



# The Beats 20

**FEBRUARY**

“Families are like branches  
on a tree, we grow in  
different directions yet our  
roots remain as one”



---

The Beats

Dear Readers,

We are living in an age of exponential information sharing. This can unknowingly set in us a habit of oversharing personal and professional information online and offline. People who are lonely and wish to connect or those who come from families in which oversharing is a usual habit or those who feel inadequate and have something to prove may involve more in oversharing. These unwanted oversharing sometimes can harm us very badly. Everything we share online or offline is a clue to get into something we feel should be close to our heart and should not be known to others.

We overshare to both friends and strangers, both online and offline. It has become a problem on social media sites, especially ones which encourage us to divulge status or what's on our mind.

Oversharing can adversely affect our mental health when we don't get the expected appreciation or likes or comments for what we share. Those who overshare look at the responses as validation, and when they don't get validated, they get disappointed and depressed. To stop the habit of oversharing, first we have to learn what we overshare and in what context. Then take a moment to think before we speak or post on social media. Imagine the ripple effect of the information we want to share, how it will affect us or whether someone will use it to gossip or plot against you.

We can also stop interacting or posting when we are angry, upset, or emotional. These are the times our brain fails to work wisely, and we get into unwanted trouble. Finding other places to be an outlet for our emotions can also work as a cure to oversharing, it could be writing, journaling or speaking to a trusted friend.

Let us resolve to stop oversharing, and engage in purposeful sharing which can benefit us, and every one around us.

**Sharmila Mohan**  
Principal, GTCS

---

# The Beats

## Top Stories of this Month:



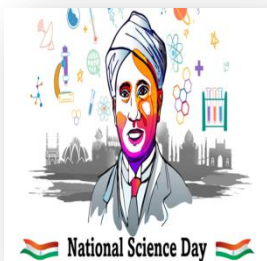
**5<sup>th</sup> February Safer Internet Day**



**13<sup>th</sup> February World Women's Day (Sarojini Naidu's Birthday)**



**20<sup>th</sup> February World Day of Social Justice**



**28<sup>th</sup> February National Science Day**



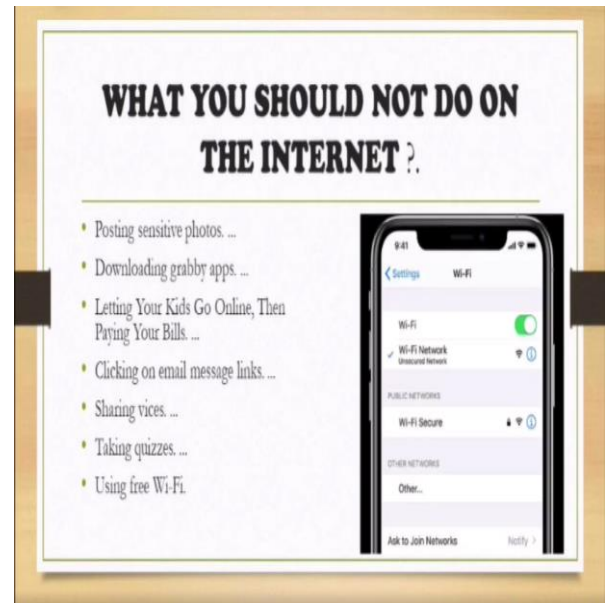
# SAFER INTERNET DAY

Every year 11th February is celebrated as The Internet Safety Day. People around the globe participate in various initiatives to bring awareness about how the Internet can be used safely. With this year's theme being "Together for a better internet", Grade 8 students created a video on the topic – "Cybercrimes and the preventive methods". We believe that this gives an insight on various steps that can be taken by people of all ages to safeguard themselves.



# SAFER INTERNET DAY

On 11th February every year we celebrate The Safer Internet Day, This day across the globe many initiatives are taken to bring awareness. With a theme of "Together for a better internet", the SID team calls upon all stakeholders to join together to make the internet safer and a better tool, especially for children and young people to use . Happy to share, Grade 5 students presenting “The Do’s and Don’ts on the use of the Internet “.



## *Do's and Don'ts of the internet*

Do's	Don'ts
Keep personal information private and limited	Don't enter contests or share information with an unfamiliar person or website.
Be careful what you download.	Don't reply to, open the attachments, or click links in emails from unknown senders
Choose strong passwords.	If you're unsure if an email is official, call the company or organization to verify
Be careful what you post and make sure it is appropriate.	Don't trust anyone who you only met online and not in real life.

# NATIONAL WOMEN'S DAY



“ A country’s greatness lies in its undying ideals of love and sacrifice that inspire the mothers of the race. We want deeper sincerity of motive, a greater courage in speech and earnestness in action. ” -Sarojini Naidu , Nightingale of India.

India celebrates Sarojini Naidu's birthday as National Women's Day every year on February 13. This year the Nation celebrates it's 141st Birth Anniversary. She was born on February 13, 1879. She was one of the forefront leaders who led the Civil Disobedience Movement and the Quit India Movement.

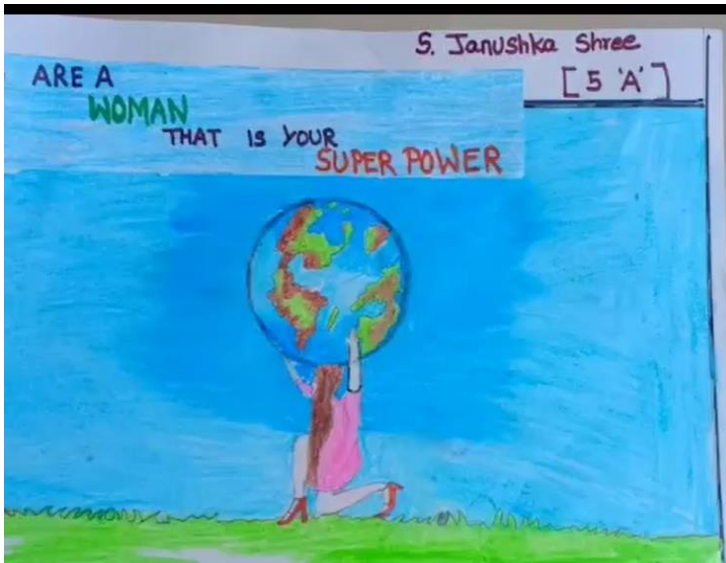


To mark this special day – “ National Women’s Day “, in GTCS our students made greeting cards , dedicated special songs and spoke about the greatness of their mothers.

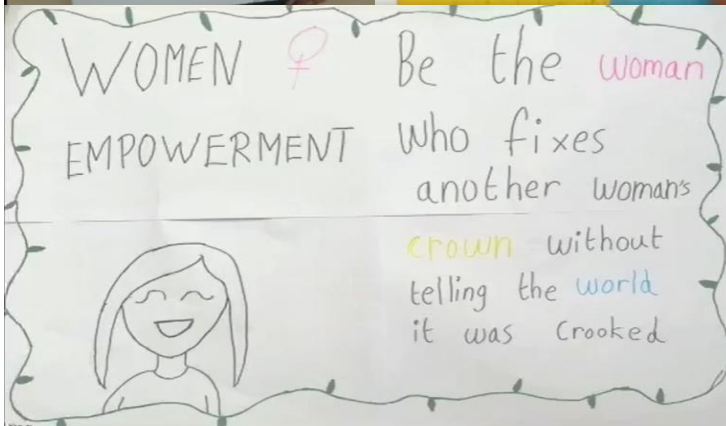




# NATIONAL WOMEN'S DAY



India celebrates Sarojini Naidu's birthday as National Women's day, every year on Feb 13. Sarojini Naidu was India's 1st woman governor. She was also a brilliant poet holding a vast collection of widely read literary works. She also actively took part in various movements to strive for women's empowerment. Much progress has been made in recent times to protect and promote women's rights. However, we still haven't reached the point where there is 100 percent equality between men and women according to the UN statistics.



A challenged world is an alert world and from challenge comes change. So let's all choose to challenge.

How will you help forge a gender equal world?



# NATIONAL WOMEN'S DAY

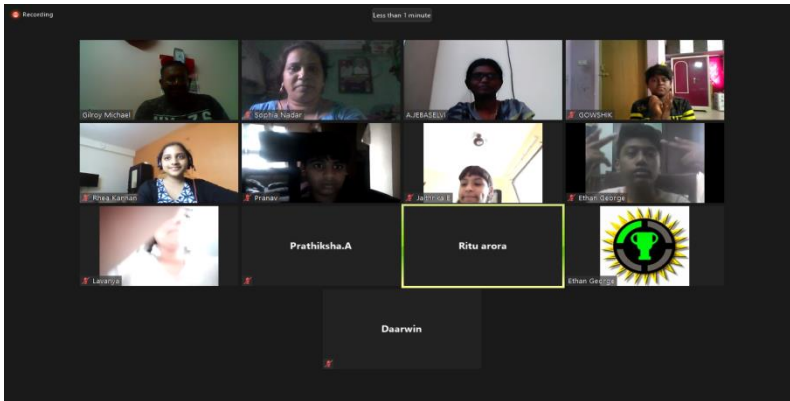
Gateway The Complete School celebrates Sarojini Naidu, famously known as The Nightingale of India, was an Indian freedom fighter and poet. She was born on 13th February 1879 in Hyderabad in a Bengali family. On this day, February 13th, India celebrates Sarojini Naidu's birthday as National Women's Day of India every year. Sarojini Naidu was India's first women governor and also famous as 'Bharat Kokila'.

She was a prime figure in the National Movement of India where she started following Mahatma Gandhi. She fought for the freedom of India during the modern India period. Naidu is known for her poems on patriotism, love and death. Title of 'Nightingale of India' was for her work in poetry.

Sarojini was also a part of politics when she joined the Indian Congress party and got appointed as the Governor of United Provinces.



# WORLD DAY OF SOCIAL JUSTICE



Gateway The Complete School hosted an event for grade 6 students in respect to Social Justice Day on February 20th 2021. The students from the panelists were confident and bold with beautiful words about Indigenous People and other factors.

When you look at social justice, it is all about equality. To be socially just, every individual must be treated equitably and fairly by society. Social injustices can occur in both a small and global scale, in schools and by whole diverse groups. Whether it is the segregation of an entire cultural group or bullying in the hallways of a school because of your sexual orientation, social injustice is everywhere.

With the modern era, the face of social justice has changed. While rallies and marches are still prevalent, the Internet is also used to bring social justice issues to light. Creating human rights for all isn't as easy as one might think. Rather, it is a long, involved process with new social justice issues coming to the surface daily. When it comes to social justice, explore examples of courage to see how you can make a change.

# NATIONAL SCIENCE DAY

February 28, every year is commemorated as National Science Day to mark the anniversary of the great discovery of CV Raman - 'Raman effect'. The theme for National Science Day 2021 is “Future of STI: Impacts on Education, Skills, and Work”. The theme has been chosen for the purpose of raising public appreciation of the scientific issues involved and the impacts science has on education, skill and work.

The National Science Day 2021 aims to motivate the students to gain hands-on experience in the field of science. Our school conducted a virtual science exhibition on the occasion of National Science Day to raise awareness of the importance of science in our daily life. Students from Grade 1 to 9 participated enthusiastically in various science projects based on various themes and concepts and made various scientific models and presentations which helped them to develop a clear understanding of the scientific principles involved in phenomena around us and become confident independent learners





# NATIONAL SCIENCE DAY



**Amino Acids**

**ASPARTIC ACID**

NC(CC(=O)O)C(=O)O

**GLUTAMIC ACID**

NC(CCC(=O)O)C(=O)O

**PROLINE**

C1CCNC1C(=O)O

**SERINE**

NC(CO)C(=O)O

**PHENYLALANINE**

NC(Cc1ccccc1)C(=O)O

**Amino Acids**

- Aspartic Acid
- Glutamic Acid
- Phenylalanine
- Serine

# MEASURING POWER

SANJANA PANDIAN



# HINDI ACTIVITY

हम मनुष्य सब इस धरती में पैदा हुए और बड़े हुए इस मिट्टी में और जल में, हम मनुष्य है इस धरती के। हमारे रंग-रंग अलग है पर शोभा मिलकर बनाते इस धरती की । हम सबका एक ही माली है। सूरज-चंदा सब एक है सब एक सा मिला सबको हम मनुष्य है इस धरती के। मुश्किलों में भी हम सबने हंस कर जीना सिखा , एक साथ चल कर हमने जीना सिखा। धन और निर्धन सब मनुष्य है इस धरती के।

Hindi students of Grade 5 learnt a motivational poem by Subhadra kumari chauhan. In this poem she explains that we are all equal in this world, no matter what cast, creed or religion. To demonstrate this, children made paper flowers .



# HINDI ACTIVITY

**Cooking** with your kids helps teach them how to eat healthy and make informed choices about the food they eat. **Cooking** as a **family** together – and then eating the meal prepared together – will lay the groundwork for kids to prioritize **family** later in life.

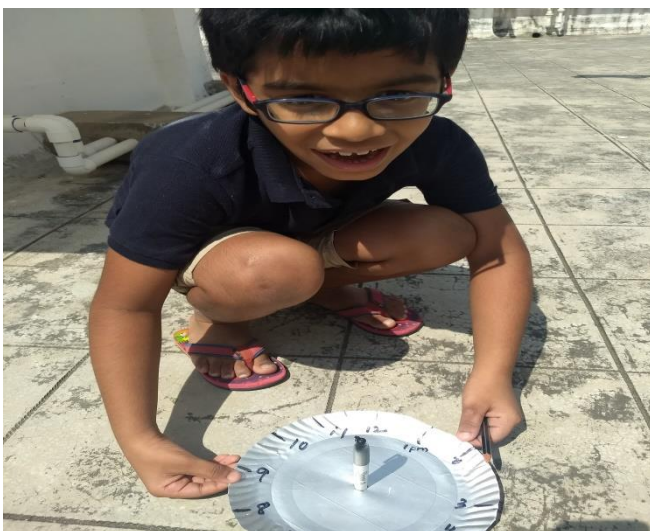
As a part of Hindi activity, students of Grade 6 ,7 and 8 prepared special dishes with their parents. This activity provided them with an opportunity to learn about traditional cooking which has been followed by families across generations.





# SCIENCE ACTIVITY

Learning about space is awesome. I mean, who doesn't get excited by the infinite possibilities of the universe? Luckily for our GTCS Grade 2 students, we don't need to charter a space shuttle to experience some real-world learning about how parts of our solar system work. The simple act of making a sundial provides us with the means to examine the Earth's rotation on its axis. Through this activity, students can begin to understand this key concept of space science.

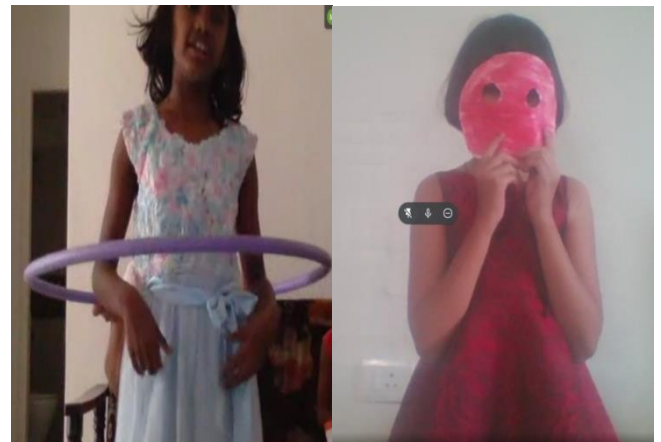


# SCIENCE ACTIVITY

The universe is everything. It includes all of space, and all the matter and energy that space contains. It even includes time itself and, of course, it includes you.

The Earth and the Moon are part of the universe, as are the other planets and their many dozens of moons. Along with asteroids and comets, the planets orbit the Sun. The Sun is one among hundreds of billions of stars in the Milky Way galaxy, and most of those stars have their own planets, known as exo-planets.

Students of Grade 5 explored the galaxy and space science with the help of role-play.



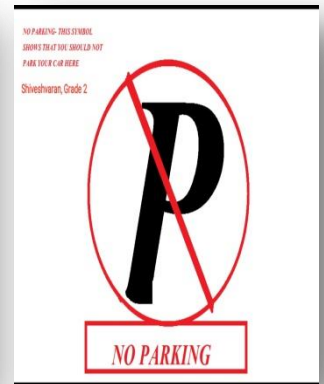
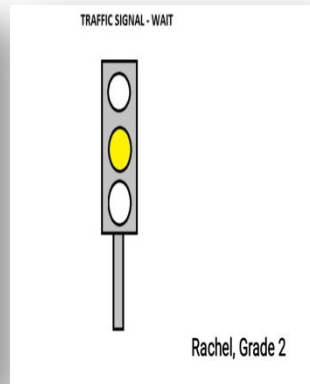
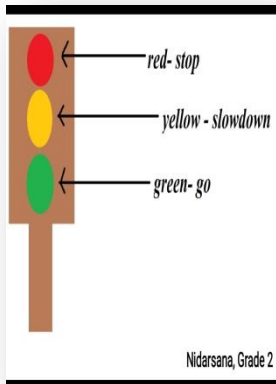
---

# The Beats

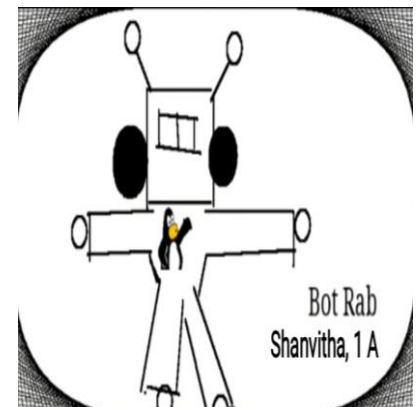


# DIGITAL WORLD

1) Traffic Signal and Signs: Children from Grade 2 created digital drawing using MS Paint application.



2) Creative Tux : Children from Grade 1 designed their Greeting cards and solar system using Tux Paint application.



# DIGITAL WORLD

2) Little Author- Don't miss to check our Little Author's of Grade 2 and their phrases typed using WordPad application.

## Save water!

There is plenty of water in the world. But most of it is sea- water and we cannot use it. We can only use the fresh water in the ponds, lakes, rivers and wells. We get most of this fresh water through rain. Rain is our main source of fresh water.

### All about me (Font-Calibri, Font Color-Blue, Font size-27)

My name is **Srinaya**. I am 7 years old. I study in Gateway The Complete School (GTCS). I have **6 subjects**,

- ICT (Digital Literacy)
- English,
- Maths,
- Science,
- Global Perspective (GP)
- French

I study in **grade 2B**. I opted for 2 Olympiad exams English and Maths. My ICT teacher is **Vidya** mam. My English teacher is **Hephzibah** mam. My Maths teacher is **Shivangi** mam. My Science and GP teacher is **Felcia** mam. My French teacher is **Marie Noelle** mam.

N.Srinaya  
Grade-2B

## **My favorite game FOOTBALL** – (Bold, Font: Comic Sans MS; Font Size: 22; Font Color: Blue)

Football is my favorite game because it has the greatest number of fans in the world. I am a big fan of Cristiano Ronaldo and I have a football jersey with his name on it. We need more energy to play football when compared to other games. My father coaches me on different football techniques. I play football with my friends in the evening in the ground nearby. My favorite country in the world cup football is Brazil. I like to become a great football player in the future and I wish to play for India. (Font: Calibri, Font Size: 18, Underline: football)

**Adhik Janardhan**  
**Grade 2 B**

# TALENT CORNER



Ben – Gr 8



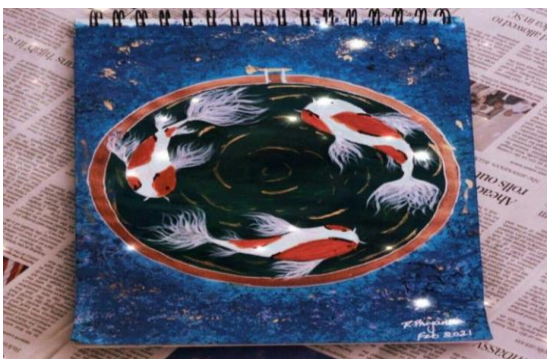
Ben - Gr 8



Priyanka – Gr 11



Priyanka – Gr 11



Priyanka – Gr 11



Shivanesh Senthamilarasu- Gr 3



# TALENT CORNER



Arnav Reddy- Gr 3



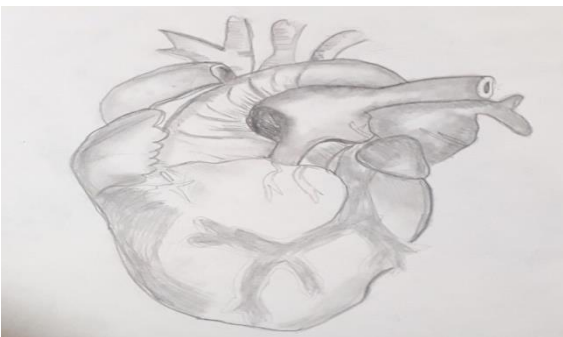
Arnav Reddy- Gr 3



Pranav Reddy- Gr 6



Pranav Reddy- Gr 6



R.S.Viruthula Lakshmi - Gr 5



R.S.Viruthula Lakshmi - Gr 5



# TALENT CORNER



Vikranth Vinod Kumar- Gr 2



Kevin Immanuel – Gr 7

## THE HONEST GIRL TINA

Tina was a young little Girl, She was living in the City along with her parents.

Her father was a doctor and her mother working in a Bank .

Whenever her parents going to shopping, they will buy Beautiful Gifts for Tina.

One day Tina and her Parents went to shopping Mall to buy toys.

When Tina was purchasing toys, She found a Purses on the floor.

Tina informed her Daddy "why don't we give the purses to police officer to find out who's purses is this".

Two days Later the Police Officer get to know that, whos purses is this.

The Purses owner came to the police station to get back his purses.

The Purses owner asked police officer, who has handed over My purses to you,

Police officer replied that, Tina and her father has handed over the Purses to the Police station

Then the purses owner has personally called Tina's father and said Thank you to Tina and her father.

**Moral Value: Act honestly, and answer boldly in all situation**

Author; S. Janushka shree

# The Beats

## TALENT CORNER

# Snack Hunt

My Hunger for snacks starts at 3 PM  
in the evening  
If I go to my Mom there will be lot  
of screening  
So I know I got to find  
Oh my god if I start finding I will go  
blind  
Starting from the fridge; there is  
nothing except the groceries  
Nah, instead of that I can eat  
batteries  
Craving for a sandwich, but the  
ingredients are none  
Shouting to myself, "where can I  
run?"  
I sit on the sofa and bang my head  
on it  
Thinking I may not be fit  
Seeking help from my bro  
Then I know he already tried three  
times in a row  
I ask my mother, "Can you order  
something?"  
She replies, "no, nothing."  
"Why there is no snacks?" I confront  
my mum  
But I regret it because whenever  
there is, I finish it  
I am so dumb!!!

Hunt continues...





# TALENT CORNER

Waking up at seven here

In my grandparents' house I sleep that nothing I can hear  
The breakfast here is just a routine, nothing to say just eat and walk  
But there my grandpa feeds me a king's feast and I eat like a beast  
after eating, about it I always talk

There I have a huge backyard where I could play

But here got to sit in the sofa like a clay

Sometimes there I have internet issues, so I won't attend the classes and I enjoy

But here I have to sit in a place and for the next 5 hours I am a toy

Here when the clock ticks nine at night I have to go to bed

But there I watch TV in night until my eyes get red

Sometimes my granny says stories about her when she was small

Here everyone including me is in a call

These lines I have told

Proves that always old is gold

**LIFE AT MY HOME  
VS  
MY GRANDPARENTS'**

LOVE

*Fawaaz Razick*



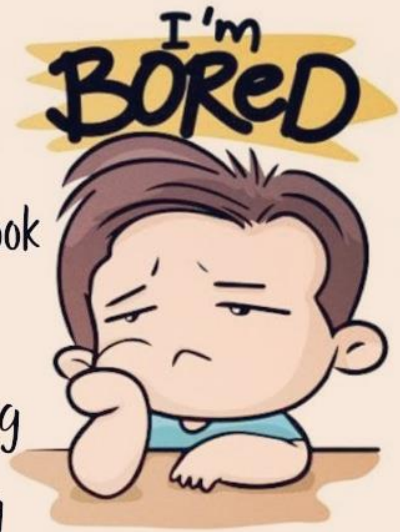
---

The Beats



## TALENT CORNER

I tried to sleep  
But heard so many horns beep  
When I tried reading the long pending book  
I couldn't pass the first hook  
Then I started off with my new drawing  
But got irritated by the birds' cawing  
On the ring of my doorbell, awaited a friend to play  
Oh No it was the postman, what a day!!  
Then I went out to look for friends  
Can't find anyone until my bone bends  
Before I sighed  
My Dad took me out for a pleasant ride!!



DESIGNED &  
PENNEDED BY  
*Fareez Razick*

# ACHIEVEMENTS

Congratulation Vikranth Vinod Kumar!!! On securing First position in the National Astro Video Podcast Competition 2020!!!



**SPACE™**  
EMPOWERING LIFE THROUGH SCIENCE

**NATIONAL ASTRO VIDEO  
PODCAST COMPETITION**

**2020**

**Making an Impact**

**THINK - SHOOT - UPLOAD - AWARE**

www.space-india.com

*Certificate of Appreciation*

*Presented to*

*Vikranth Vinod Kumar* from  
*Gateway The Complete School, Sholinganallur, Chennai*

for winning *First* prize in the category *First* under *Class 1st - 3rd*

in the *National Astro video Podcast Competition -2020*

organized by *SPACE in India.*

*We wish you good luck for your journey into space to discover*

*And understand the many wonders of the universe.*

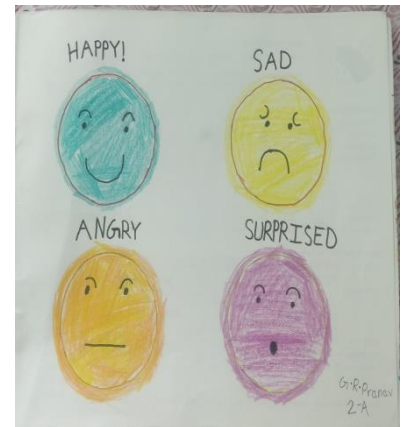
*Sachin Bahmba*  
Sachin Bahmba  
CMD  
SPACE Group of Companies

*Shalini Bahmba*  
Shalini Bahmba  
Director of Education  
SPACE

# ART AND CRAFT

When you're creating art, you actually become happier! Studies have shown that creating art increases the level of dopamine in your brain, which helps to ward off sadness and depression. It also can provide you with a boost to your self-esteem.

Students of GTCS have indulged themselves in creating artworks to help them sail through these pandemic times.





# UPCOMING EVENTS.....

- ❖ **World Wildlife Day**
- ❖ **International Women's Day**
- ❖ **Pi Day**
- ❖ **World Poetry Day**

**Admissions  
open for  
Pre-KG  
to  
Grade XII**

- A home away from home
- Owing to its convivial
- Stress-free environment and goal-oriented
- Nurturing
- Involved and warm teachers
- Well equipped labs
- Students Clubs
- Air conditioned classrooms
- Offers Mid-Year admission

43, Nedunchezhiyan Street, Behind Infosys,  
Narayanasamy Nagar, Sholinganallur,  
Chennai - 600119  
TamilNadu. Ph: 044 24503333/044 45086465

<http://www.gatewayschools.edu.in>  
[admissionsgtcs@gatewaytheschool.in](mailto:admissionsgtcs@gatewaytheschool.in)

---

**The Beats**