



March 2019

**Message from the Principal's Desk:**

*"If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes."*

- Andrew Carnegie-

Dear Parent,

*To succeed in life, it is imperative that each one of us sets a goal for ourselves; one that not only demands focus and direction but that allows us to take control of one's life.*

*I am certain that as parents we do set goals for our children but it is also important that the students set goals for themselves as each one of them has the natural talent to excel.*

*Taking ownership motivates us and helps us believe in ourselves and look forth to tomorrow. It is rightly said that "What you get by achieving your goal is not as important as what you become by achieving your goals."*

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

**1) CAS at Indus:**

- a) *On the 11th of this month, a few students visited the UNICEF office, to discuss the implications of open defecation and how UNICEF can help them in their efforts to minimize it in the Kondakal area. The students have found a new direction towards this goal after their visit.*
- b) *The founding member of the NGO 'Smaran', Mr. Subash Chandra Reddy visited the School to talk to students on water resource conservation and why water conservation is vital. Mr. Reddy enlightened the students on various methods of water consumption that can be adopted and help them take forward their project for the year – Water Harvesting.*



## 2) Counselors Update @ IISH

### I. PYP Workshop

- a) The Counseling theme for this month's classroom guidance sessions was 'Emotions-Managing them well'. Students across all grades of PYP understood what emotions are and how they are different from feelings. Various activities were planned to understand how emotions are expressed. Following which the students understood that all emotions are important in life and it is not possible to stay happy all the time. Emotions should not be controlled; rather they need to be managed.

### II. The following Sessions were conducted for the MYP and IBDP students:

#### a) **Working together in collaboration**

Collaboration is best taught through team games. In this session, the students learned to take instructions from members and ways to solve a situation. And also that systematic collaboration and communication is the key to ensure that they complete the task.

#### b) **Seminar with PYP parents**

The Counsellors of IISH conducted a seminar for parents of PYP. The main objective of the seminar was to equip parents with knowledge and skills to enhance the emotional wellbeing of their children. They were encouraged to maintain a balance between love and discipline to foster the child's emotional and social development as well as teach their children healthy coping skills, promote a sense of belongingness and express unconditional love. Parents were advised to avoid using monetary rewards and substitute it with more intangible rewards to inculcate the right values in their child.

The parents were given handouts to help them understand how their words define the child's identity.



- c) On 22 March 2019, a session was conducted with MYP parents. It was an interactive session focusing on excessive use of gadgets. The counsellor shared different approaches to bring minimal dependency on gadgets among students. We also discussed the ways to bring healthy lifestyle in children while giving attention on approaches to handle teens.



- d) A seminar was conducted for around 26 students of grade 10 on Stress Management. The session was full of activities that helped students have fun and to understand how to manage stress with ease. They were encouraged to imagine success, wellbeing, achievement and develop a winner's mentality.



### 3. SPORTS UPDATE:

- a) The IB PYP Hyderabad Network Sports Fest:

Swimming Meet 2018 – 19 which was conducted on 7th & 8th March 2019 at the Oakridge International School, Khajaguda.

Indus PYP Swimming Girls Team won the Championship Trophy while the Boys Team won the Runner up Trophy. Congratulations to both the teams and the coaches!



S. No.	NAME	GRADE	EVENTS	MEDAL WON
1	Ayra Khan	3	25m Breast Stroke, 4 X 25m F/S Relay	Bronze, Gold.
2	Maya Rusdia	3	4 X 25m F/S Relay	Gold.
3	Jiwoo Kim	3	25m Freestyle, 25m Back Strokes, 4 X 25m F/S Relay.	Silver, Silver, Gold.
4	Jiwoo Shin	3	25m Back Stroke, 4 X 25m F/S Relay.	Gold, Gold.
5	Diyaar Mehdi	3	25m Breast Stroke, 4 X 25m F/S Relay	Gold, Silver
6	Saahas Reddy Badikol	3	4 X 25m F/S Relay.	Silver
7	Dheva Reddy	3	25m Freestyle, 25m Breast Stroke, 4 X 25m F/S Relay.	Gold, Bronze, Silver.
			25m Back Stroke,	Bronze,

8	Abhiraj Vanga	3	4 X 25m F/S Relay	Silver.
9	Aagam Jain	4	4 X 25m F/S Relay.	Bronze
10	Hwang Gyuwon	4	25m Breast Stroke, 25m Butterfly, 4 X 25m F/S Relay.	Silver, Bronze, Bronze.
11	Ayan Dharod	4	25m Breast Stroke, 4 X 25m F/S Relay.	Bronze, Bronze.
12	Rahul Iyer	4	4 X 25m F/S Relay.	Bronze.
13	Aanya Pande	4	25m Back Stroke, 4 X 25m F/S Relay.	Gold, Bronze.
14	Shravya Reddy	4	25m Breast Stroke, 25m Butterfly, 4 X 25m F/S Relay.	Bronze, Silver, Bronze.
15	Tisha Sehrawat	4	4 X 25m F/S Relay.	Bronze.
16	Niveditha Venkatesalu	4	4 X 25m F/S Relay.	Bronze.
17	Shreya Ramesh	5	25m Breast Stroke, 25m Butterfly, 4 X 25m F/S Relay.	Gold, Silver, Silver.
18	S Kshetra Rao	5	4 X 25m F/S Relay.	Silver.
19	Anya Sunkara	5	4 X 25m F/S Relay.	Silver.
20	Shiwoo Kim	5	25m Breast Stroke, 4 X 25m F/S Relay.	Bronze, Silver.
21	Jina Lee	5	25m Back Stroke	Silver.
22	Wonjun Choi	5	25m Back Stroke, 25m Breast Stroke, 4 X 25m F/S Relay.	Gold, Gold, Silver.
23	Ahan Dube	5	4 X 25m F/S Relay.	Silver.
24	Aarush Chatterjee	5	25m Butterfly, 50m Freestyle, 4 X 25m F/S Relay.	Gold, Silver, Silver.
25	Jahan Lalwani	5	25m Back Stroke, 4 X 25m F/S Relay.	Bronze, Silver.

**b) Siddharth Reddy Vaada (Grade 9)**

Siddharth won the under 18 doubles title in the Championship Series 3 conducted by All India Tennis Association on the 11th March 2019 held at the Lanco Hills Men's Open Prize Money. He was the Runner up in the Singles & Doubles Championship conducted on 15th to 17th March 2019.



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

**Secondary Block**

- A water supply issue in Girls washroom has been rectified by laying a separate pipeline for inlet water.
- The mosquito mesh has been fitted in the AC Ducts as well as all the windows of four classrooms in the basement of the Secondary block.
- A major overhauling of centralized AC has been carried out for its smooth operations.
- The deep cleaning of all classrooms and terrace has been conducted..

**Primary Block**

- The Emergency Staircase has been installed on side of the Primary block to ensure smooth and safe evacuation in case of an emergency.
- The external and internal painting of the Primary block and MYP Classrooms has been carried out along with deep cleaning.

**Boarding Houses**

- In order to improve the waterproofing of ducts and wall, the duct covers have been fabricated and installed.
- Both the hostels have been fitted with an Emergency Staircase ensure smooth and safe evacuation in case of an emergency.
- Internal painting in the corridors of Girls hostel have been completed along with a drive on maintenance of furniture was carried out for both the hostels.

**Miscellaneous.**

- A wooden hut has been constructed to be used as a Tuck shop.
- The infirmary has been fitted with additional wooden fixed meshes in all the windows.
- The training for the Security Guards was conducted by the external agency on basic etiquettes, attending visitors, vehicle management etc.

6) Upcoming Events:

08 <sup>th</sup> April	IB DP Graduation Day
12 <sup>th</sup> April	Mid-Term 2 - RC C reports (Gr 6 to 9 & 11) published
13 <sup>th</sup> April	PTM for Gr 6 to 9 & 11 PYP Term 3 Student-led Conference ACT Examination
19 <sup>th</sup> April	Good Friday Holliday
26 <sup>th</sup> April	Leadership Summit
29 <sup>th</sup> April	RC D - Final Examinations for Gr 11 commence

Warm regards,  
Nuwaira Pasha