



# Soundarya Central School

# Metamorphosis

## Preprimary Newsletter

A unit of Soundarya Educational Trust (Regd.) | Annual Newsletter - 2019 - 20

### OUR VISION

To be a centre of eminence in the educational field and provide an environment that is instrumental in holistic development of students and embrace technological advancements for successful global citizenship.

### OUR MISSION

- To transmit quality and value based education.
- To equip students with multi-dimensional skills and problem solving ability.
- To create responsible and committed members of the society.
- To collaborate with distinct pupil on a global level.

### OUR MOTTO

The motto of our school is "Love, Truth & Joy".

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### About us

Soundarya Central School (SCS) is a unit of Soundarya Educational Trust- SET (Regd). Founder and Chairman Mr. Soundarya P. Manjappa along with Mrs. Sunitha Manjappa, Managing Director envisioned to provide affordable quality education to nurture students into becoming responsible citizens of the world with strong moral and ethical values. SCS continues to forge ahead with higher benchmarks every year under the leadership of CEO Mr. Keerthan Kumar and Managing Trustee Mr. Varun Kumar. Led by Principal, Mrs. Renuka Devi, SCS has completed 6 years and has established its resolute presence in the field of education with its sprawling campus, state-of-art infrastructure with a balanced focus on academics as well co-curricular activities, to help in the all-round development of students. Mrs. Rajeshwari Bharath spearheaded the Montessori system in 2016 and today SCS is one among the few recognized Montessori schools in Bangalore. The preprimary team comprises of experienced as well as well-trained teachers who provide a happy and safe environment for learning. At SCS, we use activity-based learning and innovative teaching methodologies catering to all learners and organize various events to engage children and parents.



## From the desk of the Editor,

Editorial Team

**Mrs. Rajeshwari Bharath**  
**Mrs. Sandhya Hari**

With new styles of parenting emerging over the years, what should my style of parenting be? A few generations ago, parents and educators may not have given this much of a thought. I recently read this, "we cannot raise our children how our parents raised us because the world around them is not the same;" society definitely has gone through tremendous changes. The analogy of a potter leads to the answer to my queries as a parent and as an educator. Have you watched the potter shape his pot? He gently pats the clay from the outside while he has his other hand supporting the shape from inside. This can be applied so beautifully when handling children; they need boundaries and guidance which shape them yet equally important is the love and acceptance they receive from parents and educators which makes them strong internally. If only beaten from outside without the hand (love) inside, the pot might crack. Similarly, too much of love without rules often leaves the child feeling insecure and/or too

demanding. Balance by being mindful is the key. Children are handed out to us without a user manual, let`s ensure we write a good one!

Welcome to Metamorphosis- Annual newsletter 2019-20. In this newsletter, you will find a glimpse of the events conducted this year, articles by teachers, excerpts of heart warming letters by parents, reports, and testimonials. We hope you enjoy this issue, do write a feedback to us on [cbseadmin@soundaryainstitutions.in](mailto:cbseadmin@soundaryainstitutions.in)

## Learning mission to Finland

– Mrs. Rajeshwari Bharath



Do Northern lights, Nokia, reindeers, best education system and PISA rank #1 ring a bell?? Yes, Finland!!!! It is a dream of every educator to experience and know more about Finland`s Education system. I was fortunate to be chosen and sent by the school management on a learning mission to Helsinki, the capital of Finland. Helsinki is a coastal city with picturesque locations and is one of the hotspots of edutourism in Finland.

A group of 12 participants comprising of principals, academic heads and CEOs of various educational institutions set out to Finland on a journey panning from April 20 to April 28, 2019. Our schedule for the week included participatory workshops, visits to schools and also a lecture by a professor from the Helsinki University. We visited beautiful cathedrals, fascinating libraries, Suomenlinna island, architectural marvels spread across the city, shopping centres and also took tram rides.

Throughout the trip, temperature was between 6-13 degrees Celsius. It was intriguing to see the sky well lit till 11 at night. On a particular night, there was twilight throughout the night, it never got completely dark.

School visits included a day care/kindergarten, primary, secondary, high school and a vocational school.

From ages 3 to 6, children learn mainly through play. They have lessons done both indoors and outdoors. Children learn personal grooming skills, go on many field trips and have lots of unstructured/free play. They play even when the temperature is very low, but with extra clothing. Children learn phonetics and start writing only after the age of 6. Their daily timetable also consists of story time, snack time, rest time and circle time. Schools are situated within a 3-km radius from home and

it is common to see children walking independently from school to home. Cycling is a common sight in Finland with dedicated lanes for the same, aiming at sustainable ways of living.

What I noted on the primary, secondary and high school visits was that schools functioned for barely 4 hours or less and students were not given any homework. They are expected to be part of family and have a joyful childhood. Surprisingly, on engaging with young adults in high school, I came to know that they were well-informed about numerous career options, university prerequisites etc and were seriously working towards achieving them. While visiting a high school, we noticed that entrepreneurship was the theme followed by them, students were practically running a company successfully, a venture providing home services. With no standardised testing until the age of 16 (as an optional), Finland

remains among the top nations on PISA education survey.

Listening to a lecture by Prof. Santti, I gained insight into the evolution of Education system of Finland. The focus of the nation was and is EDUCATION for many decades now with many reforms in the education system. Teaching is one of the highly paid professions equivalent to a professional degree, most teachers hold two Master degrees and doctorates too. Research based teaching is the mantra but the most important take away for me from Finland was that of TRUST. The government trusts people and people in turn trust the government, schools, and in the process of life itself. I was in a state of happiness and contentment on my way back from one of the progressive, educated and happiest countries in the world – FINLAND!!!

## Glimpse of the Events

### Pre-Primary Orientation

June 1

#### Breaking the ICE

Parents of Kindergarten and Montessori were invited to an orientation session helmed by the pre-primary wing coordinator Ms. Rajeshwari. Apart from address by our CEO – Mr. Keerthan Kumar and Principal Ms. Renuka Devi, it also featured a session on digital detox and parenting tips by Ms. Ishwarya Kumar Ahmed from Upturn.



### Yoga Day

July 21

#### Health is Wealth

Exercise in any form is good for the body-mentally and physically. Our tiny tots performed simple yogasanas with such ease; all of us were left baffled.



### Environment Day

June 4

#### Green -- our lifeline

A special assembly was conducted to educate our cherubs about the need for trees - greenery in our life. This was followed by a small session of laughter yoga.



## Nutrition Week

July 8 to July 12

### Eat Healthy Stay Healthy

A weeklong programme was organized to drive home the importance of healthy food.

Water

### Five Glasses of water every day

Children were educated on the importance of drinking water every day to keep their body hydrated by including tender coconut, fresh fruit juices, etc.

Green Leafy Vegetables

### Soft Mushy Greens to keep us in the pink of health.

Day two saw the introduction of green leafy vegetables that is a must in our daily platter. They can be used to prepare tasty dishes like Paalak Paneer, Methi Paratha,

and Mint Chutney which had the children drooling over the names.

Sprouts

### Wriggly Wraggly nourishment

Sprouts with their curls reminded children of noodles. Children were advised to include this healthy ingredient in their food routine at least once a week to keep them healthy.



Dry Fruits

### Going nuts thinking about nuts.

Super food to keep our young lot energetic throughout the day.

Seasonal Fruits

'**Make in India**' is just not the mantra for our country. The importance of eating seasonal fruits that are available locally in our markets and their health benefits were explained to children.



## Kindergarten Orientation

July 13

### Insight into the current academic plan

The session was presided over by the dean of academics – Ms. Bhavana Bandekar who emphasized on the importance of reading to children and Managing Trustee – Mr. Varun Kumar spoke on importance of physical exercise. The parents were apprised of how the teaching will be conducted, followed by the classroom visit.



## Little Chef

July 16

### Healthy Tummy is Happy Body

Our pre-primary corridors were abuzz with the clinking and clanking of jars and containers. Eye captivating and mouth-watering yet nutritious dishes were cooked by our master chefs. All were left awestruck at the effort and creativity they had enthused into making the dishes.



## Rainy Day

July 24

### Rain rain go away.....

Monsoon season was celebrated. Children came dressed in colourful raincoats, rain gear, etc. Tips to stay healthy during monsoon were given. We also spoke about the importance of saving water.



## Montessori Parent Orientation

July 24

### A peek into a child's day in the Montessori environment.

Parents were made aware of a day's activities of a child in the Montessori environment. The curriculum and the activities were explained to the parents. The classroom visit was scheduled for the parents after the session.



“ಸ್ವಯಂ ನಿರ್ದೇಶನದ ಚಟುವಟಿಕೆ ಜಿಂತನೆ ಮತ್ತು ಸಹಕಾಲ ಅಭಿವೃದ್ಧಿ ಆಧರಿಸಿದೆ. ಸೃಜನಶೀಲ ಮತ್ತು ವಿದ್ಯಾಸ ಜಿಂತನೆ ಮಕ್ಕಳಿಗೆ ಹಾಯ್ ಮಾಡುತ್ತದೆ. ಮೂಲಸೌಕರ್ಯ ಮತ್ತು ಶಿಕ್ಷಣದ ಗುಣಮಟ್ಟ.”

ಇಂದ: ಶ್ರೀ. ಐ. ಶ್ರೀಧರ F/o. ವಿಶಾಲ್.ಎಸ್.

## Independence Day

August 14



## Dental Awareness

August 17

### Up and down, round and round !!! Brush them until they are pearly white.

Dr. Ayesha Siddiqua spoke to the parents about how important dental health and hygiene is, ways to maintain good oral health and also about the dental checkup for the tiny tots to be conducted in the month of September.



## Fancy Dress

August 20

The themes given were Nursery rhyme or cartoon character for Mont I year and Freedom fighter/National leader for Jr. Kg and Mont II.



## Origami

August 21

### A fold here, a fold there.....

Origami helps in developing eye-hand coordination, sequencing skills, fine motor skills, etc. Origami competition helped children express their ideas and the outcome was remarkable.



## Rainbow Day - August 21

### Every time you see one, you turn into a child

The enchanting display put up by nature that turns us into a child every time we see. A special assembly on rainbow was conducted and all of us came dressed in the seven colours. The weather condition necessary for a rainbow to be formed was explained to the children. Newton's disc was later shown in each class.



## Onam Celebrations

September 13

### Pon Onam Celebrations

Vibrant pookalam (flower rangoli) and demure cream attires were the order of the day in the pre-primary corridors. The annual harvest festival of Kerala – Onam was celebrated with much joy and flowers. The story of king Mahabali captured the children`s attention.



## Dental Checkup

September 17

### Looking for pearls, Not in Oysters !!!!!

As announced, dental checkup was organised for the kindergarten and Montessori children. Dental certificates regarding oral hygiene status were sent over for parents` information.



## Show and Tell

September 24

### Groom Them Young

Show and tell helps children in public speaking and improving communication skills. Children participated with vigour and spoke about different things that they had brought; we were amazed with some of the lines that were presented.



## Gandhi Jayanti

October 1

### Think twice before you dirty !!!

'Sweep the passages clean` goes the famous nursery rhyme. A special assembly was held to celebrate Gandhi Jayanthi followed by a cleanliness drive on our campus. Children spoke at the assembly regarding the importance of cleanliness.



## Field Trip

(Peenya Fire tation)

October 10

### Safety First

The pre-primary wing visited the fire station at Peenya. The firemen, inspectors and staff welcomed our children cheerfully. They presented an enthralling demo that children thoroughly enjoyed. The demo included ways to put out the fire by wet sack and fire extinguisher. The fun part of the demo was when the hose pipe showered water.



## English Recitation

October 15

Children displayed their skills of diction and memory by reciting rhymes with confidence and clarity.

## Eid Milad

November 8

### Night of the Moon

A special assembly was held to celebrate Eid Milad. Children were told about Mosque – the place of worship, Prophet's birthday and how Eid is celebrated.



ಎಲಿಯ ವಯಸ್ಸಿನ ಮಕ್ಕಳಿಗೆ “ಪಲೇಕ್ಲೆ” ಎಂಬ ಗುಮ್ಮನನ್ನು ತೋಲಿಸದೆ ಆಟೋಟಗಟೊಂದಿಗೆ ನೂಡಿದ ಶಿಕ್ಷಣ ಅತ್ಯುತ್ತಮ ಅಂಶ ಎಂಬುದು ನನ್ನ ಭಾವನೆ. ಓದುವುದಕ್ಕಷ್ಟೆ ಶಾಲೆ ಎಂಬ ಮನೋಭಾವವಿಂದ ಹೊರ ಬಂದು ಸಾಮಾಜಿಕ ಕಾಳಜಿ, ಬದ್ಧತೆ ಬೆಲೆಕೊಟ್ಟು ಗುಣಾತ್ಮಕ ಅಂಶಗಳನ್ನು ನೂಡಿದ ಶಿಕ್ಷಣ ಪದ್ಧತಿ ನಿಜಕ್ಕೂ ಪ್ರಶಂಸನೀಯ.

ಇಂದ: ಶ್ರೀ. ಟಿ. ರವಿಕುಮಾರ್ -  
 F/o. ಪ್ರಥಮ್ .ಆರ್.

## Children's Day Celebrations

November 14

Children's day was a day full of fun and happiness. Teachers presented a dance which kept all of them on their toes singing along.

## Christmas Celebrations

December 23

### Good Tidings Be With All

A special assembly was held to celebrate Christmas before the holidays commenced. Children came dressed in the colour code of red or white.

Children were told on why we celebrate Christmas followed by a short bible reading session by a child. Children also asked questions about Christmas.

Santa Claus spread cheer and distributed sweets.



## Kshitij - Exhibition

November 16

Sky has no limit - the exhibition was arranged along the lines of STEM (Science, Technology, English and Math). Preprimary display included Montessori activities, teaching aids, science and math hands-on activities, and exhibits on events too.



## Krida 2019 - Sports Day

December 14

We witnessed the most memorable event of the year, preprimary Sports day KRIDA 2019. The chief guest Mr. G.V. Gaonkar declared the meet open by lighting the torch. Running race finals were held for children as well as parents. A football match between two teams of pre-primary had the audience captivated. CEO Mr. Keerthan Kumar `s address highlighted future plans and enhancing sports facilities at Soundarya Central School. Excellently choreographed dances, drills and yoga display by our little ones made this a day to remember.



## Makara Sankranthi

January 13

### Yellu Bella Savi Maathu.....

We celebrated Makara Sankranthi with fervour and joy. Children happily participated in the preparation of yellu-bella as a class activity. At the assembly, we spoke about how Sankranthi is celebrated in various parts of India. Kite flying was enjoyed by one and all. A replica of a typical village setup was created. Children also offered yellu-bella to all the support staff who appreciated the affection showered by our little ones.



## Clay Modelling

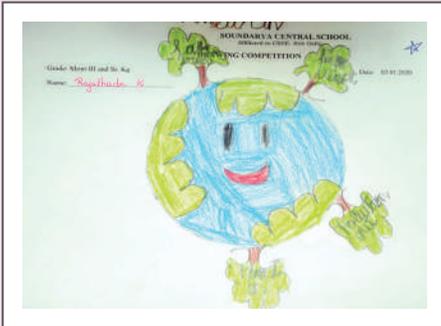
November 5

Catch them Young. There are a good number of artists in our wing. Our children created magic with clay and came up with amazing things.

## Drawing Competition

January 7

Our little artists drew their hearts out and we got some mind boggling pictures.



## Memory Competition

January 7

Memory and concentration goes hand in glove. Children surprised us by their ability to remember multiple things within a span of a minute.

## Picnic to Dreamland Resort

January 13

### Fun and frolic!!

Kindergarten and Montessori children went to Dreamland Resort, Nelamangala for a picnic. A day out filled with fun, children enjoyed the rides, baby pool, rain dance, magic show and much more.



## Graduation Day

February 22

### Time for a new beginning!

Graduation is a time to celebrate new beginnings and warm memories of the past and big dreams of tomorrow. Graduation certificates were distributed following which Senior Kg and Montessori children presented shlokas, songs, and speeches. Juniors presented dances and had the audience enthralled.



## Au Revoir (Adieu)

Mrs. Sandhya Hari

It's that time of the year,  
 When we bid adieu to all  
 Our cherished darlings,  
 Who swayed our hearts;  
 With their steadfast love.  
 Who with their constant-  
 why's, how's and who's,  
 Made sure we learned our lessons  
 thoroughly.  
 Their heart warming hugs,  
 admiration and  
 Unwavering loyalty,  
 Keep reminding us how  
 immensely  
 We are loved.  
 Au Revoir to all the....  
 treasured sweethearts  
 Wishing and blessing them with  
 The best of best always.....

## Father's Day celebration - June 15



The word Father is indescribable and incomparable; he is the one who sacrifices his life to give comfort to his family and makes his child's future bright. To acknowledge and show gratitude to all the fathers, Father's Day was celebrated on 15th June 2019. Fathers gave up their busy schedules and came to school to spend time with their children. Various games were held for fathers. Fathers enjoyed and competed hard to win prizes. It was sheer joy to watch fathers playing the games and children encouraging them. Father's day takeaway was a tie which was prepared by their child as a token of love; this special relationship in a child's life was celebrated in a special way.

## Strings of the heart.....

Letters from parents to their children on the account of Children's Day November 14

*"Believe in yourself, you are stronger than you know. Ask if you need help, and trust others will help you. Fill your heart with laugh and smile often. I love to see you smile. There will never be another you"*

**- Mrs. Madhumalini M/o Shreeya**

*"Your smile makes me smile. Life is filled with hard and good times; learn from everything you can. I pray that you are surrounded by friends who care for you. I see what a difference you make in this world and I hope you know how much I love you."*

**- Father of Lavikaa**

*"Always give value for time. Be humble and helpful. Leave your ego and have a smile on your face, then success will be yours."*

**- Mrs. Shruthi M/o Sevarth**

*"I believe in you. You make me proud in so many ways. Never be afraid to work hard. While grades are not everything, you must aspire to find your place under the sun. Follow your heart and make your dreams come true. Know that you are loved, no matter what. I love you always."*

**Mrs. Lavanya M/o Jhanavi"**

*"Having a child like you is a dream. You have to be brave like Rani Lakshmi Bai, dedicated like Mahatma Gandhi, stubborn like Bhagath Singh. Keep learning, keep going ahead. I would like to see my prince doing great things for my country and to be a great contributor of our country's success."*

**- Mr. Manjunath F/o Mithun**

*"Be a warrior and be strong my soldier. Respect every human being irrespective of their wealth, status gender and age. Live, enjoy and love your life because life is short. Enjoy the little things. Bring happiness to others. Help others, do good."*

**- Mrs. Vibha M/o Achinthyia**

*"You've come into our lives purely with an intention to make us laugh, fill our lives with joy and happiness, all with your sweet smile, cute hug, naughtiness and tantrums. Since the day you were born, every day has been a new day bringing new experiences each time. You have taught us to be a better parent, taught us patience and tolerance; helping you fall asleep, consoling you, understanding what makes you happy or upset, has been a great learning phase."*

**Mr. Abhishek F/o Ahalya**

*“BE YOURSELF... All I need is you to grow up with your drive, passion and determination. Know your worth, protect your energy and live life your way. Three things I wish I could give you ; confidence to always know what you deserve, strength to chase your dreams and ability to know how truly and deeply loved you are.”*

**Mrs. Annapurna M/o Lakshmita**

*“You are God’s gift to our family. You make each day brighter with your smile.*

- Love and accept yourself.
- Live your own dreams.
- Be true to yourself always.
- Respect each and everyone.
- Don’t be afraid to take risks.
- Be humble, honest and truthful.

*I request you to be a good human and good citizen of our country.”*

**- Mr. Dayananda F/o of Abhay**

*“I just want to tell you that your dad and I have complete faith in you. We trust your dreams and we will always be there to support whatever you wish to do. Never feel hesitant in sharing what is on your mind as we will always be there to help you. Don’t give up to situations and always stand like a warrior.”*

**- Mrs. Prakruthi M/o Daiwik**

*“RESPECT YOUR PARENTS – Parents are the only ones who will love you always than anyone else. RESPECT YOUR TEACHERS – They recognise individual talents*

*and help accordingly. RESPECT YOUR ELDERS– Give elders love and affection. RESPECT YOUR COUNTRY – Equal importance should be given to our country.”*

**Mr. Purushotham and Mrs. Bhavana, P/O of Harshadh**

*“May you dream....*

*Dream to grow....*

*A million flowers around you .....*

*Dream to light ...*

*A million lights around you.....*

*Dream to bring ...*

*A million smiles around you....*

*And I will dream....*

*For your dreams to come true....”*

**-Mrs. Geetha M/o Kaushik**

*“Everyone falls and fails in life but the important thing is to learn from it and rise again. Have a balanced life physically, mentally and spiritually. If you find imbalance learn to fix them, which will help you to understand yourself better and most importantly have a meaningful life.*

*You have given me joys way beyond my deserving. We will always be there to encourage you.”*

**Mr. Rajesh F/o Dhruvika**

*“It does not matter how you start your work, but it definitely matters how you finish your work, always give your 100%. If you fail, never give up because FAIL means First Attempt In Learning and END means Effort never dies. If you want to shine like the Sun, first burn like a sun.”*

**Mr. Nagaraj F/o Vivaan**

*“I wish you adventure on your journey and may you always stop to help someone along the way. Listen to your heart and take risks carefully. Be true to yourself always. There is no one else like you, so allow your uniqueness to shine through. You never need to change who you are for someone else.”*

**- Mrs. Sukanya M/o Samanyu**

*“Nobody is indispensable and it is not necessary for you to possess everything. You have to see through this point. In the future, if you lose the world’s most precious thing, you must understand it is not important. People can start from scratch. Knowledge that you gain is a tool. You have to sit like a rock and work like a clock in your life.”*

**Mr. Ravi Naik F/o of Pratik**

*“Your generation will have to make tough decisions about equity, management of resources and changing climate. As a family, we have really tried hard to bring about a change. We have eliminated single use plastic, we used cloth diapers rather than disposable for both you and your brother, our next step is a diet transition to being a vegan and using only plant-based diet as it will impact the carbon footprint. We want to give you a better world and shall strive hard to bring in the possible change.”*

**- Mrs. Chaitra M/o Arjun**

## Bookworm 2020

February 29

### More you read, more they learn

Bookworm 2020 was an event to celebrate books and reading. Teachers performed a puppet show and story dramatization. Ms. Rewathi (storyteller from StoryTiki) narrated the story of Rainbow Fish followed by a craft activity which children thoroughly enjoyed. The corridor was colourful with the books on display, a bookworm photo corner, and an activity corner for parents and children to make some colourful bookmarks together.



## Parenting

– Mrs. Poornima K P

Parents strive to make decisions in the best interest of their child. A good parent does not mean a perfect parent. In fact, perfect parenting is a myth and no child is perfect too. Keeping this in mind is important when we set our expectations but it does not mean that we should not have goals. Setting goals for oneself first is important as we have to be a role model to our children and they learn better by observing rather than being told.

Parenting is a great responsibility and a blessing too. Parenting brings about a change in us and helps us grow along with them. With children, days seem to pass quickly and what remains forever are the memories and the support provided to help them grow into an independent, self-assured, capable adult.

### Tips for parenting

- Allow your children to make mistakes. If she/he is always told to do things perfectly, they will never take the risks to discover new things.
- Teach them to care for the environment; waste less, recycle and reuse.

- Try to give them the responsibility of growing a small garden. Nature will teach them patience, perseverance, acceptance, responsibility, care and much more.
- “Children are made readers on the laps of their parents.” – Emilie Buchwald. Create the habit of reading to make them a lifelong reader; books can be their friends for life. Find age appropriate books and read to them. At same time, you are developing the reading habits in yourself and spending quality time with them. Children would love to hear stories about people around them. Narrate funny, happy, scary, sad incidents that happened when you were young.
- Talk to them about feelings and emotions. It helps them to develop sensitivity towards others and manage their own emotions.
- Encourage them to work hard and be their best.
- Create happy memories filled with laughter, games and fun.

**Montessori methods** allow children to explore and **learn at their own pace and on their own terms**. The environment **naturally teaches children self discipline and it refines important skills like concentration and self control**. My child developed strong learning and social skills which are very important in life. This method helps in **building self-confidence**. He has learnt to speak fearlessly in public. **Excellent care, guidance and support** for children. Children learn in a **safe and happy environment**.

- Mrs. Jyothi M/o Udith

## Montessori materials help children in overall development

Mrs. Ranjita



A child who is active in school needs to be provided with an environment meant for his total development. Often parents feel that child has to learn to read and write in the school, why are all these activities necessary? If the child needs to live well in society; confidently and competently, his education must assist her/him for life, must equip with knowledge and skills in the areas of practical life, science, geography, botany, arts, and social behavior along with reading, writing, language and arithmetic which is exactly what Montessori education does. Dr. Maria Montessori says “The education therefore must aim at preparing them not just for school but FOR LIFE.”

Practical life exercises offer familiar materials like chapathi rolling, vegetable cutting, sieving, shoe polish etc. One day a child came and told me “ ma`am, I like school because you have things from a kitchen here.” Practical life materials help children to settle in the new environment and also calm their mind giving them a reassurance of home atmosphere.. When children are bored of complex tasks, they prefer activities like making chandan paste, paper cutting or pounding which is a favourite across all age groups. Repeatedly performing all these activities help them to become perfect and they are very confident while doing these activities in their daily life. Practical life activities also lead to refinement of fine motor skills and higher levels of concentration.

By doing Sensorial activities, child is aware of physical properties of objects like colour, shape, dimensions and also their intensities. They also learn names of properties which we offer as name lesson. Example: big, small, thick, thin, long, short etc. enriches their vocabulary qualitatively and quantitatively.

In Language, child has a lot of opportunities to read and write. Starting with oral phonetic analysis, child participates in language activities in a group setting. We offer alphabets through phonetics. Child uses phonemic awareness and analyses sounds in the words and learns spellings.

We offer Geography, Botany and Science activities orally and later it is revised using reading and writing activities. For eg: names of planets, countries, states, districts and parts of tree, birds, animals and many more.

On the other hand Arithmetic materials cater to counting, associating quantities and numbers. There are activities for addition, subtraction, multiplication and division and also to move into mental arithmetic. A child asked me one day “can I take triangle napkin for folding?” I wondered how effortlessly child associated knowledge of shapes in real life? Similarly folded napkins in the shape of squares and rectangles are given to children as part of a folding activity. Child is presented with geometrical shapes in 2D and also geometrical solids 3D. Child also learns fractions with materials during this period (3-6 years).

By holding the materials, lifting, putting them down he/ she develops gross motor skills and activities like pouring grains or threading beads develop their fine motor skills. Holding knobs of cylinder blocks, geometrical shapes insets would indirectly prepare them for future writing as knobs are akin to the thickness of pencil.

This is just a glimpse of what Montessori materials can offer. The activities offered at the right time offers great opportunities for overall development.

“The environment must be rich in motives which lend interest to activity and invite a child to conduct his own experiences.”

– Dr. Maria Montessori

## Active and collaborative learning

– Mrs. Sowmya A



Learning is more effective when it is an active rather than a passive process. - Kurt Lewin

Movement is an integral part of learning for children. They love to play and explore. Active learning involves children in hands-on activities. The benefits of active learning are:

- It helps them relate to concepts learnt by doing.
- It promotes long term retention of information and motivates them for further learning.



- It helps them recall and develop a deeper understanding of the activity.
- It helps them to concentrate and encourages them to think critically.

Hence, best learning happens when children are actively involved in the process of learning. Collaborative learning is an approach that encourages children to work together. Collaboration helps with retention of facts through listening and sharing. It empowers children with confidence to learn from others. Collaborative learning recognizes the merit of every child in the group allowing each child to work to their utmost capability and gain support from

others when needed.

I have been applying the principles of active and collaborative learning in the classroom for some time now. After introducing this, I realized that many of the children started interacting with each other and started working well in groups. Children started enjoying this time with their peers. Collaborative learning provides children with strong academic environment and opportunities to express themselves.

Active and collaborative methods of learning could include creating math activities using real life experiences, encouraging children to be active listeners through reading story books, creating opportunities for role play, engage in activities that develop children`s thinking skills, providing children an environment to explore themselves etc. Some hands-on activities we have used are bunny letter sliders, read and sort activity, clip and card game, float science experiments like sink and float etc.

## Child's Behaviour

– Mrs. Rekha Varma C

Child`s Behaviour differs according to age, place, time and situations. Child`s behaviour at home is completely different when compared to what it is at school. Home is a place where child is most comfortable and free to do and be as she/he wishes. The child could throw things, make the place untidy; parents love and care for the child and hence willingly take care of all the mess the child makes. They very often don`t restrict the child because they feel the child is young and will learn slowly. The behaviour of the child changes when grandparents or guests are present. They get away doing all mischievous things as grandparents are there to protect. The child knows how to

behave with each one of them.

Once the child steps into school, especially a Montessori environment, the child`s behaviour goes through a change. In a Montessori environment, the child is free yet with limitations. Child slowly adjusts to this change in his surroundings, also observes other children following rules of the environment. Child learns to behave, be silent and obedient to the teacher. Child is able to manage herself/himself, talks in a tone much lower than at home, respects peers and adults around. Children have a natural tendency for order and Montessori classrooms take care of this aspect "everything has a place and everything in

its place." is the motto. Very often parents have spoken to us about how surprised they are when they observe their children at school, the grace with which they work, putting things back in place, tidying up when necessary and independently taking care of their needs. The materials/activities in a Montessori are purposeful and aim at overall development of the child. The child willingly chooses and engages with the materials throughout the day, works independently, learns patience as she/he has to wait for a particular material, controls emotions and so on. When a child goes through these changes, they form a foundation for life as she/he learns how to be a part of society.

## Aspects of "PLAY"

Mrs. Suma C



Play is often talked about as if it was a relief from serious learning, but for children, play is serious learning. "Play is really the work of childhood". By Fred Rogers

Play helps the child to learn by doing, be fit and stay healthy. Their muscles and bones get stronger, it helps them sleep better and their stamina is increased too. Children who are physically active can move with competence in a variety of activities that benefits the development of the child.

Free play in early childhood is very important. Free play is child-initiated, unstructured, freely and willingly chosen by the child. The spontaneity comes naturally to children as they exercise their natural curiosity and explore and experience the world around them. Research has proven that children indulging in free play have healthy brain development, are creative; develop dexterity, cognitive and physical abilities. Free play leads to holistic development of the child.

Play way method helps the child to understand concepts better,

improve their learning abilities and sharpen their thinking skills. Children learn through different methods like kinesthetic, auditory and visually. If one fails to learn or understand through visual or auditory method, they may learn kinesthetically. Ex: learning skip counting by playing hopscotch, learning rhymes with action helps them memorize the rhymes easily, gathering potatoes helps counting, making them play bombing the city helps them identify the city with more children through counting and comparing etc. Hence play way method paves way for joyful learning experience.

The objective of playing a sport or physical education is not about excelling in just one sport, it is about engaging the child in many activities such as running, swimming, trampoline, skating, outdoor obstacle race, football or sports of any kind. Apart from physical wellbeing, it also helps the child to develop skills like cognitive, social, emotional, problem solving, curiosity and flexibility. By social-emotional skills, we mean they develop skills like negotiating, sharing, cooperating and empathizing.

"PLAYING" is just not playing but helps them develop skills for life.

## Parent Observation Program

- A report by Mrs. Roopa B

Parent observation programs are mandatory in an authentic Montessori environment. They provide a platform for a parent to see what life is inside a Montessori classroom. Often, the activities have names which parents are not familiar with hence when the child shares with parents about her/his day at school; they may not be able to understand. To help parents understand and become an important part of child`s learning process, we invite parents to an observation session. It is preferable that both parents be a part of this to see what their child has learnt so far. Duration for the observation is usually up to 45 minutes and is held twice in a year. What we have noticed is that even the most inactive child becomes active in front of their parents. Once the child gets involved, they go about their routine and showcase their

recent and past learning. They prefer to work with materials they are comfortable with and sometimes entertain parents with their naughty and hilarious acts too.

Child expects and waits for their parents to attend observation to show all new activities they have learnt. They gain confidence and feel encouraged when they see their parents in their classroom. We have also used observation to accelerate progress of children when required, as it motivates the child to learn more in order to present in front of their parents every time they visit. We have witnessed parents observe, admire, correct, and enjoy their child`s activities. There are times when they are left teary-eyed with their child`s accomplishment. The transparency in the functioning of the classroom creates trust between the school and parents.

## Breakfast - an important meal

- Mrs. Sumitra S Kulkarni

Breakfast – breaking the overnight fast. Breakfast is a meal which gives us the energy which our body needs after going without food for 8-10 hrs during sleep. We all would have skipped our breakfast one or the other time because of various reasons. When we miss breakfast, we get irritated easily, do not feel interested at work, feel tired etc. As an adult, when we can experience these problems, let`s take a moment to think about our children who skip the morning meal in a hurry to start their day.

According to research, children who miss the breakfast will feel fuzzy, restless, and

are not active enough. This habit can lead to brain damage because our body is starving and needs energy from food. Muscles use stored energy but our brain waits for the recently eaten food to get energy. Brain – brain is the only organ which works 24/7. It takes care of our breathing, thinking, movements, heartbeat, senses and everything that happens in our body. This full time worker needs energy throughout and this full time energy comes from the food we eat. What we eat will directly affect the building and function of our brain. Brain makes up of just 2% of our body weight but needs 20% of our

calorie intake. Keeping our brain fueled and healthy is crucial with the right kind of food. A healthy breakfast helps us maintain healthy weight, concentrate well, have a good memory, have a pleasant mood, and most importantly helps us to be active throughout the day. A healthy breakfast should consist of food made out of whole grains, vitamin –B enriched food, leafy greens and nuts like almond. Water is also an essential requirement for the brain.

Think about it! Have a breakfast and remain healthy and happy

“ಶಿಕ್ಷಕರು ತಯಾರಿಸಿದ್ದ ವರ್ಕ್‌ಶೀಟ್. ನಮ್ಮ ಮಗುವಿಗೆ ಶಾಲೆಗೆ ಹೋಗಲು ಖುಷಿ ಇದೆ. ಖನಿಯವಾದ ಮಾತು, ಸ್ವಚ್ಛತೆ ಬಗ್ಗೆ ತಿಳುವಳಿಕೆ, ತನ್ನ ಜಿಕ್ಕ-ಪುಟ್ಟ ಕೆಲಸಗಳ ಬಗ್ಗೆ ತಾನೆ ನಿಭಾಯಿಸಿಕೊಳ್ಳುವುದು. ತರಗತಿಯಲ್ಲಿನ ಮಕ್ಕಳ ಸಂಖ್ಯೆ ಮಿತವಾಗಿದೆ. ಶಿಕ್ಷಕರು ಪ್ರತಿಮಗುವಿನ ಕಳಕೆಯ ಬಗ್ಗೆ ಅನುಕ್ರಮ ತೋರಿಸುತ್ತಾರೆ.”

ಇಂದ: ಶ್ರೀಮತಿ. ಪೂರ್ಣಿಮಾ.ಎಸ್.ಜಿ.  
M/o. ಗುಣಾದ್ಯ

What I appreciate about Montessori environment is that the child is able to **interact with concepts and ideas rather than simply memorizing facts**. Montessori education has helped my child to develop **independence, a sense of empathy and social justice and a lifelong love for learning**. I would suggest this school to my friends and relatives because there is awesome interaction between children and teachers, very good teaching faculty and discipline is good.

- Mrs. Sumashree. M/o. Ethiksha

Kindergarten system of education teaches children to develop social skills by “simple structures” and helps them to learn through “creative ways and expressions.” It also helps the child to involve in **activity based learning**. Kindergarten method has helped my child in his **overall development**. His writing skills are developing well. He is learning a lot of new things daily and communicating to us very well. **The teachers are professional, caring and well-organized**. They are very dedicated towards overall development of the child. They also **organize a variety of activities and events** by which **children have great time learning and lots of fun too**.

- Mr. Dayananda. F/o. Abhay

**Montessori system** enables kids to **learn from experiencing** and understand the concepts taught in the class. She has been able to learn alphabets and **read words on her own**. I would **recommend Soundarya Central School Preprimary for the care and focus given to each child** and the **environment of the school** and especially Preprimary Coordinator – Mrs. Rajeshwari who is completely devoted to her work and helping children learn.

- Mr. Rajesh F/o. Dhruvika

Kindergarten exhibits **independent learning, classroom involvement, working together with peers**. Children learn through fun and activities (rhymes, art and craft). His social skills and sharing things has improved. Soundarya Central School preprimary is a **perfect blend of focus on academics, discipline, and extracurricular activities**; very competent, dedicated and well-qualified teachers.

- Mrs. Ramya Puneeth M/o. Harshak.P



## Soundarya Central School

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