

# MAY NEWSLETTER 2022



Bustling May arrives bringing in its wake, activities and concepts completion of the first academic quarter and students all set for their much-awaited summer break!

## EARTH DAY –ELEMENTARY YEARS PROGRAMME

The students of the Elementary Years Programme celebrated ‘Earth Day’ on 22nd April, 2022. This day inspires us to learn and spread awareness about the measures that can be taken to prevent damage to the planet.

A Quality Circle Time was held to demonstrate support for environmental protection. A discussion related to the ‘Sustainable Development Goal 13 – Climate Change’ was held and the children were explained the need for urgent action to combat climate change and its impact. The students donned the hat of an Earth saviour and shared ways to avert harm to the planet and make this world a happier and healthier place for everyone.

This was followed by a poster making competition. The children created beautiful posters using different mediums of art. The aim of the competition was to pay tribute to Mother Earth and sensitize students about climate change and global warming.



## **JUNIOR DA VINCI- THE PORTRAIT WORKSHOP**

To celebrate the 75th year of Independence and to remember the contribution of Freedom Fighters of India, a portrait making workshop was organised by HT School.

Ayaan Ali, Shunyansh Thapa, Arhan Basu were part of this workshop. Illustrator of HT Times, Mr. Mohit Suneja, explained to the students how to create a portrait. He explained how to use a tracing method or a grid method to make it appropriately. Suncitizens saw how other students used their creativity to make a portrait of their own style. Students were provided different mediums and were free to make a portrait in any style. It was a good exposure for our students.



## **SESSION ON “GOOD TOUCH/BAD TOUCH”- ELEMENTARY YEARS PROGRAMME**

Sensitizing children about various issues and about good/bad touch, makes them emotionally strong and helps them to grow normally. It helps them handle “not so positive events” in life in a better way so that they do not impact their growth and personality.

Keeping this in mind, an educative session on “Good Touch and Bad Touch” was organised on 28 April 2022. It was conducted by the school counsellor, Dr. Ruchika Bhardwaj, to educate the students of Elementary Years about the same. The session began by explaining the meaning of safe touch, which is good and makes us feel secure, like a hug from a parent or a pat on the back by the teacher. She further discussed what unsafe touch is. It is a negative feeling which makes us uncomfortable, sad or angry. Further, a short video was shown to the children on how to identify the ‘No Touch’ areas of one’s body, understand one’s safe circle, which includes people you can trust, and how to clearly communicate with parents about any bad experience.

It was an interactive session where the children actively participated in the discussion and pondered over the topic as per their understanding.



## **LABOUR DAY CELEBRATION**

On 2nd May 2022, all the Student Council Members of Suncity School gathered in the refectory to serve food to the Support Staff of our school as a token of appreciation for their hardwork and determination. This is an annual event to observe Labour Day.

Initially the senior council members prepared a plate for each of the workers while the junior council served water. The Director, Mrs. Rupa Chakravarty, joined the staff for the lunch, while council members assisted with the service of food.

The Junior Council Members distributed Labour's Day cards made by students to each worker as a gift and a token of our gratitude.



## MUSEUM VISIT TO KNMA, SAKET

Five students from grade XII CBSE and two students from grade X IGCSE Art and Design visited Kiran Nader Museum of Art for a guided viewing of three exhibitions and a hands on workshop on 7 May 2022.

The exhibitions were: Atul Dodiya's Walking with the waves, K Ramanujam's Into the Moonlight Parade and Somnath Hore's Birth of a white rose.

Atul Dodiya's collection was his lockdown series where he painted a picture a day, in watercolours. The rhythmic abstract humans capturing the artist's random thoughts were a visual treat.

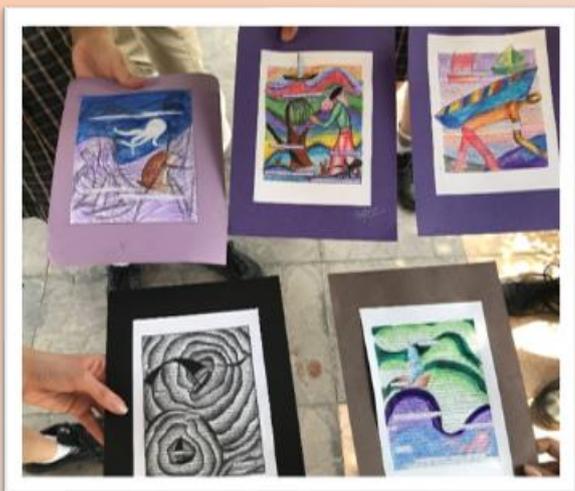
K Ramanujam's Mythopoetic Universe was a reflection of his deeply troubled and depressed life, and how his art was actually his release mechanism. Students saw parallels with artists they learn about in school, like Vincent Van Gogh.

Somnath Hore's paintings, etchings, wood cuts and sculptures were a window to his style of expressing the reality of his times, the wars, famines, poverty and pain. The works exposed us to the possibilities of the media, the experiments and outcomes.

The hands on workshop was a way to experience thinking intuitively like the artists. Students learnt Erasure Art, inspired by Atul Dodiya's art works. They were given a script on a paper which they had to read and then identify words/ sentences that resonate with them. They needed to highlight them and draw on the rest of the written space, and erase with colour, leaving only the drawings and the highlighted words. It was a very Interesting activity, with each one of us veering towards different sections of the script and reacting differently to it.

Grade 12 saw the works of Somnath Hore, which feature in their textbook. They took good tips on rendering, composition, abstraction, transfer of emotions by the artist using form, colour, texture.

It was a well spent visit, with a big takeaway of creative inspiration.



## **THEATRE WORKSHOP- “UNDERSTANDING LITERATURE THROUGH PERFORMANCE”**

From a bewitching performance of Shakespeare’s Othello, an exhilarating and eye opening showcase of the affliction of domestic violence victims to absorbing and comical yet enlightening acting exercises; the theatre and drama workshop was organised by Suncity School International Academia. This was conducted under the mentorship of an award winning actor and director, Mr. Gaurav Kumar, our school educator, who truly brought out the hidden thespian within all those who attended. The two hour workshop which was organised on 6th May 2022 truly had it all. Every single student present participated in a plethora of acting exercises, which taught them necessary skills, not just for theatre but for all aspects of life, such as observation, reflection, improvisation, confidence, teamwork and innumerable others, all in a captivating and engrossing manner. From being crippled with stage fright at the beginning to volunteering to perform in front of an audience of over 300, this workshop was truly a transformative experience for the students of Suncity School Grade IX to XII.



## **SESSION BY A NUTRITIONIST**

Healthy eating habits and patterns are formed in the first few years of life so, it is important to encourage the children to make appropriate food choices. Keeping this in mind, an informative session by a nutritionist was conducted for the students of Pre-nursery, Nursery and Kindergarten on Tuesday, 10th May 2022.

Ms. Mansi Gupta, a Clinical Nutritionist, briefed the children about the importance of eating fresh fruits and vegetables. She encouraged the children to include a wide variety of nutritious foods from all the different food groups. She spoke on the harmful effects of having junk food on our bodies. She shared with the little ones that eating food containing important nutrients help in their physical and mental development. She also encouraged the children to exercise regularly and sleep on time to remain fit and healthy. To review the understanding of the children, she asked a few questions from them. The children responded well and participated enthusiastically while answering the questions.

The learning from the session was reiterated by the class teachers by integrating the topic, 'Nutritious Diet', in sync with Sustainable Development Goal 3- Good Health and Well-Being.

## **INFORMATIVE SESSION BY AN OPHTHALMOLOGIST**

An interactive and informative session was organised with an ophthalmologist, Mrs. Shagun Sood on 5th May 2022.

During this session, children learnt that ophthalmologists handle all the medical aspects of eye care, including treatment, surgery and the prescription of contact lenses and glasses.

The objective for conducting this session was to spread awareness that taking care of our eyes is important and also to educate children about the effective steps that can be taken in this direction. She encouraged children to adopt healthy lifestyle choices to ensure that they have good vision always.

Dr. Shagun also spoke about the problems that screens are known to cause in children - blurriness, visual fatigue and dry eyes. She briefed the children about the acceptable level of screen time which is not harmful, importance of correct lighting while studying and various exercises that they can do to ensure they have healthy vision. The teachers reiterated the same in the class and briefed the children about 'SDG 3 – Good Health and Well -Being'.

A short quiz and a song concluded the session, the children enjoyed participating in this interactive session.



## PARENTS' WALK-IN- GRADE V

The Parents' Walk-in by Grade V was held on Wednesday, 11th of May, 2022. The students worked hard to showcase their skills and learning experiences, and shared about a variety of topics learned during the month of May based on SDG 3 - Good Health and Well Being was the foundation for the integrated subject presentation. The objective of the project was to help the students in incorporating SDG 3 into their lives on a day-to-day basis and to help young minds transform themselves by spreading awareness about healthy eating, preventing obesity and bringing a positive change in their immediate vicinity and community through healthy thinking and thus healthy living.





## SANSKRITI- SANSKRIT SANGAM

On the occasion of Sanskriti- Sanskrit Sangam, Suncity School organised an event on 15th May 2022 in the School auditorium organized by Haryana Sanskrit Academy. The chief guest for the event was Shri Dinesh Chandra ji (International President of Vishwa Hindu Parishad). The welcoming of the guests was done through 'Vedic mantrachharan' by students of Gurukul. The audience was addressed by the following dignitaries: The President of Haryana Sanskrit Academy President – Mr. Dinesh Shastri, erstwhile DEO of Gurugram and Prof. R. J. Murli Krishana, Shree Ved Prakash, Shree Krishna Vir Varma, Acharya Shree Rajesh Swarup, Shree Ram Prasad Kaushik and the respected Member of Suncity Managing Committee Mr. Arpit Goel. The speakers explained about the importance of Sanskrit and Sanskriti.

A Sanskrit natak 'Niharika' was staged by the students of Dronacharya Rajakiya Mahavidyala which was thought provoking and well enacted. The Note of Gratitude was delivered by the Director. At the end of the programme 'Shanti path' was recited by the students of Sanskrit Vidyalaya. The programme was highly appreciated by all dignitaries and attendees.

## NEWS FROM SPORTS ARENA

### PARTICIPATION IN SWIMATHON CHAMPIONSHIP

A 200 km Swimathon was organized by the Haryana Swimming association, affiliated with SFI and HOA. It was a prestigious event with 200 km of swimming, 12 hours and over a 100 swimmers. It was held on 1<sup>st</sup> May '2022 at the Champions Aquatics Academy in Gurugram. Daksh Gandhi of grade VII F of Suncity School participated in the same.



### UNDER 14 CRICKET TOURNAMENT

The Under 14 cricket tournament was held in Delhi, and Grihith Gumber of grade VII C participated in the same. He played against Mount Cricket Club, took five wickets and was awarded Man of the Match for his exemplary performance.



## **BIRDIES JUNIOR GOLF TOURNAMENT**

Birdies Junior Golf Tournament was held at Manesar on 18<sup>th</sup>-20<sup>th</sup> May 2022 and Palakshi Sehwat of Grade X A participated in the same. She bagged the second position in the same.

Mid-May and it is perfect time to take a deserving break and shake a leg! Till we meet again in July, fond adieu!

