



**GATEWAY**  
THE COMPLETE SCHOOL



Cambridge Assessment  
International Education



# THE BEATS

Monthly Newsletter

Edition 43

**JULY**



**“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.”**

**– Pele**



## 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

# TOP STORIES

- **National Doctors Day**
- **International Chess Day**
- **International Moon Day**
- **World Nature Conservation Day**
- **World Day of International Justice**
- **International Tigers Day**
- **Student's Corner**
- **Teachers Corner**
- **Art corner**

---

The Beats

## National Doctor's Day

"A Doctor heals the brokenhearted and binds up their wounds."

To acknowledge the contribution and to honour our saviour's effort, National Doctors' day was celebrated in Gateway the Complete School with great zeal on 1st July 2023. The occasion commemorates the spirit of doctors across the globe who works day and night to ensure the well-being of patients. To express gratitude towards all the Doctors, Kindergarten kids celebrated "National Doctor's Day" on Friday, July 1st. Art and Craft is the creativity and imagination and it also helps to develop their intellectual skills to develop their cognitive development.

Students of Kindergarten played a vital role on doctor very well, they told many things about Doctor. They also told about healthy habits and good manners. Students dressed up as doctors and nurses and had a fun time. Students done an Art and Craft activity by sticking white papers in Ambulance picture. Through this activity child learns Importance of Doctor.





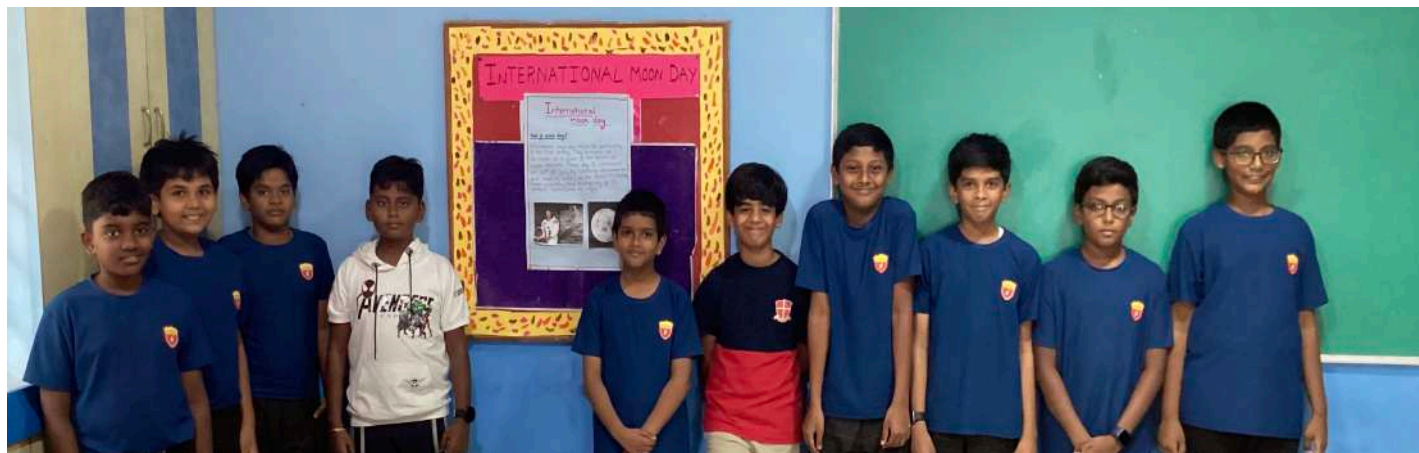
## International Chess Day

International Chess Day is celebrated annually on 20 July, the day the International Chess Federation was founded, in 1924. The idea to celebrate this day as the international chess day was proposed by UNESCO, and it has been celebrated as such since 1966, after it was established by FIDE. FIDE, which has 181 chess federations as its members, organizes chess events and competitions around the world on this day. As recently as 2013, the international chess day was celebrated in 178 countries, according to FIDE President Kirsan Ilyumzhinov.



## International Moon Day

**International Moon Day 2023:** Every year July 20 is observed as International Moon Day all over the globe. The day celebrates the first landing by humans on the Moon as part of the Apollo 11 lunar mission. Astronauts Neil Armstrong and Buzz Aldrin landed on the Moon in a location that they then named Tranquillity Base on the same day.



### Significance of International Moon Day

In collaboration with UNOOSA, International Moon Day became an annual celebration all around the world. As per Moon Village Association, International Moon Day is an opportunity to inform the public, promote, and raise each year, at the global level, awareness of the situation and prospects for humanity, the sustainable Moon Exploration and Utilisation, and the need to act jointly to regulate activities on and around the Moon.

International Moon Day serves as a reminder that space exploration is still taking place today, in addition to its historical significance. Technology has made amazing strides during the past 50 years, allowing us to travel farther into space than ever before. This worldwide celebration will serve as both a testament to past achievements and an ongoing reminder of the ambitious goals for future Moon exploration missions. With the blessing of the UN, this event will promote more global cooperation between global stakeholders as well as increase the participation of the next generation in achieving this aim.



## World Nature Conservation Day



### Celebrating World Nature Conservation Day: A Journey Towards Environmental Awareness

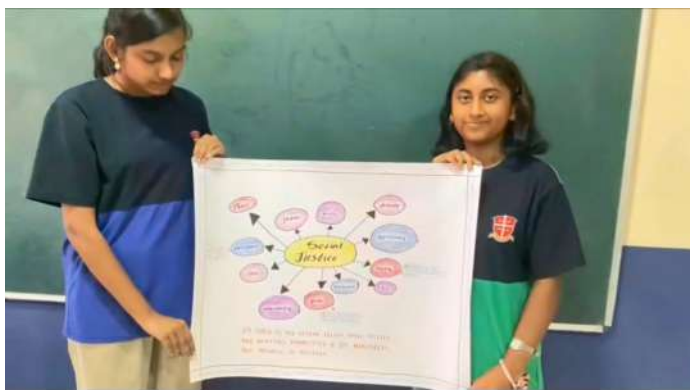
World Nature Conservation Day is observed annually on July 28th with the aim of promoting and raising awareness about the importance of protecting and conserving the environment. As part of our commitment to nurturing young environmental stewards, our school organized a series of activities to commemorate this significant day. Through tree saplings, speeches, posters and engaging discussions, students were able to deepen their understanding of environmental issues and explore practical ways to contribute to nature conservation.



## World Day of International Justice

Celebrating World day of international justice 2023 - Overcoming Barriers and Unleashing Opportunities for Social Justice

Justice is one of the most important ideals in our society. It's what we strive for in order to create a fair and equitable world. We as a GTCS , educate students to address issues and voice out for their rights to get the social justice. As part of the celebration, our beloved students had worked on one such real time issue and addressed the issue by writing a petition.



Furthermore, We had conducted an elocution competition among students, on the topic Overcoming barriers and unleashing opportunities for social justice. Our students' Hepzibah from grade 9 and Roshni Karthikeyan from grade 11 won and bagged the prize. Few glimpses of our celebration.



## International Tiger's Day



**International Tiger Day** has been observed annually on **July 29th** since its inception in 2010 during the **Saint Petersburg Tiger Summit**. The main purpose of this day is to bring attention to the drastic decline in wild tiger populations, which has pushed them to the edge of extinction. By celebrating this occasion, we aim to create awareness about the crucial efforts of tiger conservation.





## International Tiger's Day

The tiger is the largest of the world's big cats and this magnificent creature, with its distinctive orange and black stripes and beautifully marked face, has a day that is dedicated to it. 29th of July, International Tiger Day.

It will aim to create awareness about the tiger extinction and the need to save them from different threats they face like poaching, conflict with humans, and habitat loss.

Gateway The Complete School, Senior Kindergartners have explained the importance of tigers in our community. Kids enjoyed the art and craft activities on the theme of Tiger(s) - our National Pride.



## Student's Corner

### "Never Give Up! How to Achieve Your Goals Through Perseverance?"

Perseverance stands as the bedrock of success, navigating individuals through obstacles and setbacks to realize their goals. This article delves into the profound significance of perseverance, underscoring the virtues of resilience, setting achievable objectives, maintaining focus, and adapting to changing circumstances, while citing illustrious examples and insightful quotes.

#### Embrace Resilience:

"Success is not final, failure is not fatal. It is the courage to continue that counts." - Winston Churchill  
Resilience enables us to bounce back from failures, and learn from setbacks. Embrace a positive mindset, see failures as stepping stones, and maintain unwavering commitment to your dreams. Many renowned personalities, like Michael Jordan and Thomas Edison, encountered failures, but persevered leading them to remarkable success.

#### Set Realistic and Measurable Goals:

"Setting goals is the first step in turning the invisible into the visible." - Tony Robbins  
Break your aspirations into achievable goals. Celebrate milestones and track progress. These smaller objectives provide direction, reduce overwhelm, and keep you on track. With determination, you can turn your vision into reality, as demonstrated by Elon Musk, who achieved his goal of making space travel accessible.

#### Stay Focused on the Bigger Picture :

"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work." - Steve Jobs.  
Visualize the ultimate vision and the positive impact of your success. In moments of doubt, the bigger picture beckons, a lighthouse illuminating our way. Clinging to it, we traverse storms of uncertainty, knowing that every trial is a brushstroke in the masterpiece of our life. Like J.K. Rowling, who faced rejections but held on to her dream of publishing Harry Potter, perseverance will keep you moving forward.

## Student's Corner

### Embrace Flexibility and Adaptability:

"Success is not about avoiding failure, it is about learning from failure." Arianna Huffington stay open to new approaches and be willing to adapt. Life is unpredictable, but flexibility allows you to adjust strategies while remaining committed to your goals. Jeff Bezos, founder of Amazon, initially sold books but adapted to become a global e-commerce giant.

### Build a Supportive Network :

"Surround yourself with people who are going to lift you higher," - Oprah Winfrey. A supportive network provides guidance and encouragement during challenging times. Share your journey with mentors, friends and like-minded individuals. Just like Serena Williams had a strong support system, your network can boost your persistence and drive.

In conclusion, perseverance is the catalyst, that transforms dreams into reality. It empowers us to rise above setbacks, learn from failures, and keep moving forward. With resilience, realistic goals, a clear vision, flexibility, and a supportive network, you become unstoppable in your pursuit of success. Remember, greatness is not achieved overnight; it is the product of unwavering determination .



**Arnav Mandar Kulkarni**  
**Gr. 11**



## Student's Corner

### The leader in me:

Who qualifies as a leader? In my perspective, anyone has the potential to step into a leadership role on a positive day. However, when challenges intensify, there emerges an individual who vocalizes and remains steadfast in proclaiming, "I've got your back" or "Don't worry I am here." That, in my view, defines a leader. I aspire to be the individual whom others rely upon when they're unsure of their path, the one who serves as a safeguard when they stumble to their lowest points, and the person who guides them back up to face another day's battle.

The leader within me aspires to empower those around him to shine in their own realm, become the best individual version of themselves and have a more optimistic perspective on life. Upon assuming my role, I observed numerous individuals endeavoring to escape a very stressful, and what they think is a cruel environment, which in reality is far from the truth. I aim to be the individual capable of aiding others in accomplishing their aspirations, providing support when they stumble and mostly to train them to never give up. On the point of never giving up, my leadership persona is dedicated to maintaining unwavering composure regardless of the circumstances, as there may not be always someone to provide solace. After all, if I can't ensure my own stability, how can I effectively guide a team and keep their spirits soaring high?

In essence, the leader within me yearns to enable my team to march ahead and conquer whatever it is they desire, with the reassuring knowledge that they always have a person to fall back on and a person they can confide in wholeheartedly.



**Adith Rajesh**  
**President- Gr. 12**

## Student's Corner

### "THE LEADER IN ME"

Who is a leader? What are the qualities of a leader? The way I see, a leader is one whose deeds, motivate others to aspire higher, acquire more knowledge, accomplish more tasks and evolve more as individuals. A leader's role is not to complete the tasks for others, but to guide them in finding their own solutions, achieving their goals, and surpassing their expectations.

It is my belief that it is essential for a leader to express sincere care and concern while practicing their active listening, and leadership skills to recognize success to foster a spirit of innovation, and to make practical decisions within a timely manner. A leader must be able to understand their strengths, weaknesses and traits in order to be adaptive and flexible. They should give, and receive feedback to build trust, integrity, and to clearly establish roles and objectives.

An exemplary leader welcomes failure, remains positive, and selflessly takes responsibility for the team's success, fostering trust and growth. A great leader is like a gentle breeze, hardly noticed but always felt. When his mission is accomplished, his followers will say, "We did it by ourselves."



**Mohammed Thareef**  
**Head Boy- Gr. 11**

## Teachers Corner

Warm greetings!

Life is a beautiful garden where flowers bloom one season and falls in another season. It requires pruning in one season and planting another season. Through all these season the garden needs to be watered. To face life in all the seasons, I consider positive affirmation to be as water where it is required in all seasons especially when one anticipates for a better day or a better future.

According to CJ Bathgate, Ph.D., a clinical psychologist in the Division of Neurology and Behavioral Health at National Jewish Health. "A positive affirmation is a concise, realistic statement that embodies something we value, whether it's who we want to be or what we want in life," she says. "Our brains are always looking for shortcuts and tend to latch onto thoughts that come up the most or are the most easily accessible."

At times, it's easier to let negative thoughts like "I'm not qualified enough!" (One among many) circulate in mind and to interpret those thoughts as fact. A more positive go-to statement at the front of mind can help counter those thoughts. The key to finding a positive affirmation that works for you is not to simply adapt a phrase you heard or to use one that's worked well for someone else. It has to make sense in your life and reflect your personal values. Positive affirmations can be used by any individual to motivate one and to keep going with what seems to be challenging. Here is a guide about how you can use positive affirmation in life.

- Writing positive affirmations so they can act as visual aids is another tactic for making them part of a daily practice. If you're writing your own, write in the present tense, as the affirmations should be about the present and future, not the past.
- You can use positive affirmations anywhere, anytime. Give yourself a little pep talk out loud in front of the mirror, in your car on the way to work or anywhere you happen to be. Start your short positive affirmation with the words, "I am..." "I can..." or "I will..." followed by a present tense statement. It's best to keep it simple so the statement is something you can easily remember and turn to when you're stressed or need motivation.

## Teachers Corner

- If writing your positive affirmations and hanging them where others can see makes you uncomfortable, keep them in your mind. "Visualization can also be a helpful use of affirmations. Develop personal phrases that work best for you, and put them into practice when the need arises,"
- There are several apps that focus on positive affirmations, such as ThinkUp or I am. Depending on the app you choose, you'll be able to read or listen to affirmations created by others to get inspiration for your own. In some cases, you can write or create your own verbal affirmations. "You can even record yourself or a loved one saying these helpful affirmations for you to plug in and play anytime you need it,"

If you're interested in making positive affirmations part of your daily routine and are keen to create your own, consider the following examples

I am calm, I am in control, and I am safe, I am stronger than my anxiety, I am enough. I did enough. I can let go, I am in charge of how I feel, and today I choose happiness, I am content, I am safe, and I feel strong, I am a resilient survivor, I am a leader, and challenges help me grow, I am strong, I am capable, and I feel great, I am choosing to be helpful and kind, I am authentic, and I matter, I love myself deeply and deserve to be loved fully, I forgive myself for mistakes I made when I didn't know better. I am a warrior who will come out of the battle with a victory sign.

When chronically stressed students repeated self-affirmations that were reflective of their life values and interests, they were found to be more successful in a problem-solving task than people who didn't, according to a 2013 study published by PLOS ONE.

Healthy living always includes positivity. Wishing everyone a healthy, happy and prosperous life!



**Glory J R | M.com (Finance &Control)**  
**| Business facilitator**



## Teachers Corner

### Phases of Human Emotions

Human emotions are a fundamental aspect of our daily lives, shaping how we perceive the world and influencing our behavior and decisions. From moments of joy and excitement to times of sadness and anger, emotions play a significant role in our experiences. Understanding the phases that emotions go through can provide valuable insights into the complexities of human psychology and enhance our ability to manage and cope with our feelings effectively. In this article, we will explore the different stages of human emotions and gain a deeper appreciation for the intricate nature of our emotional lives.

#### Phase 1: Trigger and Recognition

Emotions often begin with a trigger, which can be an external event or an internal thought or memory. This trigger leads to the recognition of the emotion, as our minds identify what we are feeling. For example, seeing a loved one after a long time can trigger feelings of happiness and excitement.

#### Phase 2: Physiological Response

Once triggered, emotions trigger physiological responses in our bodies. These responses include increased heart rate, changes in breathing, and sometimes sweating or trembling. These physical manifestations vary based on the intensity of the emotion and help us understand the connection between our minds and bodies.

#### Phase 3: Subjective Experience

Each person experiences emotions subjectively, making emotions highly personal. The same event can evoke different emotional responses in different individuals due to their unique perspectives, beliefs, and past experiences. For instance, while some may feel anxious about public speaking, others may find it exhilarating.

## Teachers Corner

### Phase 4: Expression and Communication

Emotions are not limited to internal experiences; they are expressed and communicated through various means. Facial expressions, body language, tone of voice, and gestures all play a crucial role in conveying our emotional states to others, allowing for social communication and understanding.

### Phase 5: Understanding and Appraisal

Following the initial emotional response, individuals often seek to understand the reasons behind their feelings. This process involves reflecting on the trigger, evaluating the context, and trying to make sense of the emotional experience. Understanding our emotions can help us respond more appropriately to various situations.

### Phase 6: Emotional Regulation

Emotional regulation refers to the ability to manage and modulate our emotional responses. It involves using coping strategies to deal with intense emotions effectively. Techniques like deep breathing, mindfulness practices, or seeking social support can help us regulate our emotions and maintain emotional balance.

### Phase 7: Duration and Intensity

Emotions can vary in their duration and intensity. Some emotions may last only momentarily, like a passing wave, while others can linger for an extended period, significantly influencing our overall mood and behavior.

### Phase 8: Transition and Change

Emotions are not static; they can transition from one state to another. For example, feelings of excitement can turn into nervousness or fear as circumstances change or new information emerges. Our emotions can fluctuate throughout an experience or interaction.

## Teachers Corner

### Phase 9: Impact on Behavior

Emotions play a vital role in influencing our decision-making and behavior. How we feel in a particular moment can determine our choices and actions. For instance, feeling angry might lead to reacting aggressively, while feeling happy might encourage us to be more generous and kind.

### Phase 10: Resolution and Emotional Well-being

Over time, emotions tend to subside or resolve naturally or through active coping mechanisms. Emotional resolution is essential for emotional well-being, allowing us to return to a more balanced emotional state and continue navigating our lives effectively.

Understanding the phases of human emotions offers us valuable insights into the complexity of our inner world. From recognizing triggers to managing our emotional responses and finding resolution, emotions follow a dynamic and multifaceted path. By recognizing and comprehending these phases, we can develop emotional intelligence, enhance our self-awareness, and cultivate healthier emotional well-being. Emotions are an integral part of being human, and through exploring their various phases, we can embrace the richness and diversity of human experiences.



**Pascaline Prema**  
| Cambridge Coordinator



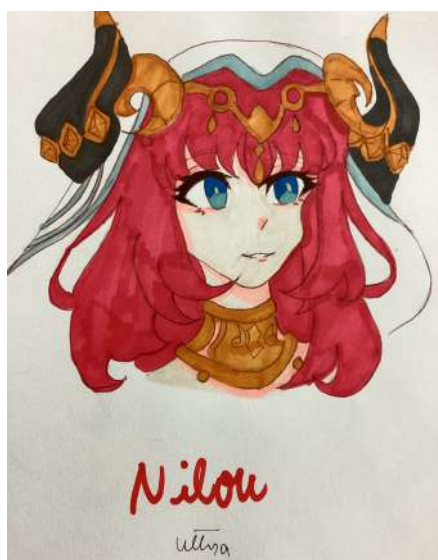
## Art Corner



Mitra - Gr 7



Urmila - Gr 7



Uthra - Gr 7



Urmila - Gr 7



## Literary Corner

International Moon Day

O, The Moon so white

O, The Moon so bright

It shines so beautifully it makes you stop in awe,  
The longer you stare the more you wonder what you saw

And as you sit under the moonlight

Thinking of everyone's feelings

but your own,

You wonder if the moon comes up at night

So the stars don't feel alone.

International Moon Day

is a really fun day

G. Trixiena

R. Jessica Angeline

6B

By: The Petals

(G. Trixiena, R. Jessica Angeline)- Gr 6

## Upcoming Events.....

- ✻ **World Lung Cancer Day**
- ✻ **Friendship Day**
- ✻ **World Lion Day**
- ✻ **International Youth Day**
- ✻ **Independence Day**
- ✻ **World Photography Day**
- ✻ **World Senior Citizens Day**
- ✻ **Small-Scale Industry Day**
- ✻ **Raksha Bandhan**

**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

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

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