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**#1**

## TEACHER'S VOICE

Ms. Menaka ( English Educator )

### MASTERING STRESS

Preparing for exams can be a stress-free experience when approached with the right mindset and strategies. By creating a supportive environment, practicing effective time management, promoting healthy habits, and encouraging active learning, parents and educators can help children excel academically while maintaining their mental and emotional well-being. Remember, the goal is not just to pass exams but to foster a love for learning that will last a lifetime.

#### Effective Time Management

Teach children the importance of effective time management. Help them create a study schedule that balances study time with breaks and leisure activities. A well-structured timetable not only ensures better retention of information but also reduces last-minute cramming and associated stress.

#### Encourage Regular Breaks

Studying for hours on end can lead to burnout and increased stress. Encourage children to take short, regular breaks during their study sessions. These breaks can help refresh the mind and improve concentration. Activities like stretching, taking a walk, or listening to calming music can be especially effective.

#### Promote Active Learning

Active learning is more effective than passive reading or memorization. Encourage your child to engage with the material actively. This can include summarizing key points in their own words, asking questions, or teaching the material to someone else. Active learning not only enhances comprehension but also reduces stress.





# #2

## हिन्दी दिवस

कल्पना कुमारी ( हिंदी बिभागाध्यक्ष )

14 सितंबर अर्थात "हिंदी दिवस" बिल्लाबोंग हाई इंटरनेशनल स्कूल के प्रांगण मे पूरे जोश और उत्साहके साथ मनाया गया | हिंदी दिवस हमें देशभक्ति भावना के लिए प्रेरित करता है। यह दिन हमें यह याद दिलाने का एक छोटा सा प्रयास है कि हिंदी हमारी आधिकारिक भाषा है और बहुत अधिक महत्व रखता है।

छात्रों द्वारा कविता पाठ ,नृत्य प्रस्तुति ,गायन और हिंदी के महत्व पर विचार प्रस्तुत किया गया | इस कार्यक्रम मे प्रधानाध्यापिका अस्मा नैनार और शैक्षिक सलाहकारा शिबांती भौमिक द्वारा हिंदी के महत्व पर प्रकाश डाला गया | कार्यक्रम मे कठपुतली का नृत्य नैनाविभोर रहा | हिंदी भाषा के प्रति जागरूकता फैलाने के उदेश्य से यह कार्यक्रम पूरी सफलता के साथ पूर्ण किया गया |













# #3

## TEACHER'S ENRICHMENT PROGRAM

Ms. Menaka ( English Educator )



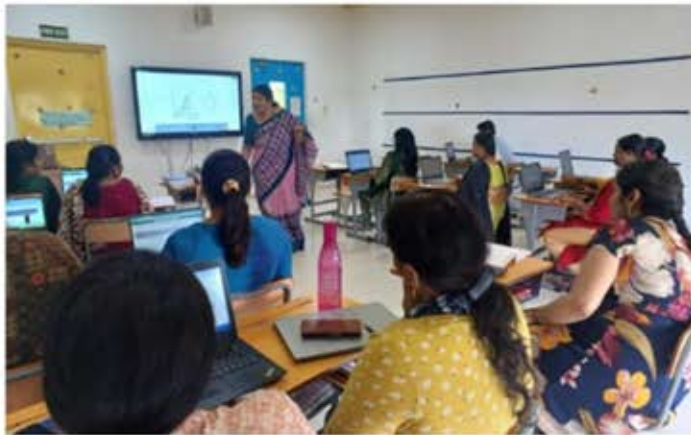
The Teachers' Enrichment Program led by **Ms. Shibanti** served as a powerful tool for positive change in the educational plan for BHISK. By equipping educators with the knowledge and tools they need to excel in their profession, the program not only benefited teachers but also looked at a far-reaching impact on students' learning experiences. This program's success will be the importance of continuous professional development and the transformative potential of expert-led education initiatives. BHISK believes investing in educators is investing in the future of our society.

The session began with an overview of NEP 2022, highlighting its key features, including the emphasis on skill based curricular structure of education.

Educators learned about the NEP's emphasis on multidisciplinary education, which encourages students to explore subjects beyond their traditional boundaries. This approach fosters creativity and a deeper understanding of complex issues. The session highlighted that with these challenges come tremendous opportunities. Educators have the chance to reshape the educational landscape, fostering creativity and critical thinking in students.

The session on understanding the NEP and curriculum development in middle and senior schools was a crucial step toward empowering educators with the knowledge and tools needed to navigate the evolving educational landscape. As schools across the country take on the journey of aligning their curricula with the NEP's vision, sessions like these serve as a pathway of hope, illuminating the path toward a brighter and more inclusive future for Indian education. By embracing the changes brought about by the NEP, educators are not only shaping young minds but also contributing to the development of a dynamic and innovative nation.







# #4

## Bean bag balance activity

Ms Sivaranjani S (Nursery Educator)



Our little stars are embracing balance, focus and fun with the exciting Bean bag balance activity!. Each wobble, every giggle, a stride towards building coordination and confidence. From refining motor skills to boost spatial awareness, engaging in bean bag games sparks social interaction and teamwork. Watch as our children relish the joy of balancing bean bags and walking alongside friends.





# #5

## ERIC CARLE'S DAY

Ms. Shahana (Junior Kindergarten Educator)



*Eric Carle's* ( American author, designer and illustrator of children's books) picture book **The Very Hungry Caterpillar**, was first published in 1969, has been translated into more than 66 languages and sold more than 50 million copies.

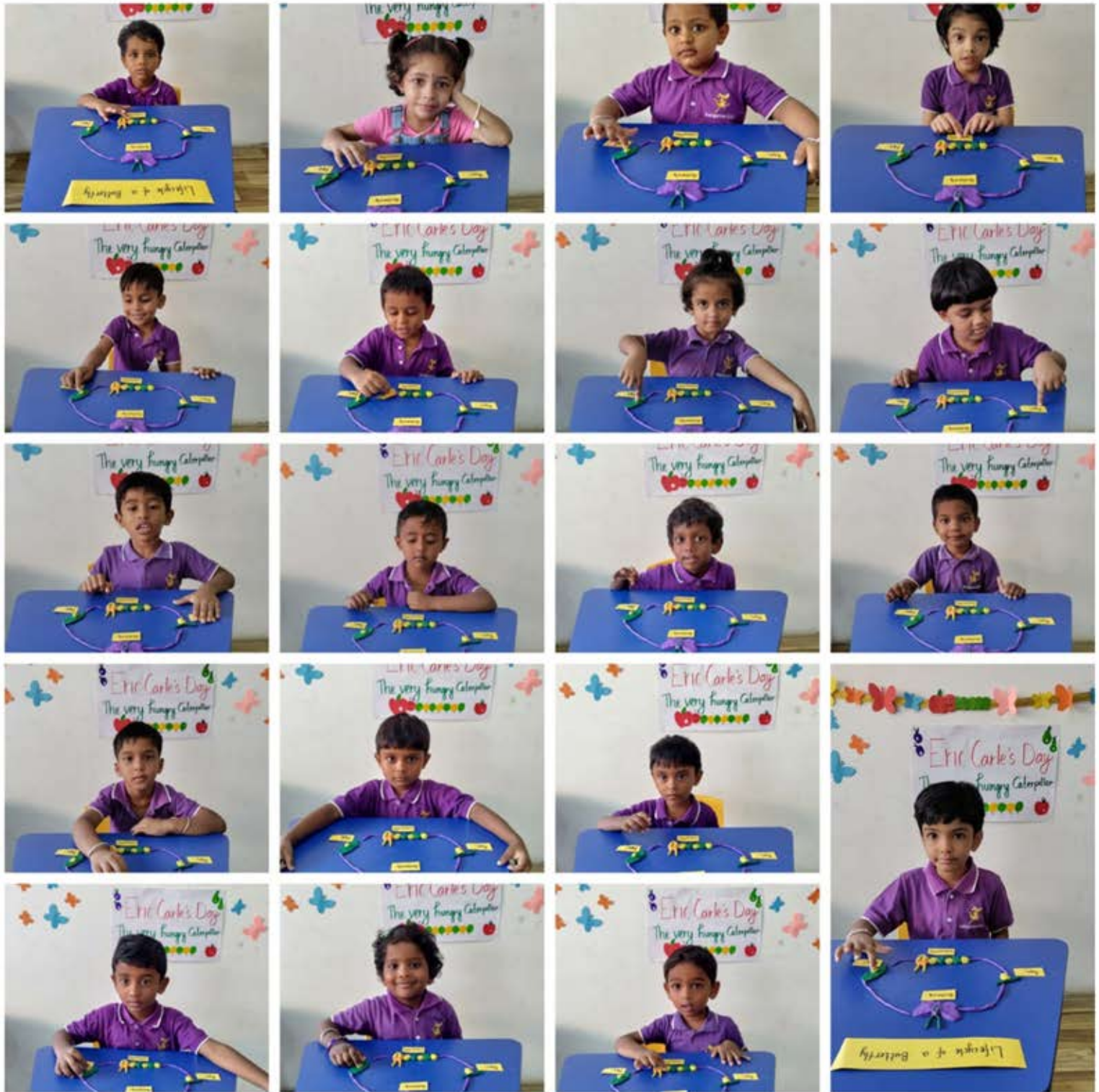
Our little entomologists celebrated **Eric Carle's Day** this week. They discovered the world's most famous children's storyteller and illustrator. They participated in an interactive story session based on Eric Carle's renowned story "**The Very Hungry Caterpillar**." They created a playdough replica of a butterfly's lifecycle. This hands-on learning experience helped the young learners understand the significance of story in learning concepts.















# #6

## SENSORY PLAY - FINGER PAINTING

Ms. Devi S (Senior Kindergarten Educator)

Finger painting is a great way for children to explore, learn and develop through sensory play. Our senior kindergarten students felt the cool, squishy texture of the paint and explored the colour and patterns while doing the printing activity. It encouraged their creativity and it was a good way for children to express emotions.





