



GATEWAY
The Complete School

Aug 2020 - Beats 14

***“NOTHING IS
MORE PRECIOUS
THAN
INDEPENDENCE
AND LIBERTY.”***

THE BEATS



THIS MONTH'S TOP STORIES



Special Days

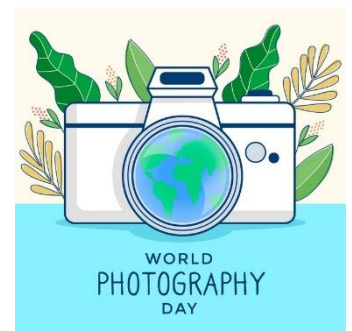
**Celebrating special days
of the month**



Activities



EID
Mubarak



SPECIAL DAYS

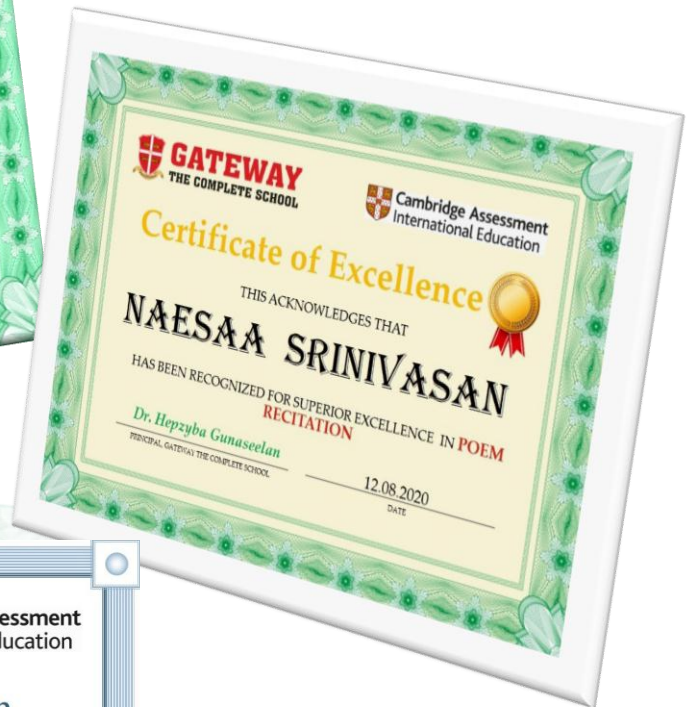


Raksha bandhan is a festival of brother and sister. Rakhi is not just a thread but it is a bond of love and togetherness. GTCS encourages students to celebrate the bond of love and affection between brother and sister.

Ishita of Senior Kindergarten tying Rakhi on her Brother Rohin. A beautiful moment captured in snaps

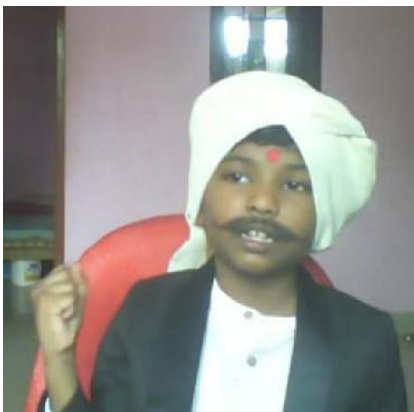
With regards to our 74th Independence Day Celebrations – we hosted online competitions. Students of Grade 1 to 8 took part in various competition held on 12th, 13th and 14th of August. Winners were announced via Facebook and were awarded certificates in three categories (Certificate of Excellence, Certificate of Achievement and Certificate of Participation).

The various competitions were Art, Singing, Fancy dress, Poetry recitation, origami, Oratorical and Dance.



GLIMPSES





WEBINAR'S

The new initiative by Gateway The Complete School in collaboration with **Gleneagles Global Health City** was a webinar about 'Covid-19 - Infection, Prevention and Home Care' held exclusively for our Parents and Teachers of the school.

The speaker was Dr. Aafrin Shabbir-Internal Medicine, Critical care and Diabetology. It was a very informative and interactive session.



Virtual Health Talk
for parents and teachers of
Gateway The Complete School
Sholinganallur, Chennai

Topic
COVID-19 Infections,
Prevention & Home Care

Speaker
Ms Aafrin Shabbir
Consultant - Internal Medicine & Diabetology

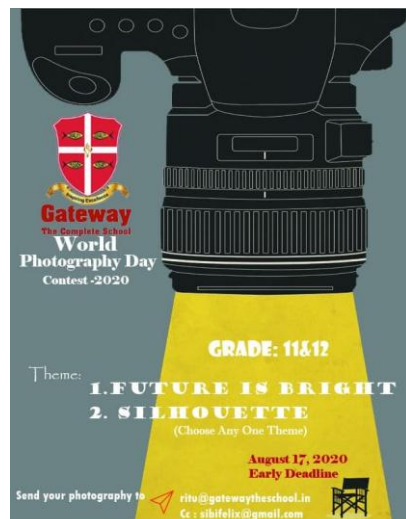
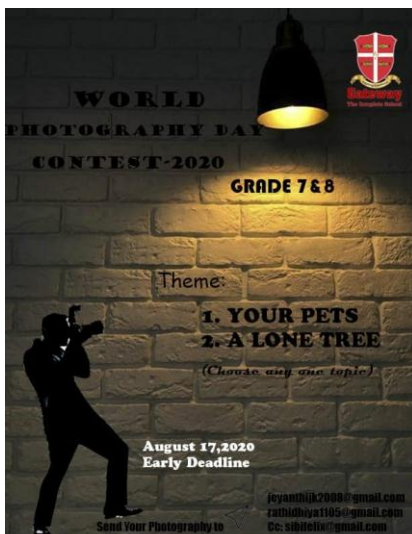
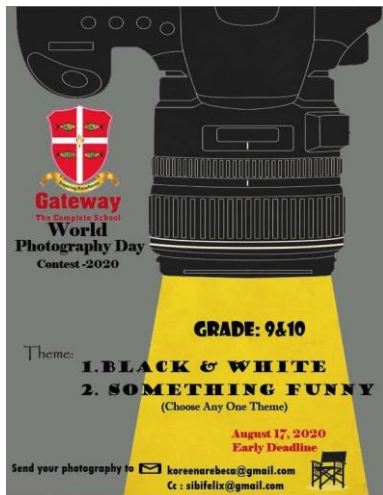
📅 1 August, 2020
🕒 10 a.m. to 11 a. m.
🌐 Mode: Zoom Cloud Meeting

 Gleneagles Global Health City
PERUMBASAKKAM, CHENNAI

On your site

WORLD PHOTOGRAPHY DAY CONTEST

A photograph captures the true essence of a moment, for a lifetime. World Photography Day was celebrated with full zeal and enthusiasm in Gateway the Complete School. Photography contests were conducted on various levels with awesome themes. Children participated in the contest and showcased their talents. Students were awarded with certificates in three different categories.





CERTIFICATE

Of Achievement

Cambridge Assessment
International Education
Cambridge International School



WORLD PHOTOGRAPHY DAY
CONTEST -2020

THIS CERTIFICATE IS PRESENTED TO
ETHAN GEORGE

19.08.2020
DATE



DR. HEPZYBA GUNASEELAN
PRINCIPAL, GATEWAY THE COMPLETE SCHOOL



CERTIFICATE

Of Achievement

Cambridge Assessment
International Education
Cambridge International School



WORLD PHOTOGRAPHY DAY
CONTEST -2020

THIS CERTIFICATE IS PRESENTED TO
AROH SAKPAL

19.08.2020
DATE



DR. HEPZYBA GUNASEELAN
PRINCIPAL, GATEWAY THE COMPLETE SCHOOL

Cambridge Assessment
International Education
Cambridge International School

CERTIFICATE



WORLD PHOTOGRAPHY DAY
CONTEST -2020

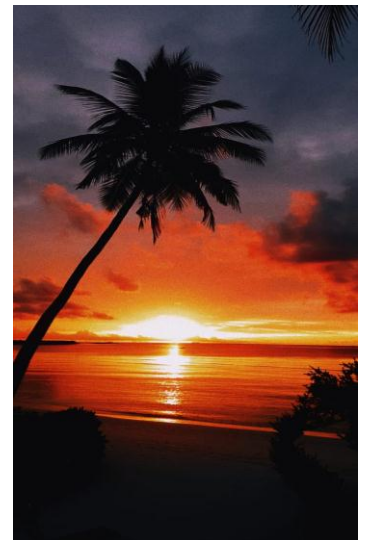
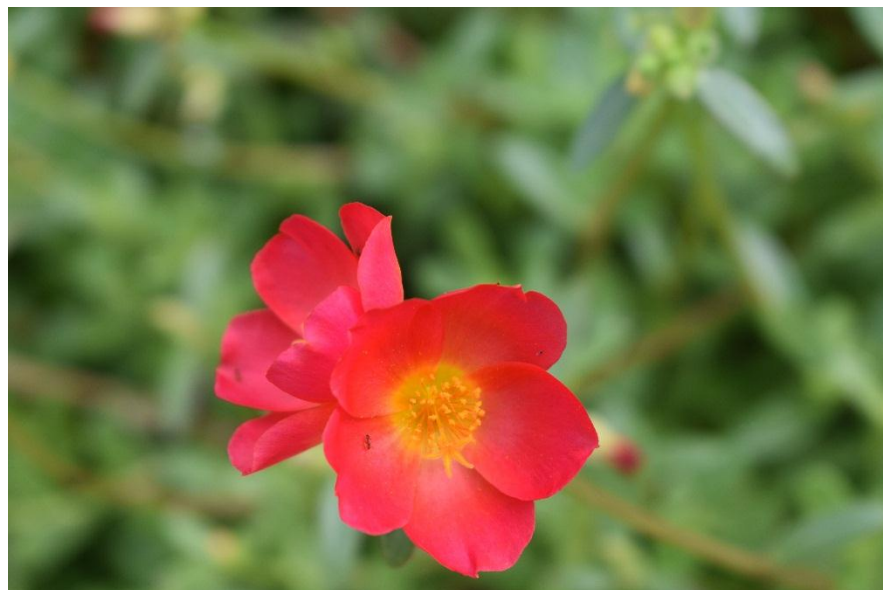
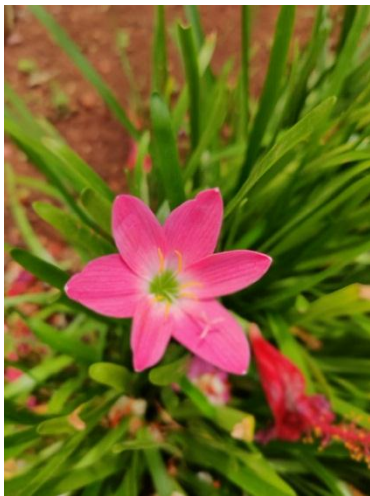
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NISHITHA A

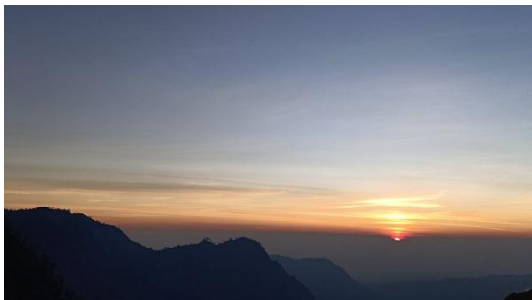
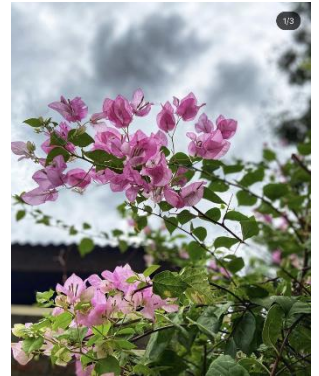
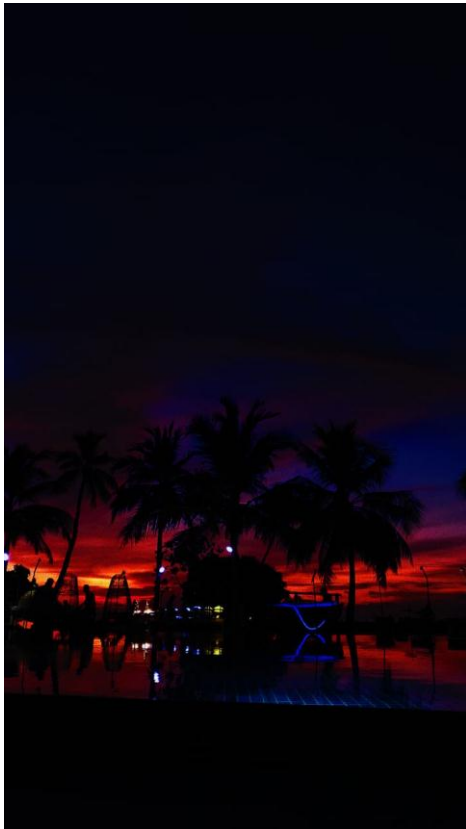
19.08.2020
DATE

DR. HEPZYBA GUNASEELAN
PRINCIPAL, GATEWAY THE COMPLETE SCHOOL



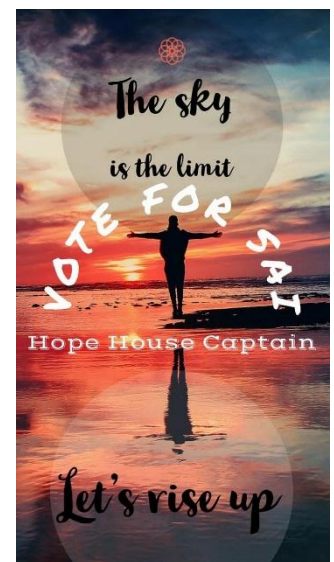
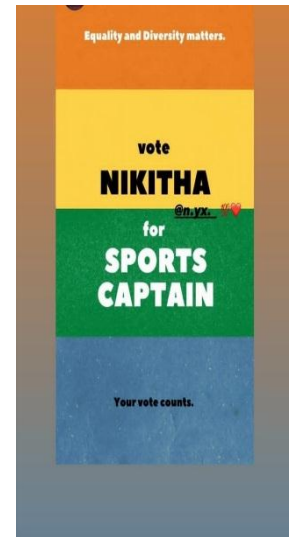
GLIMPSES

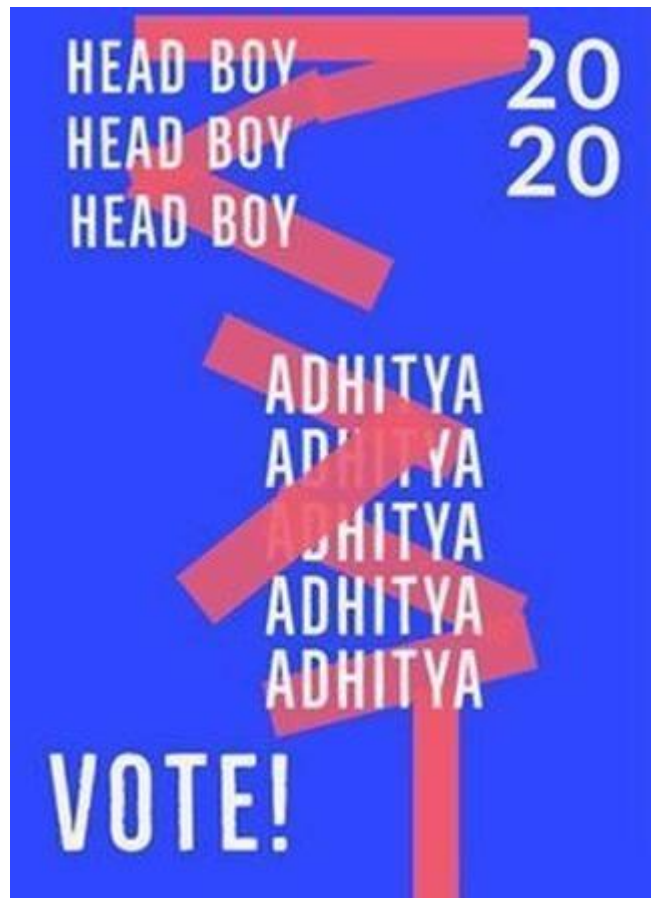




Gateway The Complete School was all set to celebrate our Investiture Ceremony in line with International Youth Day. The time has come once again to honor the young leaders of our school for the Academic year 2020-2021. We wish them all the very best as they accept their responsibilities and duties on the School Student Council.

Have a look at the amazing array of Art work and Posters by our hopefuls in the elections for the School Student Council for the Academic year 2020-2021.





Even the sky does not a limit when it comes to our young leaders who have great ambitions for a better future. It all begins with a small desire to change and a daily perseverance towards the goal.

Young minds have boundless ideas and talent that should to be nurtured. Our high school students have come up with various goals about what they will do if they become a global leader. This big dream and desire that they have now, will surely take wing and soar high if we help them and recognize their abilities.

Nothing can limit our young leaders who have great ambitions for a better future .Watch our students make powerful statements and provide solutions to change global issues. We are glad to showcase our young minds as we celebrate International Youth day on 12.8.2020.

My role as a young leader

If I was a national leader, I would take action against armed conflict because it is occurring a lot these days. In the year 2016 about 88,000 people died because of armed conflicts.

I would keep strict laws regarding gun laws by making it compulsory to show if you have a criminal background or not. There would be severe punishment. I would make sure that these sort of things never happen again.

**Allan Praveen
Grade 10**

My role as a global leader

The earth is facing global warming and many gruesome activities like pollution, overpopulation, desertification etc.... I will work toward keeping these situations under control.

These harmful activities are already affecting the well-being of our planet Earth,so immediate action SHOULD be taken, otherwise nobody will be able to control the damage that's being caused.

I will organize an initiative, where communities which are unemployed, or don't have access to a decent lifestyle, to work together in groups to help clean our environment and give ideas to prevent any further destructions in future. And for their work, I will reward them and uplift these communities.By this the environment can be restored.



**Nithya
Grade 9**

My role as a young leader.

If I am a global leader, I would solve the problem that women are facing all over the world.

Several women and girl children are robbed off their basic freedom and harassed in many ways.This needs to stop, especially rape because many women are left unheard and justice is not given.

The cases should be handled properly, and no money should be able to shut the case.Every human being deserves to live freely and has to be protected by all means.



**Tejasvi
Grade-11**

My role as a young leader

In my judgement, I deem corruption and the inability to lead with integrity and righteousness the sole roots of all our multiplying obstacles to becoming a developed and prosperous nation.

If I was seen worthy to bear upon the weight of my country, I'd dismiss the ones I saw as incapable of sharing the load, and the ones sadistic enough to lean back entertained by their country's downfall.

I'd scatter the unorganized little parties functioned by unworthy politicians fighting over each others' head for the big seat. I'd qualify selfless, well-educated, sharp individuals to assist me with the starting of a revolution that will leave the small-minded and uncomprehendingly conservitive ways behind, by swirling a wave of modernization and progress over the lands, wiping out extreme poverty and making education a mandatory, a land which people will want to revisit and live in rather than leave for a better life, a land in which manipulation and deception will not be an option for gaining the way to power, and a land in which every individual, whether they be male, female, or any other, will receive equal treatment, unjudged, and a land in which bribery and money will not let you escape the law.



Andrea
Grade 10

MY ROLE AS A YOUNG LEADER

IF I AM A GLOBAL LEADER ,MY TARGET WILL BE TO USE RENEWABLE RESOURCES AS EFFICIENTLY AS WE CAN.

WE ALL KNOW THIS PLANET WE LIVE ON IS AT LEAST 4.6 BILLION YEARS OLD AND NEVER HAS IT FACED SO MUCH CARBON POLLUTION EVER IN THE PAST 50 YEARS.

PEOPLE HAVE CONTINUED TO USE FOSSIL FUELS IN MASSIVE SCALES KNOWING THAT THE CARBON EMISSIONS ARE VERY HARMFUL FOR US AND THE ENVIRONMENT. THIS NEEDS TO STOP.

I WILL MAKE IT COMPULSORY FOR PEOPLE TO START USING RENEWABLY POWERED VEHICLES. ENCOURAGEMENT FOR INDUSTRIES TO USE RENEWABLE ENERGY RESOURCES WILL ALSO BE DONE. GEOTHERMAL AND WIND ENERGY USAGE FOR PRODUCTION OF ELECTRICITY WILL INCREASE.

IF THESE STEPS ARE TAKEN AND FOLLOWED ACCORDINGLY THE RELEASE OF GREEN HOUSE GASES WILL ABATE WHICH TRIUMPHS A DECREASE IN GLOBAL WARMING. THIS WAY WE CAN REDUCE THE CARBON FOOTPRINT ON OUR PLANET AND MAKE IT A BETTER PLACE TO LIVE.



SANJANA
GRADE 10

My Role as a Young Leader

If I was a global leader and had to change something, I would start by achieving equality and removing poverty. Poverty is a problem which is prevalent and will take time to solve, but it can be done. We are all the same, no matter our skin colour. Just imagine two types of eggs, the white egg and the brown one. When you break them open, it is the same inside. If everyone could just think in that perspective, the world would be a better place.

Name: Saira George

Grade: 10



GATEWAY THE COMPLETE SCHOOL CELEBRATES

INTERNATIONAL YOUTH DAY

12.08.2020



ACTIVITIES

The Junior Kindergarten kids learnt the concept of family and friends over the past two weeks. They learnt about the members of the family .Their importance, role and relationship. They listened to songs, stories and rhymes and engaged themselves in celebrations like Parents Day and Friendship Day. As part of further understanding, the kids enjoyed making a family tree activity as a hands-on learning experience.



Junior Kg Children at GTCS school celebrated Independence Day with zeal. "Let us as the future of this beautiful nation work towards peace, unity, and development. With our new fresh ideas and opinions, we shall bring about a change that will change the way the world looks at India."

With this motto, the children were engaged for the entire week by learning the importance of the day and about the national symbols, patriotic leaders and their struggle for freedom. They were made aware of the patriotic respect to be shown while singing the National Anthem and the hoisting of the National Flag.

They learned that, though we are diversified, in many aspects we are united as Indians. They dressed up as patriotic leaders and enjoyed doing a role-play activity. Children also listened to the National Anthem. They also made handicrafts of the National flag. With great enthusiasm, the kids took part in the virtual quiz competition



Shalom - Jr Kg

Flag craft activity



Flag craft activity



Yashwanth - Jr Kg



Which is our National Bird ?

A B



Which is our National Tree ?

A B



WELL DONE KUDOOS


THANK YOU FOR YOUR PARTICIPATION

HAPPY INDEPENDENCE DAY

JAI HIND


Which is our National currency ?

A B



Which is our National Fruit ?


A B



Jr kg virtual quiz

Which is our National Bird ?

A B




INDEPENDENCE DAY QUIZ COMPETITION

Class : Jr Kg

Date : 14-08-2020

Topic : National symbols

Facilitator : Monisha Priya S

Participants

Shalom Riyan

Yashwanth

Rules

- Topic - National Symbols
- Show your option card to answer the questions shown on the screen.
- Observe the screen and listen carefully to the query and then answer.

All the Best Kids

Which is our National Flower ?

A B



"Children are like buds in a garden and should be carefully and lovingly nurtured, as they are the future of the nation and the citizens of tomorrow."

"The children of today will make the India of tomorrow. The way we bring them up, will determine the future of the country."

Jawaharlal Nehru.

Gateway The Complete School , Senior Kindergartners celebrated " India week " to commemorate the 74th Indian Independence Day -15th August, 2020. Our theme: "India and its Pride". Kids were involved in an Oath taking activity AS A RESPONSIBLE CITIZEN OF INDIA. Kids enthusiastically participated and showcased their patriotism.



The future of the country depends upon its students. Their perseverance and dedication and commitment to your life will determine the future of India.

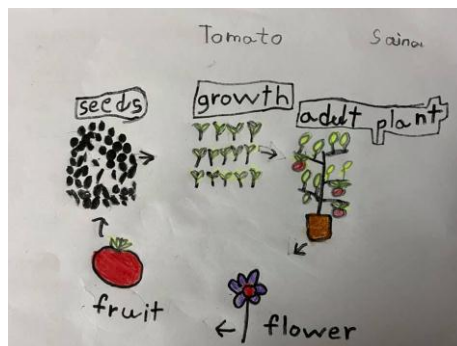
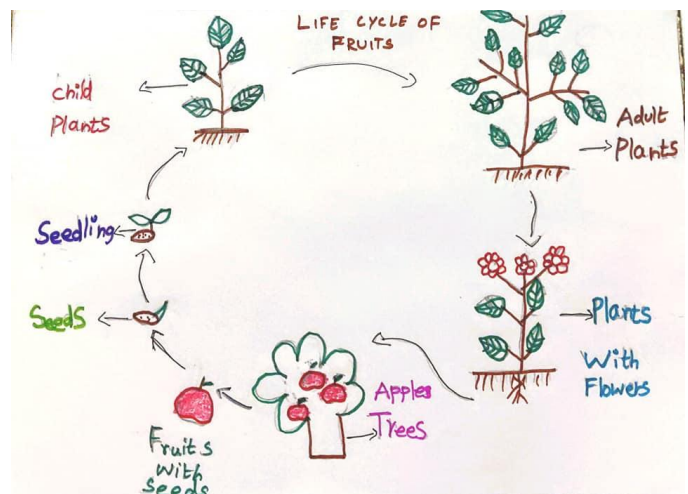
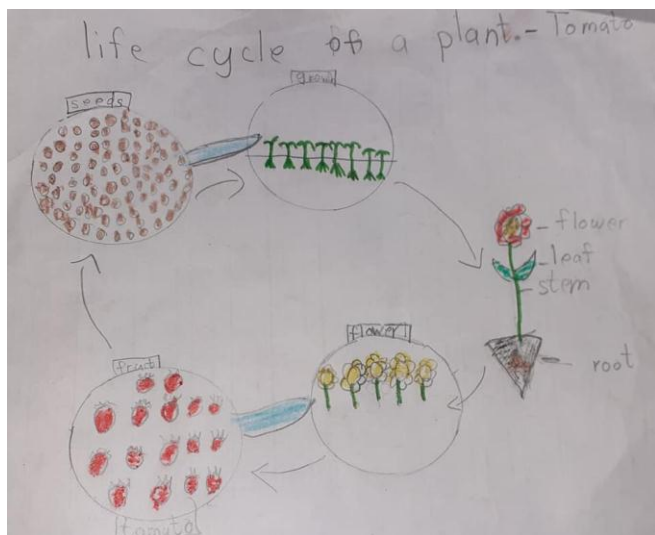
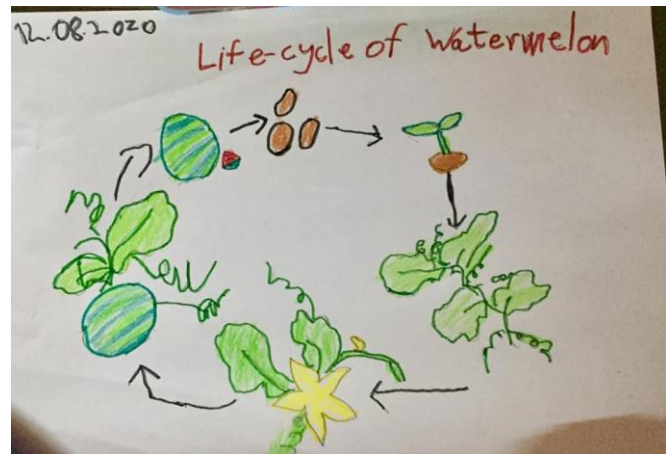
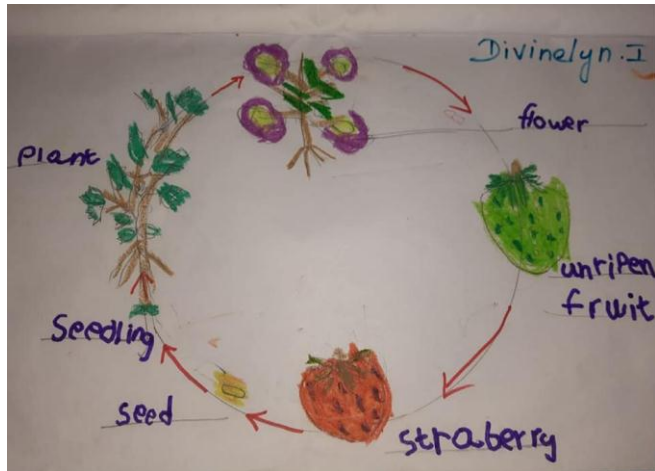
Grade 2 kids represented their patriotism by doing activities on Independence day.



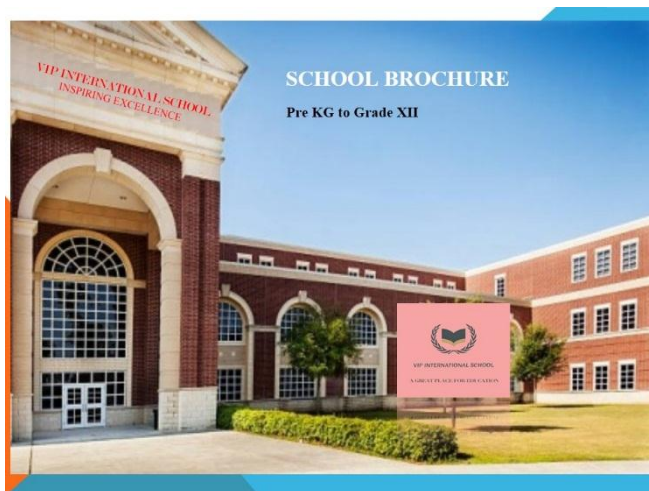
The Life Cycle of a Plant:

The plant starts life as a seed, which germinates and grows into a plant. The mature plant produces flowers, which are fertilized and produce seeds in fruit or a seedpod. The plant eventually dies, leaving seeds which germinate to produce new plants.

Grade 1 students learned about the life cycle of the plant with the help of an activity.




Kids of Grade 5 at GTCS created innovative brochures to advertise a new school, this week. They had to produce a well-planned school/ academy motto, features or activities and other attractions of the school/academy. Students in Grade 5 put in a lot of effort to create a brochure for their new academy, it's visually appealing, in order to persuade people to read and go through the brochure.



“To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear.” – Buddha.

Today's generation is lagging behind in taking care of their health. To motivate a healthy lifestyle within the young generation, The World Health Organization has given certain guidelines. As a part of Global Perspectives skill development process, learners of Grade 5 carried out a collaborative study of the importance of a Healthy diet. They made colorful posters educating people around them to change to a healthier lifestyle.

The name carbohydrate is derived from the elements that make up its molecular structure: carbon, hydrogen and oxygen.



CARBOHYDRATES

Learning how to balance your intake of carbs can keep your body fueled.


The First Wealth, Is Health

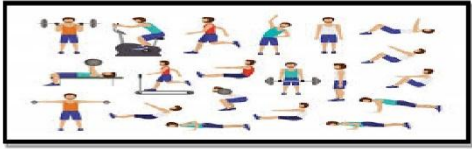
Natural carbs produce low increase in blood glucose levels and are chock full of nutrients and fiber.


Food like dinner rolls, bagel, white bread, white rice, mashed potatoes, muffins, cold cereals, rice cakes and fruit juices all require one or more levels of processing before hitting the grocers shelves. The more processing the worse they are.

A lack of carbs can lead to health dangers: Low - carb diets can actually be dangerous for you. Without carbs, our body will not be able to break down fat properly, And this could lead to serious Issues.

Carbohydrates are the only fuel source metabolized fast enough to support hard exercise.








Life is hard, Eat a carb


Carbohydrates are the sugars, starches and fibres found in fruits, grains, vegetables and milk products. Carbohydrates are one of the basic food groups and are very important to a healthy diet.


DID YOU KNOW ANOTHER NAME FOR CARBOHYDRATES IS THE WORD SACCHARIDE MEANING "SUGAR"?

High carb veggies



High carb Fruits






Carbohydrates are the body's main source of energy. In their absence, your body will use protein and fat for energy. It may also be hard to get enough fibre, which is important for long-term health. When you're low on glucose, the body breaks down stored fat to convert it into energy.

Good carbohydrates

Usually, good carbs means foods that contain high fiber amounts. Good carbs take longer to be broken down by the body and used for energy.

Good carbs

- Brown rice
- Quinoa
- Chickpeas
- Fruits & vegetables




Bad carbohydrates

Bad carbs refers to foods that contain refined carbohydrates with a low fiber amount, mainly white flour and sugar.

Bad carbs

- White bread
- Pastries
- Sugary soda
- Candy



Health benefits of Veggies

Eating veggies Makes you Winner

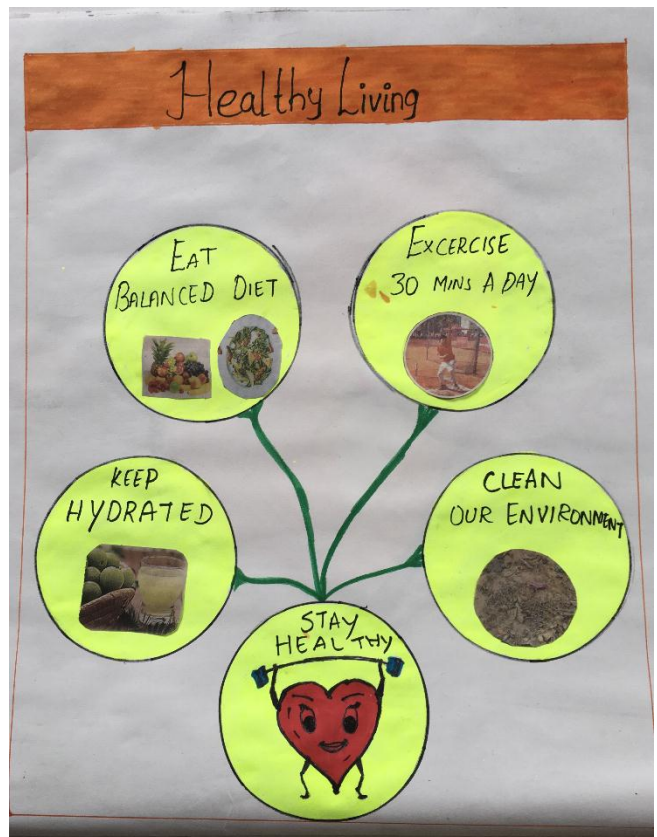
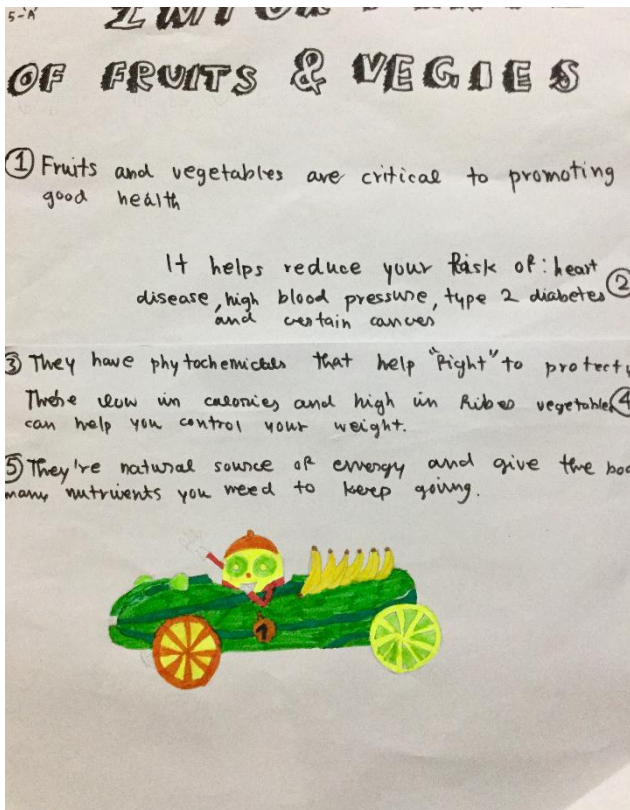
Vishal(5A)

Fresh Vegetables



Dark green leafy vegetables delivers many nutrients, such as vitamin A, vitamin C, antioxidants, fiber, folate, vitamin K, magnesium, calcium, iron and potassium AWESOME!!!

Flower Veggies are good source of fibre and protein, and contains iron, potassium, calcium, selenium and magnesium as well as the vitamins A, C, E, K and a good array of B vitamins including folic acid.





“A good laugh and
a long sleep are the
best cures in the
doctor’s book.”

Did you know that not all micro-organisms are harmful? The most friendly micro-organisms make our evening snack so interesting! As Grade 6 students study about micro-organisms in Biology - they baked their favorite fluffy delicacies using yeast - making all their mom's happy in the process!!

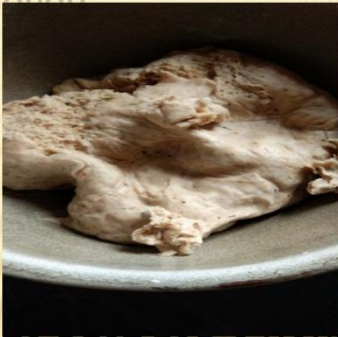
YEAST PICTURES



DOUGH MAKING



BREAD DOUGH



BREAD TINS AND BUNS



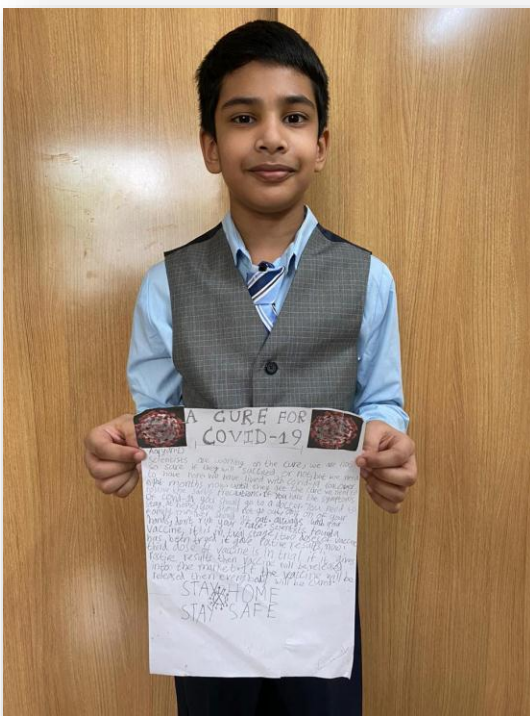
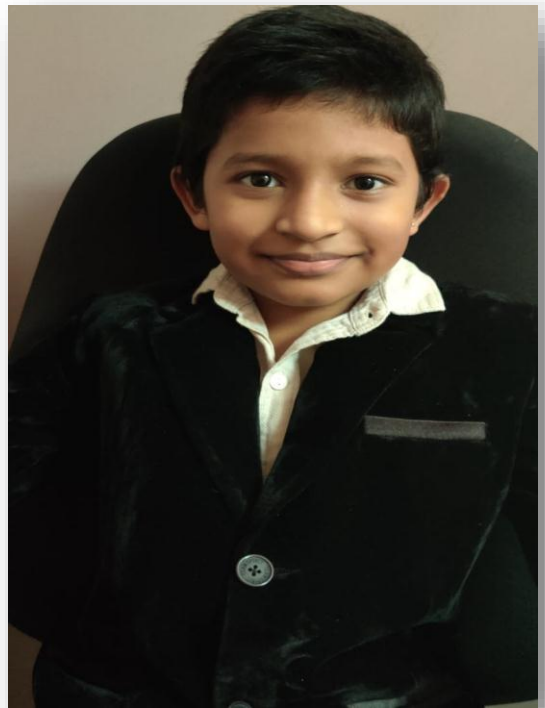
ALLOW TO REST FOR 2 HOURS TILL
THE DOUGH DOUBLES

BREAD AND BUNS ARE READY

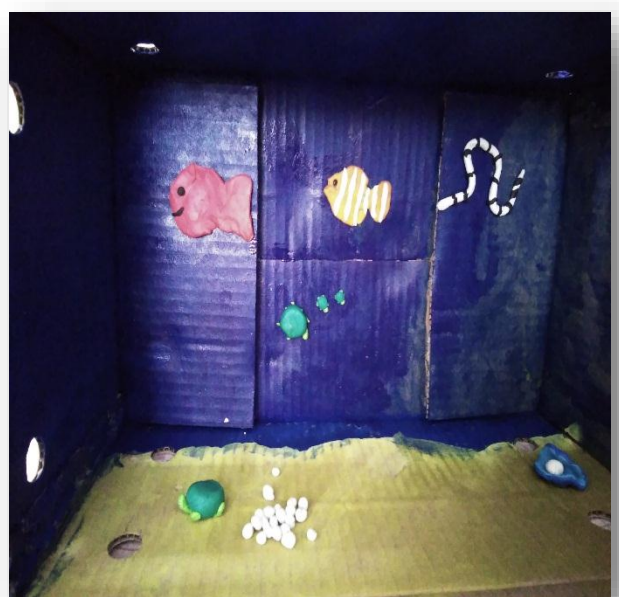


Students of Grade 4 took part in an English activity which included the elements of reporting a news. Students disguised themselves as news reporters and presented the headlines. It was indeed mesmerizing to see them in a beautiful attire.





Grade 4 students are introduced to all kinds of habitats, from arid deserts to lush rainforests and vast oceans. They investigated different habitats and learned which animals live in which types of habitats. Students also understood why different animals are best suited to their chosen habitat. They explored how habitats change over time and during the year. Students used their artistic skills to prepare a beautiful artifact presenting the different habitats.



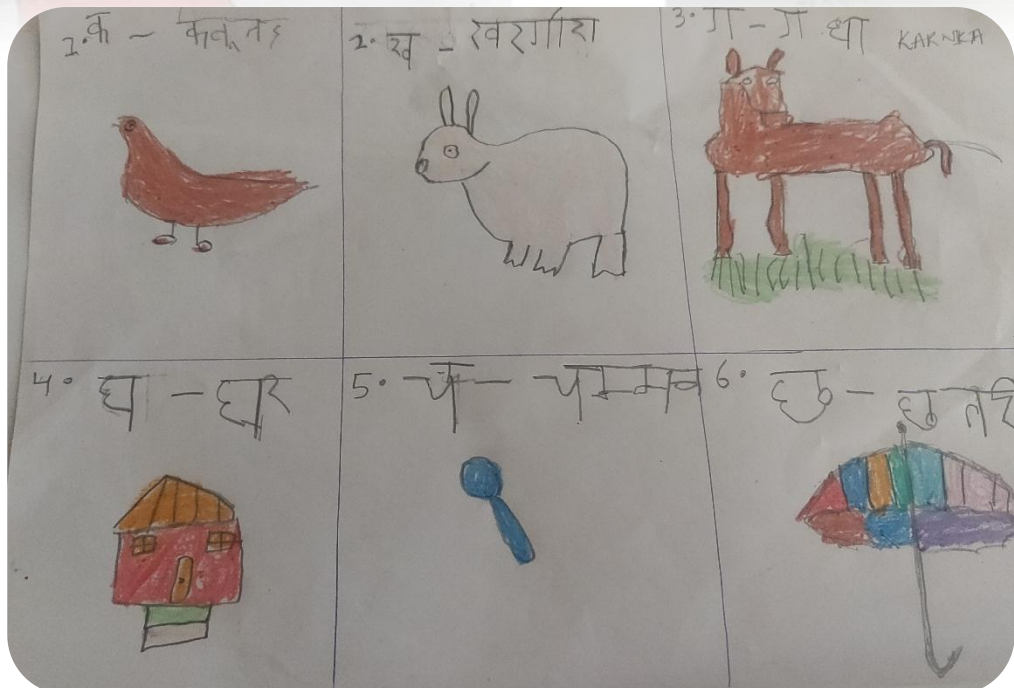
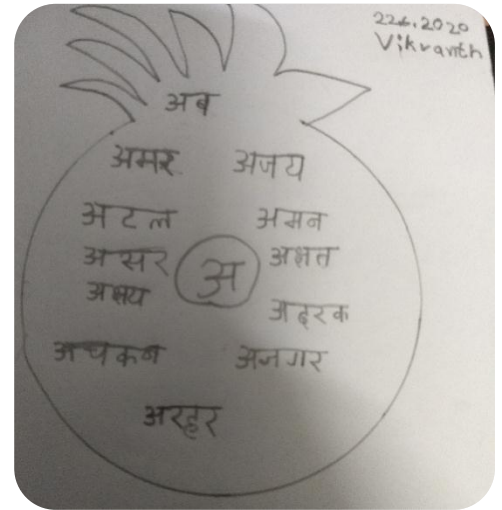
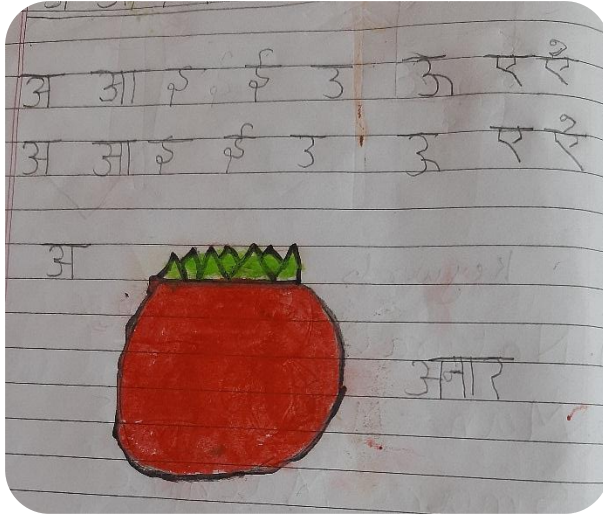


Home Sweet Home

THE BEATS

हम तीन तरीकों से ज्ञान अर्जित कर सकते हैं. पहला, चिंतन करके, जो कि सबसे सही तरीका है. दूसरा , अनुकरण करके, जो कि सबसे आसान है, और तीसरा अनुभव से ,जो कि सबसे कष्टकारी है।

पहली और दूसरी कक्षा के छात्रो ने अनुकरण के माध्यम से व्यंजनों का ज्ञान अर्जित किया।



STUDENT COUNCIL

- ☐ HEAD BOY - **ADHITYA**
- ☐ ASSISTANT HEAD BOY - **GOUREV**
- ☐ HEAD GIRL - **NIVEDITA**
- ☐ SPORTS CAPTAIN - **BHUVANESH**
- ☐ ASSISTANT SPORTS CAPTAIN - **AKSHA**
- ☐ CULTURALS HEAD - **NILA**
- ☐ ASSISTANT CULTURALS HEAD - **AFZAL**
- ☐ DIGITAL CLUB HEAD - **ARUN**
- ☐ ASSISTANT DIGITAL CLUB HEAD - **AAHANA**
- ☐ LITERARY CLUB HEAD - **SHANEN**

STUDENT COUNCIL

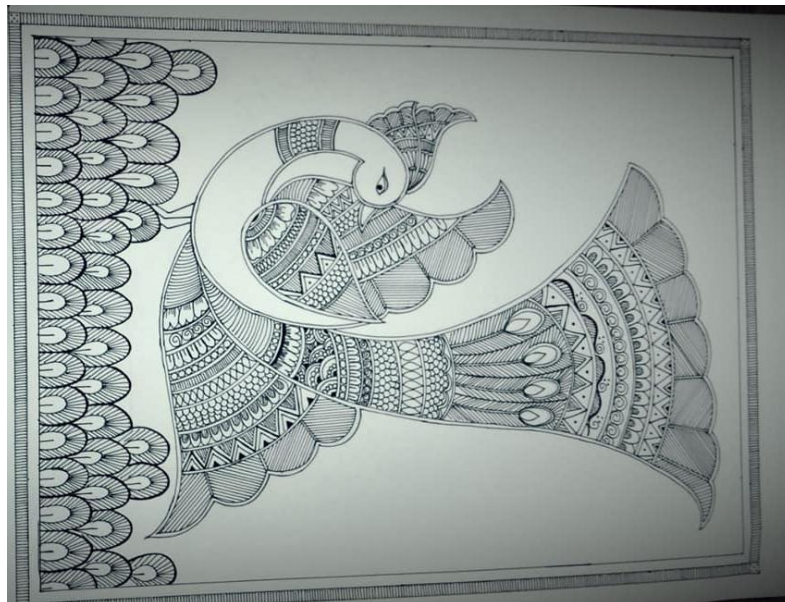
- ❑ ENVIRONMENTAL CLUB - **NIKITHA**
- ❑ HEALTH AND WELLNESS CLUB HEAD - **DIVYA**
- ❑ ASSISTANT HEAD - **BAGAWATHY**
- ❑ HOPE HOUSE CAPTAIN - **SAI RAM**
- ❑ ASSISTANT CAPTAIN - **TEJASVI**
- ❑ JOY HOUSE CAPTAIN - **SHRUTHIK**
- ❑ ASSISTANT CAPTAIN - **KANIKKA**
- ❑ PEACE HOUSE CAPTAIN - **PAVAN**
- ❑ ASSISTANT CAPTAIN - **ANBU**
- ❑ FAITH HOUSE CAPTAIN - **ANUSHIL**
- ❑ ASSISTANT CAPTAIN - **KISHEN**

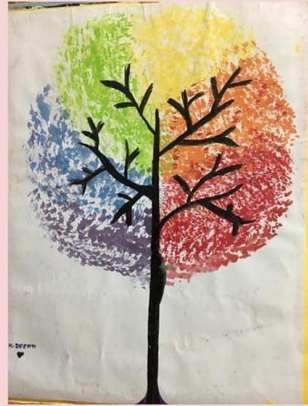
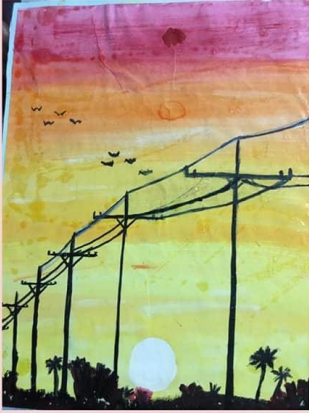
ART AND CRAFT

Students of Grade 6 and 7 (Kevin, Sai Lalith and Deepti) are enhancing their artistic skills during this quarantine period, they use their free time wisely by engaging themselves in a productive manner



By - Deepti.K

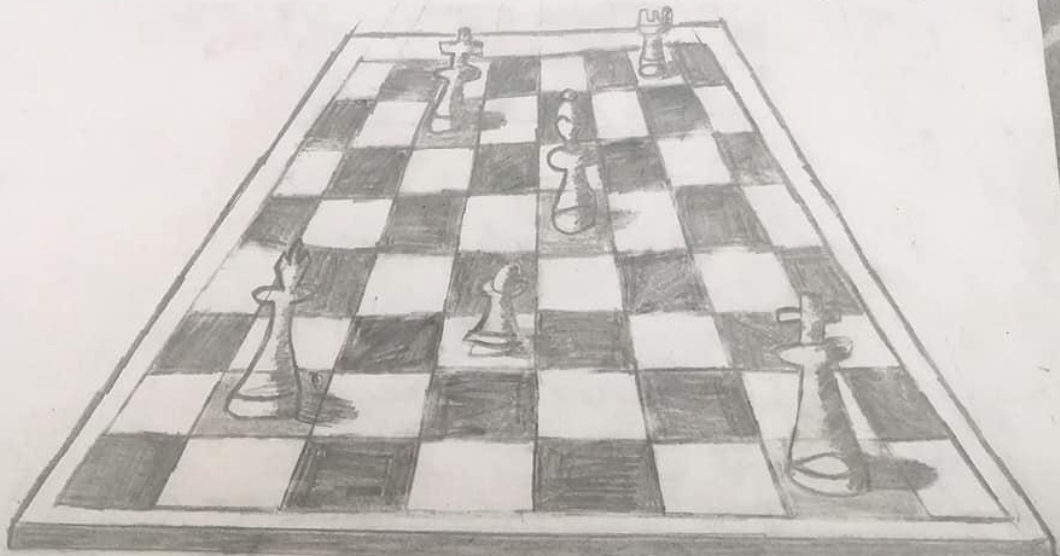




By-Deepti.K

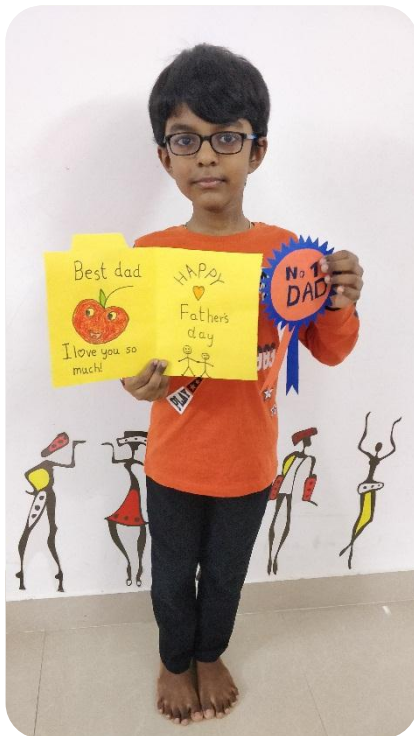


WORLD CHESS DAY-JULY-20
Chess is a Battle Between Brains

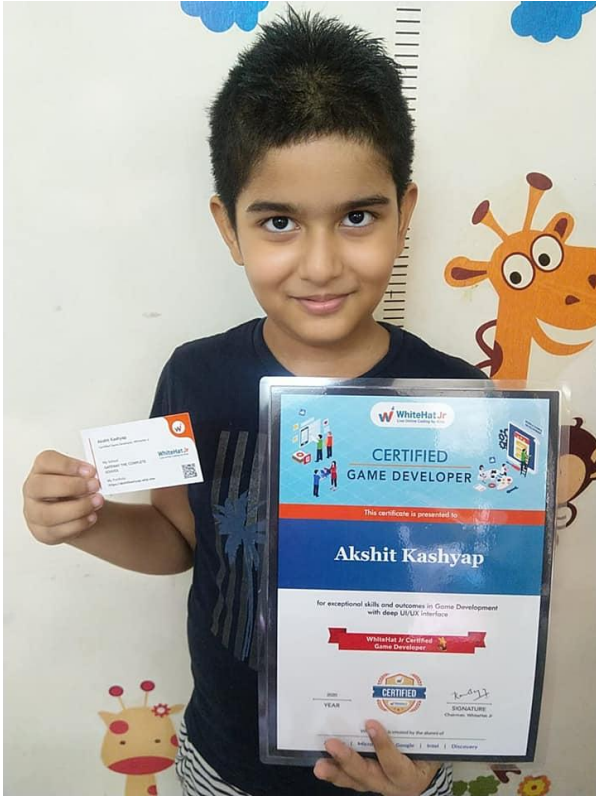


S. Kevin Immanuel -7B

Art And Craft By Primary Learners



ACHIEVEMENTS



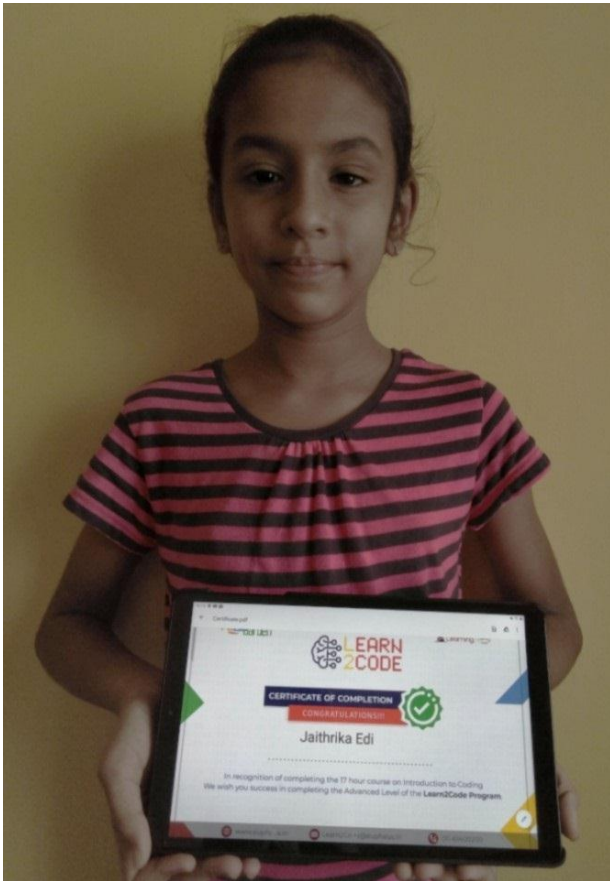
OUR YOUNG GAME DEVELOPER

Master Akshit Kashyap
Grade 4 B

OUR YOUNG GAME DEVELOPER

Master Niran
Grade 4 B



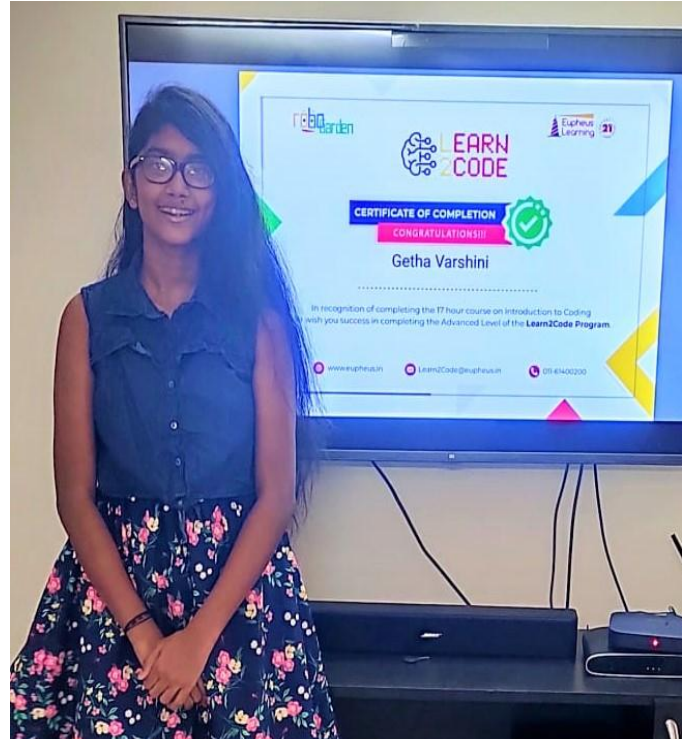


OUR YOUNG GAME DEVELOPER

Miss Jaithrika
Grade 6

OUR YOUNG GAME DEVELOPER

Miss Geetha Varshini
Grade 8



International Astronomical Search Collaboration

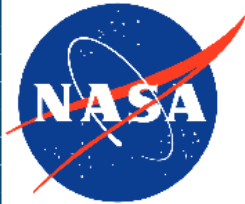
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*In recognition of valuable contributions to
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Main Belt asteroids by participating in
the analysis of images from Pan-STARRS.*



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June 12 — July 10, 2020

We hereby express our sincere appreciation to

Nikitha

Space - Gateway The Complete School - Chennai - Team 1

*In recognition of valuable contributions to
observations of near-Earth objects and
Main Belt asteroids by participating in
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CELEBRATIONS

WOMEN'S EQUALITY DAY

Women's Equality Day commemorates 26th August and this day marks a turning point in the history of the struggle for equal treatment of women and women's rights.

What if we could remember what it felt like to be in our mother's womb?

To feel the vibrations of her heartbeat right above our head...

To hear the synchrony of our beating hearts

To dance to the melody of her voice

Consoling the child she hadn't met yet.



A Theme like 'Women Equality' is something that will fit all of us to showcase the sacrifice, the love, the hard work, the patience and the achievements of million women out there who have proved themselves, also not to forget our Mommies who stands as a biggest pillar of support behind each one of us. Yes, it's worth doing, because it is right here where you have a chance to turn the tides and show your uniqueness. This moment will be far remembered as it's a chance to thank and appreciate all the lovely Women around us. In connection with the Women equality day which falls today Aug 26th ,the students of Gateway The Complete School Sholingnallur celebrated in a unique manner to duly thank, appreciate, adore and give a helping hand to Women they adore.







Poem

You are strong

You are brave

You are a friend

You are a warrior

You always walk an extra mile to make things right

You fight with all your might

You are a multitasker

I salute you for the sacrifice you make every day to walk the extra mile

I adore you for the humbleness you show to others

I honour and respect the things you do

You never show your weakness and I appreciate your strength

You are the troubleshooter

You are my inspiration

I want to become your reflection when I grow

I want to become your reflection when I grow

- Sanchitha Sharath

6 'A'

POEM ABOUT WOMEN

PRANESH 6B

1. She fights against expectations.

"A strong woman has an awareness of the obstacles in her way and the misogynistic expectations people have for her, but she decides for herself what she wants and works to achieve it. Furthermore, a strong woman is willing to find help or gain strength from supportive friends, family members, and mentors—despite the notion that women should be 'independent' and 'do it all.'"

2. She bounces back.

"A strong woman keeps going on like she has never been hurt, despite having been."

3. She knows who she is.

"A strong woman is self-aware. She continually tries to overcome her fears, she knows how to control herself, and she is patient no matter the situation. She isn't afraid to reveal her feelings because we all have them, and she shows hers without caring what other people think."

4. She is independent, but knows when to ask for help.

"Being a strong woman doesn't mean you can't ask for help. Hell, being a strong man doesn't mean you can't ask for help. Part of me thinks that women feel they have to overcompensate because so many peg them as these fragile, helpless creatures, when many of the women I know are stronger (be it mentally, emotionally, or physically) than many of the men I know."

Being a strong woman in my eyes means you're someone who is realistic enough to know what you can do, is grounded enough to know when you need a hand, and is confident enough to know you can ask for help without fear of being judged."

5. She follows her own path.

"A strong woman is someone who follows her own dreams rather than a man."

6. She is unapologetic about who she is.

"A strong woman works hard, she chases what she believes in, and she does it all for herself. No one else. She loves endlessly and shows appreciation to those around her. Most importantly, she

7. She's a fighter.

"A strong woman is a woman who fights for rights she shouldn't have to fight for."

8. She's perseverant.

"A strong woman gets up every time she falls. She pushes forward, even when all odds are against her. She doesn't let others influence her decisions. She's resilient."

9. She is balanced.

"A strong woman knows when to be selfish and when to be selfless, when to follow her head and when to follow her heart. She has a good, stable head on her shoulders, and she knows when to play the hand she's dealt and when to fold and hope the next one's better."

10. She doesn't let others define her.

"A strong woman is a busy, vibrant, and goal-orientated woman who doesn't wait for a man to validate her existence."

11. She is grounded in her faith.

"A strong woman believes in whatever she believes in, and lets that faith guide her every step."

12. She isn't afraid to be true to her feelings.

"A strong woman is someone who isn't afraid to share her opinions and speak her truth. She listens, but she doesn't allow others problems to bring her down. She is filled with kindness, generosity, compassion, integrity, a willingness to be vulnerable, and authenticity. No matter what she is true to herself."

13. She respects herself.

"A strong woman doesn't let the cattiness of other women bring her down. She has the utmost respect for herself and what she believes in."

14. She is humble.

"A strong woman is confident, yes. But I think the best way to describe a woman's strength is a sense of 'confident humility,' paired with faith and passion. By 'confident humility' I just mean someone that isn't so humble that she comes across as weak. Rather, someone that can stay confident without getting arrogant."

15. She loves.

"A strong woman loves inherently, from the time she is a little girl to the day she passes. She is always willing to take care of others. She loves. And never stops loving."

UPCOMING EVENTS.....

- ❖ Onam Celebrations
- ❖ Teachers Day
- ❖ Hindi Diwas
- ❖ Founder's Day
- ❖ International Day of Peace
- ❖ World Heart Day



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