



GATEWAY
THE COMPLETE SCHOOL



Cambridge Assessment
International Education



THE BEATS

Monthly Newsletter

Edition 44

August



**“A single act of kindness throws out roots
in all directions, and the roots spring up
and make new trees.”**

- Amelia Earhart



Founder's Voice

The 2019-2020 school year marks an exciting beginning for the students and staff of Gateway International School. We are now the first IB Continuum World School in Chennai .

The aim of the School is "to develop internationally minded people who, recognizing their common humanity and shared guardianship of the planet, help to create a better and more peaceful world"

Gateway International School endeavors to create independent thinking, creative and sensitive individuals, who will serve as torch bearers to further ignite many more minds and create a world painted with love, beauty and happiness.

Our strength lies in the four core values on which our school stands and each day, each year, we resurrect these values into the heart and mind of every Gatewayite. In the coming years, we will continue to be ignited with the value of 'Pride in one's heritage' and nurture our heritage with care, responsibility and a deep sense of dignity. Understanding the various facets of our country, and taking pride in its uniqueness, will continue to drive us and share our responsibility towards our planet.

I foresee a world, through our school and its pupils, which values Sensitivity. Respecting differences and valuing every individual for what he or she is will create a community which is free from the shackles of ego and hatred. Compassion for others, for nature and how it serves us and welcoming individual differences is, and will be, the mainstay of our school.

Hence, it is with pleasure that I introduce the IB program for our next sister School of Gateway International School! I welcome you to partner together with me in inculcating these values into our children, for they are going to shake the Nation!

With prayers & blessings

Fr. Anton Cruz

Founder - Gateway Group of Institutions

Vice-Chairman's Message

Dear Parents & Students of Gateway,

As soon as you arrive at Gateway International School (GIS) you sense that, compared with other schools, here is a place that is special, friendly and pleasingly different.



Our campus is exceptional, with a range and quality of facilities few can equal. We aim to give every student an Education for Life, with academic achievement at its core and with social and life skills at its heart.

Gateway International School focuses on developing the whole person, aiming to ensure that each student who lives here is ready for the challenges of life at university and beyond.

As the Vice-Chairman of GIS, I expect all students to play their part as best as they can, to aspire to excellence in everything they do and to always remember that they are part of a very special community. A sense of belonging has been part of the School's ethos since foundation and, although times have changed, our shared values remain constant in our emphasis on developing the whole person. We have a professional duty to develop the mind, body and spirit of every child, through academic study, the arts, extra-curricular and sports activities.

Our goal of Gateway International School is the creation of a "Republic of Cultures", where students acquire confidence and expertise in dealing with our ever-changing and ever-expanding world while, at the same time, remaining firmly rooted in the best of cultural values.

I encourage students to come to us from many different backgrounds and nationalities. We have a very vibrant school community where multiculturalism is an integral part of the daily life of the school. As educators, we focus on meeting all of the needs of all of our students. In addition to meeting their academic needs, we are also serving their emotional and physical needs. We are very proud of our successes in the areas of fine arts, athletics and technology.

Our students, as twenty first century learners, are constantly encouraged to become good global citizens with a strong commitment to service and to maintaining our environment.

Our students are valued as individuals and they are encouraged to become the best that they can be. Gateway International School has a warm, caring environment with lots of green space and, even more important... our hallways are filled with smiles!

I look forward to the commencement of our new academic year with great anticipation and enthusiasm, as we build on the successes of our past. I welcome you to our Gateway International School - the journey begins here!

Your partner in providing world class education.

Mr. Samuel Keithson Cruz

Vice-Chairman - Gateway Group of Institutions



Principal's message

Dear Parents,

On behalf of the Staff and Management of GTCS, I am honoured and humbled to introduce myself as the new School Principal. My professional background is rooted in education, leadership and management. The 2023- 2024 school will mark my 16th year in education. I have had the privilege of working overseas with Cambridge International Schools in the capacity of a Teacher, Academic Co-ordinator, School Principal and as Cambridge Examination Officer.

My motto is, "Students First, Every Day," and I believe all children should receive an exemplary education in an environment that is safe and conducive to learning. Together we can help our children excel and provide them with an education that is second to none.

This academic year, we are looking forward to a productive partnership with Parents' community to ensure our children can achieve their highest potential. We recognize that to be successful in school, our children need support from both home and school. We know a strong partnership with you will make a significant difference in child's education. As partners, we share the responsibility for our children's success and would like you to know that we will do our very best to carry out our responsibilities.

I look forward to celebrating our collective success during the 2023- 2024 school year.

Sincerely Yours

Ms. Pallavi Thapliyal

Principal - Gateway The Complete School

TOP STORIES

➤ **World Lung Cancer Day**

➤ **World Lion Day**

➤ **Independence Day**

➤ **Onam Celebration**

➤ **Raksha Bandhan**

➤ **Academic Corner**

➤ **Student's Corner**

➤ **Teachers Corner**

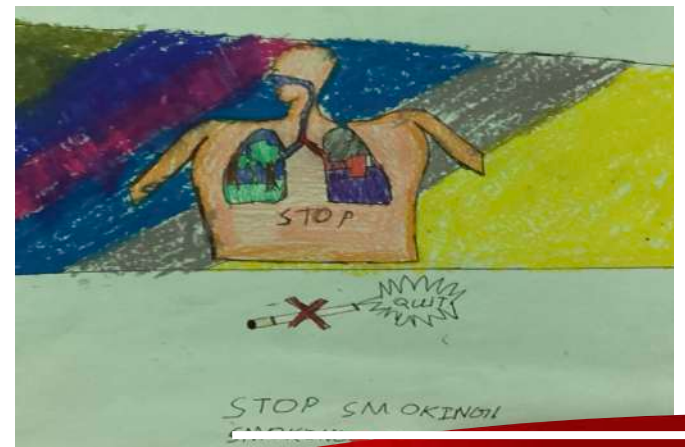
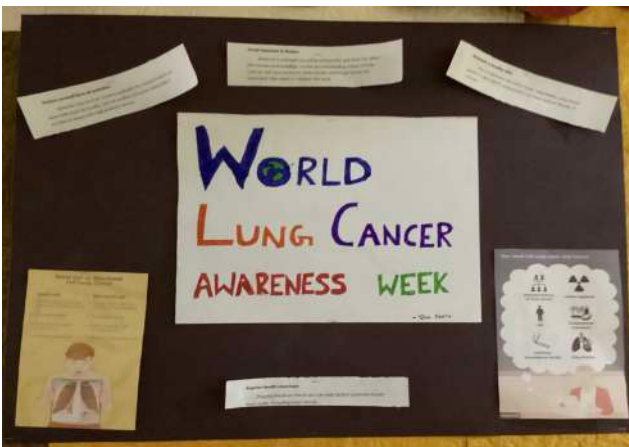
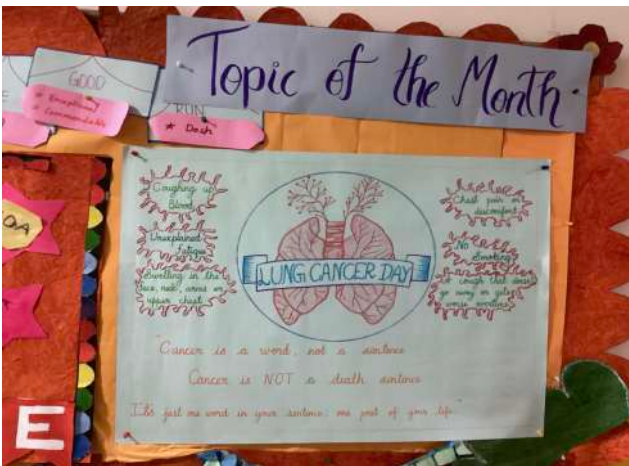
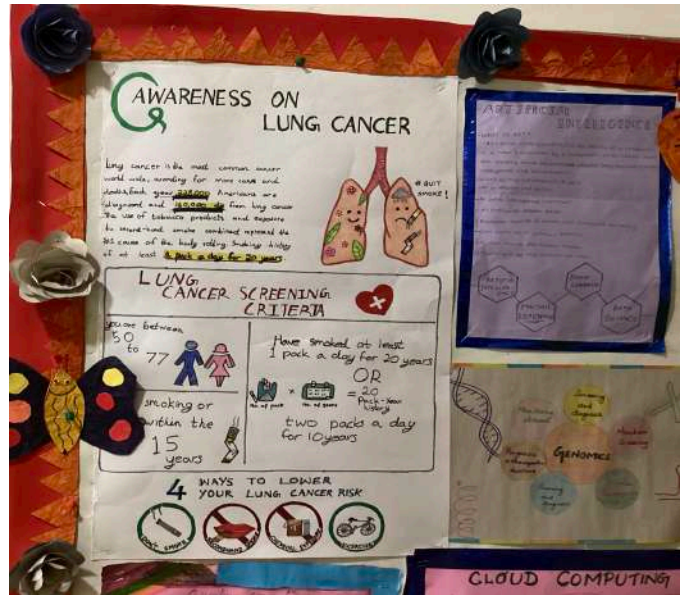
➤ **Art corner**

The Beats

World Lung Cancer Day

World Lung Cancer Day has been observed every year on August 1 in order to raise awareness of lung cancer issues and magnify the need for more lung cancer research funding.

We in Gateway the complete school observed this day by creating amazing notice boards which gave insights to the children about the issue.



World Lion Day

The lions are often referred to as the "king of the jungle" across the world but these magnificent *Panthera leo* are facing numerous threats in the wild where these threats include habitat loss through deforestation or threats of poaching, conflict with humans, climate change and depletion of their natural prey hence, World Lion Day is observed annually on a global scale to raise awareness about their conservation and protection. The day serves as a platform to educate people about the challenges faced by the lions across the world and to promote efforts to conserve them as well as to celebrate these majestic big cats and their significance in ecosystems and cultures around the world.



World Lion Day plays a vital role in rallying support and action to ensure a future for these remarkable animals in the wild by shining a spotlight on lions and their conservation needs.

Independence Day

Independence day was celebrated in our school campus by hoisting our national flag. Our school Physical Director hoisted the flag and respected the same with national anthem a flag salute.



Onam Celebration

Every year, the people of Kerala celebrate Onam to mark the beloved King Mahabali's homecoming. The celebrations continue for ten days, with several rituals assigned to each day. During the festival, people wake up early to take morning baths, deep clean their homes, decorate with flowers and lights, make Pookalam, prepare Onam Sadhya with seasonal vegetables, and paint intricate designs on their front doors with rice flour batter. Onam Sadhya or Onasadya is a major part of Onam celebrations, featuring over 26 dishes prepared with the help of all the family members and eaten with hands on a banana leaf. People also enjoy other cultural activities, including Onakalikal (various games played during the festival), Vallamkali (boat race), Pulikali (a tableau with actors dressed as tigers and hunters), and archery during Onam.



Raksha Bandhan

The bonding between a brother and a sister is simply unique and is beyond description in words. The relationship between siblings is extraordinary and is given importance in every part of the world. However, when it comes to India, the relationship becomes all the more important as there is a festival called "Raksha Bandhan" dedicated for the sibling love.



Academic Corner

Arts and craft education at an early stage helps to develop a child's imagination. It develops the child's imagination and creativity. The best part is that it doesn't require an expensive or fancy setting - just some crayons, paper, and a couple of bulletin boards can do the trick..

Learning through art and craft gives children a unique experience. They learn to concentrate and also sequence each steps which they take during the session. Our Pre Kindergarten learning the national symbols with the help of art and craft. A key physical skill which can be improved through art activities is fine motor skills.

During arts and crafts children regularly use the various muscles in their fingers, wrists and hands. Regular use of these muscles improves their strength and finesse, which then makes other tasks, such as writing, far easier!



Student's Corner

ACTS OF KINDNESS IN SOCIETY

In a world that often seems fast-paced and self-centred, acts of kindness towards others in society can stand out as a big key in people's lives reminding us that the power of compassion and empathy still exists. Doing good often means putting other people's needs before our own, and the scale of the action, whether grand or miniature, is negligible.

THE SIZE OF THE ACT DOESN'T MATTER

We should not underestimate the impact of small acts, as they can play a significant role, as mentioned above. Such acts of kindness can inspire those who witness them, leading them to spread positivity. Simple gestures like, holding the door, or giving compliments can bring a smile on someone's face.

EMBRACING A KINDNESS MINDSET

To make kindness a part of everyday routine it's crucial to develop a mindset of kindness. This means purposely choosing to prioritize empathy, compassion, and understanding our interactions with others. By doing so, we can create a society, where kindness isn't just a rare occurrence, but a form of life.

CONCLUSION

Small acts of kindness can have a big impact on creating a more compassionate society. Every smile, every helping hand, and every moment of empathy can trigger a chain reaction of positivity. As people say, your actions will be noticed. Let's spread kindness and achieve a world, where empathy and compassion succeed, one act at a time.



Getha Varshini

Head Girl- Student council 2023-24

Student's Corner

The Acts of Kindness in Society

Acts of kindness, often seen as small, spontaneous gestures, wield immense transformative power in our society. In a world marked by division and strife, these actions serve as essential bridges, connecting people and creating a harmonious coexistence. This article explores the profound and far-reaching impact of acts of kindness, highlighting their significance in building a more compassionate and empathetic society.

Small Acts, Big Impact: Acts of kindness can take many forms, from offering a genuine smile to holding the door open, offering compliments, or engaging in random acts of goodwill. Though seemingly insignificant, these actions have a ripple effect. A smile, for instance, transcends language barriers, radiating positivity and brightening someone's day. Holding a door open symbolizes acknowledgment of another's worth, promoting respect and consideration. Compliments boost self-esteem and reinforce individuals' value. Random acts of kindness, such as buying a stranger's coffee or leaving an encouraging note, demonstrate empathy, fostering a sense of interconnectedness.

The Ripple Effect: The consequences of kindness extend well beyond the immediate moment. Scientifically, acts of kindness stimulate the release of oxytocin, the "love hormone," promoting bonding and happiness. This means that when we are kind to others, we not only improve their well-being but also enhance our own.

Moreover, kindness strengthens the social fabric of communities. It cultivates trust among neighbors, reinforcing a sense of belonging. When individuals feel cared for and supported, they are more likely to come together during times of need. Acts of kindness combat feelings of loneliness and isolation, offering a lifeline to those who may feel disconnected from society.

Student's Corner

Kindness in Action: Kindness isn't confined to individual actions; it manifests in community initiatives and corporate social responsibility programs. Communities organize events such as food drives, clothing donations, and volunteer efforts to address local challenges. These endeavors demonstrate the collective power of kindness and foster unity within neighborhoods. In the corporate world, businesses recognize the importance of giving back through philanthropic activities, benefiting both communities and their own reputations.

In the digital age, acts of kindness have found new avenues through social media and crowdfunding platforms. Online initiatives, from crowdfunding for medical expenses to supporting charitable campaigns, have saved lives and transformed communities. The internet, often criticized for its divisiveness, can also serve as a platform for compassion and generosity.

Conclusion: Acts of kindness are the invisible threads that weave our society's fabric, fostering connection, empathy, and harmony. By embracing kindness in our daily interactions and supporting initiatives that promote it, we can contribute to a brighter, more compassionate future for all. In a world often marked by turbulence, kindness remains our most potent tool for positive change.



Sabarish Krishna

Sports Captain-Student council 2023-24

Student's Corner

Does True Altruism Exist?

Altruism is the act of helping others without expecting anything in return. It is often seen as a selfless act, motivated by a genuine concern for the well-being of others. But does true altruism exist? Or are all acts of altruism ultimately motivated by self-interest?

There is no easy answer to this question. Some philosophers and psychologists believe that all acts of altruism are ultimately motivated by self-interest, even if the person helping does not consciously realize it. They argue that we help others because it makes us feel good, or because it makes us look good to others, or because it makes us feel like we are good people.

Others believe that true altruism is possible. They argue that we are capable of genuine concern for the well-being of others and that we can sometimes act out of this concern without any expectation of reward. They point to people who have risked their lives to save others or given up their possessions to help those in need.

So, does true altruism exist? As of now, the answer is still up for debate. But the fact that this question is even being asked suggests that we believe it is possible for people to act selflessly, even if we cannot always explain why they do it.

In my opinion here are some points for and against the existence of true altruism:

For the existence of true altruism:

People sometimes act in ways that are clearly not in their own self-interest. For example, a person might risk their life to save a stranger. People often experience a sense of satisfaction or happiness when they help others. This suggests that they are not motivated solely by self-interest. There is evidence that some people are more altruistic than others. This suggests that altruism is not simply a product of conditioning or social pressure.

Student's Corner

Against the existence of true altruism:

All acts of altruism can be explained in terms of self-interest. For example, a person might risk their life to save a stranger because they believe that it is the right thing to do, or because they want to avoid the guilt or shame of not helping.

Even when people do not consciously expect anything in return for their help, they may still be motivated by subconscious self-interest. For example, they may help others to feel good about themselves or to gain the approval of others.

Ultimately, whether true altruism exists is a philosophical one that may never be definitively answered. But the fact that this question is even being asked suggests that we believe it is possible for people to act selflessly, even if we cannot always explain why they do it.

Does true altruism matter?

Whether or not true altruism exists, people are capable of acts of great kindness and generosity. These acts can make a real difference in the lives of others, and they can also make the world a better place. So, even if altruism is ultimately motivated by self-interest, it is still a force for good in the world. In the end, the question of whether true altruism exists is less important than the fact that people are capable of acts of kindness and compassion. These acts make the world a better place and are worth doing, regardless of our motives.



Sharavanan

Faith House Captain- Student Council 2023-24

Student's Corner

The Profound Significance of Acts of Kindness in Society

Introduction

Acts of kindness are the threads that weave the fabric of society together, creating a tapestry of compassion, empathy, and goodwill. In a world often marked by strife and division, acts of kindness serve as beacons of hope and reminders of our shared humanity. This essay will delve into the profound significance of acts of kindness in society, examining how they foster community, promote mental and emotional well-being, and inspire positive change.

Fostering Community

Acts of kindness play a vital role in building and nurturing communities. When individuals engage in acts of kindness, they create connections and strengthen the bonds that tie society together. These acts can range from simple gestures, such as holding the door for someone, to more significant acts like volunteering for a local charity or helping a neighbor in need.

Building Trust

Acts of kindness are the foundation of trust within communities. Trust is a cornerstone of any healthy society, as it encourages cooperation, collaboration, and a sense of belonging. When people experience kindness from others, they are more likely to trust their fellow community members, leading to stronger social cohesion.

Promoting Inclusivity

Kindness knows no boundaries. It transcends race, religion, gender, and socioeconomic status. Acts of kindness foster inclusivity by emphasizing our shared humanity. They create spaces where people from diverse backgrounds can come together harmoniously, breaking down barriers and promoting a sense of unity within society.

Promoting Mental and Emotional Well-being

Acts of kindness not only benefit the recipients but also have a profound impact on the mental and emotional well-being of those who practice them. Kindness has been shown to reduce stress, boost self-esteem, and increase overall happiness.

Student's Corner

Release of "Feel-Good" Hormones

When we engage in acts of kindness, our brains release oxytocin, often referred to as the "love hormone". This hormone promotes feelings of trust and connection, leading to improved mental and emotional well-being. Oxytocin has also been linked to lower levels of stress and anxiety, further highlighting the positive effects of kindness on our well-being.

Enhancing Empathy

Practicing kindness fosters empathy, as it encourages individuals to put themselves in others' shoes. Empathy is a crucial skill that not only improves relationships but also contributes to a more compassionate and understanding society. By understanding and sharing in the experiences of others, we become better equipped to address societal issues and create positive change.

Inspiring Positive Change

Acts of kindness have the power to inspire positive change on a societal scale. They serve as catalysts for larger movements, challenging the status quo and advocating for justice, equality, and social progress.

Ripple Effect

The kindness shown by one person can have a ripple effect, inspiring others to follow suit. This chain reaction can lead to the emergence of grassroot movements and initiatives aimed at addressing pressing societal issues. Consider, for example, the global movement to combat climate change, sparked in part by the countless individuals who have taken small but meaningful actions to reduce their carbon footprint. These individual acts of kindness and responsibility have contributed to a broader awareness of the urgent need for environmental conservation.

Catalyst for Social Justice

History is replete with examples of individuals who started movements for social justice and change through acts of kindness. Figures like Mahatma Gandhi and Martin Luther King Jr. used nonviolent resistance and kindness to challenge oppressive systems and effect lasting change. Gandhi's philosophy of "Satyagraha" (truth force) and King's principle of nonviolent civil disobedience were rooted in kindness and empathy, aiming to confront injustice while maintaining a commitment to compassion and understanding.

Student's Corner

Conclusion

Acts of kindness are not mere niceties; they are the lifeblood of a harmonious and thriving society. By fostering community, promoting mental and emotional well-being, and inspiring positive change, acts of kindness contribute to the betterment of humanity. In a world where division and discord often dominate headlines, the importance of these acts cannot be overstated. Every act of kindness, no matter how small, has the power to create a ripple of positivity that can transform society and remind us of our shared humanity. It is up to each of us to embrace and perpetuate the culture of kindness, for in doing so, we shape a brighter and more compassionate future for all. As we navigate the complexities of our modern world, let us never underestimate the profound significance of these simple yet transformative acts of kindness.



Vilohith Daggolu
Faith House Vice- Captain- Student Council
2023-24

Teachers Corner

An Anonymous Act of Kindness

Each of us wants to live a life that is more fulfilling. Each one of us has a different purpose in life and a different path to follow. We can make the world a better place by being compassionate and kind with each other.

Small acts of kindness will help to create strong bonds in the place you live. In this fast paced life, if we take a day off from work and try to relax and talk with kids in an orphanage, know their thoughts, dreams, fears, it will go a long way to help them face the world in the right way and create bonds of trust. Experience the fullness of life by spending some time at an old age home with old parents by taking them out on long drives and sharing their memories, making them realize that you understand that all parents make sacrifices for their children and how much you love them. Find time to speak with other workers in your institution or company and lend a helping hand if anyone needs your time or support. A spontaneous selfless effort of opening the gate for the elderly person coming with supplies or simply initiating a conversation to know your new neighbor gives a sense of feeling that there are people around who would be ready to help you during emergencies. These acts of kindness will help the community to remain connected.

Being patient and listening to a person is being kind. Collaborate and teach a skill to your coworker which will enhance their productivity. Get involved with a cleanup activity or a tree plantation process. Leave bowls of water and food for the birds and animals.

"Every act of kindness grows the spirit and strengthens the soul"

Research has shown that kindness leads to increased self-esteem, empathy, compassion, and improve mood. It makes you feel lighter as you not always obsessed thinking about your own needs and troubles. You put yourself in other's shoes and empathize with people. Lets' reduce the spotlight on our own self-interests and sprinkle drops of kindness around us. Let's make the world a better place!



Ms. Jessey Thomas
High school Coordinator & Physics facilitator

Teachers Corner

Role of Compassion

Compassion, empathy, sympathy and altruism, all look similar and it's intriguing as well. What is compassion? Who is compassionate? The one who offers a helping hand, the one who is friendly, or a person who is listening to you whenever you have something to vent out? According to me, it is the way you treat the people how you wish yourself to be treated. Let's make it simple, being humane to all the people around us. Let's do a quick check. Are we all compassionate to each other? Some may confidently say yes, while others might admit that acts of compassion can be rare. I hope you got your answer.

Why should we embrace compassion? While it's important to be true to ourselves. Let me to highlight the advantages of cultivating compassion.

Compassion is like water, which can flow over hard rocks and soften them over time. Likewise, compassion over time can lead to powerful changes inside ourselves as positive thoughts and in our relationships. These flows can be of three different categories,

Inner flow: Giving compassion to yourself when you are in pain (self-compassion)

Outer flow: Offering support and care to other who is suffering

Receiving the flow: Someone caring for you and helping when you are struggling.

Let's perform a quick assessment: How many streams of connection and compassion exist in your life? Fortunately, I experience all three: inner flow, outer flow, and receiving the flow of compassion and support from others.

Teachers Corner

Crisp and Clear tips for being Compassionate:

1. Pay attention.
2. Listen and clarify things before jumping to conclusions.
3. Lend a hand when they are in a challenging situation.
4. Treat a person the way you want yourself to be treated by others.

The Role of Compassion in Personal life and Professional Life:

In a personal life, it helps to connect with others, mend relationships and move forward while fostering emotional intelligence and well-being.

In addition to the numerous physical advantages, practicing compassion also triggers the release of oxytocin, often referred to as the "happy hormone," and activates regions of the brain linked to pleasure. This can aid in anxiety, depression, and overthinking. Furthermore, it provides strength to face society and to be precise, you don't need expensive public speaking courses to improve your speaking skills. It fosters confidence naturally to face the challenging world.

In a professional life, compassion enables your colleagues to express kindness and help others to address challenges which can enhance trust in the workplace. It facilitates solid relationships, improves your well-being at work and contributes to job satisfaction. It can be the secret key for promotion and team building.

OMG! Benefits are enormous, right? Why can't we be? Let's connect with compassion and build a happy & strong community



Swathieswari Mohanraj
HOD - Digital literacy

Art Corner



Shreyas - Gr 8



Uthra - Gr 7

Art Corner



Urmila - Gr 7



Geranton - Gr 7

Literary Corner

Kindness

Share the thought of love,

Live forever young,

Kindness spreading everywhere,

Hope, Peace, Joy & Faith in the air,

Love with all your heart,

to start a new world,

Let go of "EGO".

Come to the world of Happiness.

THANK YOU

By: G. Trinitena

Grade: 6^B

Gateway the
complete school

Literary Corner

Kindness - poem

What is kindness?
How far can an act of kindness go?
What does kindness mean to me?

Kindness becomes a gift we give
In so many different ways.
Being kind is important
Every minute, Every day,
We show kindness with our smiles
By what we do and what we say.

Kindness is a trampoline,
Bouncing the happiness to one another
Kindness is to build bridges not walls
Kindness is a gift anyone in the world
can afford.

Kindness in heart generates good deeds
Kindness is a bowl of popcorn,
Because it is meant to be shared.
Be kind to one and all !!

By,
HELEN GRACE JAYAWEEERARAJ
6B

We just want to thank you
for all the things you've done
you all are a very special teacher
And to us, you all are NUMBER ONE

HAPPY TEACHER'S DAY !!!

We Love you Teachers...

By,

HELEN GRACE JAYAWEEERARAJ

GRADE - 6B

Literary Corner

ONAM - poem

It is Onam!

In God's own country
Flowers blossoms with Bold colours
Bringing peace and Harmony.

It is Onam!

The festival of Joy and happiness
A national festival of friendship
A unique celebration of beautiful Kerala

It is Onam!

Buzzing with festivities
Brimming with flowers
Bouncing with Joy
To celebrate life and beauty

It is Onam!

A grand feast in banana leaf
Ten days long festival
with goodness of time
To cherish and to rejoice the day.

It is onam!

I wish for all your worries
To fade away in time
May you all be blessed with
good health, wealth, peace and
happiness.

Thank you.

I wish you all "Happy Onam"

Helen Grace Jayaweeraraj



Literary Corner

Teacher's Day Poem

On this very special day
A note of thanks,
To express my heartfelt greetings
To our precious gifts from God.

Thank you teachers
For all the hours you spend
For all the attention you give
For all the needs that you tend
For all the knowledge you pass on.

God understood our thirst for knowledge
He created a person with a
Heart of compassion, of encouragement and
patience
Someone ² who could see potential
And believe in the best in others...
So he made TEACHERS.

Teachers,
you help us to discern
you help us to work harder
you make us the best we could ever be
However still, you are hard to label
Because in every possible way
you motivate and inspire us
Day after Day.

Upcoming Events.....

- ☼ **National Nutrition Week**
- ☼ **International Day of Charity**
- ☼ **International Day of Democracy**
- ☼ **International Day of Peace**
- ☼ **International Day of Sign language**
- ☼ **World Heart Day**



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Tamil Nadu: Ph: 044 24503333
Mobile: +91 8122506659

<http://www.gatewayschools.edu.in>
admissionsgtcs@gatewaytheschool.in