



Cherries

The Official Newsletter of Billabong High International School - Kelambakkam
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Best out of Waste

Ms. Devi (Nursery Educator)

Gardening is the practice of growing and cultivating plants and a Gardener is someone who practices gardening. This week our Nursery students learned about the duties of a gardener and understood how helpful they are in our daily life. After the session children made beautiful flowers in the garden using colour pencil shavings. Sharpening pencils is undoubtedly good for practicing fine motor skills, and also, they understood that they can make simple and pretty artworks from waste materials like pencil shavings.



BILLABONG HIGH
INTERNATIONAL SCHOOL
KELAMBAKKAM

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A Celebration of Sports During a Pandemic

Ms. Ramani Esther Samuel (English Educator, CAIE)

The renowned cricketer, Kapil Dev rightly said, “Apart from education, you need good health, and for that, you need to play sports.”

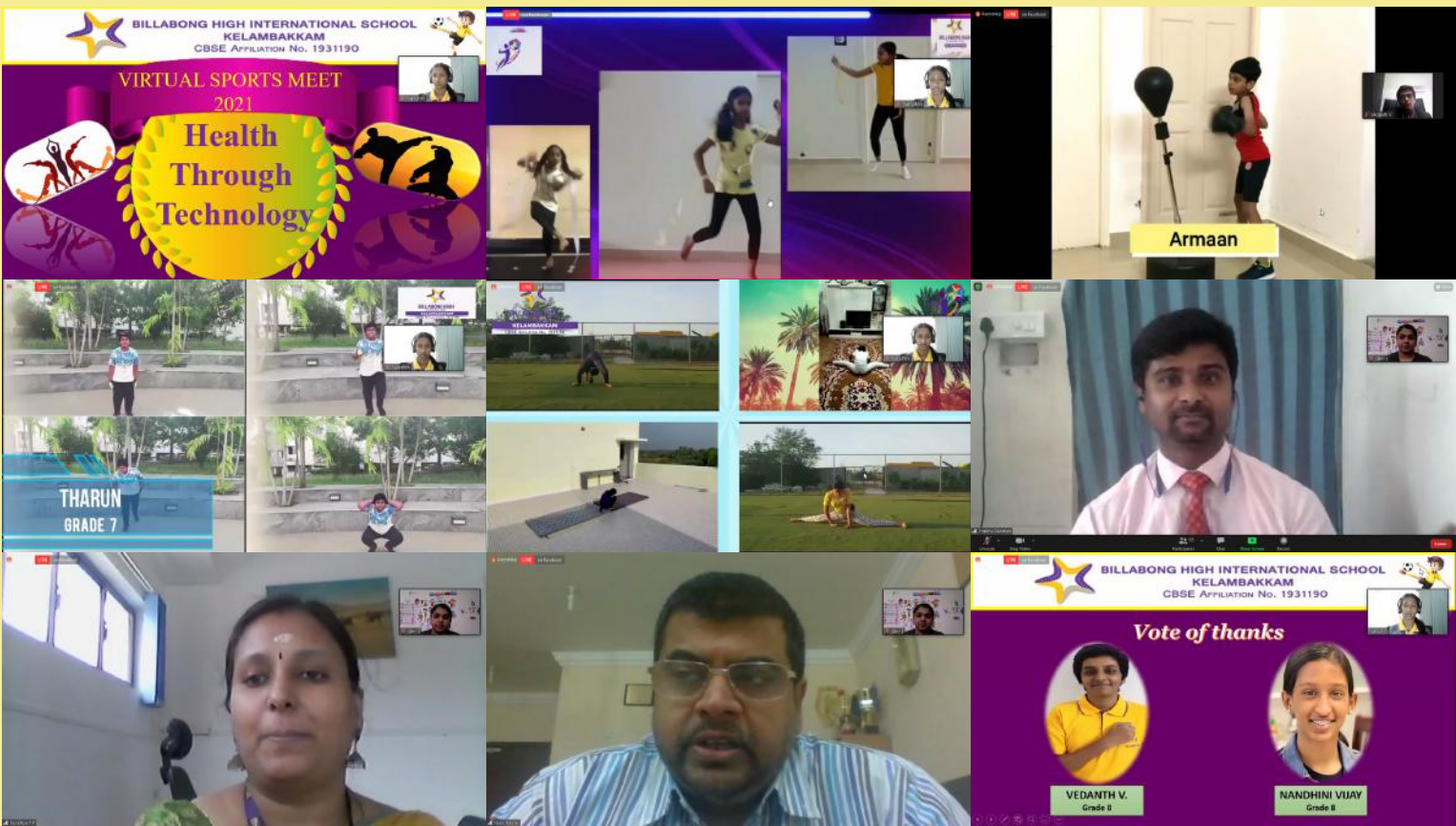
As the Covid-19 pandemic continues to plague the world, we have become extremely reliant on technology for our daily needs. However, exercise and physical fitness must never be compromised. Therefore, the pressing priority at this time is to stay healthy despite the circumstances. Having always taken sports and physical fitness seriously, BHISK proudly conducted its first ever Virtual Sports Day on Saturday, February 20, 2021.

Taking on the theme of “Health Through Technology”, the event showcased all of the physical activities and sports that our young Billabongers have been engaging in during this virtual academic year. Spectators were enthralled by the presentations of free-hand exercises, aerobics, yoga, gymnastics, and so on. Furthermore, students demonstrated their skills in sports such as football, boxing, table tennis, and tennis.

Mr. Prabhu Pandian (Assistant Sports Officer), who was the Chief Guest of the event, was immensely impressed by the adeptness in sport portrayed by our Billabongers. He shared with us his expertise in physical activities, urging everyone to walk whenever possible, play sports every 3-5 days as well as indulge in flexibility and strength training.

Our Chairperson, Mr. Yasir Nainar also reiterated in his speech, the importance of sports and physical activities, for the lack of it can lead to major health problems such as a rise in sugar levels and blood pressure. He also exhorted students, parents and educators to indulge in some form of exercise regularly in order to maintain good health.

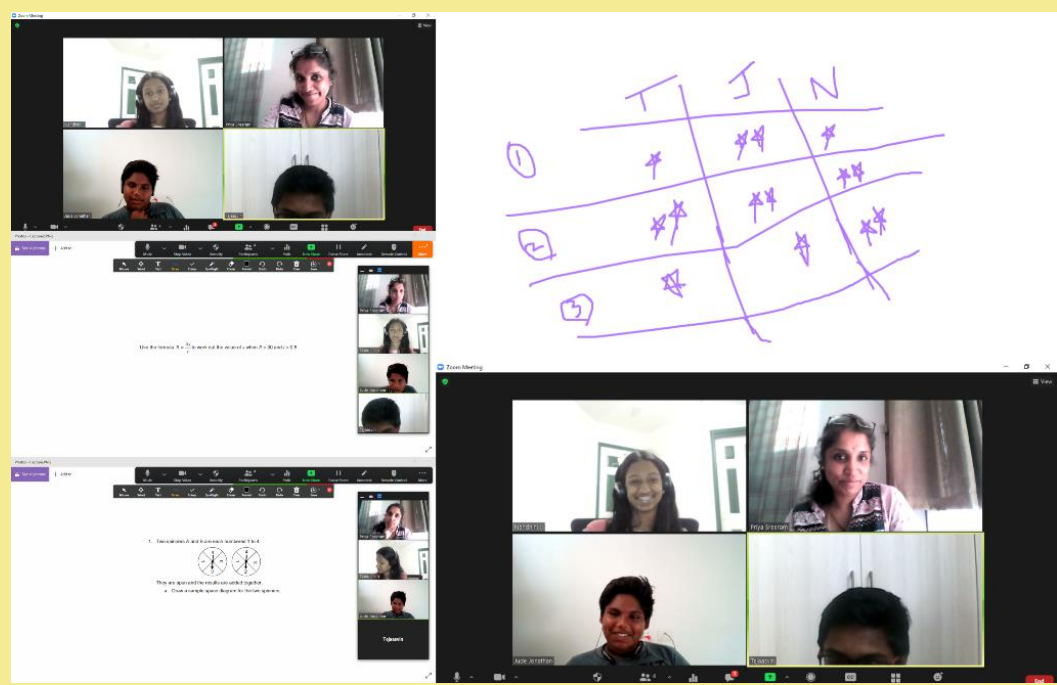
The Virtual Sports Day has shown how resilient Billabongers truly are, in spite of the changes our lives have undergone. BHISK has once again proved that we can touch the sky despite any situation, as long as we are determined to take action. Thus, good health and physical fitness will always be a priority at BHISK.



Revision is fun !

Ms. Padmapriya Sreeram (CAIE Coordinator)

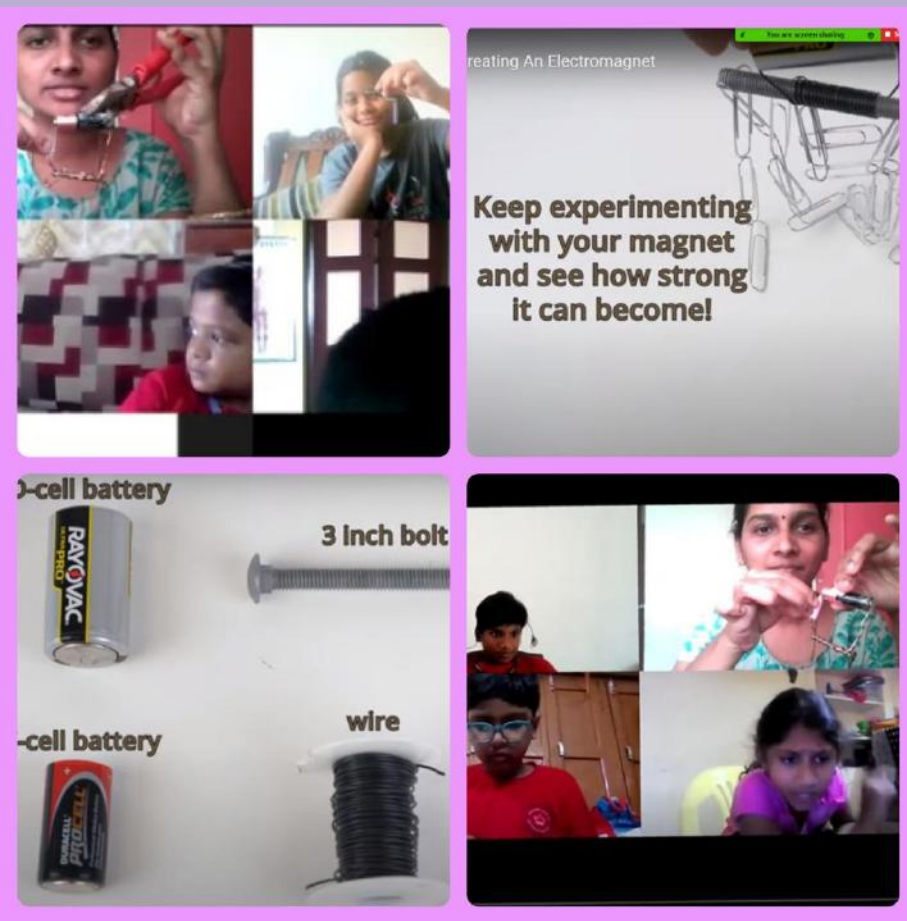
Revisions before exams can be humdrum. Nope, not for our eighth graders. The students revised their concepts in the form of a rapid quiz with a twist. With every correct answer, the student not only earned stars but also could additionally earn merit by cracking a joke, asking a riddle, thereby keeping the students interested. The air was abuzz with quick thinking & solving. not to mention, the class was in splits with loads of wisecracks & fun. To reiterate a famous quote by Marian Moore "Revision is indeed its own reward".



Experimental Learning

Kenisha, (Grade 5 Student)

Experiential learning is the process of learning through experience and is more specifically defined as "learning through reflection on doing". Hands-on learning is a form of experiential learning and it involves reflecting on the product. We grade 5 students learned about electromagnetic force, we were engaged with the experiment in the class, all my friends participated actively, an electromagnet is a type of magnet in which the magnetic field is produced by an electric current. ... The wire turns are often wound around a magnetic core made from iron; the magnetic core concentrates the magnetic flux and makes a more powerful magnet we did this activity with a piece of iron rod, wire, and a battery when the pins attached to the magnet, we were so excited to see the change iron becoming magnet.

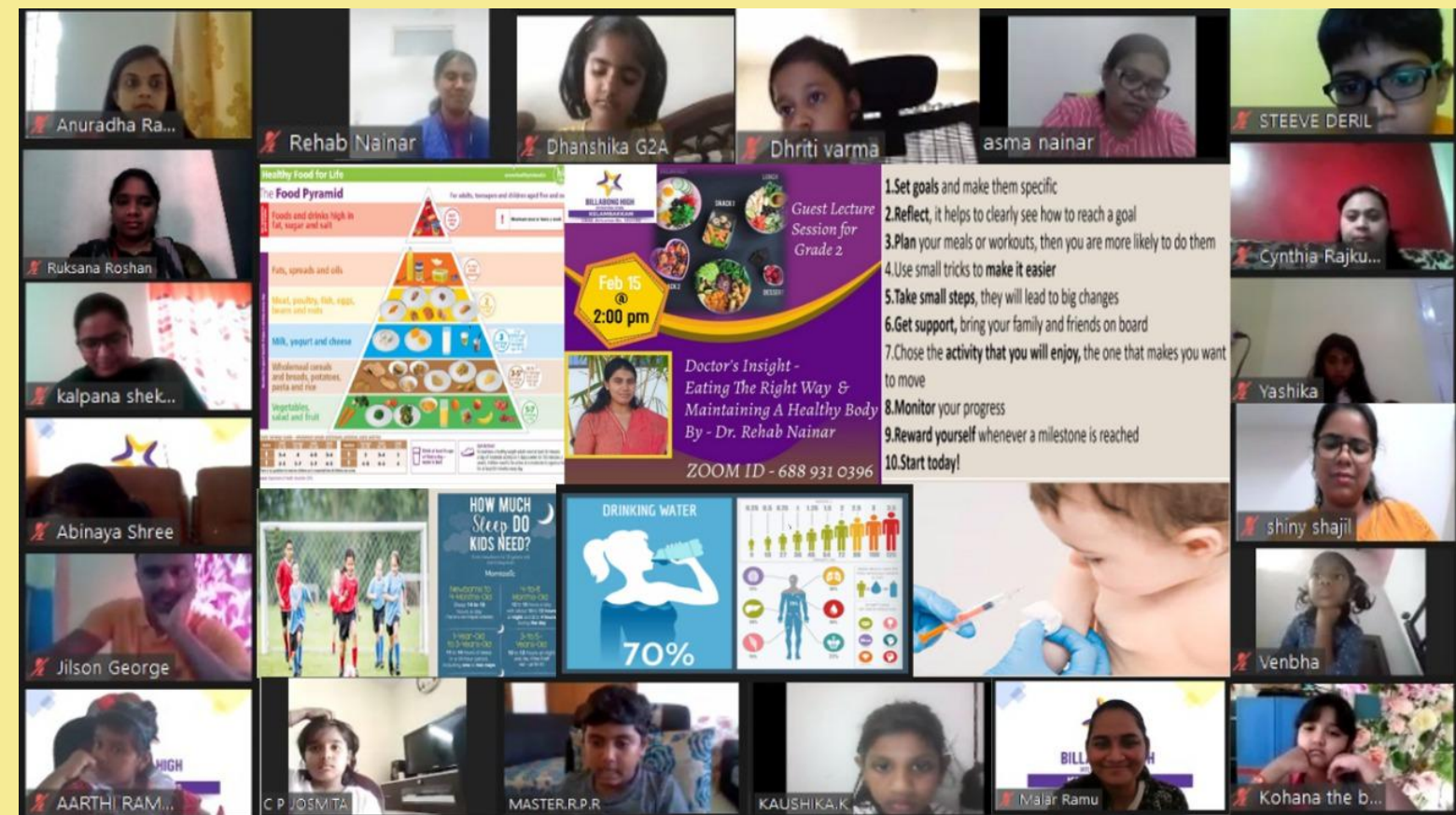


DOCTOR'S INSIGHT – BY DR. REHAB NAINAR

Ms. Malar (Grade 2 Educator)

Doctor – Hope, Guide, Well-wisher.

Pandemic made it difficult for people especially children to focus on healthy eating. It is better and easier to stop a problem, from happening than to stop or correct it after it has started. Yes, to lead a peaceful and happy life we need to be healthy. We all know what to eat, how to eat but are we following it? As part of learning our second graders of BHIS-K had an opportunity to listen to an expert for maintaining a healthy body and eating the right way. Our very own talented and our beloved Dr. Rehab Nainar gave our students a good session about eating healthy and maintaining a healthy lifestyle. The session was very informative and the students have learnt about the balanced diet, sleeping habits, and vaccine details too. It was an eye-opener for adults too by knowing the intake of water details. It was an interactive and enlightening session and am sure it would have instilled in our young minds.



My Family Tree

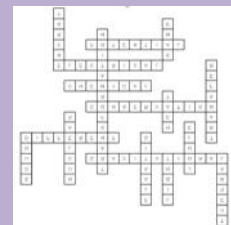
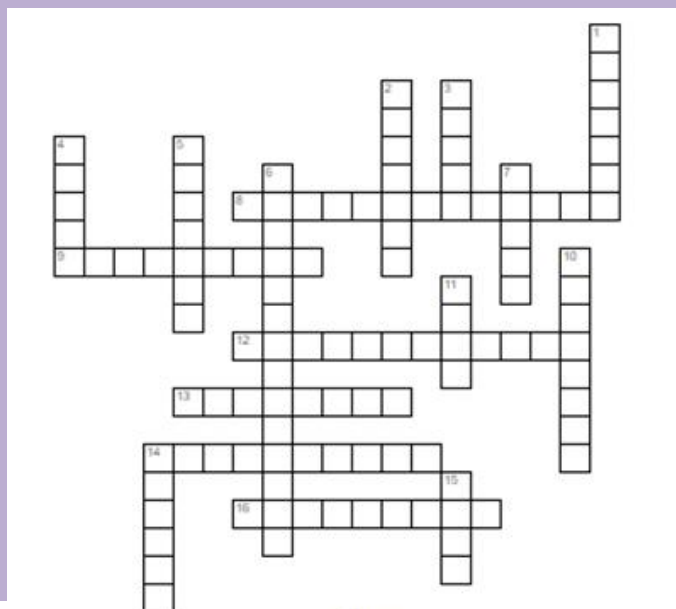
Ms. Ayesha (Jr. KG Educator)

Our Jr Kg students are exploring "All about Me" our little ones learned the importance of family and expressed the love they have for their family, they also shared what will they do for their family when they grow up.

We learned "I AM SPECIAL" we all are different, but we respect each other accepting differences. We also discussed and shared feelings and emotions. We all together made a beautiful family tree, and it was a fun-filled week.



Cross word by Eco-Club



Across

- 8 type of potential energy of objects at a height.
- 9 In an energy transfer, the same type of energy moves to a ___objects.
- 12 Law ___of energy states that energy cannot be created nor destroyed in a chemical reactions. It can be changed from one form to another.
- 13 form of energy in food and dynamite.
- 14 energy of appliances such as stereos and computers.
- 16 type of energy that is stored.

Down

- 1 energy possessed by the moving molecules of steam or any other substance.
- 2 type of potential energy of springs and rubber bands.
- 3 energy of radiant objects such as fire.
- 4 form of energy produced by musical instruments.
- 5 form of energy of nuclear reactions.
- 6 In a light bulb, electrical energy changes to light energy. This is an example of an energy___
- 7 unit of energy
- 10 when cooking on a stove, the heat energy moves from the stove to the saucepan to the cooking food. This is an example of an energy ___.
- 11 thermal energy.
- 14 ability to do work.
- 15 in an energy transformation, the object remains the ___ but the energy changes to different type.