



November 2018

Message from the Principal's Desk:

"You have power over your mind, not outside events. Realize this, and you will find strength."

- Marcus Aurelius -

Dear Parent,

We are meant to face challenges; challenges that causes barriers, fears, discomfort and anxiety. The purpose of life is not to give in to these fears; the purpose of life is to grow your mind through daily habits of self-development; growing it strong mentally and emotionally that no circumstance or event can shake us, because in the end, **you will succeed.**

We can only develop a strong mind by working on ourselves every single day. It can be achieved through different forms e.g. reading, meditation, exercise, goal setting or gratitude. Make it a commitment, make it part of our day – it's OUR LIFE and it is much more important than anything else – to make the time.

Knowing that whatever life happens to throw our way ... **we will be okay.** This is the nature and the power of everyday resilience; stepping up and moving on.

Let us begin with some news of what happened in September:

1) CAS at Indus:

a) Grade 9 Leadership Camp

On 28th of October 2018, Grade 9 IISH MYP students embarked on the journey of leadership to Bangalore. A group of 40 students left for the leadership camp. The journey was comfortable and fun-filled.

The dawn of the next day was filled with enthusiasm and curiosity as the students geared up for what was planned for them.

The students were welcomed and briefed by Capt. Mohit Tomar, Head of the Indus School of Leadership and were then divided into 3 groups – Green, Red and Blue led by trainers, Ms Ramya, Ms Madhumita and Captain Praveen respectively.

The students were engaged with various training forms as the Discovery Course, LDC and LRC. LEAP was the programme planned for our students where they were to perform various tasks which aimed at enhancing skills like goal setting, creativity & innovation, problem solving, risk-taking, team work, resource management and most importantly, self-awareness.

The students bid a warm and happy goodbye and received appreciation from their trainers on discipline, team work and participation. With a little more resilience and grit in them and a wish to visit ISL again.





b) Grade 11 Leadership Camp

On 11th of November 2018, Grade 11 IISH IBDP left for the leadership camp for a week long training to explore and be part of a different world with enthusiasm and curiosity. It has been less than a year that the leadership camp was moved to a new location, the venue was completely new for the students.

Upon reaching the venue the students were thrilled to see the new set up. They were greeted by Capt. Mohit the Team Leader and his team of trainers for this camp. Students were divided into five groups and each group was led by a trainer and assisted by IISH teaching faculty.

2 groups went for a wellness walk and 3 groups were briefed about the outbound learning which was to follow the next day. Day 2 began with groups 1, 2 and 3 going for OBL and group 4 and 5 were engaged with designed outdoor leadership activities such as discovery course, LDC and LRC and trekking. The students completed their tasks meticulously and diligently.

By the end of the week at the ISL camp the students not only develop skills on resilience, punctuality, self-management, goal setting, but also returned with experience and adventure that the students looked back with a nostalgic smile.



2) ACTIVITIES FOR THE MONTH:

a) Diwali Celebration:

Diwali was celebrated at IISH on 2nd November. The students came in traditional attire to make the celebration more colourful and vibrant. The students along with the grade teacher decorated the class entrance. There was

a rangoli competition for Housekeeping staff as well. The housekeeping staff worked in pairs and came up with artistic and creative rangoli decoration. The students also enjoyed the Diwali Special Menu at lunch and enjoyed the class party as they shared the sweets and savouries of their choice with their peers.



b) Childrens Day celebration:

“There is no garden as beautiful as Childhood”. Every child is a different flower; together they make this world a beautiful garden.



A day marking childhood, the Children's Day celebrations at Indus international School was celebrated with high levels of enthusiasm. The teachers gave various performances for the students in order to express their love. The programme was hosted by Ms Pinky Daniel and Ms Archana Singh. Songs and skit were dedicated to

the children to express how special they are to them. The amphitheater was electrified with the students dancing along with the teachers to a dance medley of popular songs. Students were overwhelmed with the whole effort and intent. They cheered their teachers on stage and laughed boisterously at their humour. The day ended with a beautiful resonance lingering in everybody's minds.

c) Investiture Ceremony :

The Investiture Ceremony for the academic session 2018-2019 was held on 22nd November. Our Chief Guest, Lt Col. Sathya Rao, Special Projects, Indus Trust, Principal- Ms Nuwaira Pasha, Vice Principal-Mr. Mohammed Rizwan, Program Heads and Coordinators, PAC Chairperson Ms Uma Gopal Bathina, parents and family members of the Student Council, graced this solemn event.



The Investiture ceremony signifies the reliance and confidence that our school consigns in the student council. Donning the mantle of accountability, they also pledge to bestow their duties to the best of their abilities. The ceremony commenced with the lighting of the lamp followed by the invocation song sung by Simriddhi Ram and Riya Mani of Grade 9. Our Chief Guest, Lt. Col. Sathya Rao shared his words of wisdom with the Student Council members in his speech. Ms Nuwaira Pasha narrated an inspiring story on leadership to emphasize the many aspects of leadership. This was followed by the Ceremonial March and were conferred with badges by their family members.

The school flag and house flags were handed over to the school Head Boy and Head Girl and the four house captains, by the former student council members. The newly invested office bearers took an oath to fulfill their duties with sincerity. Head Boy Eshaan Reddy and Head Girl Anika Gupta gave their speeches promising to abide by the qualities of a true leader. The ceremony came to an end with the school song and national anthem.

3. Counselors Update @ IISH

a) PYP Counselling report –

Classroom guidance lessons for PYP during the month of November were focused on personal safety, curbing bullying and building resilience among students.

As an initiative to curb bullying, students were made aware of the difference between being mean and being a bully.

Students understood the role of an up-stander and worked according to their age groups, in various situations that provided a scope to display kindness to others. Students learnt about the attitude of never giving up through a simple game.



b) MYP & IBDP Sessions:

The following Sessions & Seminars were conducted to sensitize the students on various issues:

i. **Loving oneself was conducted for Grade 6 A & 6 B**

The counsellor conducted a session on 'Body image and loving oneself'. The purpose of this session was to help reduce self-consciousness and increase respect and appreciation for one's body.

A presentation on the same topic was shown to explain healthy versus unhealthy body image. Students were educated about eating disorders and were encouraged to exercise healthy choices and avoid self-destructive habits.

The counsellor concluded by emphasizing the need to appreciate and love oneself. She explained the loving oneself is the first step to confidence.

ii. **Counselling Orientation was conducted for the following grade 6A & B, 7 A & B and Grade 8 A**

An interactive session was conducted for the students wherein the students were asked to define counselling and the types of issues that students face that need psychological intervention. The counselor explained how thoughts affect emotions and how emotions, in turn, affect one's behavior. The counsellor debunked myths surrounding counselling and also addressed the issue of confidentiality.

The counsellor concluded that failures and rejections were part of life and one should seek support during emotional times to pass through that phase successfully.

iii. Loving oneself for Grade 10 in Two phases:

The counsellor conducted a session with the students of grade 10. The students were aware of the importance of counselling and the reasons to visit a counsellor.

Through metaphors, the counsellor explained that struggles, failures and rejections are part of life and the dark phases of life don't last, no matter how emotionally overwhelming they seem at that time.

The counsellor concluded by emphasizing the need to appreciate and love oneself - flaws, scars, stretch marks, skin colour, etc. It was explained that loving oneself is the first step to confidence

iv. Love - the good, the bad and the educational for Grade 8:

The School Counsellors conducted a joint session with the students of grade 8A and 8B. The counsellors spoke about the difference between infatuation/ attraction driven relations and love.

A short animated video was shown to the students to help them understand the difference between infatuation, attraction and love. Emphasis was laid to maintain boundaries both physical and emotional as it is crucial since teenagers often suffer emotional breakdowns and other consequences when those boundaries are broken.

The students were encouraged to use their years as teens to build and develop their personality, pursue hobbies and career and most of all maintain a healthy interaction with the opposite sex.

iv. Alcohol Sensitization Seminar for Grade 10:

Owing to the rise of alcohol consumption among teenagers, the school decided to educate students on the effects of alcohol and laws concerning underage drinking. The seminar was conducted by the School Counsellors, Ms Latika and Ms Merlyn.

The session was started by making the students aware that although they may not be currently consuming alcohol, they need to become aware of the skills needed to deal with peer pressure and temptations in the future.

The students were also given a brief questionnaire to assess their attitude towards alcohol and drinking.

4. SPORTS UPDATE:

a) Annual Sports Day:

Whether it's on the sports courts or fields of other schools, the IISH students are enthusiastically involved in sports and athletics.

Sports at IISH is not isolated from other aspects of student life, but incorporated into our holistic curriculum that integrates academics, residence and enrichment activities.

IISH took pride in hosting the annual Sports Meet 2018 on 24th November. Students of the four houses participated in a day of competition and collaboration as they competed for the championship.



RESULTS ANNUAL ATHLETICS MEET 2018

BEST ATHLETE AWARDS:

STUDENT NAME	GRADE	GENDER	HOUSE
Krishiv Balineni	1	Boy	Pegasus
Aishi Kripalani	1	Girl	Orion
Yoonho Choi	2	Boy	Hercules
Ahana Kaur Thanniru	2	Girl	Pegasus
Yuvraj Muddagouni	3	Boy	Pegasus
Aanya Tulasi	3	Girl	Pegasus
Aagam Jain	4	Boy	Pegasus
Saisha Bagga	4	Girl	Hercules
Dhanush Tella	5	Boy	Phoenix
Shreya Ramesh	5	Girl	Hercules

STUDENT NAME	CATEGORY	GENDER	HOUSE
Busani Nishanth	Under 12	Boy	Orion
Torita Chakravarty	Under 12	Girl	Phoenix
Arvind Sundar Kannan	Under 14	Boy	Orion
Simridhi Ram	Under 14	Girl	Orion

Aadit Ramesh	Under 16	Boy	Phoenix
Sahana Solipuram	Under 16	Girl	Phoenix
Thitisuda Thirawuth	Under 16	Girl	Hercules
Mulani Nameer Naushad	Above 16	Boy	Hercules
Natthakarn Premaprayoonwongsa	Above 16	Girl	Hercules

House Position: Inter House March Past

HOUSE	POSITION
Orion	1st
Phoenix	2nd
Pegasus	3rd
Hercules	4th

House Position: Inter House Athletics

HOUSE	POSITION
Pegasus	1st
Hercules	2nd
Orion	3rd
Phoenix	4th

House Position: Sports Champion House Trophy

HOUSE	POSITION
Phoenix	1st
Pegasus & Hercules	2nd
Orion	3rd

- b) Rohan Sriram (Grade 7): won the Tennis Championship of Goldslam Junior in Secunderabad in Under 12 category.



5) **The continued improvement of Infrastructure and other Facilities:**

Primary Block

- Safety Nets have been placed on either side of First and Second floors.

Secondary Block

- Additional lightings have been placed in various classrooms including the Music room.
- Counsellors' room has been done up with a new camera, painting and furniture.
- Fish nets have been placed at various locations in the basement of the Secondary block to stop entry of birds.
- The door frames of four classrooms have been replaced and freshly painted along with the doors.
- Anti-Mosquito fogging has been carried out repeatedly for the basement of the Secondary block.
- Staff rooms have been provided with 03 additional wall-mounted fans.

Boarding Houses

- *Female and male CCTV operators and Night Warden have been hired and positioned in girls hostel, boys hostel and central control room respectively in order to enhance safety, security and surveillance measures in the boarding area.*
- *New Barricades have been positioned near the Bus Drop and Pick up areas to streamline the Arrival movements.*
- *Cane furniture has been procured for the lobby area of both the hostels.*

Sports Facilities

- *Painting of side walls and surrounding area of football ground has been carried out.*
- *Civil work for Ladders towards stable and entrance ramp to the football ground has been completed.*
- *Unwanted vegetation and extra soil have been cleaned from the area surrounding the main ground.*
- *Football ground has been attended to. Smoothing, clearing and watering of the athletic track and removal of rubble and unwanted grass have been done.*

Miscellaneous

- *All street lights within the campus have been replaced with high intensity LED lights.*
- *Additional guards and night warden have been hired for night security in the hostels and periphery.*
- *First Aid Session was conducted for Staff and students with certification from a certified agency.*
- *Civil work and installation of STP plant on campus has been completed. Commissioning and operation are scheduled for the first week of December 2018.*
- *Barricading of the lawns near Bus drop point has been completed to ensure disciplined procedure during the movement of students.*
- *Major Repair of defective Dish Washer was carried out in Main Kitchen.*
- *The repair and replacement of Switchboard breaker and CTPT at main transformer post has been carried out thereby avoiding any power outage and extra expenditure over DG set fuel consumption.*
- *Additional LED Search lights have been placed at the main gate to increase the lighting arrangements at night.*
- *Bullet camera for surveillance and identification of Drivers has been placed at the main gate.*

Infirmary

- *The Students' Medical Information forms have been documented for record keeping in Infirmary.*

6) Upcoming Events:

01 st December	SAT Examination Sports Day (Indus Jubilee Hills)
03 rd December	Half-Yearly - RC B for Gr 6 to 10 commences
10 th December	Half Yearly - RC B for Gr 9 & 11 commences
10 th December	PYP Leadership Camp begins
14 th December	PYP Leadership Camp ends Christmas Celebrations
15 th December	Winter Break commences for students and teachers

Warm regards,
Nuwaira Pasha