

Happy Teachers' Day



GATEWAY
INTERNATIONAL SCHOOL

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www.gatewayschools.edu.in

| AUGUST 2020 |

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THE PULSE

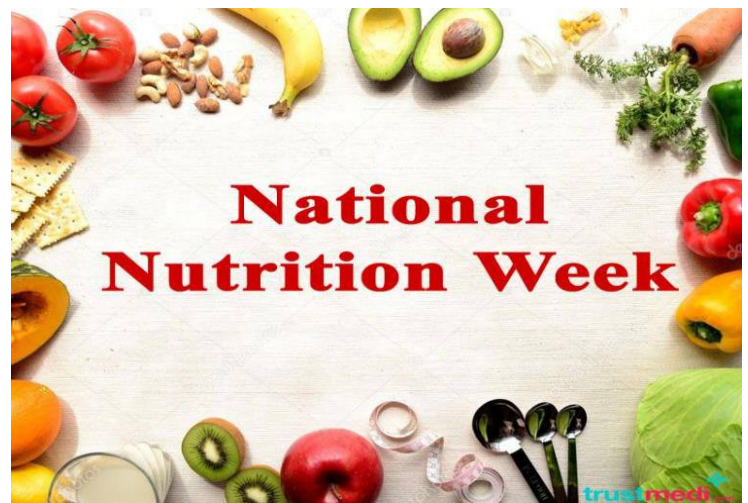
SIGNIFICANCE OF THE MONTH

NATIONAL NUTRITION WEEK

National Nutrition week is used to make the people get every knowledge about Nutrition and its importance for the Human body. Nutrition week is celebrated from the 1st of September to the 7th of September to make the people focus on the Nutrition for their better health. Every people are used to get better Health for their better living. One has to make sure to do every task with proper Health for it's the quick and better achievement of it.

Nutrition is very important for the Human body as well as many other living being as due to it everyone can carry out their work properly and accurately. There are many people today in India which are Malnourished and require a proper diet for their better body growth.

The government has made many of the seminars and also camps to give proper education to every child and citizen of India. Every child in India should grow better without any problem of Nutrition.



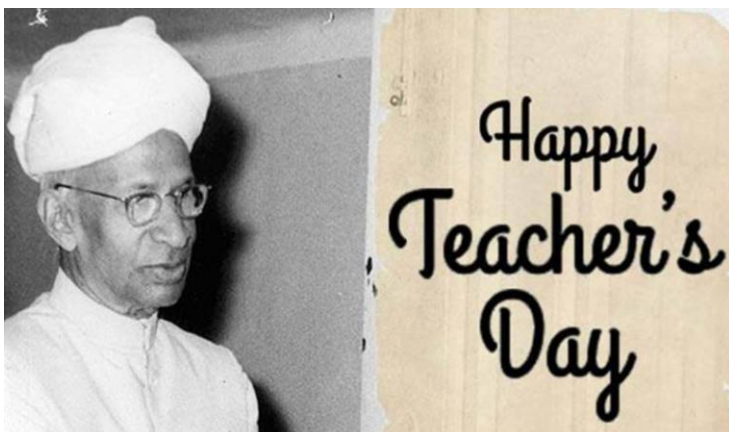
TEACHER'S DAY

In India, 5th September is celebrated as Teachers' Day as a mark of tribute to the contribution made by teachers to the society.

5th September is the birth anniversary of a great teacher Dr Sarvepalli Radhakrishnan, who was a staunch believer of education and was a well-known diplomat,

scholar, the President of India and above all, a teacher.

In the year 1965, some of the prominent students of Late Dr S. Radhakrishnan organised a gathering to pay obeisance to that Great Teacher of repute. In that gathering, in his speech Dr Radhakrishnan expressed his deep reservation regarding his birth anniversary celebration and emphasized that his birth anniversary should be celebrated as 'Teachers' Day', by paying homage to other Great Teachers of India and Bangladesh. Since the year 1967, 5th September is celebrated as Teachers' Day till date.



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EVENTS & CELEBRATIONS OF THE MONTH

MORNING ASSEMBLIES

Virtual morning assemblies are conducted as School morning assembly clarifies school activities and programmes of the day. It makes students feel fresh, energetic and spiritual to start his day with positive vibrations. School assembly is conducted with complete and active participation of students. Morning assembly is well-planned and a teacher-in-charge and a committee of students plan and implement school assembly on a regular basis.



For Your Name
is great,
and greatly
to be praised



LITERATURE WEEK CELEBRATION

The Literary club of the school took initiative to conduct a week long literature week programme to

encourage students understanding and love for literature, improve written and spoken expression and to inculcate the habit of reading in the students.

To make the experience attractive and enjoyable for the new generation, a series of activities including literary games, quizzes, and interactive sessions with professional book authors, storytelling session using puppetry skills were organized.

It was a week of flurry and excitement, with the children being fruitfully engaged and getting exposure to literature in different ways from the modern to the old masters. Parents too participated with great joy along with the students.



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VIRTUAL BOOK FAIR LAUNCH

Gateway International School, Neelankarai set a new milestone by launching virtual book fair through online. Mr Biplop, Mr Shantanu Dutta and Ms Kumari from Scholastic publications enlightened the children about the importance of reading books. They helped inspire the children to instigate the habit of reading.



INVESTITURE CEREMONY

The Investiture ceremony signifies the reliance and confidence that the school consigns in the newly invested office bearers. Donning the mantle of accountability, they also pledged to bestow their duties to the best of their abilities. Dr. J. Krishnamoorthy, Assistant Trainer/Rover Section, District Training Commissioner was the Chief Guest of the program. The ceremony was held with lots of zeal and zest. Master

HEAD BOY



Praveen Grade - IX

HEAD GIRL



Beulah Shebaniah Grade - IX

SPORTS CAPTAIN



Sachinkumar K Grade - IX

SPORTS VICE CAPTAIN



Dinesh Chinnadurai Grade - VIII

Praveen of Grade - IX was elected as the Head Boy and Miss Beulah Shekaniah of Grade - IX was elected as the Head Girl. Master Sachin Kumar was elected as the Sports Captain and Master Dinesh Chinnadurai was elected as The Sports Vice Captain.

Red House

Captain



Md. Afran Aslan
Grade - IX

Vice Captain



Alafia Andamuthu
Grade - VIII

Green House

Captain



Pranav
Grade - IX

Vice Captain



Archit
Grade - VIII

Blue House

Captain



Fiza Afaf
Grade - IX

Vice Captain



Afreen Banu . A
Grade - VIII

Orange House

Captain



Vilvanesan
Grade - IX

Vice Captain



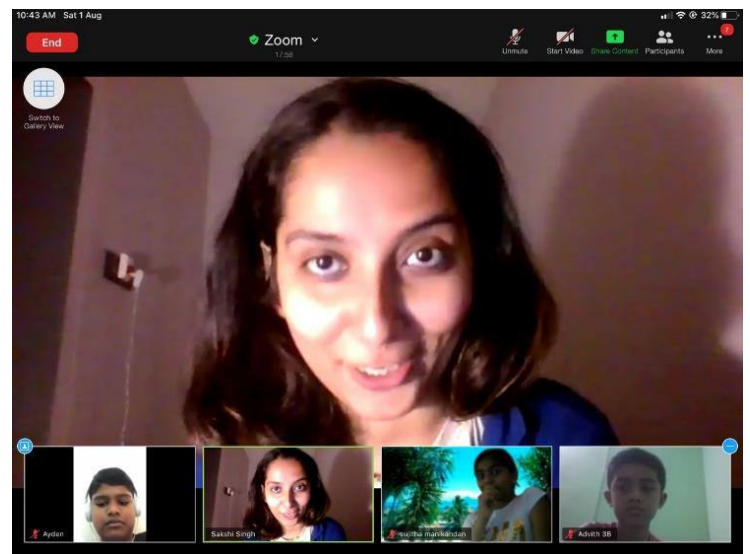
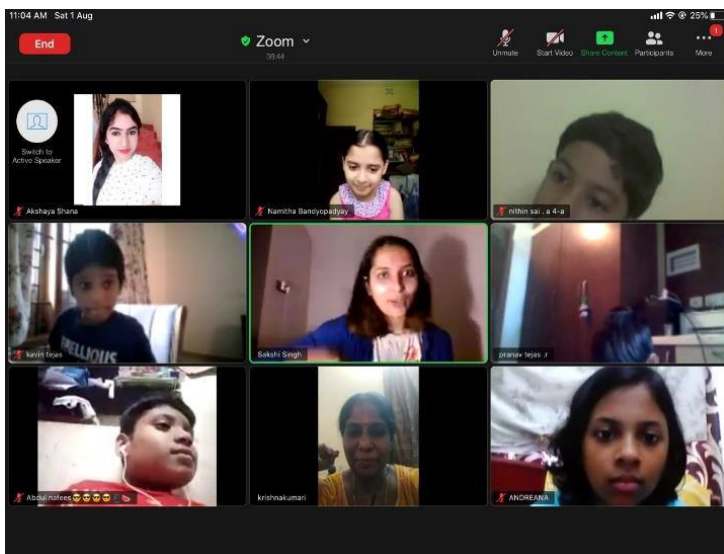
Ajay
Grade - IX

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GUEST AUTHOR'S SESSION

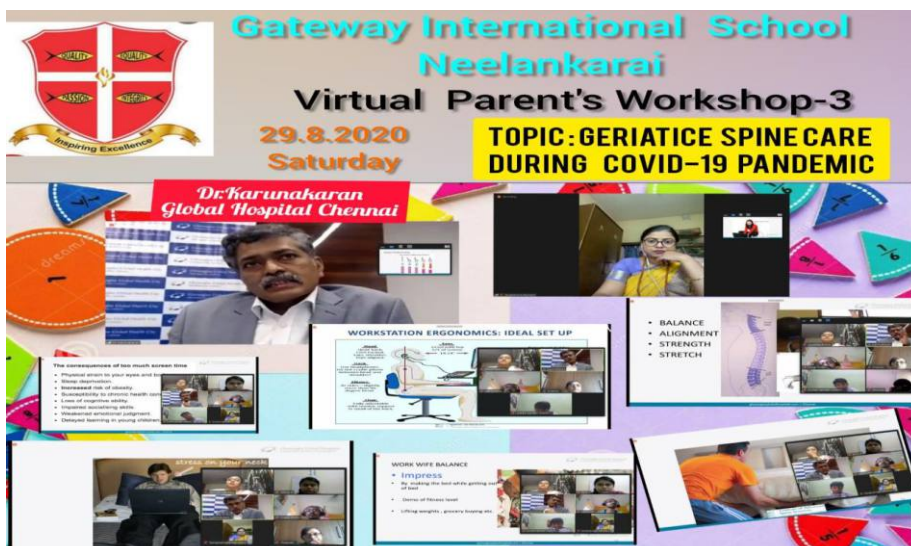
As a part of the Literature week celebration a renowned author Ms Sakshi Singh, was invited to have a session with the children. It was indeed an eye opener for many children who got motivated to become an author in the near future. She recited few rhymes from her book, “Jilebi Jingles” which was enjoyed and relished by the children.

It was an icing on the cake which took the literary week celebration to a new height.



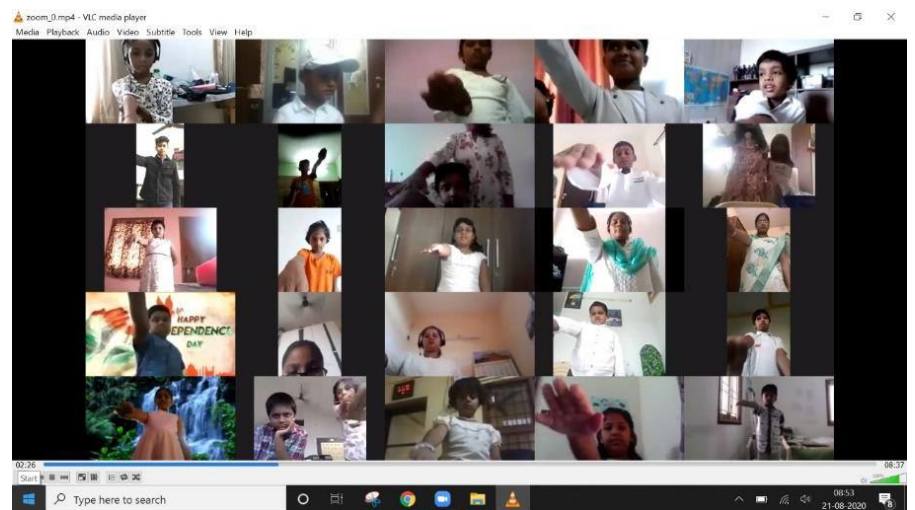
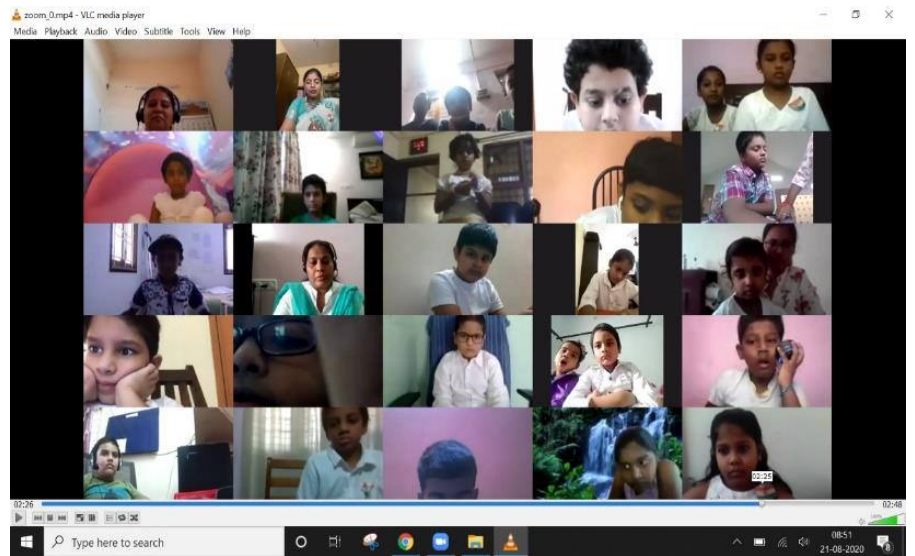
PARENTS' WORKSHOP

Third virtual Parents' workshop “The Parent Curve” was conducted on 22nd of August, 2020 on the topic “Geriatric Spine Care during COVID-19 Pandemic”. Dr. Karunakaran- M.B.B.S, M.S- Orthopedics/ Orthopedic surgery from Gleneagles Global hospital was the speaker. He educated the parents and children about the importance of taking care of our spine.



INDEPENDENCE DAY CELEBRATION

Our 74th Independence Day was celebrated on 15th of August, 2020. Our Principal Dr Sanghamitra Banerjee addressed the children and hoisted the flag virtually. There were various competitions like colouring competition, Fancy dress competition which was held on account of Independence Day celebration. Children were entertained with Patriotic Speech, dance and Songs. The programme ended with the National Anthem.



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WOW CLUB

For wealth out of waste club the children were asked to make paper bags using waste paper or old newspapers. They were also asked to make a pen stand from waste.



SUBJECT ENRICHMENT

ENGLISH

The children of Grade – I were asked to prepare a greeting card expressing their love and gratitude for their loved ones.



SCIENCE

Students of Grade – I enjoyed doing different patterns using vegetables and paint as a part of the lesson, "Food we eat".



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SCIENCE

Students of Grade – III were asked to sow seed and watch the plant undergo the process of Germination.



SOCIAL STUDIES

Children of Grade – IV had Subject Enrichment for the lesson, “Our Climate” through zoom online session. The students chose their favourite season dressed according to it and spoke a few lines on it. The students actively participated and did a wonderful presentation.



SOCIAL STUDIES

For Geography subject enrichment the children of Grade-VI were asked to make a Globe model using materials available at home based on the lesson, “Globes and Maps”.



LETS' LEARN SESSION

Lets' Learn session is a session that is conducted with a sole purpose to interact with the children. Many activities are planned to make the children active and interactive with the teachers by teaching them Moral values, storytelling sessions etc. Students of Grade – II were taught of the importance of farmers in our nation and how we get food to our plate. Considering the hard work put by the farmers the children were insisted not to waste food. Pertaining to that the children were asked to have breakfast in front of the teacher without wasting food.



TAMIL

The children of Grade – IV were asked to do a Grammar wheel using different letters and they were asked to form new words with the given letter and speak about it.



HINDI

The children of Grade – III were asked to prepare a birthday card for their grandparents or cousins. The children were asked to write two or three lines in Hindi and wish their grandparents or cousins in Hindi. This was to encourage the children to speak Hindi.



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COMPETITIONS

INDEPENDENCE DAY COMPETITION

On account of Independence Day celebration various competitions like Fancy dress competition and drawing competitions were held.



STAR QUEST

In Star Quest Speech competition was held for the month of August. The children were asked to speak about something they were passionate about and talk about their favourite author or book.



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CONTRIBUTION FROM THE TEACHERS

IMPORTANCE OF PHYSICAL EXERCISE DURING PANDEMIC

Most adults are well aware of the physical and mental health benefits of exercise and understand the importance of engaging in some form of regular physical activity. Hence it is very important for us to train the children and make them aware of the benefits of exercise and especially during this pandemic.

Children are seated at home without any physical activity which makes the children inactive. Give them some simple exercises and make them do it regularly. Follow some online exercise do some yoga sessions with the family.

- Exercise boosts the immune system: Research shows that regular, moderate-intensity exercise has immune-boosting benefits that may help your body fight off infections, including COVID-19.
 - Exercise may prevent weight gain: Exercise can help you burn extra calories caused by dietary changes and offset the effects of sedentary activities.
 - Exercise reduces stress and anxiety: Exercise is a proven mood-booster and can help adults reduce stress levels and build emotional resilience.
 - Exercise improves sleep: There is evidence that suggests regular exercise helps you fall asleep faster and improves sleep quality — and getting a good night's sleep has also been found to boost your immune system.
- Exercising with your family not only strengthens your body during this pandemic but also helps you bond mentally with them.

Mr Prathap . R

Physical Education Trainer

GOAL SETTING

What is the meaning of life without a goal setting?

Yes, Goal setting is what drives a Kid, Human, Society, Country and World become successful. Setting a goal is easily said than it's done. Let's take a deep drive in the types of goals, impediments we face and also what fruit could bring in our lives when we accomplish our goals.

TYPES OF GOALS:

- Short term goals.
- Long term goals.
- Life time goals.

Short term goals are usually goals that we as an individual set from the young age. For example, as school kids we wanted to be ranked #1, during 12th we wanted to pursue good college study. From my stand point our short-term goals should be a continuous process because when that happens, it paves the way for us to achieve our long-term goals. Yes, it is a continuous fulfillment of short-term goals which could result in a long-term goal accomplishment it would make an individual to achieve his/her dream and thus fulfilling a long-term goal.

Pursuing a long-term goal with dedication and passion could make an individual to achieve a life time goal by retiring as a good individual on the career path that would have brought change to the society.

To conclude as quoted by Denis Watley, the reason most people never reach their goals is that they don't define them or ever seriously consider them as believable or achievable. Therefore, as an individual we need to believe in ourselves and work hard to achieve our Goal setting in our lives because it brings value not only to us but also to our country.

Ms. Jenifer

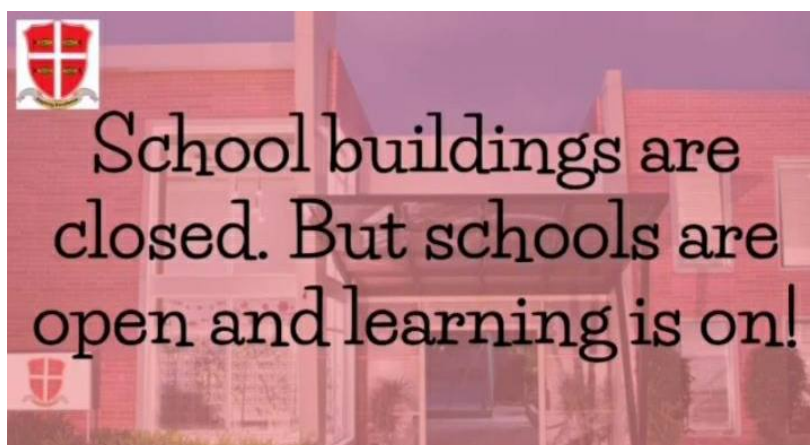
Mathematics Faculty

THE PULSE

Sep 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
						TEACHER'S DAY
6	7	8	9	10	11	12
		INTERNATIONAL LITERACY DAY				
13	14	15	16	17	18	19
	Term-I / Periodic Test begins					Scripture & Value Education Club
20	21	22	23	24	25	26
				Term-I / Periodic Test II Ends		FAMILY DAY
27	28	29	30			
		WORLD HEART DAY	AWARENESS PROGRAM			

	NO WORK DAY
	SPECIALLY OBSERVED DAYS
	EVENTS & CELEBRATIONS
	CONTESTS



For any queries & suggestions please contact

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