



An Aditya Birla Education Trust Initiative



## WALL OF KINDNESS

"Kindness is a language which the deaf can hear and the blind can see." — Mark Twain

The newsletter team created a wall of kindness, a place where teachers and students were encouraged to share positive thoughts with everyone. The initiative was sparked by an anonymous inspiring note written by a student. The purpose of this initiative is to imbibe kindness and positivity as a virtue in each student. The wall was launched on the World Mental Health Day.

## IN THIS ISSUE

- WALL OF KINDNESS
- EXPERIENTIAL LEARNING
- GUEST LECTURE
- THERAPY
- CULTURAL CELEBRATION
- ASSEMBLY
- PARENT WORKSHOP
- PROFESSIONAL  
DEVELOPMENT

# EXPERIENTIAL LEARNING

## *Differentiated Learning Program*

### **GIP - 3**

#### **EVS - Natural And Human-Made Resources**

Students were encouraged to develop their understanding of natural and human-made resources. A mock setup was made in the classroom to foster hands-on learning. Students were asked to label the resources and the category.



### **PRE PRATHAM**

#### **EVS - “Stop pollution quick! Don’t make the water sick.”**

Students of class Pre Pratham learnt the causes of water pollution with a 3D model showing polluted water from factories and buildings entering water bodies.

### **PRATHAM - B**

#### **EVS 2 - My India! My Nation!**

In order to develop a sense of patriotism, students were engaged in a fun-filled mini-hockey game among other hands-on craft activities. These activities not only helped to strengthen their fine motor skills but also helped them to garner a sense of pride and fondness for India’s long-standing heritage.





# EXPERIENTIAL LEARNING

## *Differentiated Learning Program*

### **Pratham - B**

#### **EVS - 2 - Farm Ville Fun**

Students were given the opportunity to explore important food grains grown in India and sort them accordingly. This tactile activity helped students to differentiate between the various food grains based on their look and texture and also relate to them as agricultural crops.



### **Pratham B**

#### **Budding Chefs**

Perfecting a simple recipe such as a mug cake involves an interplay of a variety of skills. Cooking helps students learn their way around the equipment, ingredients, and cooking techniques and thus helps them become more independent and confident in the kitchen. From enhancing the student's motor control to giving a hands-on lesson in math and science concepts of measurement, and proportions– the rewards of exploring the science of cooking with kids are plentiful!

### **EIP - 2**

#### **EVS - Farm Animals and their Young Ones**

A hands-on model and activity have always been the most effective way to intrigue students' interest in doing the task and participating in it. The same was done with the topic of animals and their young ones. Students were ecstatic to place the animals and their young ones on the model. Students were shown one animal and instructed to identify the young ones from the various options. Additionally, the teacher added rhymes and animal sounds to make it more interesting.



# EXPERIENTIAL LEARNING

## *Junior Section*

### **Grade – 2**

#### **EVS - Preparing Lemonade**

The students made a glass of lemonade to learn about how certain materials like sugar and salt dissolve in water. The class was not only fun but it also helped in strengthening their fine motor skills, organization skills and eye hand coordination.



### **Grade – 2**

#### **EVS - Map Work**

The students were asked to label the 7 continents and 5 oceans on the world map, using a reference. Referring to the map gave them the confidence to complete the task independently.



### **Grade – 3**

#### **English - Sandwich Making**

The students made a delicious sandwich with bread, jam and butter after which they wrote the instructions on 'how to make a sandwich.' The focus of this activity was to teach the students to write the steps in a sequential order.





# EXPERIENTIAL LEARNING

## *Senior Section*

### **GRADE JCL – 2**

#### **Home Science - Block Printing**

The students were engaged in a practical project where they used block printing technique to create designs on pieces of fabric. A first-hand experience was given to the students to learn the printing and dyeing method followed in the textile sector.



### **GRADE 7 – IGCSE**

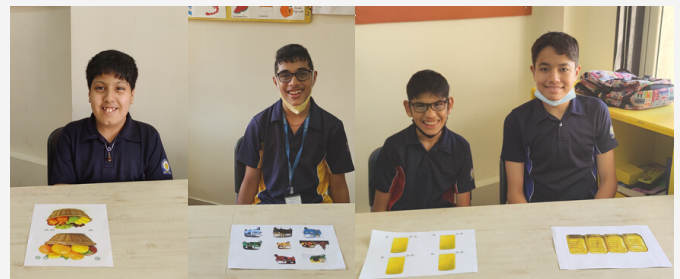
#### **Geography - Hadley Cell**

The Hadley Cell explains why the rainforests are located at the 'Equator' and why the 'Hot Deserts' are nearer to the 'Tropics'. The students later presented their learnings from the activity.

### **GRADE 7 – NIOS**

#### **Commerce - Transportation**

The students were engaged in a class project where they had the chance to hone their decision-making abilities and apply the idea of transportation to actual scenarios.



# EXPERIENTIAL LEARNING

## *Senior Section*

### **GRADE 7 – NIOS**

#### **Math - Luscious Lines**

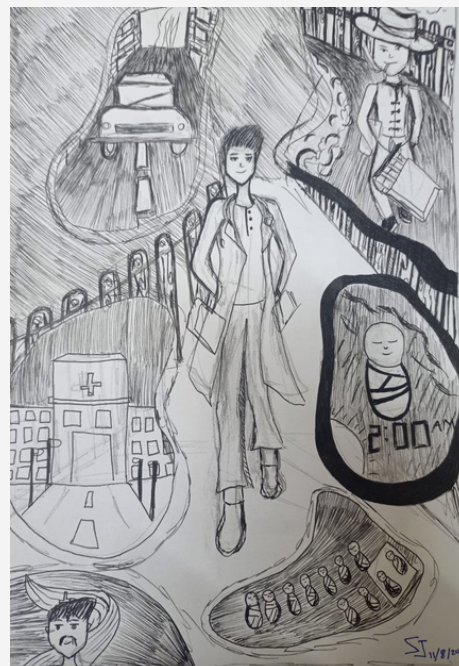
Students used their favourite props, chocolates and marshmallows, in a hands-on activity to concretely understand lines, segments, and rays. They presented their work to the class.



### **GRADE JCL-1**

#### **Painting - Textured Painting**

The students engaged in textured painting which is a painting technique where a layer of broken, speckled, or scratchy color is added over another color so that bits of the lower layer (s) of color show through the scumbling. The result gives a sense of depth and color variation to an area.



### **GRADE JCL-1**

#### **English - A Case of Suspicion**

A JCL-1 student made an inventive sketch based on the story "A case of suspicion" that was discussed in class.



# GUEST LECTURE

## *Junior Section*

### **Grade - 6**

#### **Science - Humans and Animals**

The students explored a realistic model to learn about the human organs, the systems and the position of the different organs from Dr. Ashwini Joshi. A sphygmomanometer or a BP apparatus, a stethoscope and pulse oximeter were introduced to the students along with their functions. Students compared their heart rates before and after exercise to get an understanding of how the heart works. It was a fun way to learn about the human body, the processes, the systems and the vitals like pulse, blood pressure etc.



### **Grade - 6**

#### **Geography - Natural Wonders of the World**

A guest speaker session was conducted for the students by our very own junior school student-Neil Chinmulgund, where they learnt about the 7 Natural Wonders of the World. Interesting information and fun facts about these wonders were learned and discussed. Post the session, our students further researched the 7 Wonders of the World.



# GUEST LECTURE

## *Senior Section*

### **Grades – 7 & 8 Health and Hygiene**



Knowledge of health, hygiene, immunity and immunization is very important, and in covid times, these aspects became the main focus of our lives! Students of grades 7 and 8 learnt about these aspects from an expert Dr. Dheeraj V. Mulchandani who is a consultant – General and Laparoscopic Surgeon with over 20 years experience.

#### **Student Learning**

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Grade 8 – Anushka Nadkarni – "I really liked how the doctor made the information fun. He explained the concepts in simple terms. The session was enjoyable!"

Grade 8 – Shivaina Nachani – "The lecture was informative. We learnt something new about T cells and B cells which will help us in future."

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### **Grades SL-1 & SL-2**

#### **Insurance**

The students of SL-1 & SL-2 attended a guest lecture on Insurance. Representatives from HDFC – Ergo spoke to the students about Principles and Basics of Insurance and Auto Claims.

#### **Student Learning**

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Grade SL-1 – Dev Kothari – "The entire concept of reinsurance was something new that I learnt."

Grade SL-1 – Arvaan Talreja – "I didn't know anything about Marine Insurance. But this session gave me a small insight into it. I learnt something new."

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# GUEST LECTURE

## *Senior Section*

### **Grades JCL-1 & JCL-2**

#### **Staffing**

Ms. Shibani Gokarn, who has 11 years of work experience in the field of Human Resource Management was invited to shed some light on the role and importance of a human resource department in an organisation.

#### **Student Learning**

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Grade JCL-2 - Jhanvee Duggal - "The session helped me to understand what one should do and what one should not do during an interview process."

Grade JCL-1 - Divinaa Gupta - "I learnt about manpower planning."

Grade JCL-1 - Saira Jagtiani & Garima Singh - "We learnt about resume building."

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### **Grade JCL-1**

#### **Pest Control**

Mr. Sunil Date, the assistant general manager of Rentokil-PCI, discussed the practical aspects of pest management and eradication with the JCL1 students as part of their housekeeping curriculum.

#### **Student Learning**

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Grade JCL-1 - Divinaa Gupta - "The lecture was interesting as many unknown facts about pests were told, like cockroaches can survive without breathing for days together and therefore it is difficult to eradicate them."

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# GUEST LECTURE

## *Senior Section*

### **Grade JCL-1**

#### **Photography**



A guest lecture was organised by Ms. Kanika Nadkarni, a professional photographer, to introduce the students of grade JCL1 to the practical aspects of photography and to offer them hands-on experience with a professional camera to better understand the parts and operation of a camera. Students also talked about photojournalism as a potential career.

#### **Student Learning**

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Grade JCL-2 - Arushi Majumdar - "I enjoyed clicking pictures with the professional camera and also learnt about the different types of lenses used by professional photographers."

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### **Grades JCL-1 & JCL-2**

#### **Types of Media**

Abhijeet Kamble, a senior journalist and currently the Editor of Maharashtra Times Online, interacted with our junior college students. The discussion revolved around the workings of different types of media, the role media played in a democracy and the publishing process of a news item.

#### **Student Learning**

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Grade JCL-1 - Urvaksh Patel - "I learnt about how the media uses the OB vans to conduct live shows. I enjoyed learning every bit of the functioning of the media."

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# GUEST LECTURE

## *Senior Section*

### **Grades JCL-1 & JCL-2 – Digital Media**

Pratik Singh, Group Head at – The Glitch , conducted a guest lecture on Digital media for grades JCL1 and JCL2. He explained to the students about the different activities a digital marketing firm undertakes to promote a product or service.

### **Student Learning**

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Grade JCL-2 – Garima Singh – "I learnt about the many strategies used by digital advertising companies to persuade consumers to purchase their products and also about the planning and execution of the entire digital campaign."

Grade JCL-2 – Katha Ambegaonkar – "I learnt that coming up with innovative approaches that appeal to people requires both creativity and technological know-how. The youth prefer this form of mass media more than any other media."

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# SCHOOL FIELDTRIPS

### **Grades 3 & 4 – Ya –Ya Game Center**

The Project Day 2022, helped students of grades 3 and 4 enjoy learning more about the "Changing trends in gaming across the decade from 1990 to 2000, the turn of the century." In today's digital age, when gaming has progressed by leaps and bounds, children and their parents feel that it's yet better to have fun while playing outdoor games. Soft-play-area centres have developed fun and engaging activities that are safe for children of different age groups. Students of grades 3 and 4 had a fun afternoon at the famous Ya-Ya game centre in Lower Parel, where they engaged themselves and had a blast, exploring and playing with their peers.



# SCHOOL FIELDTRIPS

## **Grades 5 & 6 – Ice cream Parlour**

The visit to the ice cream parlour – 'Ice cream Works' was undertaken while working on the project day topic, "Ice-cream over the last decade" to understand how an ice cream parlour works. The students asked questions regarding the production, marketing and distribution of ice cream. They learned about the various aspects involved in running an ice-cream parlour and got a brief understanding of the production process.

## **Grade 7 (IGCSE) – RBI Museum**

In order to concretize the concept of money, the students of grade 7 I visited the RBI monetary museum; where they were able to visualise the evolution of money in India, from the earliest barter system and the use of cowries to paper money, coins, stock markets and modern-day electronic transactions.



### **Student Learning**

Sayuj Kalyanpur – "During the visit, I was able to observe the evolution of money visually."

Akanksha Visweswaran – "I was able to identify whether a particular type of money exhibited all or some of the characteristics of good money."



## **Grade JCL-1 – Mumbai Samachar**

At Mumbai Samachar Press the students got the opportunity to see firsthand how a printing press operates and how a news item is created for publication.



### **Student Learning**

Saira Jagtiani – "I gained knowledge about how a printing press operates. I observed how the newspaper is prepared on the computer and loaded on huge machines for printing. It was a fantastic learning opportunity."

Aditya Vardhan Sinha – "I had the opportunity to view Mumbai Samachar, Asia's oldest newspaper press. I found it interesting to learn how news is gathered, edited, and finalised in newspapers. We also saw their e-paper. It was a great learning experience."





# CO-CURRICULAR ACTIVITIES

## *Swirl Music*

The music curriculum is designed to make students feel accepted and welcomed, gain self-esteem, have fun and express themselves through music and movement. The teachers design classes geared towards multiple senses including aural, visual, and kinesthetic instructions. The students have been very enthusiastic and participative in the classes and they request their favorite songs and express themselves beautifully. The dance choreographies are starting to come together and in music, they are enjoying learning about the different styles and various elements.



**Mosaic Puzzles**



**Number Meditation**

# THERAPY OCCUPATIONAL

## *Mosaic Puzzles*

Mosaic Puzzles are used to improve geometric and spatial orientation in students. Students pick up, pinch and grasp pieces and move them around. This leads to fine motor skills and eye hand coordination. It cultivates problem solving skills in students.

## *Number Meditation*

The occupational therapy sessions start with number meditation. By focusing on the breath, students become aware of the mind's tendency to jump from one thing to another. This meditation uses our breath as an anchor to our concentration to help bring us back to the present moment. It is a way to develop mindfulness. The mindfulness of breathing is a good antidote to restlessness and anxiety, and a good way to relax. Concentration on the breath has a positive effect on your entire physical and mental state.

# ASSEMBLIES

## Cyber Bullying

The sensitive subject of cyberbullying was the focus of a special assembly led by grade 6 students. The students along with their teacher conducted an online survey on internet safety, the results of which were presented at the assembly along with methods for dealing with cyberbullying.

## Educational System

Students of grade 5 conducted an assembly to portray their current learning in the subject of English Literature. The assembly showcased the stark contrast between the educational system in the early 1900s, versus the vast choice of facilities and comforts that students have today. An interactive interview session was also held where the students two staff members of the Junior school. Students enjoyed listening to their teacher's experiences during their school days. The final question that was thrown to the audience brought several valuable suggestions that could be considered for change in the ongoing education system in the country.

## Team Building

*"Alone we can do so little; together we can do so much." – Helen Keller*

Team building activities were held house-wise during the assembly to imbibe essential communication and social skills with the students.

## General awareness

Students of grade JCL-1 conducted a fun filled assembly, where they shared interesting facts with everyone in an attempt to enhance general knowledge.





# ASSEMBLIES

## *Independence Day*

The students at TABIS celebrated the independence day flag hoisting ceremony.



# PARENT WORKSHOP

## *ABC of Success*

In order to get parents and children in grades SL1 through JCL2 ready for the forthcoming board exams, a workshop was organized for them. A panel of teachers who participated in the event presented a variety of advice and strategies as well as practical examples of how to approach a board paper. There was also discussion about study techniques and how to write an effective answer.



# PROFESSIONAL DEVELOPMENT

## *Occupational Therapy*

A professional development session was conducted by the occupational therapist team in order to acquaint teachers with the importance of posture in academics. The session addressed important concerns such as how posture affects student attention in class, how it affects their handwriting, to name a few.





**Teacher Feedback**

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Ms. Saumya Menon - "The PD session was extremely insightful. How to get your student's attention, easy one-minute classroom activities, adaptations for inappropriate grip, and a whole lot of queries were addressed and suggestions shared."

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***Speech Therapy - Linguistic  
Development in Early Childhood***

The session's goal was to acquaint the teaching personnel with the various linguistic development phases. It gave teachers the knowledge and abilities to recognise pupils at various linguistic stages and to intervene positively to offer them the necessary help.

**Teacher Feedback**

6

Ms. Manju Navani - "It was an informative and practical session, which enabled us to understand and apply the knowledge about linguistic development at the classroom level. The session was made engaging by the use of case studies."

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***Take a moment - An SEL guide for  
my busy team at TABIS***

Social Emotional Learning is such an important part of our student's life at TABIS, hence in order to provide a sneak peek into the minds matter class to the teachers; a professional development session was organised by Ms. Avalanne in order to explore and understand how our beautiful and busy minds work.

**Teacher Feedback**

6

Mr. Vishal Patil - "The session encouraged us to engage in self-introspection, wherein it allowed us to practise organising our thoughts constructively."

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# PROFESSIONAL DEVELOPMENT

## *Mindfulness and Self Care for Busy Professionals*

A professional development session was conducted for the non-teaching staff on mindfulness and self care by Ms. Aachal Jain.

### **Staff Feedback**

6

Ms. Valerie Francis – "The workshop gave us the chance to unwind from our busy schedules and practise healthy behaviours to enhance our wellbeing."

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## *What is Phishing? Types of Phishing Attacks*

Phishing is a cybercrime in which a target or targets are contacted by email, telephone or text message by someone posing as a legitimate institution to lure individuals into providing sensitive data such as personally identifiable information, banking and credit card details, and passwords. As schools deal with sensitive data day in and day out, our inhouse IT team conducted a workshop on what is phishing and the means to prevent it.

### **Staff Feedback**

6

Ms. Suvarna Ghanekar – "The workshop enabled us to identify phishing threats and equipped us with the means to prevent ourselves from such an event."

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# WELCOME TO TABIS FAMILY



***Ms. Fatema Ujjainwala - Junior Section***

"I believe in simplicity and also in the fact that nothing comes as a ready platter in life. I'm a big time chocolate eater and a huge fan of cricket. Swimming is one thing I can't do without. I'm here because I love trying new adventures and love being around kids!!! Looking forward to making more and more fond memories at TABIS!"



***Aarav Amonkar  
Junior Section - Grade 3***



***Mayank Dhamecha  
Senior Section - Grade 7***