



August 2019

Message from the Principal's Desk:

"Your reality is a reflection of your strongest belief."

Dear Parent,

When we ask ourselves what belief is, our response could be as simple as something which is no more than a simple choice that we make.

But it is not that simple – belief is what drives us, what inspires us to do and be better. It has incredible power to do so much good to our own self and to everyone around us.

Life will always put us in situations with the 'I don't knows' but when we chose to believe we choose a higher purpose – a slow but a progressive path. Regardless of what we find amidst, we find clarity on the goals that we set and this helps us plan ahead. This not only creates meaning to life but concerts us into a confident individual who strives to contribute to the betterment of the self and also to the community at large.

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

1) CAS at Indus:

- a) The students of Grade 3 visited the Kondakal School as a part of their first Unit of Inquiry on Organizations with the Central Idea: "People create organizations to solve problems and support human endeavor and enterprise". The students explored in and around the school and spent time in the classrooms. They interviewed the people and children there, made their observations to analyzing the problems in school and to come up with solutions for the same using design thinking.



b) Grade 11 Community-based Learning:

'The fruit of your own hard work is your sweetest' – It wasn't very long since the land for organic farming on campus was identified and yet it was time to reap the fruits of the hard work of the students. The CAS captains along with their classmates have plucked a total of 5.5 KG tomatoes from the organic farm along with their outer classmates. This was a first-time and they were so thrilled. This produce will be used in the preparation of the mid-day meal program. This dedication and the strife to make the lives better for the unprivileged would certainly go a long way.



2) Glendale Debate Competition: Bright Minds at Work

The last weekend was dedicated to the brightest minds of Indus International School, Hyderabad who participated in an inter-school debate competition held at Glendale Academy, Hyderabad. The team clinched the first prize and emerged as the overall winner claiming the trophy of the competition. The best speaker's award went to Tvisha Shukla of grade 11.

The argument began with Indus International taking the center stage in the final round with the hot brew on the Surrogacy Bill, 2019. Without leaving an escape hatch for the host opponent team, the main speaker gracefully swung the argument against the Bill in her own favour.

The debate competition came alive as a volley of questions was raised inviting more questions that were answered by both the teams. The highlight was the rebuttal round with Madhuri and Shri Vatsav refuting the arguments made against the motion defending their side with fervour. The team of Indus International School celebrated their victory with cheerful shouts proclaiming the feat.

3) INVESTITURE CEREMONY 2019-20

The investiture ceremony is a day to celebrate leadership, a day to celebrate new beginnings.

The student council of 2019- 2020 were invested with their responsibilities for their respective positions on the 30th of August 2019 in the presence of esteemed guests, parents and fellow students. The celebration began with the annual lighting of the lamp, symbolizing the expulsion of darkness and the ignition of a new flame. The inaugural song, 'Where the mind is without fear', sung by Aalekhya and Savannah set the perfect mood to begin the ceremony.

The ceremonial march of the students' council ably led by the new Head Boy, Azar Khan, and the Head Girl, Smriti Marar was poised and regal. Following the march was the pinning of the badges where the members of the student council were given the privilege to claim their positions, vowing to full fill their responsibilities to the best of their abilities. The school flag stood proud in the hands of our newly elected Head Girl and Head Boy. Addressing the audience and the student council members with their motivational and moving speeches, the Head Girl and Head Boy expressed their gratitude to their teachers and assured the student body that they would be fair and inclusive leaders of Indus International School Hyderabad. The ceremony ended gracefully with the harmonious school song and a picture of the cheerful and motivated student council body.

4) Counselors Update @ IISH

a) **Classroom Management by Counseling and SEN department:**

A one and half hour session involving the PYP teachers conducted by the PYP student counselor Ms Mahalakshmi and Special Educator Ms Krupali Doshi.

The main objective of the session was to identify children with 'Learning / and behavioral concerns and to be able to strategize ways to handle the students in a heterogeneous group.



b) **Effects of Internet Addiction on Mental Health**

A Session by Dr. Nandini Bandikatla was conducted for grade 6, 7, 8 and 9 on 5th August 2019. The points discussed were related to the dependence on gadgets and the effects of it on students relationship with self and others. Diagnostic criteria for internet addiction and causes were explained. She also explained how an increased amount of screen addiction is affecting the brain development of children and teens.

Dr. Nandini encouraged the students to find their value within themselves rather than seeking it from people or posting pictures.



c) **Mental Health Awareness and Gender Sensitization**

On 8th August 2019, the students of grade 6, 7, 8 and 9 had grade-wise sessions on mental health awareness and gender sensitization.

The counselor discussed the stigma associated with mental illness in India and the need to address the issue

The counselor described how an obsession with social media is increasingly developing a negative perception of the self. Common signs in depression and anxiety were discussed. They were advised to share their concerns and seek help from their parents, counselor or trusted adults. The students were encouraged to practice healthy lifestyle - eating, sleeping adequately, practicing gratitude, affirming self and connecting with loved ones to maintain good mental health.



Gender discrimination was discussed in detail with grade 8 and 9 - the role of women in traditional society, the rate of female mortality in certain sections on Indian society and the atrocities against women.

d) Sessions conducted for the Boarding Students:

In the month of August sessions were taken on getting closer to one's feelings and understanding emotions. Children were asked to find one object and form a connection. This helped the students to find the actual emotions that they feel about themselves. The students also worked on perspectives. The students learned and were amazed to see that same scenario changes completely when looked through a different and positive perspective.



3. SPORTS UPDATE:

A month of budding champions at Indus. The students of IISH participated in the Inter-School Aquatic Meet and at Oakridge International School and won a whopping 98 medals in total. It is a proud moment for us. Congratulations to our students and the Coaches. Well done!



a) Interschool Aquatic Meet – Students participated in the tournament held at Glendale Academy on 21st August 2019 and the achievements are mentioned in the below:

SL.NO	STUDENT NAME	GRADE	EVENTS	MEDALS
1	HWANG GYUWON	5	1. 25 M FREESTYLE	SILVER

			2. 4X25MTRS FREE- STYLE RELAY	SILVER
2	VIVEKA LAKSHMI	5	1. 4X25MTRS FREE- STYLE RELAY	BRONZE
3	BHAVYA AGARWAL	5	1. 4X25MTRS FREE- STYLE RELAY	BRONZE
4	SHRAVYA REDDY	5	1. 4X25MTRS FREE- STYLE RELAY	BRONZE
5	AANYA PANDE	5	1. 4X25MTRS FREE- STYLE RELAY	BRONZE
6	WONJUN CHOI	6	1. 4X25MTRS FREE- STYLE RELAY	SILVER
7	JAHAN LALWANI	6	1. 4X25MTRS FREE- STYLE RELAY	SILVER
8	TORITA CHAKRAVARTY	7	1. 4X50MTRS FREE- STYLE RELAY	SILVER
9	NITYANTH MARAMREDDY	8	1. 4X50MTRS FREE- STYLE RELAY	BRONZE
10	PALAK SINHA	8	1. 50 M FREESTYLE 2. 4X50MTRS FREE- STYLE RELAY	BRONZE SILVER
11	ADITYA ITHA	9	1. 50 M BREAST- STROKE 2. 4X50 M FREESTYLE RELAY	GOLD SILVER
12	KONGPAK SOONTHORNWAN	9	1. 4X50 M FREESTYLE RELAY	SILVER
13	JAEHEE YOON	9	1. 4X50 M FREESTYLE RELAY	SILVER
14	TRISHA YA- CHANANENI	9	1. 50 M FREESTYLE 2. 4X50 M FREESTYLE RELAY	BRONZE BRONZE

15	DIVYA CHOUDHRY	9	1. 25MTRS BACK-STROKE 2. 4X50 M FREESTYLE RELAY	GOLD BRONZE
16	PANIPAK KITJUM-ROEN	9	1. 4X50MTRS FREE-STYLE RELAY	BRONZE
17	MINSEO CHOO	10	1. 4X50MTRS FREE-STYLE RELAY	SILVER
18	SMRITI MARA	11	1. 50 M FREE STYLE 2. 50MTRS BREAST STROKE	SILVER SILVER
19	SREEJA MUPPANENI	11	1. 50MTRS BREAST STROKE 2. 100 M FREESTYLE	GOLD GOLD
20	DONGHYUN SHIN	7	1. 4X50MTRS FREE-STYLE RELAY	BRONZE
21	AVIGNA CHAPYALA	8	1. 50MTRS BACK-STROKE 2. 4X50MTRS FREE-STYLE RELAY	BRONZE BRONZE
22	ZAYAN ALI	7	1. 4X50MTRS FREE-STYLE RELAY	BRONZE
23	VISHNU RAMA RAJU KALIDINDI	7	1. 4X50MTRS FREE-STYLE RELAY	BRONZE
24	SANNIHITHA SARVEPALLI	8	1. 4X50MTRS FREE-STYLE RELAY	SILVER
25	ANISHA SULTHANA	8	1. 4X50MTRS FREE-STYLE RELAY	SILVER
26	ARYAN MORZARIA	5	1. 4X25MTRS FREE-STYLE RELAY	SILVER
27	JIWOO SHIN	4	1. 4X25MTRS FREE-STYLE RELAY	SILVER
28	JIWOO KIM	4	1. 4X25MTRS FREE-STYLE RELAY	SILVER

29	MAYA RUSDIA	4	1. 4X25MTRS FREE STYLE RELAY	SILVER
30	HANSKA PADURI	4	1. 4X25MTRS FREE STYLE RELAY	SILVER
31	DHEVA REDDY	4	1. 4X25MTRS FREE STYLE RELAY	BRONZE
32	DIYAAR MEHDI	4	1. 4X25MTRS FREE-STYLE RELAY	BRONZE
33	YOONHO CHOI	3	1. 4X25MTRS FREE-STYLE RELAY	BRONZE
34	YUVRAJ MUDDA-GOUNI	4	1. 4X25MTRS FREE-STYLE RELAY	BRONZE

b) **Swimming Competition** – Students participated in the tournament held at Oakridge International School (Newton Campus) on 22nd and 23rd August 2019.



S.No	NAME	GRADE	EVENTS	MEDALS WON
1	HWANG GYUWON	5	1. 25 M FREE STYLE 2. 4X25MTRS BREAST-STROKE RELAY	GOLD GOLD
2	AYAN DHAROD	5	1. 4X25MTRS BREAST-STROKE RELAY	GOLD
3	VIVEKA LAKSHMI	5	1. 25 M FREESTYLE 2. 4X25MTRS BREAST-STROKE RELAY	GOLD BRONZE
4	BHAVYA AGARWAL	5	1. 50 M FREESTYLE	SILVER
5	SHRAVYA REDDY	5	1. 25MTRS BUTTERFLY 2. 4X25MTRS BREAST-STROKE RELAY	BRONZE BRONZE

6	AANYA PANDE	5	1. 4X25MTRS BREAST-STROKE RELAY	BRONZE
7	WONJUN CHOI	6	2. 25MTRS BACKSTROKE 3. 4X25MTRS BREAST-STROKE RELAY	GOLD GOLD
8	JAHAN LALWANI	6	1. 4X25MTRS BREAST-STROKE RELAY	GOLD
9	TORITA CHAKRAVARTY	7	1. 50MTRS BUTTERFLY 2. 4X50MTRS BREAST-STROKE RELAY 3. 4X50MTRS MEDLEY RELAY	GOLD GOLD BRONZE
10	SHIREEN HARRISON	7	1. 4X50MTRS BREAST-STROKE RELAY 2. 4X50MTRS MEDLEY RELAY	GOLD BRONZE
11	NITYANTH MARAMREDDY	8	1. 100 M FREESTYLE	SILVER
12	PALAK SINHA	8	1. 50 M FREESTYLE 2. 4X50MTRS BREAST-STROKE RELAY 3. 4X50MTRS MEDLEY RELAY	GOLD GOLD BRONZE
13	ADITYA ITHA	9	1. 50 M FREESTYLE 2. 4X50 M FREESTYLE RELAY 3. 4X50MTRS MEDLEY RELAY	GOLD SILVER GOLD
14	KONGPAK SOONTHORNWAN	9	1. 4X50 M FREESTYLE RELAY 2. 4X50MTRS MEDLEY RELAY	SILVER GOLD
15	JAEHEE YOON	9	1. 50MTRS BACKSTROKE 2. 4X50 M FREESTYLE RELAY	BRONZE SILVER

			3. 4X50MTRS MEDLEY RELAY	GOLD
16	TRISHA YA-CHANANENI	9	1. 50MTRS BACKSTROKE 2. 4X50 M FREESTYLE RELAY 3. 4X50MTRS MEDLEY RELAY	BRONZE GOLD GOLD
17	DIVYA CHOUDHRY	9	1. 25MTRS BUTTERFLY 2. 4X50 M FREESTYLE RELAY 3. 4X50MTRS BREAST-STROKE RELAY 4. 4X50MTRS MEDLEY RELAY	GOLD GOLD GOLD GOLD
18	PANIPAK KITJUM-ROEN	9	1. 4X50MTRS MEDLEY RELAY	GOLD
19	MINSEO CHOO	10	1. 100 M FREESTYLE 2. 4X50MTRS MEDLEY RELAY 3. 4X50 M FREESTYLE RELAY	BRONZE SILVER GOLD
20	SMRITI MARAR	11	1. 50 M FREESTYLE 2. 4X50 M FREESTYLE RELAY 3. 4X50MTRS BREAST-STROKE RELAY 4. 4X50MTRS MEDLEY RELAY	GOLD GOLD GOLD GOLD

- c) **Tennis IB PYP Network Hyderabad:** Students of grades 3, 4 & 5 participated in the tournament held at Oakridge International School (Newton Campus) on 20th & 21st August 2019.

S. No	Names	EVENTS	Medal Won
1	SAINA SUNDER METHEVI	SINGLES	SEMIFINALS

- d) **Tennis (Under 14 & Under 17):** Students participated in the tournament held at Oakridge International School (Newton Campus) on 23rd August 2019.

S. No	Names	EVENTS	Medal Won
1	SHRIDHATRI REDDY GANDHI	SINGLES	SEMIFINALS

- e) **Inter House Competitions:** Students of grade 3, 4 & 5 participated in inter-house soccer tournament held at Indus International School on 27th, 28th, & 29th August 2019. Pegasus house stood as winners and Hercules as runners up in the competition.

PLAYER OF THE TOURNAMENT (BOYS): AAGAM JAIN

PLAYER OF THE TOURNAMENT (GIRLS): RIANNA JETHWANI

- f) **SFL (School Football League) Selection Trials:** Students took part in selection trials of different categories (boys & girls - under 11, boys - under 15 & boys & girls - under 18) and we finalized 5 teams who will be representing Indus International School in SFL. The tournament will start in the month of September 2019 which is expected to end by the end of October 2019.
- g) **SFA (Sports For All) Selection Trials:** Students selection trials for SFA in various categories has been conducted and the list is finalized which will take part in the SFL tournament. The students will take part in the tournament in the month of September 2019.

4. **Upcoming Events:**

02 nd September	Ganesh Chaturthi holiday
04 th September – 06 th September	Child Safety Orientation for students
14 th September	ACT Examination
16 th September	RC A - Mid-Term 1 for Gr 12 begins
18 th September	Gr 10 MYP Registrations commence
20 th September	RC A – Mid-Term 1 for Gr 6 to 10 begins
27 th September	RC A - Mid-Term 1 for Gr 11 begins RC A - Mid-Term 1 for Gr 6 to 10 & 12 ends
28 th September	Dussehra Break begins for Students

Warm regards,
Nuwaira Pasha