



April 2019

Message from the Principal's Desk:

"There is a way to do it better – find it."

- Thomas Edison-



Dear Parent,

The concept of global citizenship runs through everything that we do at Indus. We work together to understand the wider world, the culture and the socio economic difference to be brought together for the good of every individual.

We must be prepared and willing to understand that we live in a society that is ever changing. Hence, it is important to empower our students and prepare them for the challenges that lies ahead. And the only way that it could be done is to make them responsible and introduce them to new ways of learning, to create new path for their action and to encourage them to take new initiatives.

We do not only encourage our students to be creative, we pave paths for their creativity to turn into innovation for the betterment of the society at large.

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

1) CAS at Indus:

At Indus a range of service opportunity is provided to students not to excell academically but to enable students to fulfill their potential. Our students work on specific projects and are comitted to work towards the development of the communities around them.

- a)** With the Villas being built near our school, there are multiple migrant laborer groups that have started to settle into the area surrounding Indus. The children of these families struggle with instability due to consistent movement from one region to another in forms of unstructured education and families may not always have access to essential resources. Hence, we have started educatng these children and plan to set up a community kitchen for them and provide on nutrituous meal per day.

Progress/summary notes:

- Land for farming has been identified.
- Vermicompost for growing vegetables has been purchased.
- To educate the migrant children by teaching them basic literacy and utilising their time productively.
- Midday meal programme, serving nutritious food to the migrant children.

The table below details the contributions in terms of resources:

Groceries

Item	Grade	No of Students	Per person	Total
Rice	12	89	3 Kg	270 Kg
Tur Dal	Grade 1 and 2	85	1 Kg	85 Kg
Moong Dal	Grade 3	23	1 Kg	23 Kg
Oil	Grade 4 to 7	152	1 Lt	152 Lts
Eggs	Grade 9	51	30 Eggs/ Student	
Milk	Staff	100		300 Lts
Miscellaneous	Grade 11	120	18000 rs	
Gas	Grade 8 and 10	90 Students	100rs/ month	6 Gas Cylinders

2) Counselors Update @ IISH

I. PYP Workshop

- a) A session was conducted for students of Grade 1 on the Challenges associated with Migration, as a part of the ongoing Unit of Inquiry, to understand how someone feels when they migrate to a new place and are unable to make friends, while on the other hand, diversity in culture can lead to the development of new friendship. Students shared their experiences and thought of ways to help the new students in their class.

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

- a) A session was conducted with grade VI students on 'effective time management skills'. They discussed the importance of the to-do-list, involving health benefits of time management and how it avoids stress. It was an interactive session and students actively shared their experiences in managing their time effectively.



- b) The boarders had a session to understand the emotional awareness for self. Students were made to apprehend their emotions through activities like role play, meditative silence and explanatory writing for feelings.

c) Note-Taking Skills

The students of Grade 6 and 9 were introduced to various methods on note taking. The students understood the importance of effective note taking and how it helps to focus and understand the main concepts. Good note-taking improves your active listening, comprehension of material, and retention.



d) Seminar on Teen Emotional Health

A seminar was conducted for the parents to equip them with knowledge to recognize and deal with depression, curb gaming addiction, effectively handle teenage relationships and prevent substance use. The Counselors discussed on the various signs of depression through the actions and words that the children may display.

The parents were encouraged to become aware of the emotional needs of their teens. The parents were advised to maintain the bridge of communication with their teens while at the same time allowing space for them to experience failures. To conclude, the parents were encouraged to build a supportive network with other parents who face similar concerns.

e) Stress Management Session for Teachers:

The session was a collaborative effort of the P.E department, Counselling and Art department. The objective was to teach the staff the knowledge and skills of caring for one's physical and mental wellbeing as well as learn strategies to de-stress.

A series of exercises and yoga asanas were demonstrated that teachers could perform at their desk or at home to increase blood circulation, reduce stiffness of muscles, release stress and improve flexibility, followed by a talk on healthy mental habits, replacing irrational beliefs with rational ones by changing one's internal dialogue and negative perception of self. The Teachers enthusiastically participated in a lot of other activities that made this session extremely fruitful.



3. Activities at IISH

a) **Leadership Summit @2019**

The doors of imagination were let free. This year the parents, staff and students witnessed an extraordinary amalgamation of innovation and technology through a variety of prototypes at the STEAM Exhibition on the Leadership Summit Day. Students from Grade PP1 to Grade9 showcased their designs that were built and tested over past months.

The exhibition was very successful in portraying our school vision "Creating leaders for tomorrow" as the students effectively demonstrated some very challenging, creative and innovative projects. During the process students were critical thinkers, empathizers, collaborators, creators, communicators.

The parents were exhilarated to see our students demonstrating their projects with lot of enthusiasm, excitement and their zeal to take feedback and work further on the projects to make it better.



Apart from the STEAM Exhibition, the PYP students exhibited their Leadership Journals, Reading Journals, Design Thinking Projects and CAS Projects. They demonstrated excellent communication skills and confidence as TED speakers.



In MYP, the students displayed the various components of the leadership curriculum. They shared their OKRs, to explain how setting goals helped improve their learning. They also presented their E-portfolios, evidences of them being self-directed learners, reading journals, reflections and Service As Action projects. The MYP students gave a series of TED Talk presentation to the parents on various topics on leadership.

It truly was a celebration of the journey that aimed at developing the core leadership qualities which shaped them into confident individuals.

4. **SPORTS UPDATE:**

- a) The students participated in the under 16 Basketball Coaching cum Selection trials conducted by the Hyderabad District Basketball Association from 15th to 24th April 2019 at St. Patrick's High School, Secundrabad. Five students (Rehan, Harsha, Tanmay, Prathik and Shresth) are playing the GM Sampath Kumar - Centre of Excellence Talent Hunt Basketball Championship from 27th April to 4th May 2019 which is being conducted at the YMCA, Secundrabad.



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

Secondary Block

- In order to reduce the Pigeon menace, the safety nets has been fitted on the ceilings.
- An iron gate has been installed in steam lab area of Secondary block to enhance the security.
- The passage to Music room foyer in the basement floor has been freshly painted.
- The need of lighting and ventilation has been reviewed for the classrooms in the basement floor; and are being fitted with additional fans and lights.

Primary Block

- The MYP floor has been provided with newly procured flower pots to increase the serenity of the area.
- A variety of repair works has been carried out in the washrooms of the Primary block that include replacement of drainage pipes and push cock buttons.

Boarding Houses

- The water proofing activities are in progress which will omit the seepage issues on the walls.
- A total of 4 cameras have been procured to replace the existing old CCTV cameras at various locations.

Miscellaneous.

- All the feeder breakers fitted in the main switchboard have been serviced through external engineers as a part of major preventive maintenance routines.
- The Horse Riding area has an open sump in the vicinity which has been cordoned off with the metal sheet wall towards improving the appearance of the area and the growing of the vegetation.

- A large number of kitchen equipment have been procured such as Puffer, Grill toaster, Sneeze Guard and Air cutter.
- The external painting of dining hall has been completed and cleared of minor cracks.
- As part of the quarterly activity the clearing and disposal of scrap items was carried out.
- In order to promote the idea of giving back to society, a Community farm is planned to be built for which an area of 1acre inside the campus has been identified and prepared for growing a community farm to grow organic vegetables.
- Two buses have been recently inducted to replace the hired buses for regular transport of Day scholar students.
- The procurement and fitment of coolers have been carried out for the staff working at various places.

6) **Upcoming Events:**

01 st May	International Workers' Day
02 nd May – 03 rd May	Inter House Swimming Competition (Gr 1 – Gr 8)
04 th May	SAT Examination
14 th May	RC D Final Examination for Gr 11 ends
27 th May	Final Examination – RC D for Gr 6 – Gr 9 begins
31 st May	PYP Exhibition

Warm regards,
Nuwaira Pasha