



1st Jan 2019

Message from the Principal's Desk:

"The human brain is like a muscle. You can build strength but you need weights to lift. The challenges you face in life are those weights."

Dear Parent,

Happy New Year and we hope 2019 proves to be one of the best years for our children at school.

Life is a continuous journey where we face challenges every moment and every minute we are tested. However not to test how weak we are but to prove how strong we are and how much stronger we can be.

At IISH we work continuously to build emotional competencies in our students such as grit, resilience, perseverance and gratitude, competencies necessary to face the challenges of today and tomorrow. Life will always have its highs and lows but the trick lies in how we put a positive spin to every experience.

Being mentally prepared is 90% of the battle won. As Winston Churchill once proclaimed, "Success is not final, failure is not fatal: it is the courage to continue that counts."

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

1) **CAS at Indus:**

a) **Grade 6 - Swaying to Save Water**

With the scarcity of water around the globe, the students of grade 6 spread awareness on conserving water among the students of the Kondakal School. The students spoke of the importance of water, strategies to save water and how to use it sparingly. They created posters and engaged in persuasive dialogue in both English and Telugu. This activity was done in connection to the Language and Literature unit "Convince me" where our students learnt different persuasive techniques to convince the audience.





b) Christmas Celebration with Kondakal students:

In the festive season of Christmas, the students of grade 6 lived and displayed the true essence of Christmas by spreading joy with the students of Kondakal. Our young Eagles sang Christmas carols and distributed basic stationery to the students. Later, the students of Kondakal School sang Telugu songs to express their gratitude.



2) ACTIVITIES FOR THE MONTH:

a) Christmas Celebration:

Christmas is for giving and sharing, for laughter and coming together with family and friends.

This was a special year where the spirit of Christmas was seen in action at school. Trees decorated across the school with shimmering tinsel everywhere and Christmas trees decorated in all the blocks bringing in the festive feeling. It was celebrated through enacting the nativity play and carol singing with Santa distributing candies to all the children.

It was a joyous occasion, celebrated with a great level of enthusiasm.



3. Counselors Update @ IISH

a) Workshop with boarders:

I. Emotional Awareness Workshop

On 01 December 2018, a session was conducted with boarders on 'Emotional awareness'. Students were made aware of the various Emotions and the need to identify the right emotion for the right situation. Many questions were asked and the students participated actively to understand the problems they may face if an emotion is misunderstood. They also learnt about healthy coping skills for handling different emotions.

II. Personal Wellness

On 07 December 2018, a session 'Personal wellness' was conducted for the boarders. Importance of personal wellness for a school going student and components of wellness were discussed. The importance of all the components was shared with students while focusing on Sleep, hygiene, Exercise routines, Mental health (stress management), Personal health choices and Social relationships. An initiative of starting support groups was also shared with students.

b) **DEPRESSION IN CHILDREN: SEMINAR**

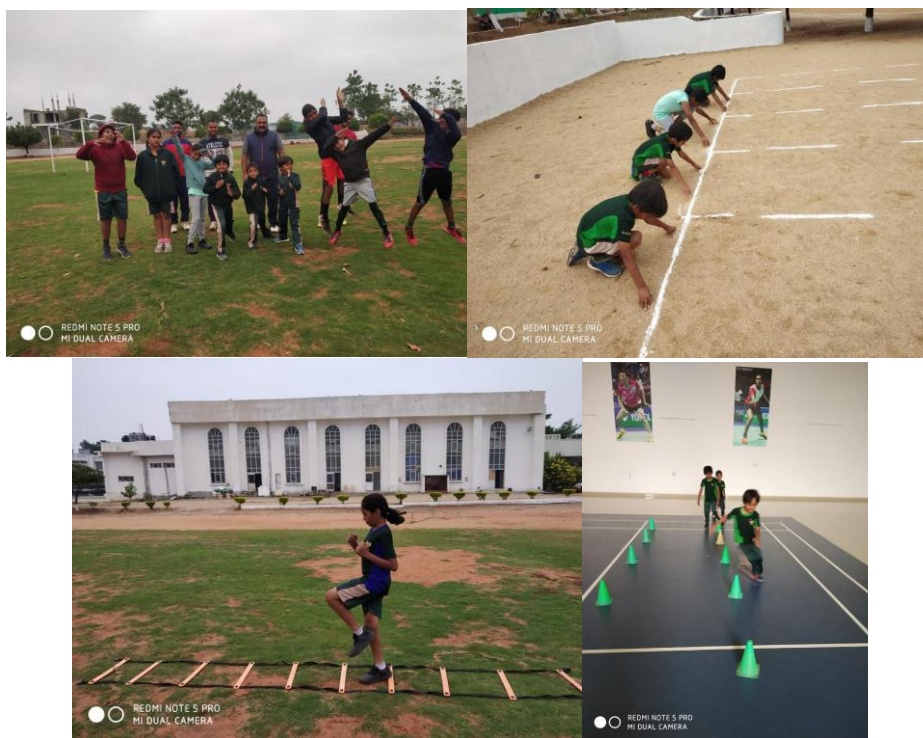
The School Counsellors conducted a Seminar for the teachers of grade 6 - 12 on the 6th of December, 2018. The objective of the seminar was to help teachers identify students suffering from depression leading to suicide. Suicidal warning signs among students and equipping them with skills and knowledge on responding to students that are at-risk or emotionally disturbed or suffering from depression was the main focus.

The counsellors emphasized that early recognition of warning signs and timely intervention are critical factors in saving lives. Equipping students with coping strategies and problem-solving skills are also vital to reduce the distress students experience when faced with life stressors.

4. **SPORTS UPDATE:**

a) **Sports Clinic @ IISH: 17th December – 22nd December**

The Sports Department successfully completed a week long clinic for the students of IISH. Even the cold mornings failed to dissuade the participants from attending the clinic. A group of students enrolled for a week long athletics, Football and Tennis programme.



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

Primary Block

- Additional lighting on either sides of primary block has been placed to increase luminance in the pathways towards the hostel.

Secondary Block

- Electrical and plumbing repairs have been carried out in all washrooms and floors.
- A total of 3 additional network access points have been procured and placed in the secondary block to cover the blind areas of providing wi-fi connections.
- External washing and deep cleaning of basement area has been conducted.

Boarding Houses

- Public Announcement system has been installed in both the hostels to facilitate quick announcement and communication in the events of remote addressing and emergency evacuation.
- Electrical hygiene has been improvised in both the hostels by securing and marking of electrical and IT cables; and painting of metal enclosures.
- Major civil work and water proofing activities has been carried out in the boys' hostel washroom to address the hygiene and seepage issues. The complete first floor left wing bathroom has been renovated with improved facilities and appearance.

Sports Facilities

- Major maintenance, laying of soil and levelling of football has been carried out with extensive rolling.
- Additional light fittings have been positioned to improve the lighting of Badminton court area.

Events

- A certified training workshop on first aid was conducted successfully for all the academic and non-academic faculty of the school. The talk was delivered by doctors from Continental Hospitals.
- Sports day for the Early Learning Center, Jubilee Hills, was smoothly conducted in the main sports ground.
- The school was extensively decorated for Christmas Celebration arrangements.

Miscellaneous

- The wired fencing of 10 feet height has been re-laid for a distance of 200mtr between Bus parking area till Railway track along the periphery.
- Perimeter lights have been replaced with 100W LED high intensity flood lights at 11 different locations across the premises.
- Automatic Boom Barrier has been installation and operated for security checks and restricted movement of vehicles passing through the main gate.
- In order to enhance, the safety alert aspects across the premises, the Smoke detectors have been installed in all the critical locations.
- The project of Sewage Treatment Plant has been progressed further by completing the installation, electrical wiring, pipelining and mason work. The initial trials for generating the treated water has also been completed successfully.
- Major repair on deep freezer, exhaust window, trolleys and dish washer has been carried out in School kitchen to provide uninterrupted catering services.

- The area near Stable and behind the Boys Hostel has been cleared from extra vegetation and waste material.
- Bullet camera has been installed at the main gate to record and capture entry of each vehicle passing through the main gate.

6) **Upcoming Events:**

04 th January	School reopens for students & teachers Half Yearly - RC B for Gr 6 - 11 ends
14 th & 15 th January	Sankranti Holiday
18 th January	Half Yearly - RC B reports (Gr 6 to 11) published
19 th January	PTM for Gr 6 to 11 PYP Term 2 Student-led Conference
24 th – 25 th January	PYP Hyderabad Network Athletics Meet

Warm regards,
Nuwaira Pasha