



# AKSHARA VAAGDEVI INTERNATIONAL SCHOOL

R.G.R Siddhanthi Educational Society

CBSE Affiliation No. 130323 | School Code 57702



## SEPTEMBER NEWSBITES 2022





## PRINCIPAL'S MESSAGE

**“What is necessary to change a person is to change the awareness of himself”**

“Self-Awareness is the keystone of emotional intelligence. The ability to monitor feelings from moment to moment is also crucial to psychological insight and self-understanding. People with greater certainty about their feelings are better pilots of their lives.”

- Goleman, 1995)

The World Health Organization recognizes self-awareness as one of ten life skills that promote well-being across all cultures. The road to self-awareness is a journey for everyone that enables us to see ourselves on a quest to mastery rather than at a particular destination. It gives us more self-confidence, so, as a result, we communicate with clarity and intention. It allows us to understand things from multiple perspectives. It frees us from our assumptions and biases. It helps us build better relationships.

When you learn to listen without evaluating or judging others, you'll become more empathetic and understand people better. Listening to the important people in your life should give you a true sense of how they perceive you. Visualize the best version of yourself. "Ideal selves reflect our hopes, dreams, aspirations, and speak to our skills, abilities, achievements, and accomplishments that we wish to attain.”



Becoming more self-aware can help you to proactively manage your thoughts, emotions, and behaviors, rather than allowing them to manage you. Setting aside some time for ourselves is something many of us struggle with. Life is so busy, and it seems selfish to schedule time just for us. It allows us to make positive behavioral changes that can lead to greater personal and interpersonal success.

So don't just let the days roll by and the years end :  
let us become better decision-makers and build more self-confidence.

**“Diet is the essential key to all successful healing.”**

Nutrition is an issue of survival, health and development for current and succeeding generations. It is imperative to raise awareness among the students, the value of good nutrition and the need for an active lifestyle. National Nutrition Week 2022 India highlights the significance and the role of a healthy diet in the human body.

The National Nutrition Week is observed throughout the country from 1st to 7th September. The theme of the National Nutrition Week for 2022 is 'Celebrate a World of Flavors'.

Akshara Vaagdevi International School observed National Nutrition week from 1st September to 7th September. The Nutrition week was observed to raise awareness about the importance of nutritional and adaptive eating habits in order to live a healthy lifestyle. At AVIS, we focus strongly on our students' physical and mental health and a proper nutritious diet which plays an important role in the overall wellbeing. Good eating habits should be taken seriously. The parents were requested to send a healthy meal/snack to promote awareness of the same.



During lunch period awareness rally of importance of balance diet was observed by students of grade VII to X

Good nutrition promotes not only better physical health and reduced susceptibility to disease, but has also been demonstrated to contribute to cognitive development and academic success.



**"One good teacher in a lifetime may sometimes change a delinquent into a solid citizen."**

Teachers' Day is celebrated in India every year on September 5 to mark the birth anniversary of Dr. Sarvepalli Radhakrishnan, the greatest teacher and scholar of India. He was a renowned scholar, recipient of Bharat Ratna, first Vice-President, and second President of independent India. He was born on 5 September 1888. As an educationist, he was an advocate of edification and was a distinguished envoy, academician, and above all a great teacher. Teacher's Day is also celebrated to acknowledge the challenges, hardships, and special roles that teachers play in our lives. The first Teachers' Day in India was marked on September 5, 1962, which was his 77th birthday.



As the common adage goes, the future of a country lies in the hands of its children, and teachers, as mentors, can mold students into future leaders who shape the destiny of India. They play an important role in our lives in helping us become successful in careers and businesses. They help us to become good human beings, a better member of society, and an ideal citizen of the country. At AVIS, students



expressed their gratitude and appreciation for their teachers on this day. Selected students shared their experiences with their teachers. Students felicitated all the faculty members of all the departments with bouquets.

As part of the celebration, grade X students observed Self Governing Day. The students of class X donned the expected roles and responsibilities of teachers and explained lessons to their fellow pupils. They acted as teacher's right from the Morning Prayer to the end of classes. Rubrics were shared which provided the student with an opportunity to showcase his/her innovative work and performance. Points were considered for commendable communication skills, Voice modulation, Classroom management and Mannerism. Y.Harshit in first place, G. Spoorthi, Aditya Gundelli and G. Banu Prakash in second place were announced winners in the school assembly.



Our Principal Ms Vanaja and Vice Principal Ms Rachana, stressed that students should also excel in extracurricular activities along with studies and grow to a great level in their lives.

**"We may not have it all together but together we have it all"**

Akshara Vaagdevi International School believes in socialization which is a truly enjoyable part of our job. The staff hosted an office potluck lunch that brings people together in more ways than one. Of course, everyone gathers together to eat all of the delicious food but it also allows people to exchange ideas and talk to one another, and that's proven to increase employee engagement and job satisfaction.



This office potluck was a chance to bring all the faculty and staff members together to partake in something everyone can enjoy – eating delicious food! The planning that went into them encouraged staff to work together, coordinate dishes, and ultimately increase their engagement and job satisfaction.

The event started off with a social gathering on the stage. The stage was filled with laughter and chatter as all the staff members seemed to enjoy each other's company. It had a great turnout and the food was delicious. The potluck lunch could bring a feeling of commune and shared culture to the environment, and they were a good excuse for everyone to sit together and bond.



**“Childhood should be carefree, playing in the sun; not living a NIGHTMARE in the darkness of the soul”**

All children have an equal right to access education in an environment that is safe, protective and conducive to overall development. The challenges of gender inequality, eve teasing and sexual abuse in school environment call for increased awareness and creating synergy among parents, teachers and schools. In order to ensure strict compliance of the Protection of child from sexual offence (POCSO) Act 2012, CBSE has taken several initiatives and actions for creating awareness about sexual exploitation among the school children.





Under the Continuous Comprehensive Evaluation (CCE) Scheme, 23 modules based on Life Skills have been prepared for the trainers/teachers to give an insight to the growing up issues, managing emotions, gender, social and other issues of discrimination. Teachers, Management and all employees of institutions need to be made aware about the provisions of the Act, some of which cast a duty on them to report instance of child abuse, as in Sections 19(I) and 21. Keeping this in mind, an inhouse induction session was held by Ms. Padma Varalakshmi. Teachers in general were trained to attend to adolescent (gender) related issues, and sensitised on how sexual offences committed by the persons who are in the ownership, management of staff of education institutions and persons in positions of Trust and Authority over children are liable for higher punishment as per the provisions of the Act.

**“Children must be taught how to think, not what to think.”**

Akshara Vaagdevi International school aims to provide children and young people with the tools for a more sustainable future, ensuring the next generation gets along and ahead in life which aims to tackle their persistent exclusion and inequality by empowering them.

The Pre-Primary teachers of Akshara Vaagdevi International school collaboration with Pallavi model schools has conducted a Teachers led conference on 24th of September 2022.



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The occasion was graced and Inaugurated by Founder Chairman of Akshara Vaagdevi international school Mr. P.L. Srinivas, Director for Pallavi group of schools Smt. Sudha, director Pallavi group of schools Mr. Sushil.and our Principal Ms Vanaja.

Our Directors and the founder of the school spoke on the values and the objective of the event highlighting the features of implementing the New Education policy 2020.



The NEP 2020 lays emphasis on the development of the creative potential of each individual in the foundational learning. It is based on the principle of Sustainable Development Goal 4 Quality Education.





Principal Ms. Vanaja stressed that the challenge now is to foster user generated wisdom among teachers and school leaders in the front line. She said ‘children as young as three years of age are exposed to the social values of giving and sharing, not just with gifts or tangible materials, but also with interaction with others.’ Our programmes teach children and young people about the importance of these global issues as they also learn about recycling and how waste can be re-used to create new materials and products.

The teachers introduced the parents, students and teachers to multi-level, play-based, activity-based and inquiry-based learning, comprising indoor and outdoor play, puzzles and logical thinking, problem-solving, visual art, music and movement. The spectators were spellbound with the various ways teachers engage their students to make learning pleasure and fun. Teachers and heads of various schools from the twin cities also were witness to the event conducted in the campus.

**“Every minute you spend in planning saves  
10 minutes in execution;**

Akshara Vaagdevi International School in collaboration with Pallavi Model school had a workshop in Bowenpally branch on the 26th September 2022. conducted by our Director Dr. T. Sudha.





The overall objectives of the workshop were to share experiences and to identify useful practices and problems encountered in efforts to promote feedback and communication of evaluation results with a view to making all the Pallavi schools more learning-oriented, transparent and accountable in all departments.



## The topics for workshop were based on:

1. Appropriate timing and relevance for evaluations and feedback,
2. Criteria for selecting in preparation of Question banks of each department to be evaluated.
3. Lesson plans analyzed and aggregated to meet priority of each lessons,
4. Four levels of feedback required – Blooming Taxonomy :  
Quality, objectivity and participation : an independent, credible and good quality evaluation to assure maximum transparency and accountability
5. Improvement of evaluation methodologies for effective feedback.

The expected outcome will be to work on elaborating good/effective practices for the feedback and communication of evaluation results.



**“The most valuable resource that all teachers have is each other. Without collaboration our growth is limited to our own perspectives.”**

AVIS had a microteaching session by the teachers of Pre-Primary. The topic for micro-teaching was “Storytelling teaching strategy”. The classrooms cannot be used as a learning platform for acquiring primary teaching skills. Micro Teaching is a teacher training technique for learning teaching skills.



It employs real teaching situations for developing skills and helps to get deeper knowledge regarding the art of teaching. The teachers were sensitized on the Storytelling teaching method which helps young learners solve given problems and tasks in a playful way and creates constructive and creative comprehension of the given matter. Teachers were elucidated on making conversational storytelling a regular feature of their classes to increase students' interest, empathy, trust, and sense of connection.

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**Thanks and Regards**

Ms. Vanaja



# October Calendar ( Upcoming events/activities) 2022

October 2022						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 DUSSHERA HOLIDAYS START	2 GANDHI JAYANTHI
3 WORLD NATURE DAY	4	5	6	7	8 INDIAN AIRFORCE DAY	9 MILAD-UN-NABI
10 SCHOOL REOPENS AFTER DUSSHERA BREAK WORLD MENTAL HEALTH DAY	11 INTERNATIONAL DAY OF THE GIRL CHILD	12	13	14	15 GLOBAL HAND WASHING DAY, WORLD STUDENT'S DAY	16
17 POVERTY ERADICATION DAY	18	19	20	21	22 Colloquium	23
24 DIWALI	25	26	27 WORLD DAY FOR AUDIO VISUAL HERITAGE	28 INTERNATIONAL ANIMATION DAY	29 Inter House Young Entrepreneur	30
31 RA SHTRIYA EKTA DIWAS HALLOWEEN DAY						