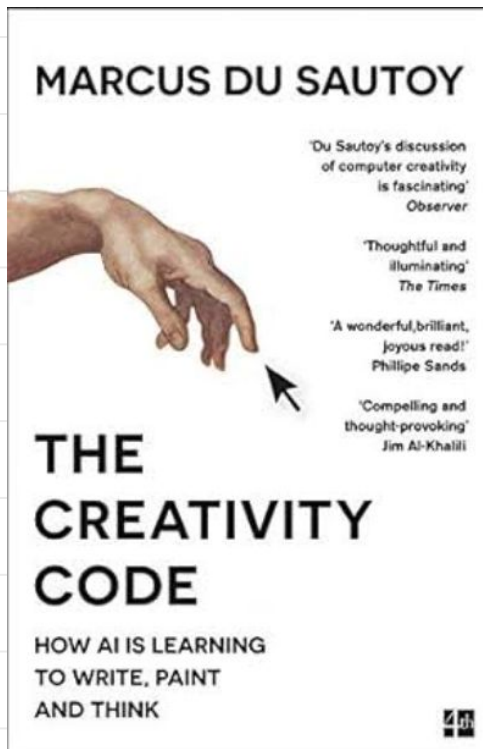
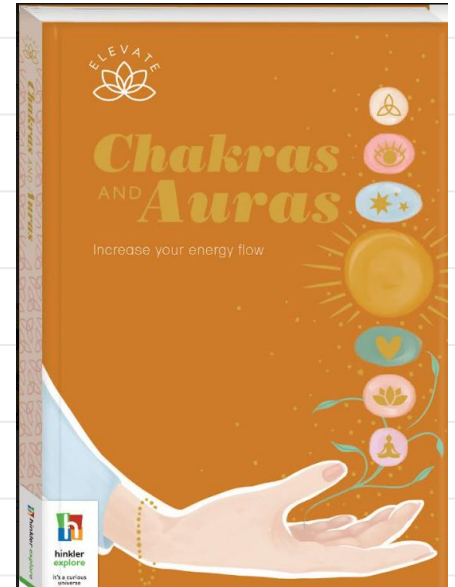
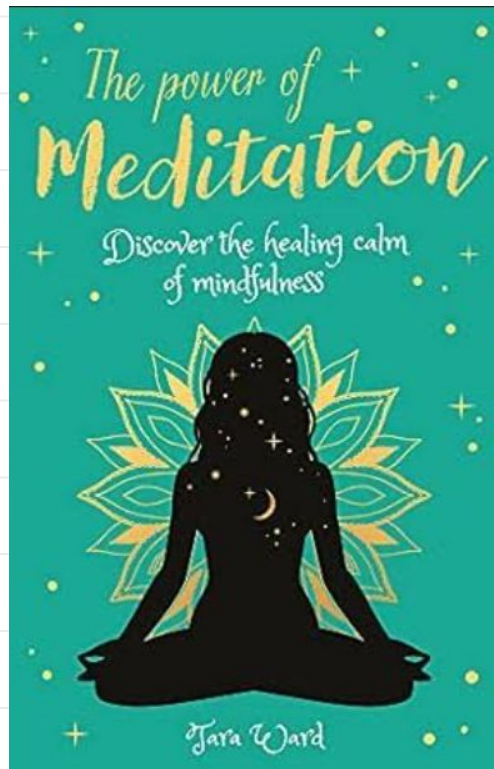
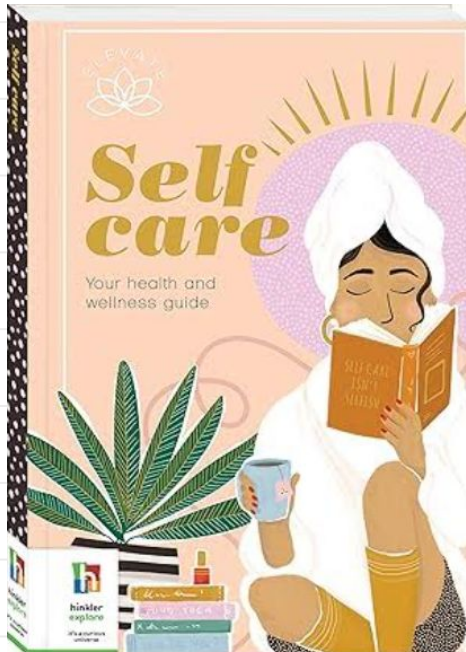
The atmosphere buzzed with enthusiasm, fostering camaraderie and teamwork. Beyond the thrill of victory, the sports day aimed to instill values of sportsmanship and ethics in our students. A symphony of cheers echoed as students passionately supported their peers, creating a joyful and enthusiastic atmosphere.

In essence, the sports day was an unforgettable event where students showcased dedication, learned valuable lessons, forged friendships, and demonstrated the indomitable spirit of our middle school community.



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November - December Highlights

- Sports day
- Joy of giving
- National Math Day



Upcoming Events

- Republic Day
- Assessments
- Middle school trip to
Pench

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Contact us:

Nahar's Amrit Shakti, Chandivali Farm Road, off Saki Vihar Road, Andheri (East), Mumbai, Maharashtra 400072

Phone: 022 68385500

Email: info@nahar-is.org

Web: <https://www.nahar-is.ac.in>

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Compilation and editing of Articles : Ms. Prachi Andani

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Teacher Coordinators - Ms. Karla Ferreira, Ms. Veeral Goradia,

Ms. Sheeba Passanha, Ms. Dorothy Chowdhury, Ms. Janvi Bhanushali

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