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## February 2017 Newsletter

“A trophy carries dust. Memories last forever.”– Mary Lou Retton

Dear Parents,

Warm Greetings!!

We have made lots of memories this month. February month was one of the busiest months and we have lot to share.

**SPORTS:**

Indus believes in holistic development of a child where in emphasis is to not only to exceed in academics, social skills, communication skills but in physical education also. As a result we @ Indus take our sports program very seriously.

Towards this end Indus has partnered with Rite Stride for their Physical and Nutrition Education Curriculum. Rite Stride follows internationally acclaimed NASPE (National Association for Sports and Physical Education) certified curriculum for Fitness, Sports and Nutrition.

The program helps the children to develop physical literacy gradually through a variety of structured and unstructured activities which are **fun based**.

We provide one-on-one equipment to ensure equal participation of every child.

Age-wise stage-wise curriculum and equipment are used in the programme.

Research has shown that a child's social behaviour, personality development and overall confidence improve with physical fitness which in turn helps them to perform better in academics.

We have seen and enjoyed our children sweating and enjoying various physical activities in school based on loco motor and non locomotors skills for example basket ball, football, parachute games, kicking, dribbling with feet and hands, volleying besides jumping, hopping, crawling, galloping, balancing etc

### *SPORTS DAY:*

We started the February month with one of our major event "Sports Day" at Madras Race Club, Guindy Lodge. After many postponements due to unavoidable reasons we were finally able to hold it on 1<sup>st</sup> February 2017.

The day was for our children to showcase their athletic prowess. The event started on a welcome note by our PP-2 learner Ms Mishika followed by Torch Run and March past.

It was a colourful event where children performed beautifully in all the drills may it be Chicken dance, Parachute drill, Umbrella dance or Hoola hoops drill.

The day was to enjoy the sportsman ship and the attitudes/profiles that we inculcate in our children. It was definitely not about first, second or third position but to admire the focus, precision, meticulousness, confidence and implementation of the task come what may.

Thank you parents for being there on time to support and motivate the children which in turn, also helped us in being punctual and winding up the program on time. It was indeed a fun filled, colorful day!

### *ADVENTURE CAMP:*

This month we also had a specialized team of trainers coming down from Indus School of Leadership-Yelgiri to conduct an adventure camp for our small children.

The aim for the camp was to inculcate Team Building, Aesthetic appreciation, Cognitive and Physical development, Coordination, Perseverance, Mutual Respect, Reflexes development, Motor skills, Empathy and Neuro motor skills.

The students were divided in to 3 groups. They had 3 sessions of 1 hour each. The sessions were shuffled in between the trainers. Each set of trainers handling their own activities. The children thoroughly enjoyed and had huge fun.



On behalf of IELC, Chennai I would like to thank our trainers Captain Mohit, Ms Tanu Verma, and Mr Praveen Rana for making this a truly wonderful day for our children. Special thanks to Col Sathya Rao for making it possible. Children are practicing for their Annual Indus Day and we hope to make it an even bigger success with our parents' cooperation.

### *FUN DAY*

PP-2 Children as a part of their UOI Imagination celebrated "Crazy Hair Day". Children came to school with funky, crazy, quirky and creative hairstyles.

### *PTM*

We completed our second term successfully. We conducted our 2<sup>nd</sup> PTM on 25<sup>th</sup> February while the reports were emailed on 22<sup>nd</sup> February.

### *Teacher's Self & Professional development training programmes:*

#### **A. 'Leadership Workshop'-**

We at Indus regularly have self and professional development training programmes/workshops for our teachers.

On 11<sup>th</sup> February 13, 2017 the trainers from Indus Leadership School, Yelgiri conducted a Leadership workshop for our teachers. The objective for the teacher's workshop was 3C's Clarity, Creativity and Collaboration



## B. 'Turning the Lens'

We also had one day self development workshop on 18<sup>th</sup> February by Ms Hafsa Noori Pasha. Ms Hafsa is a consulting psychologist, social researcher and development worker **having an** Honours Degree in Psychology from the University of Delhi and a Masters in Social Psychology from The London School of Economics, London U.K.

She is professionally affiliated to

- Psychological Approach - Existential-Phenomenological Counseling
- Professional Membership - British Psychological Association, U.K

### *This month's strategies at home:*

- Watch your child at play—your observations will give you insights into how your son or daughter prefers to learn.
- Look for shapes together. You might say, “I see a green rectangle. Can you find it?”
- **Read aloud with your child every day.** Your reading time doesn't have to belong—5 to 10 minutes each day is great. Make reading a regular part of your day.
- **Talk with your child about things you see.** Try to spend time each day talking with and listening to your child. Conversations in your first language or English build strong oral communication skills.
- **Create a picture telephone book with your child.** Put a picture of the people your child phones regularly— grandparents, friends—on a piece of paper with

their phone number. Your child can use a toy phone to “call” them when it’s not possible to really telephone them.

### REMEMBER THE DATES:

🚩 March 24<sup>th</sup> – INDUS DAY

🚩 March 25<sup>th</sup> – 2<sup>nd</sup> April – Spring Break

🚩 April 3<sup>rd</sup> – School Reopens

*We regularly update the parents on our daily and special events by posting pictures on Facebook. Please like them.*

Warm Regards

Ms. Beena Malhotra

Head of Center

 <https://www.facebook.com/indusearlylearningcentreadyar>