

Vidyanjali's Bugle



Principal's Note

The greatest lessons in sports are not about the medals but about the effort, teamwork, and never-give-up attitude.

Vidyanjali orchestrated a vibrant sports event for all children, providing them with a golden opportunity to embrace the values of winning with grace and losing with dignity. On Children's Day, staff presented a heartfelt performance, imparting the timeless messages of kindness, humility, and the significance of giving back to society. The Kannada Rajyotsava celebration uplifted the spirits of children, instilling in them a deep appreciation for the richness and cultural significance of Kannada language. Thanksgiving Day was a heartwarming occasion that taught children to spread kindness and love in every aspect of their lives.

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KANNADA
RAJYOTSAVA
CHILDREN'S DAY

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SPORTS WEEK
STAFF WELLBEING
WORKSHOP

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THANKSGIVING DAY
PUBERTY WORKSHOP
FOR ADOLESCENTS



Editors

Ms Angela Molly

Mrs Brinda Vani

Ms Sheryl Patrick

Up-coming Events

- Workshops for Grade X
- Open House – Fun-W-Family
- Christmas Celebrations

Kannada Rajyotsava

Brinda (Montessori Teacher)

Kannada Rajyotsava, commemorating the formation of Karnataka, was celebrated with great fervour and cultural pride. The three-day event, held on November 1st, 4th and 7th, 2024, at the school campus, provided students with an opportunity to connect with Karnataka's rich cultural heritage.



The celebrations began on November 1st with a flag-hoisting ceremony led by Managing Trustee, Sri Lokesh Reddy, followed by the rendition of the *Nadageete* by the Kannada teachers, principal, and administrative team. On November 4th, various competitions were held to inspire creativity and linguistic skills. These included storytelling for Grades 1-3, picture prompt writing for Grades 4-5, essay writing for Grades 6-7, and extempore for Grades 8-9, judged by esteemed faculty members.

The final day, November 7, featured a cultural extravaganza. Students set the stage with a mesmerizing invocation song and a vibrant dance performance. Chief Guest Shri Jagdeesh Sharma Sampa and Director Dr Rekha Reddy addressed the gathering and distributed prizes to winners from various grades, acknowledging their talents and efforts.

The celebrations embodied the spirit of Kannada Rajyotsava, leaving everyone with the resonating message: "*Elladaru iru, entaadaru iru, endendigu nee Kannadavagiru*" (Be wherever you are, always remain a Kannadiga).



Staff Wellbeing Workshop

Brinda (Montessori Teacher)

Recognizing the importance of staff wellbeing following a hiking trip, the management planned an engaging session to promote health awareness. The workshop, led by Dr Arun and a team of four physiotherapists from Bangalore Baptist Hospital, was conducted on 9th November 2024.

Seventy-nine teaching and non-teaching staff members participated enthusiastically. Dr Arun presented the common causes of fatigue and the significance of maintaining physical health. This was followed by an hour-long hands-on session featuring exercises designed to improve mobility and strength in the neck, knees, shoulders, and hips. The interactive nature of the session ensured active participation from the staff.



As a continuation of this initiative, monthly follow-up sessions have been planned from December 2024 to March 2025. This thoughtful effort by the management underscores its commitment to fostering a healthy, supportive, and productive work environment for all staff members.

Sports Week

Angela (CBSE teacher)

From 7th to 13th November 2024, the school sparked with enthusiasm as students from Pre-Primary to Class X participated in Sports Week. Organized as part of Children's Day festivities,

the event showcased the vibrant energy and sportsmanship of the young participants.



With activities like hoops races, ABC drills, hurdle races, and the exciting 100-meter run, students displayed agility, balance, and coordination. Team games such as volleyball, throwball, and basketball hoop passing added a spirit of teamwork and camaraderie to the celebration. The week, planned meticulously by the Physical Education teachers Mr Girish and Ms Bhagyashree, brought smiles and cheer to everyone involved. Medals were presented to the winners, celebrating their efforts and making the day memorable.

Students competed with zeal, proving that the joy of sports lies not just in winning but in participating and striving for excellence. The sports week was a perfect blend of fun, fitness,

and celebration, leaving everyone with cherished memories.

Children's Day

Sheryl (CBSE Teacher)

Children's Day was celebrated with great joy and excitement over two unforgettable days. On 13th November, Pre-Primary Montessori to CBSE 3rd Grade celebrated Children's Day with great joy and enthusiasm. The day started with teachers explaining the significance of Children's Day, helping the little ones understand its importance as a day to honor and celebrate childhood.



Children were thrilled, filling the room with laughter, excitement, and happiness. The joyful atmosphere grew as the children eagerly danced along with their teachers, showcasing their enthusiasm and energy. Adding to the celebrations, several children stepped forward

to sing songs, delighting their peers and adults alike.

The Children's Day celebration on November 14th 2024, themed "Taare Zameen Par", was a vibrant homage to showcase unique talents and limitless potential. The event opened with a warm welcome, likening children to stars that light up the world with their brilliance, setting the tone for a joyous and inspiring day.



A surprise program, crafted with dedication by teaching and non-teaching staff, delighted the students. The highlight was a mesmerizing tribute to the legendary actor, late Dr Puneeth Rajkumar, whose character of selflessness, commitment and humility resonated with the theme of the day. His extraordinary life journey left the students spellbound. The heartfelt performance was a testament to the creativity and hard work of the team. An inspiring speech was delivered by Director Dr Rekha Reddy encouraging students to dream big, work diligently, and cherish the innocence of childhood.

Chocolate cupcakes and biscuits were distributed to all children as a token of love and appreciation. The treats added to the festive mood, leaving everyone with smiles and fond memories. Children's Day 2024 was a true celebration of childhood, reminding everyone to nurture young dreams and inspire children to shine as the stars they are destined to be.

Thanksgiving Day

Angela (CBSE teacher)

"Thanksgiving is a joyous invitation to shower the world with love and gratitude."

Prep 2 and Prep 3 students participated in a delightful activity on Thursday, 28th November 2024, celebrating the spirit of gratitude. The event aimed to help children reflect on their blessings and value kindness, sharing, and community spirit—qualities nurtured by the school.

The day began with a meaningful discussion on the importance of saying "thank you." To spark their imagination, the story "Garden of Gratitude" was shared through vibrant flashcards, and a catchy rhyme on gratitude encouraged them to express thankfulness cheerfully.

During a creative craft session, students made Thank You cards using foam flowers and pipe cleaners. They proudly presented these cards to teachers, school staff, family members, school bus drivers and security guards. The school played a pivotal role in inculcating this virtue by guiding children to appreciate those who help them every day in their lives.

Adolescents Workshop

Sheryl & Angela (CBSE Teachers)

On 27th November 2024, students of Grades 6-8 attended an enlightening follow-up workshop titled "Growing up Strong: Navigating Puberty with Confidence." Led by Dr Preeti Galgali for the girls and Dr Sushma Sanjay for the boys, the workshop was organized to address the concerns of students related to adolescence health. The session shed light on adolescence as a pivotal stage in life—a bridge between childhood and adulthood.



Dr Galgali discussed vital topics, including menstrual hygiene, positive body image, and healthy lifestyle habits. Students explored stress management, anger control strategies, and simple breathing exercises. Thought-provoking discussions on emotions and tips for handling peer pressure left students feeling better equipped to navigate this transformative phase. The highlight was addressing child abuse, encouraging students to seek help when needed.

Dr Sushma's interactive presentation delved into the physiological, emotional, and social changes of puberty. She explained the role of the developing prefrontal cortex in decision-making and impulse control, encouraging mindfulness and patience. Key topics included understanding attraction, setting boundaries, fostering mutual respect, and effective communication in relationships.



Dr Sushma emphasized the importance of physical health through balanced nutrition, hydration, and avoiding junk food, while

highlighting coping strategies for emotional challenges like mood swings and frustration. Personal hygiene tips were also discussed in detail.

The session reassured boys and girls that adolescence is a learning phase and encouraged them to seek support and ask questions. With practical tips and a safe space for dialogue, the workshop was a powerful step toward nurturing confident, informed, and resilient young minds.

