



October 2021
Vol. - 02

THE ADITYA BIRLA INTEGRATED SCHOOL



CRISP mornings at TABIS

At TABIS we believe in imparting not just knowledge but also values. Our institution believes in five most important values of Commitment, Respect, Integrity, Seamlessness and Passion - CRISP. We believe that instilling these values in our students will make them ideal citizens of the 21st century.

Grades 7 to JCL2 engaged in a series of meaningful circle time activities relating to the CRISP values. Each week we dissected a value by sharing experiences and resources which motivated the students to think, reflect and practice the values of CRISP on a daily basis.

Here are a few responses from our young hearts who believe and practice these values in their daily routine....

To get a sneak peek into how our students associated with the values, please click links:

C - <https://padlet.com/manjunavani/ehe258ugecksyuyk>

R - <https://padlet.com/manjunavani/vvyevyapkcjz6dm7>

I - <https://padlet.com/manjunavani/j73kdntmt5n7zxva>

S - <https://padlet.com/simranw1/gozuzbfw5fss4y1a>

P - <https://padlet.com/rakshitachopra/s3sudhlceccq7fsw>

Welcome to our TABIS family!



Reyaansh Srivastava
Grade - EIP - 2

Reyaansh enjoys playing puzzles and listening to music. He loves to eat strawberries, noodles, and pasta.



Samar Pratap Reddy
Grade - GIP - 5

Samar loves playing with minions and painting the most!

Meet our new DLP Head



Ms. Talia D'souza
DLP - Section Head

Ms. Talia D'souza has joined the TABIS family as the Head of the DLP Section. She believes that every child should be adequately supported and encouraged to reach their full potential. She comes with a Masters degree in Special Education in Intellectual Disability from SNDT University. Talia has ten years of hands-on experience. She has worked as a special educator in special schools and general public schools in Mumbai. She has also worked as Special Needs Coordinator in the United Arab Emirates.

When she is not teaching, she is eager to explore new locations and try new cuisines. She also likes to train, run through marathons and try new yoga asanas.

Grade - GIP 2 - EVS - Health & Hygiene

The topic was introduced to the students by them doing an activity of looking at their teeth and gums and using audio-visuals. Students were asked to move their tongue inside their mouth and feel the different size and shapes of the teeth. A fun activity using apples, peanut butter and marshmallows was done to make the topic interesting and engaging for students.



Grade - EIP - 3 - English - Alphabet Ride

Alphabets were taught using different textures and student's favorite toy vehicles to grab their attention and keep them engaged during the live classes. Using alphabet road activities helped students to learn the orientation of letters while experiencing the joy of driving their vehicles toys. Sticking different textured materials and creating the alphabets using clay also helped them to understand the formation and orientation of the alphabets giving them a sense of tactile.



Grade - GIP - 3 - EVS - Digestion In My Tummy

During the chapter on Internal organs- the stomach and its functions, GIP 3 students made a stomach model using a Zip-lock bag. Food and water was also added to show digestion.



Grade - GIP - 1 - EVS - The Living World



The activity done for understanding the concept of living and non-living things involved concrete objects, actions and hands-on experience. This motivated GIP-1 students to be engaged in the class and also helped them to create something of their own. For example, growing plants taught the students how living things need water and food to grow.

Grade - GIP 1 - Math - Compare & Contrast

Students were introduced to the hard, soft, thick and thin objects and were asked to explore and collect the objects in their home and sort them accordingly. It enables the students to analyze, examine, and differentiate between objects that are thick, thin, hard and soft.



Grade - Pratham A & B - Life Skills - Fun with Gardening

Children were enriched on the different types of gardening tools, method of sowing seeds and taking care of plants as part of their life skills development program. The ongoing project entails them to take care of the plant for the rest of the year, watch it grow and document the process. It was lovely to see the students getting their hands dirty to plant the seeds, hoping for the day it bears some yummy bell peppers!



Grade - Pratham B - EVS I - Balanced Diet

Being healthy and fit has become the need of the hour! In order to inculcate the necessary skill of eating healthy, students were educated on the need for having nutritious food and including some physical activities in their daily routine. Our Pratham B students also created their own balanced diet charts which depicted the essential nutrients needed for a balanced diet and its importance.



Grade - Pratham B - EVS II - History of India



Students of Pratham B journeyed through India's historical past using a special passport they created themselves. They visited different places and stuck pictures of the things they learnt about the people living during that era. As an extension activity, the students also got a chance to dress up as kings themselves and conquer different states through an online colouring medium! The students thoroughly enjoyed capturing the different states under their reign!

Grade - 1 - EVS - Me and My Surroundings

While learning about the unit on 'Me and My Surroundings', the student performed a hands-on craft activity of stringing different coloured houses. This activity aimed to have the student understand how homes can be different in terms of their colour, size, and shape. This activity also worked on the student's tactile senses, fine motor skills and eye-hand coordination.



Grade - 2 - EVS - Dissolving

Through the 'lemonade' activity students learnt the concept of 'dissolving'. They prepared the lemonade by mixing salt, sugar and lime into a glass of water. Students observed how the tiny particles magically started to disappear in the water. They had a lot of fun learning about this concept and sipping on their freshly made lemonade.



Grade - 2 - EVS - Matter

During this hands-on activity, the students investigated how different materials changed their form when heated or cooled. Under the supervision of parents, the students heated a solid piece of their favourite chocolate and saw it melt to liquid form. Similarly, when they filled the ice tray with water and kept it in the freezer, they saw the liquid water change to solid (ice). Through these activities the students were able to explain the different states of matter and how matter can be influenced by heating and cooling.



Grade - 3 - EVS - Cardinal Directions

Through this activity, the students learnt how to give specific directions using the cardinal points instead of the terms left and right. They learnt that the cardinal directions help people know the location of a place or help find a place. Using the knowledge gained from the hands-on activity, they then used the 'compass rose' to indicate directions.



Grade - 4 - English - Find Out How!

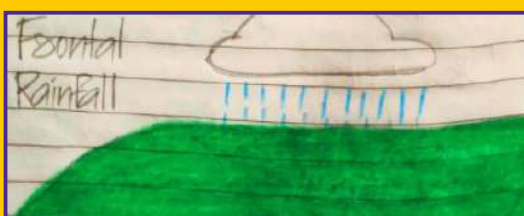
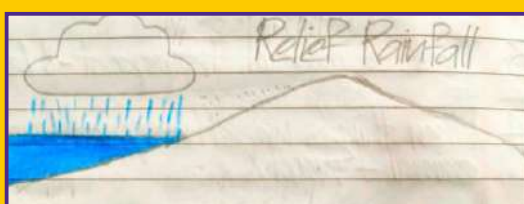
Following instructions can simplify tasks, increase effectiveness, eliminate confusion and save time. When instructions are correctly followed, there is less chaos and people can work together. In the unit 'Find out How!', students of Grade 4 learnt about the importance of following and writing simple instructions. The students completed a craft activity that required attention and following instructions to complete the task effectively.



Grade - 5 - Geography - Globe and Map



Students of grade 5 had the world in their little hands as they participated in this hands-on activity. They made balloon globes and world maps using paper plates. Students learned and placed different continents and oceans of the world through this activity and learned the difference between a globe and a map.



Grade - 5 - Geography - Rainfall

While studying about the 'Types of Rainfall', the students of Grade 5, drew the different types of rainfall to depict their understanding instead of just writing it down. This activity made it easier for them to list and understand the key features of the different types of rainfall.

Grade SL1 - English

Taking inspiration from one of the poems prescribed in the English Literature syllabus, the students of Secondary Level 1 allowed their own creative juices to flow, to come up with a poem each.

Students' Learning

Keep trying and it will come. - Kinana Contractor

Always try to do new things to gain variety of experiences. - Uddhav Ruparel

Never give up, keep trying to become the best version of yourself - Sumehra Vahanvaty

Trees are tall,
During autumn their leaves fall.
They give us shade and are so green,
And I love to sit and watch the scene.

Seasons come and seasons go,
Autumn, summer, rain and snow.
You give us air so clean
With unique colourful flowers seen.

A tree that looks at God all day,
And lifts her leafy arms to pray.
Poems are made by loving humans like me,
But only God can make a tree.

Let the trees thrive,
So we will be alive
Trees are tall.
they will never fall.

-Sumehra Vahanvaty

Nature is everywhere

Nature is everywhere you go

Everything that grows and lives is nature

Animal off all sizes

Nature is plants that grow so tall

Nature is beautiful in every way

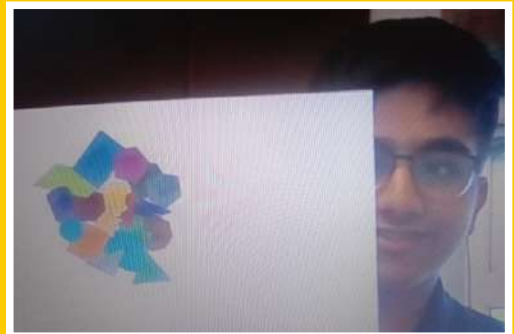
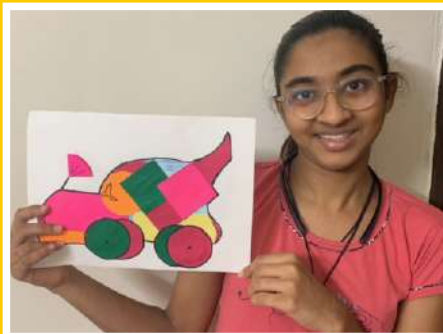
Wonderful, exciting

And needs our care

So listen, learn and do your part to keep nature
Beautiful forever.

- Kinana Contractor

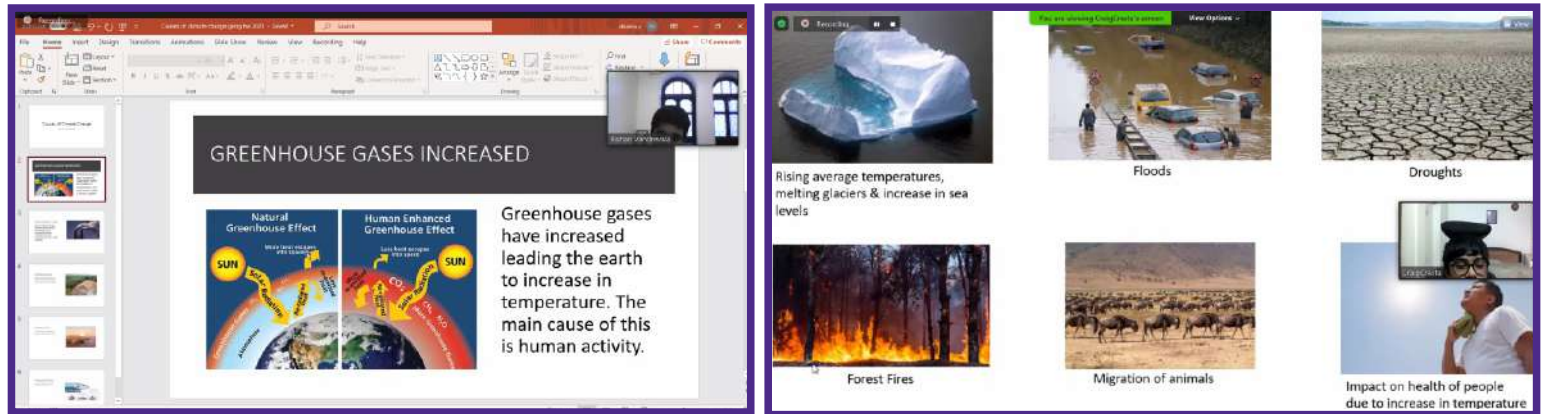
Grade SL1 - Painting - Art of Cubism



The students of Grade SL1 practiced the multidimensional art of cubism by the means of collage technique introduced by Pablo Picasso and George Braque in the Synthetic phase of Cubism.

Grade 7 - Geography

Climate change is not only a reality that we are living in, it is also a threat that our future generations will face. To sensitize the students of grade 7 to this topic, a project was assigned to them on the 'Causes & Consequences of Climate Change'.



Grade 7 - Food is Good



The students of grade 7 created their own nutritious, balanced and colourful meal plate. Through this activity they got an opportunity to apply their knowledge of the nutritive value of food items and create a balanced diet.

Grade 7 - Relationship with food

Guest Lecture

Ms. Geetika Kohli an MBA professional who has worked with renowned fitness institutes like Talwalkars and the wellness brand company, VLCC conducted a guest lecture for the students of grade 7 on the topic of food and nutrition, which is a part of their home science syllabus.

Students' Learning

I gained information about essential food items for my growth and wellbeing. I have already changed my schedule accordingly. - Aarav Jain

It taught me a lot of healthy ways to improve my lifestyle. - Muhammad Khan

I loved this talk, it felt like a recap of everything from grade 4 to 7. - Dev Kothari

“

**“Two roads diverged in a wood,
and I took the one less travelled by,
And that has made all the difference”**

- An excerpt from 'The Road not taken' by Robert Frost

”

There are people who have dared to dream and have made a living following their passion. There are also several unusual and unique careers we may not know much about.

In line with our theme for the year 2021-22 – “Out of the box, That’s what we are!”, we thought it would be exciting to interact with people who have chosen career paths less travelled by.

We would be introducing the students of grades SL1 to JCL2 to several such personalities through this year, and get inspired by their stories.

Session 1 - Food Stylist - Ms. Shubhangi Dhaimade

In an attempt to make the students of grades SL1 to JCL2 aware about the distinctive career of a food stylist, we invited Ms. Shubhangi Dhaimade to share her experiences. The students were exposed to the struggles of the professionals who take the unconventional routes, the character one needs to make such a decision and the persistence and resilience that one has to develop to become successful in such a career or to even create a new career line altogether.



Session 2 - Museum Curator - Ms. Chelsea Santos

After the successful execution of session one, we were graced with the presence of Ms. Chelsea Santos, the Assistant Curator at The City Palace Museum, Udaipur for our session 2 of The Road Less Travelled series. The interesting part of this session was the information shared about the role played by different stakeholders within the museum setup. [Auditor, Curator, Conservator, Art Historian etc.]. Through a role playing activity, the students got an opportunity to explore the functions performed by different professionals and employees within the museum. They also got a glimpse into the historical lives of the royals, through the analysis of artwork of that era.

Students' Learning

I found the painting of the Maharana king's boat harbour interesting. - Adi Jain

I liked the paintings, and the interesting lifestyle of kings and their palaces.
- Sanjal Subramanian





Road Less Travelled...

Session 3 - Fashion & Lifestyle Influencer - Ms. Natasha Desai

The influencer world in India is growing tremendously. It provides an excellent platform for people who have knowledge, passion and a certain knack in their fields. One such influencer Natasha Desai - a Mumbai - based fashion and lifestyle influencer and digital creator interacted with our students. The session revolved around the potential of being successful in the influencer world, struggles behind content creation, the slow start and some practical tips to improve an influencer's reach.

Students' Learning

"I learnt that some things may look easy on the outside but there is hard work involved at every step." - Yavnaa Gupta

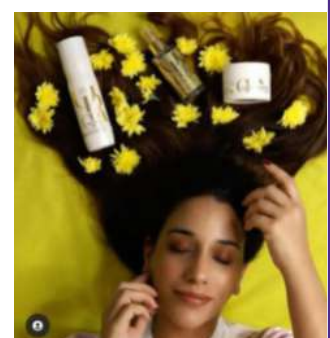
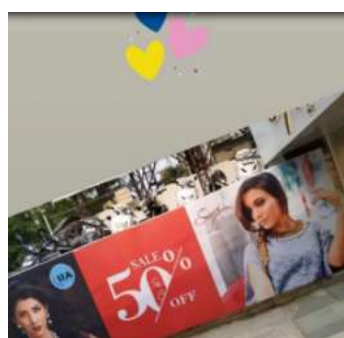
"I learnt that consistency is an essential ingredient for success." - Sumehra Vahanvaty



- *Connecting with the brand*
- *Big Brands - Client Specific Plan*
- *Product Study*
 - Understand the product
 - Study Instagram trends
 - Devise a plan



- *Team Collaboration (Photographers, Hair & Make - ups, Editor)*
- *Photoshoot*



A Big Hi To All The Children At TABIS!

We miss you all and every day we are hoping to be with you all soon. Our department of occupational therapy is missing the buzz which happens only when you come into the department. Most of you all love coming to the department, as it is always a place for only games, and NO ACADEMICS!

But do you know that we as therapists plan goals for you all at the beginning of the year and every game you play has a meaningful road to it?

It's not the games that we play in OT it's about how in OT we use games you like.

Let me give you a classic game of cards- Can you believe that just a pack of 52 cards can make you improve your attention, visual memory, visual sequencing memory, auditory memory, organization skills, visual scanning, grip, and so on? Besides these, we the Occupational therapists at TABIS use different therapeutic interventions to stimulate and integrate the brain to support pupils through their academic tenure.



To know more about some of these OT games click on the link;

https://docs.google.com/document/d/1n5_82_RancLeq4f2q9ajwZ2b4FwduwW e/edit#heading=h.gjdgxs

Social and Emotional Learning

OTs use meaningful activities to promote the physical and mental health of the children they work with. Social and Emotional Learning (SEL) is defined as a process for helping children gain critical skills for life effectiveness, such as developing positive relationships, behaving ethically, and handling challenging situations effectively (Zins et al., 2007).

SEL consists of five key skills: Self-awareness, self-management, social awareness, relationship skills and responsible decision-making

While engaging with our students during therapy, we use a wide variety of games and activities, to help a child improve attention, focus, manage time while playing and improve dynamics one on one and in groups. The child eventually gains confidence and independence to make decisions.



Some of the areas that children could possibly have difficulty with social-emotional competencies Management of stress in learning/chores/daily tasks, conflict resolution with friends, empathizing with others, making good judgement and safety decisions in the community, transitions in tasks in school or at home, cooperation in play and in group learning and emotional control during games.

To know more about Social and Emotional Learning and get tips on how to improve it click on the shared link,

<https://docs.google.com/document/d/1n1cKr7YgoWJbGG4aTXuQBQMMtjiTbguL/edit>

Students' Talent

Grade SL 2 - Divinaa Gupta

In a proud moment, Divinaa Gupta from grade SL2 has cleared the Trinity grade 4 (Piano practical) exam with distinction.



“

Devansh Mehta from grade JCL2 channels his creativity through composing music. Music is what adds excitement to the otherwise monotonous lockdown for Devansh.

YouTube: <https://youtu.be/FBLxQEt2-Xs>

Instagram: <https://www.instagram.com/dbmmusicofficial>

Ishika Bhatia from grade JCL2 shares her artistic side. The lockdown gave her an opportunity to allot more time for art activities, which is her passion.

Website: <https://ishikabhatia2604.stores.instamojo.com/>

Instagram: https://www.instagram.com/iamwarriorprincess_/

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Teacher Talent

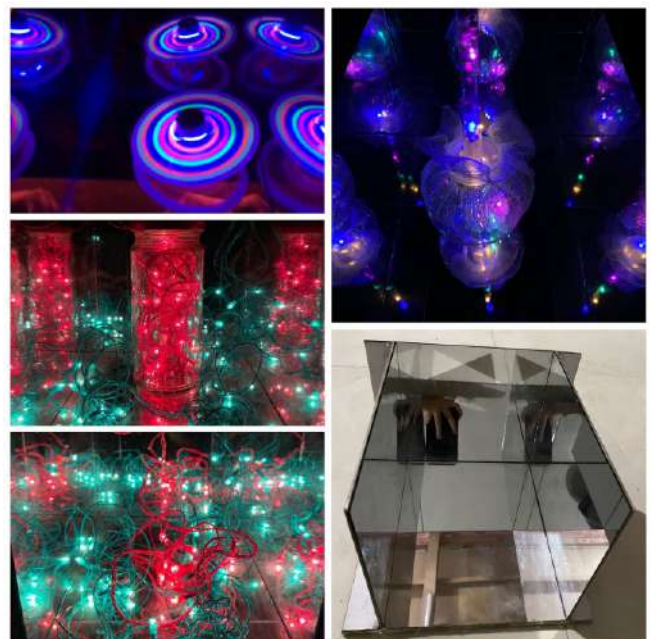
Sahi Fitwalla is a teacher of the Differentiated Learning Program. Using her innovation and creativity she put together this spectacular multisensory activity with lights and sound. Here is a description of her innovation.

Light Meditation

A multi-sensory approach is dedicated to stimulating, developing and relaxing the senses. The creation of sensory gadgets- lights, meditation music is a practical and effective way that provides calming and safe spaces to students with autism and other special needs.

Visual stimulation (Sight) - Fairy lights, Light toys are placed in the mirror box which creates exciting visuals like that of a kaleidoscope. As a result, it grabs the attention of students and aids them to become zen.

Auditory stimulation (Sound) - Relaxation music, Vibration noise from equipment, Wind chimes. As music can absorb our attention, it rewires the brain with a host of positive emotional qualities.





“

Lockdown Diaries...

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Sometimes **Workout** is all the therapy you need!

The biggest challenge of working from home and online is the long hours spent sitting in front of the computer. Due to this I started suffering from a backache. However, I intervened in time and started engaging in back exercises, which relieved a lot of my back issues. I believe our true spirit is seen when even in adversity we try to focus on solutions rather than the problems.

Ms. Anahita Dubash



Laughter is brightest when **Food** is best!

When your life revolves around food, all you can think is #aajkhanemein kya hai. The pandemic gave me the opportunity to experiment and learn about different cuisines, cooking styles and food photography!

Ms. Lata Punetha



Art speaks when words are unable to explain...

It was difficult to carry on with art because of the busy schedule. The lockdown provided me an opportunity to unlock my inner art spirit. Ranging from zentangle to doodles, painting on paper to painting jackets and taking up ink October challenge. Art has always been therapeutic because art helps me to express myself in ways that words cannot.

Ms. Sahi Fitwalla





SCHOOL SONG

“

Our School,
Is the place to be,
Here we have the qualities of
Amity and Bravery
We do it with Integrity,
We say this with Sincerity

Inspiring Potential,
Knowledge, power and skill
And all our defeats,
Turn into triumph,
Because of our wisdom and will

Girne se nahi darte hum,
Chalte rahe nahi rukte kadam,
Koshish karte rahe har dum,
Hamesha rakhenge yeh himmat hum

For nothing in life that is worthy,
Is ever too hard to achieve,
If you have the courage to triumph,
And you have the faith to believe

Our school
Is the place to be,
Here we have the qualities of
Amity and Bravery

Our school
Is the place to be
We do it with Integrity,
We say this with Sincerity.

”