

# Vidyanjali's Bugle



## Principal's Note

*Healthy children are the greatest asset of any nation!*

The Student Health Check-Up organized by Vidyanjali helped in identifying basic health concerns enabling timely interventions to support the student wellbeing. The Independence Day celebration inspired a strong sense of patriotism among students. The Sexuality Education workshop provided essential knowledge, promoting responsible behaviour and self-awareness among students. Parent Empowerment Day encouraged parents to have an open dialogue about parenting to create a positive environment for their children and support them in leading fulfilling lives.

1

PARENT  
EMPOWERMENT  
DAY  
GOING OUT

2

INDEPENDENCE DAY  
CELEBRATIONS  
HEALTH CHECKUP

3

SEXUALITY  
EDUCATION  
WORKSHOP



## Editors

Ms Angela Molly

Mrs Ramya

Ms Sheryl Patrick

## Up-coming Events

- Parent Empowerment Day
- Educational Trips
- Teachers' Day
- Navigating Puberty with Confidence
- Ganesh Chaturthi
- Onam
- Hindi Diwas

## Going Out

*Ramya (Montessori Teacher)*

An educational trip to Rangoli Gardens was held for Pre-Primary Montessori, Prep 2 & Prep 3 students on 6<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup> August 2024. The trip brought classroom lessons on 'People Who Help Us' and 'Different Types of Houses' to life. Students engaged with these ideas in a real-world setting and were captivated by depictions of various village occupations.



This hands-on experience not only sparked curiosity but also deepened their appreciation for traditional culture and community roles. Children were captivated by statues depicting various village occupations, houses of cobblers, blacksmiths, and weavers, and institutions like the village panchayat and Gurukul.

From pottery and carpentry to weaving and bull chasing, each representation offered a window

into the daily lives of villagers, contrasting sharply with their modern electronic surroundings.



## Independence Day Celebrations

*Sheryl & Angela (CBSE teachers)*

The 78<sup>th</sup> Independence Day celebration at Vidyanjali Academy was filled with enthusiasm and a sense of national pride. The guest of honour Mr Lokesh Reddy, the Managing Trustee of Vidyanjali Academy for Learning, commenced the celebrations with the hoisting of



the flag. Young patriots from Grade I-V gathered to honour the nation's flag.

The day's events highlighted India's rich history and the sacrifices made for freedom. Cultural performances by zealous students added vibrancy to the day, with skits on historical figures like Veerapandiya Kattabomman, Rani Lakshmbai, and Kittur Rani Channamma. Students also performed patriotic songs, emphasizing the importance of self-reliance, non-violence, and unity.

The event concluded with a speech by Director Dr Rekha Reddy, who underscored India's once-prosperous past and the lessons learned from its struggle for independence. The day was a fitting tribute to India's freedom fighters and showcased the talent and dedication of the students.

### *Community Outreach Programme*



Students from Grades 6 to 8 actively participated in a community outreach programme to celebrate Independence Day. On August 12<sup>th</sup> and 13<sup>th</sup>, students visited local government schools - Cholanayakanahalli Government School, P M Shri School, Hebbal and Sumangali Seva Ashram - where a set of events featuring a Map Activity was conducted to highlight the uniqueness of India's unity in diversity. This allowed the children to explore their artistic skills with the help of the resources and guidance provided by the students and staff of Vidyanjali. Along with this, dance performances, quizzes and badge making activities were conducted for the children there.

This encouraged the students of Vidyanjali to develop a service mindset and foster leadership skills. These experiences helped our students appreciate their own school facilities and deepened their pride in the nation's heritage.

### **Parent Empowerment Day**

*Ramya & Sheryl (CBSE Teacher)*



Parent Empowerment Day was celebrated on August 24<sup>th</sup> 2024, for Prep and Pre-Primary Montessori with a focus on *Positive Disciplining*. The event, held in honour of Dr Maria Montessori's birthday, featured Dr Gowri Chinthalapalli, who provided invaluable insights for parents.

Dr Gowri discussed various parenting styles and their impact on children's development. She emphasized that positive disciplining involves guiding children with consistency, clear communication, empathy, and support. Key points included modelling behaviour, and being flexible with discipline approaches.

### *Primary Montessori and CBSE I-III*



On 25<sup>th</sup> August 2024, Parent Empowerment Day was conducted for Primary Montessori and CBSE 1<sup>st</sup> to 3<sup>rd</sup> standard. The chief speaker of the event was Dr Gowri Somayaji. The keynote address on *Nurturing Wellness* highlighted the importance of holistic well-being. The session covered physical health, emotional resilience,

and mental clarity, offering practical strategies for fostering a balanced lifestyle. Parents gained valuable insights for improving nutrition, managing stress, and creating a supportive home environment.

### *Grades VII-X*

Parent Empowerment Day was hosted on 31<sup>st</sup> August 2024, for parents of students from Grades VII to X, on guiding children through puberty with confidence and understanding. Led by guest speaker Dr Sowmya Puttaraju, the talk focused on equipping parents with tools to help their children navigate the challenges of adolescence, both physically and emotionally. The session, titled *Nurturing Success*, provided insights on managing academic pressures, peer influence, and fostering emotional intelligence.

Dr Puttaraju emphasized the need to cultivate resilience and a growth mindset, helping children view failure as an opportunity to learn and grow. Parents were guided on how to use positive reinforcement to shape behaviour, set



clear boundaries, and build reliable and accountable relationships with their children. The session encouraged building trust through integrity, accountability, and empathy. The event empowered parents to guide their children through puberty with confidence and emotional intelligence, ensuring their long-term success.

## Sexuality Education Workshop

*Sheryl (CBSE Teacher)*

On 29<sup>th</sup> August 2024, a follow-up workshop on sexuality education was hosted for Grade IX and X girls. Leading Adolescent Health Specialist Dr Preeti Galagali led the session which focused on key topics such as puberty, sexual health, and body image.



Dr Preeti opened the discussion by highlighting the importance of both caution and bravery. Using examples of role models like Manu Bhaker and Neeraj Chopra, she inspired

students to build resilience. The session focused on key topics such as puberty, sexual health, and body image. Stress management and mental health were also covered. Dr Preeti discussed essential vaccinations like T-DAP and HPV, encouraging girls to embrace menstruation with confidence.



A follow-up session on "Growing Up Strong: Sexuality Education" was also conducted for boys of Grades IX and X. Led by Dr Sushma Sanjay, the session covered critical topics such as the meaning of adolescence, body changes, and the importance of maintaining hygiene.

Dr Sushma emphasized mental health, good nutrition, and the dangers of junk food. She also spoke about reducing screen time, maintaining good posture, and building positive habits. The boys learned about the importance of vaccinations and how to prevent diseases, with emergency helplines shared for additional support. The workshop provided the high

school students with valuable knowledge, providing a positive outlook on their health and well-being.



## Annual Health Checkup

*Angela (CBSE Teacher)*

*"A healthy body is the foundation for a healthy mind."*



This belief is at the core of Vidyanjali's commitment to student health. From 21<sup>st</sup> to 23<sup>rd</sup> August 2024, the school held its annual health check-up for students from Pre-Primary to X std, in collaboration with Bangalore Baptist Hospital, Hebbal.

The health check-up included vision screening, dental examinations, and general health assessments, ensuring that each student's well-being is prioritized. Doctors and staff meticulously evaluated each child, and health cards were issued, providing a detailed record of their health status. Any immediate concerns were promptly communicated to parents, ensuring timely intervention where necessary. Following the physical check-up, students attended a counselling session, learning the importance of maintaining a healthy body through proper nutrition, exercise, and dental hygiene.



By focusing on health, the school emphasized its dedication towards creating an environment where students can thrive physically and mentally, ensuring that their journey towards academic success is supported by strong, healthy bodies.