

# The Newsletter from

Sun Valley International School

# Volume 7, Issue 1 April 2020 – July 2020

### PRINCIPAL'S MESSAGE

Sun



What time has in store for us cannot be predicted. Who could have imagined that academic session 2020 – 21 would begin in virtual classrooms from the respective homes of students and teachers.

In the words of Mahatma Gandhi," Live as you were to die tomorrow. Learn as if you were to live forever." Whatever may be the circumstances, we at Sun Valley believe that learning should never stop. Even in the times of global crisis, we have been proactively addressing the educational and developmental needs of our students through online classes with the help of Google classroom meets, as the schools were pushed to move to online education platforms and the response has been very encouraging with support of students and parents. The efforts of the teachers deserve a special mention who have been working tirelessly to make learning enjoyable for the students in virtual classrooms.

I wish and pray for the safety and health of the Sun Vallians.

May the world gets rid of the pandemic and the schools resonate with the bubbling sounds and laughters of our students soon and life once again becomes normal for all of us.

🔪 ... Preeti Goel

### **EDITORIAL BOARD**

- Ms. Meenakshi Prasad
- Mr. Kaushik Moitra
- Ms. Harini Rajan
- Mr. Amit Chatterjee (Graphics)

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### **Dear Parents**

As you are already aware that the coronavirus pandemic and the unprecedented measures taken worldwide to contain its spread are indeed disrupting nearly every aspect of children's lives not only ours but of the whole world in general. Strangely the world stands united in this adversity. Our children's physical health, mental well being, development, learning, behaviour all stand compromised in one way or the other. If sources are to be believed, according to UNICEF almost 99% of the world's children are living under some form of pandemic-



related limit on movement; while 60% live in countries that are under full or partial lockdowns and almost 1.5 billion children are currently out of school.

Many of us as individuals are too feeling the strain. With increased professional and household responsibilities, people across every strata of the society and in professional capacity have been experiencing emotional and mental pressures due to the lockdown situation especially juggling with work and household responsibilities.

In such times one mustn't forget that our children, are used to their safe spaces, places where they can go out to and interact with others of their age groups, something that has not been happening since the lockdown began. They are learning to keep up with the new learning methods and getting used to the 'new normal'.

Having said this, our teachers, caregivers and educators have responded in stride, and are trying their best in finding new ways to keep children engaged in learning activities and by developing online and offline learning resources, including physical exercise modules, to help improve children's physical strength, health and mental well-being during the school closures. Extensive training workshops and webinars have been instrumental in equipping our teachers overnight to rise up to the occasion and undertake the responsibility of caring for our students.

We have been serving and operating through virtual classrooms since April 2020, to ensure that the process of learning is not stalled in these trying times. The remote learning classrooms are strategically formulated not just to transact curriculum but to exhibit care and build an effective relationship with the students. Additionally, rhythm, routines and rituals are providing the necessary cognitive comfort to the growing brains. However, there are emerging concerns among parents that in this format children may not be receiving in-depth education and are spending a little too long in front of the computer or mobile phone screen, questioning how much of a good thing is actually good.

In this regard, we have tried to advocate the concept active (good) and passive (bad) screen time to those who have reached out to us. Emphasizing on encouraging the active screen time where learning takes place through activities like reading, online classes, watching documentary or educational programmes etc and limiting passive screen times which involves activities like watching television for long hours, playing video games with no learning outcomes, overuse of mobile phones etc. As parents, we understand your concerns, we do not share a different objective. Although various malicious interpretation and comments regarding the school and the online classes are doing rounds, I implore you not to give in to such tales. The truth remains that our mutual goal is to ensure the welfare and well being of our children and to achieve that, believe me when I tell this, that learning as a process should never be stalled. Online classes are not gimmicks as they are otherwise labelled these days. It takes quite a lot of coordinated planning and hardwork to execute it smoothly. Moreover, the teachers are being available for the students well beyond the school hours to solve their doubts whenever and wherever the need arises. Being benefactors of the services, their efforts need to be acknowledged and regarded to say the least.

It has also come to fore that certain parents are forced to withhold the payment of the school fees citing unrealistic reasons and narratives which is uncalled for. Ironically students are resorting to tuitions and personal coaching classes (online) paying huge amount of fees there and reportedly struggling to balance the same with school work. Often the quality and the finer points in the teaching - learning process at such forums are left out. None of it is necessary if only the child makes a conscious effort to take school more seriously.

We shall strive in our efforts to reach out more effectively to our students, churn out more qualitative content to benefit our kids and plan more co-curricular and interactive disciplines in the coming time to engage children more actively in the near future. We do solicit your support and cooperation in regards of the same. Because the undeniable fact remains unsaid that we exist to serve because of you and our children. Sun Valley International School wouldn't have reached its pinnacle had it not been for your support and cooperation that you have extended towards us so far. I end my appeal with a popular quote by Brian Herbett that finds relevance in today's scenario.

"The capacity to learn is a gift, the ability to learn is a skill and the willingness to learn is a CHOICE".

As rightly said by J K Rowling, "In the end it is our choices that show who we really are far more than our abilities".

Let's make the right choice for our children.

**Radhey Shyam Singhal** 

Chairman

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# **CLASS XII BOARD RESULT SESSION 2019-20**





Vanshika Bansal (Commerce) 97.4%

Rishikesh

(Science) 96.4%

Harshita Mahar

(Science) 95.4%

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Sumit Dinkar

(Science) 95%

Aastha Tiwari (Science) 93.8%

To -

(Science) 92.2%

Class XII 100/100 English-8 **Economics-1 Physical Education-1** 

Harshita Joshi (Commerce) 96.8%

Geetika Rautela

(Science) 95.8%

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Aayush Pundir

(Commerce) 95.4%

Rishi Raj (Science) 94.6%

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Sparsh Sundriyal (Science) 93.6%

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Varsha Thakur (Commerce) 91.8%





Vabita Joshi (Science) 96.6%



Priya Choudhary (Science) 95.8%



S. Smriti (Commerce) 9<u>5.4%</u>



Diksha Singh (Commerce) 94.4%



Hrithik Parihar (Science) 93.2%



Ujjwal Gautam 1merce) 91.8%



Vanshika Agarwal (Science) 97.8%



Aarzoo Mittal (Science) 96.4%



Sarvesh Bhatt (Commerce) 95.6%



Shreya Tripathi (Science) 95.2%



Devansh Agarwal



Ishitv Sharma (Science) 92.8%



Anshul Rawat (Commerce) 91.8%

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Nandini (Science) 97.8%



**Ruchika Sharma** (Science) 96.4%



Vartika Talwar (Commerce) 95.6%



Stuti Sharma (Science) 95%



Ananya Upadhyaya (Commerce) 94%



Sanchi Guglani (Commerce) 92.4%



Swastik Jenamani (Commerce) 91.2%





(Science) 95.8%







(Science) 93.8%





Tanya Srivastava Deepak Chaudhary (Science) 91.2% (Science) 90.6%



Aritra Pramanik



Manya Garg (Science) 95.4%







Sonia Mawri





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🞗 A – 1, Sector – 1, Vaishali, Ghaziabad

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(Commerce) 94.2%







Avni Singhal (Science) 91.8%













# **CLASS X BOARD RESULT SESSION 2019-20**





With schools locked down due to COVID- 19, the Earth Day was celebrated through online platform for the first time this year. Earth Day is an annual event which is celebrated around the world on April 22nd and this year marked the celebration of 50th anniversary of the Earth Day which reminds us of our duty to take care of our planet as the famous proverb says that we do not inherit the earth from our ancestors, we borrow it from our children. The students participated in various activities to commemorate the 50th anniversary of the Earth Day. Various online activities were organised with a view to sensitize the students

highr



FICCI APISE

about the conservation of natural resources and motivate them to do their bit towards making this planet even more beautiful. Activities like poster making, slogan writing, film making, indoor mobile photography, composting, quiz etc. gave them a platform to showcase their artistic and creative skills. The activities rekindled emotive concerns and inspired the youngsters to save, love and respect mother earth with all their heart and soul and adopt such methods which can help build a better world for the generations to come.

TEACHING FOR THE NEW NORMAL

DING PARENT

SATURDAY, 23 MAY, 4 PM IST

# A Golden Opportunity Well Utilized

Due to the unforeseen circumstances created by the pandemic, the physical presence of the students and teachers is not feasible in the schools. The schools are left with no other option except conducting online classes so that there is no breach in the continuity of learning and knowledge of the students. Understanding the need of the hour, FICCI Arise and Highr have been organising webinars for remote schooling "Teaching for the New Normal" in which Educators, Principals, School Managers, Educationists from schools of India and abroad share a common platform to discuss about the strategies and methodologies adopted by their schools to make online teaching fruitful, interesting and engaging for their students. The series provide an insight to the schools to reflect and adopt better teaching methodologies from each others' experiences for online teaching.

It was a proud moment for the school when Mr. Kaushik Moitra, Head of English Department was one of the panelists for the webinar on 23rd May 2020 on the topic "Building Parental Involvement and Student Wellbeing. "He spoke on the importance of remote learning, involvement of parents in the process, active and passive screen time, and addressed the health concerns of the students. His idea of converting passive screen time to active screen time by involving students in virtual classroom was well received by the other panelists. He shared the methodologies adopted by the school like constant monitoring, active student teacher parent interactions, transparent communication window, tech support and assistance from special educators and school counsellors with the panelists and viewers. His views were largely appreciated by the other panelists.

Congratulations Mr. Kaushik on your achievement !



Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body, thought and action and a holistic approach to health and well-being. As the world is dealing with the crisis created by COVID-19, including yoga in our everyday life has become all the more important as it boosts immunity and also cures respiratory disorders.

The students participated in a number of events organised to mark the celebration of International Yoga Day on 21st June 2020. They ecstatically participated in online National Quiz competition on yoga organised by NCERT by which they got an opportunity to explore the various dimensions of yoga and acquired authentic knowledge about it. Students also showcased their talent and excellence by participating in Yoga Day Challenge organised by Department of Ayush, Uttar Pradesh. To make the event more successful CBSE and Fit India Mission organised a special live session conducted by Miss Shilpa Shetty on 21st June. The students and teachers performed various asanas in unison justifying this year's theme of International Yoga Day-Yoga at Home & Yoga with Family. The students shared their pictures with their respective class teachers. This way the International Yoga Day was celebrated with great zeal and enthusiasm by the students and the teachers alike.

# **Mother's Day Celebration**



"A mother is she who can take the place of all others but whose place no one else can take." -Cardinal Meymillod

One relationship in this life which scores above all is the relationship of a mother and a child. A mother spends her life giving priceless love and blessings to her children. Mother's Day is celebrated all over the world to honour and respect mothers. The students celebrated Mother's Day on 10th May 2020. Buying a card or a bouquet of flowers was difficult this year due to the lockdown, so the teachers tried to make the day memorable and eventful one for the mothers. The students were guided by the teachers in interactive sessions to make a beautiful card using hand impression and gift it to their mother on their special day. A video on the importance of Mother's Day was shared with the students. They were very excited to do the assigned activity to celebrate Mother's Day and shared the picture of the card made by them for their mother.

## **Father's Day Celebration**

A father plays an important role in the life of a child. He nurtures the family with love. To celebrate the bond of love that a child shares with his father, Father's Day is celebrated every year on the third Sunday of June. The students celebrated Father's Day on 21st June this year. The teachers planned joyous activities for them to surprise their fathers by preparing a healthy dish using their father's favourite fruits and vegetables. The students completed the activity with the help of their mothers and presented the bowl of healthy fruit salad to their fathers. They clicked the pictures and shared with their teachers.



# PARTICIPATION IN ONLINE COMPETITIONS

"Whatever your passion is, keep doing it, don't waste time chasing after success, or comparing yourself to others. Every flower blooms at a different pace. Excel at doing your passion and only focus on perfecting it. Eventually people will see what you are great at doing, and if you are truly great, success will come chasing after you."

Competitions play a vital role in the life of a student. They help the students to learn about themselves and to explore their hidden talents. Every child has some hidden talent that can be recognised through various activities. It is the spirit of competition that first reveals to a student his/ her respective strengths and weaknesses. The school believes in encouraging students to participate in inter school fests and provide them a platform to realize their potential in different fields. The students are at home due to lockdown but they participated in various online competitions organised by different organisations and also brought laurels for the school.

Aman

Chauhan, a student of

participated in the

International Diplomatic

Summit, a virtual MUN

conference an initiative by the

Kanpur Model United Nation which was held on 7th June

2020. The main agenda was human rights of the people in conflict affected zones with

special reference to Crimean

Crisis, Indian Cricketer

class X B

# Hidden Idol 2020

Hidden Idol organised Home Based Painting Competition in the month of April for all age groups. The participants were required to submit a 3 to 5 minutes video while making a painting and submit their entries online. In the first round, paintings made by Aafiya Siddiqui (VI), Jinisha (VII), Nishant Yadav (VIII), Ananya Awasthi & Srijan Gorai (IX), Aditya Mishra & Archita (X) were shortlisted for the finalists, out of which Jinisha's painting on the theme" Save Earth" made its place in the finals of 1st Edition. Now she will get a chance to participate in the 2nd Edition of the painting competition. The paintings of the finalists will be displayed on DD National Shows.





BRICSMATH.COM+

# MUN



International Diplomatic Summit



Kuldeep Yadav and Shri Ravindra Singh Bhati, (President Jai Narain University, Jodhpur) presided over the event. Aman Chauhan represented the delegate of Myanmar. He received a special recommendation letter and Certificate of Appreciation for his enthusiastic representation.

# BRICSMATH COM+



**BRICSMATH International Maths Online Competition** 

BRICSMATH.COM+ is an International Maths Competition for classes I to XII in which students from seven countries under BRICS participate in an online competition. The preparation round of the competition was open for students for a month from May to June in which students had to attempt several online tests .In the preparation round Manvi Kaushik (II) and Rishika Tadav (VII) scored full marks. They received a certificate of recognition from BRICSMATH.COM+ on scoring full points. Both the girls will now be appearing for the main round which will be held from July - Oct 2020.

# RONAVIRUS HAREGA **BHARAT JITEGA!**

DIOS, Ghaziabad organised poster making competition on the theme "Corona Ko Harana Hai, Bharat Se Bhagana Hai "on 31st March to create awareness amongst the masses to take necessary precautions to stop the spread of COVID-19. Total 31 participants from classes VI to XII participated in the event and submitted their online entries displaying their creative pursuits. Their entries received appreciation from the DIOS office for the messages conveyed to aware general masses on the ways to fight with the dreaded virus. The participants were Aafiya Siddiqui, Divyansh Singh, Vaishnavi Gupta from class VI; Janvi Kumari, Avni Rai, Nishthi, Jinisha, Ankita Patra, Anamika Chatterjee, Tanvi, Trisha from class VII; Nishant Yadav, Sankalp Gussain, Akshara Manral, Ojasvi Garg from class VIII; Jyotsna Aswal, Srijan Gorai, Chanchal Sharma, Saket, Ananya Awasthi from class IX; Archita Singh, Ragini Pathak, Aarzoo, Aditya Mishra, Tanishi Jha, Bhumika Negi, Harjyot Singh, Sanskriti Gussain from class X and Supriya Singh, Nikita Singh from class XII.

# **Poster Making Competition** organised by DIOS



# \*Fitness During Lockdown\*



To keep children physically fit during this unprecedented situation, Fit India Mission initiated by the Government of India in collaboration with CBSE organised Live Active Fitness Sessions for students from 15th April to 29th May in which health & fitness experts taught simple exercises to be performed indoors to keep children fit when their outdoor activities are restricted. Our school children enthusiastically participated in this programme for their physical and mental fitness.

# VEETHIKA 2020

An inter school cultural fest was organised by DAV School, Pratap Vihar in the month of May in which students had to submit their online entries for various events. In Billboard (Movie Poster) Varnan Matela (XI Alpha) bagged first position and in Show Biz which was a movie making event, Yash Nadar (XI Alpha) bagged third position.

Our students also participated in two more online Inter School events during this period zealously and were appreciated for their creativity and active participation.



Yash Nadar (SHOW BIZ) MOVIE MAKING

### **Traffic and Road Safety Awareness Competition**

Vehicles on the roads are increasing and road accidents are a common sight in which many precious lives are lost. So road safety is a major concern and it is essential that everyone follows the traffic and road safety rules. To create awareness amongst the school students, DIOS Ghaziabad organised a painting/collage/poster making competition on the theme "Traffic and Road Safety" on 24th June 2020. Seventeen students participated in the event and submitted their online entries to the DIOS office. The participants were Krisha Kushwaha, Vaishnavi Gupta, Nishtha Paliwal, Diksha Bhatia, Akanksha, Aafiya



Siddiqui from class VI, Ashita Pandita, Krish Goyal, Jinisha, Ritwick Raj Soni, Abhinav Singh from class VII, Swayam Prakash Jena, Madhvi Das, Ojaswi Garg, Anvesha Pramanik from class VIII, Chahak from class IX and Subhoshri Pal from class X. Their paintings were appreciated by the judges.

# MUN

Model United Nation (MUN) has become a popular co-curricular activity for school students in which they are designated the roles of delegates, speaker and chairs representing different countries and discuss on global issues and reach out to a conclusion through research, discussion and debate. Participation in such an event helps students to develop leadership skills, research, writing, public speaking and problem solving skills. Seven students of the school namely Pushkar and Raman Sah of class X B, Niharika (XII), Aryan Nirala (X E), Saksham (X D), Aakriti (X C) and Subhoshri Pal (X C) participated in online MUN organised by DAV Public School, Shreshtha Vihar on 13 th June 2020. Saksham (X D) represented delegate of Germany and he received Special Mention. Aryan Nirala who represented India as Mahatma Gandhi received Honourable Mention for INC Karachi Session. The event provided a great learning opportunity to the students.



# Aryan Nirala

# Painting Competition organised by National Dairy Development Board

Health is of utmost importance and milk plays a major role in growth and development of growing children. National Dairy Development Board organised a painting competition on the theme 'Milk- The Key to Physical and Mental Strength'. Bhavya Singh (X D), Khushi Verma (X B) Ananya Awasthi (X) Srijan Gorai (X F) and Ojasvi Garg (VIII D) participated in the event. Their creativity in spreading the message on the given theme received a special mention from the judges.



### **Red Colour Day Celebration (Pre-primary Wing)**

The world around us is vibrant because of the colours spread in nature. Colours play a vital role in the world that we live in. It is hard to imagine a life without colours. Colours are somewhere linked with emotions as well. To teach the concept of red colour, red colour day was celebrated with the pre primary students. The teacher shared a video on red colour and a sheet on which red coloured objects like pomegranate, tomato, strawberry, apple were drawn. The students were asked to draw and colour any one object, wear red coloured costume, eat red coloured fruit or vegetable and share a picture with the class teacher, doing the activity. The children completed the activity assigned to them happily and enjoyed the red colour day celebration.





# Rakhi Celebration by Pre Primary Students

Raksha Bandhan is the festival that celebrates the bond of love between brother and sister. The teacher briefed the pre primary students in the virtual interactive session about the importance of the festival of Rakhi. They were taught to make beautiful rakhi at home by using paper cutting and pasting or any other material which was easily available at home. They were very excited to see the rakhi made by them and told their teacher that they would use the same rakhi on the day of festival. They also enjoyed colouring the picture of rakhi.









# **Mango Tango Activity**

Lockdown has not been able to keep foodies away from their favourite fruit 'Mango'. It was an exciting day for the tiny tots when children took part in this fun filled activity while relishing a bowl of mango with their friends and teachers in the virtual classroom. The activity started with the description of the king of fruits 'Mango'. The teacher explained to the students why mango is said to be the king of fruits not only because of its taste, vibrant colours and fleshiness but for the nutrients it offers like vitamin A, C and D and its various varieties and forms in which it can be consumed.

The activity provided a great information and learning experience to the students and they enjoyed it thoroughly in the company of their friends and teachers from the comforts of their home.

# **Training Programmes Attended by Principal and Teaching Fraternity**

During the prevailing COVID 19 pandemic, social distancing and stay home orders have not spared anybody and life has come to a standstill. But the schools have initiated with 'online learning' platforms. CBSE organized a series of webinars for the principals to understand and communicate with the experienced educational leaders not only from India but also abroad to empower and inspire the school leaders to be outstanding in their roles for effectiveness and leadership skills. In order to get in sync with holistic teaching, it becomes imperative for the teachers to empower themselves with the tools and techniques for conducting virtual classrooms and transacting the curriculum effectively. CBSE also launched various online teachers training programmes for updating the knowledge leading to better and improved learning outcomes of the learners. The personalized tools and techniques have really catered to instill proficiency and skills as per the demand. Teachers have also used this opportunity to upgrade their knowledge so as to have better understanding of methodologies and implementation of new ideas and skills for the learners in the virtual classroom scenario.

### The Principal Mrs Preeti Goel attended the following webinars:

- Webinar on Value Education on 26 April 2020.
- Fit India Awareness Programme by CBSE in collaboration with Sports Authority of India under the Khelo India National Fitness Programme for Schools in online mode on 28th May.
- Australia Virtual Master class series for CBSE School Leaders on 10 June 2020.
- Orientation cum Training Programme on Alternate Academic Calendar which was addressed by Chairman CBSE and Director NCERT on 17th July.
- The Future of Education Post COVID under Canada Series on 20 July in which the educators from India and Canada collaborated on a common platform to discuss about the strategies on functioning of schools in their respective countries.
- Leading Transformation in an Era of Digital Learning on 21 July 2020.
- Transitioning to Remote or Online Education on 22 July 2020.
- Assessing Students throughout an Online Course on 24 July 2020.
- Transformational Training Week from 4 August 2020.

Apart from these Madam Principal attended several other webinars organised by FICCI Arise and Team Highr dealing with the paradigm shift of education from normal classrooms to online mode of teaching addressing the needs of students, parental involvement, activity based teaching, handling stress and health issues etc.

### Following webinars were attended by teaching fraternity:

- CBSE is conducting online training sessions for the teachers throughout the country and the teachers are expected to complete 5 hours of in service training in a month and a total of 25 hours in a year. All the school teachers have enrolled and are attending 5 hours training sessions in a month which are organised by Centre of Excellence, Noida. The webinars on subject related topics, classroom management techniques, value education, life skills, career counselling, designing assessments for online classes etc. are a great learning experience for the teachers.
- The Primary and Secondary teachers attended a webinar on Lesson Plan and Tools for Effective Online Teaching organized by Orient Black Swan on 13th June.
- All the Science teachers attended a webinar on Understanding and Implementation of Competency Based Education for Science on 4th June conducted by Goyal Brothers Prakashan.
- The Computer teachers attended webinar on Introduction of Artificial Intelligence on 27th May organized by Goyal Brothers Prakashan.
- All the teachers attended a webinar on Building Parental Involvement and Students Well being on 23rd May organized by FICCI Arise Team.
- All the primary teachers attended a webinar on Designing Online Assessment for primary classes on 20th May organized by FICCI Arise Team.
- All the secondary teachers attended a webinar on Designing Online Assessment for secondary classes on 16th May organized by FICCI Arise Team.
- All Hindi teachers attended a webinar on Hindi Language Teaching on 9th May organized by Madhuban Prakashan and Hindi Grammar Teaching on 11th June organized by Saraswati Publication.
- All the Computer teachers attended a webinar on Safety Workshop for women and cybercrime and safety on 2nd May and 29th May respectively.
- The English teachers of primary wing attended a webinar on Product Briefing NOME on 29th April conducted by Oxford Publishing House.
- All the teachers attended a webinar on Odilo (Netflix of Education) on 25th April by Ms Tanya Koleva.
- All the primary and pre primary teachers attended a demo on E-Learning on 6th April conducted by Teach Next.
- All the teachers attended next learning program on Conducting Online Classes on 3rd April organized by Next Education.
- Physical Education Teachers attended a webinar on nutrition for athletes, Fat loss, Physical Education a compulsory curriculum organized by Sports Authority of India on 28th March, 7th April & 2nd May respectively.