



242

Cherries

The Official Newsletter of Billabong High International School - Kelambakkam
CBSE Affiliation No.1931190

JUNE 23, 2024 - EDITION 242



CHERRIES - EDITION 242



THIS EDITION



Highlights of the Edition



Exploring the Changing Environment

Page 2, 3 & 4



Kindergarten Art & Craft Club - Unleashing Creativity in Young Minds

Page 5, 6, 7, 8, 9, 10 & 11



Kindergarten Yoga Day Celebration

Page 12, 13, 14, 15 & 16



Art-Integrated Learning Club -Fostering Creativity & Knowledge

Page 17, 18,19, 20, 21, 22, 23, 24, 25, 26 & 27



Yoga & Music Day Celebration: Embracing Health & Harmony

Page 28, 29 & 30



Creative Expressions in the Art Corner

Page 31 & 32



Yoga - Celebrating Health & Harmony

Page 33 & 34

EDITORIAL BOARD



Ms. Shahana Asrar

Content Editor

Graphics & Layout Designer



#1

Exploring the Changing Environment

Ms. Sarala B (Nursery Educator)



This month, our focus has been on understanding how the environment changes with the seasons. The children have explored the characteristics and differences between summer and the rainy season.

Summer: The children discovered that summer is typically hot and sunny, with longer days and rising temperatures. They discussed fun activities like picnics and the importance of staying hydrated and protecting themselves from the sun.

Rainy Season: They learned that the rainy season brings cooler temperatures, frequent rain showers, and sometimes thunderstorms. They explored how rain helps plants grow and replenishes rivers and lakes.

Real-Time Rainy Season Experience: To provide the children with a hands-on experience of the rainy season, the school organized a simulated rainy day. The kids wore raincoats and carried umbrellas, walking under sprinklers that mimicked rain showers. They also learned about the importance of rainwater in supporting life.

Summer Party in the Classroom: To complement their learning about summer, the class held a summer party. The celebration included wearing summer-themed clothes such as cooling glasses, caps, and hats, and enjoying summer treats like fruit juices and lemonade.

Overall, the children had a wonderful time learning about the changing environment through these interactive and engaging activities. They gained a better understanding of how each season impacts our surroundings.







#2

KINDERGARTEN ART & CRAFT CLUB - UNLEASHING CREATIVITY IN YOUNG MINDS



Ms. Sivaranjani S (KG Educator)



We are delighted to share an update from our KG club activity - Art & Craft.

Colouring is not only a classic and favorite pastime for children but also a simple activity that helps them develop hand strength and visual perceptual skills. It boosts confidence and attention span. This week, our young artists engaged in fun colouring activities such as colour-by-code and colourful umbrella outlines, encouraging them to unleash their imagination and creativity.

Please find below the colorful masterpieces created by our little artists:

NURSERY





JUNIOR KG









SENIOR KG





#3

Kindergarten Yoga Day Celebration

Ms. Devi S (KG Educator)



On June 21st, our kindergarten class celebrated International Yoga Day with an engaging and fun-filled yoga session! The children embarked on a journey of mindfulness, balance, and flexibility.

We began our celebration with a gentle introduction to yoga, explaining its importance for both the mind and body. The children were enthusiastic and curious, ready to try out the poses they had seen in pictures.

The session kicked off with some basic breathing exercises, teaching the children to focus on their breath and find a moment of calm. They delighted in the challenge of deep, slow breathing, which helped set a serene tone for the rest of the activity.

Next, we moved into a series of playful and age-appropriate yoga poses. The children became little animals, stretching into cat-cow poses, hopping into frog poses, and standing tall in tree poses. Their giggles filled the room as they balanced and stretched, turning the activity into a delightful game.

Overall, the children had a wonderful time, and the celebration was a perfect introduction to the benefits of yoga.











#4

ART-INTEGRATED LEARNING CLUB -FOSTERING CREATIVITY & KNOWLEDGE

Ms. Sneha - Club Head & Math Educator



Art integration in education has emerged as an innovative approach to enhancing student engagement and learning. By merging the creative arts with traditional academic subjects, students can explore and express their knowledge in multifaceted ways. An art-integrated language club activity exemplifies how this methodology can develop communication skills, foster creativity, and build confidence among students.

On June 21, 2024, an Art-Integrated Language (AIL) activity was conducted, where students were given topics from their English syllabus and asked to integrate them with art. The topics and grades were as follows:

Grade 1: Different Landforms First graders depicted various landforms through colorful drawings and models. Their artwork included mountains, valleys, plains, and plateaus, each vividly represented with distinct textures and colors. This activity helped them visualize and better understand geographical features while improving their vocabulary.

Grade 2: Cherry Blossom Art Second graders created beautiful cherry blossom paintings. They learned about the significance of cherry blossoms in different cultures while practicing descriptive writing to articulate their artistic process and the feelings their artwork evoked.

Grade 3: Garden Art Third graders designed vibrant garden scenes, incorporating various plants, flowers, and insects. They wrote descriptive paragraphs about their gardens, emphasizing sensory details and the importance of nature. This integration helped them enhance their descriptive writing skills.

Grade 4: Space and Fiction Art Fourth graders took inspiration from space to create galaxy art, astronaut illustrations, and space fiction scenes. Their imaginative artwork was accompanied by short stories and poems about space adventures, allowing them to blend scientific concepts with creative writing.

Grade 5: Protect Nature (Poem) with Nature Art Fifth graders composed poems about protecting nature and illustrated their verses with nature-themed art. They used various mediums, such as watercolor, collage, and sketching, to depict trees, rivers, and wildlife, emphasizing the importance of environmental conservation.

Grade 6: Young Poet with Nature and Landscape Art Sixth graders showcased their poetic talents by writing poems about nature and landscapes. They illustrated their poems with landscape art, creating a harmonious blend of words and visuals that highlighted their appreciation for the natural world.



Grade 7: Illustration and Doodle on Cricket Seventh graders expressed their love for cricket through illustrations and doodles. They drew action-packed scenes from cricket matches and created comic strips depicting their favorite moments, using their art to narrate exciting stories and improve their narrative skills.

Grade 8: Lost Native Imaginative Landscape Art Eighth graders delved into imaginative landscapes, creating artworks inspired by lost native cultures. They wrote descriptive essays about their artwork, exploring themes of cultural heritage and historical imagination. This activity helped them develop their research and writing skills while fostering an appreciation for diverse cultures.

The AIL activity showcased the students' unique creativity and allowed them to present their work in diverse ways. By integrating art with language, students were able to express their understanding of academic topics creatively, making learning a more engaging and enriching experience. This activity not only enhanced their communication skills but also encouraged them to think critically and creatively, laying a strong foundation for holistic development.



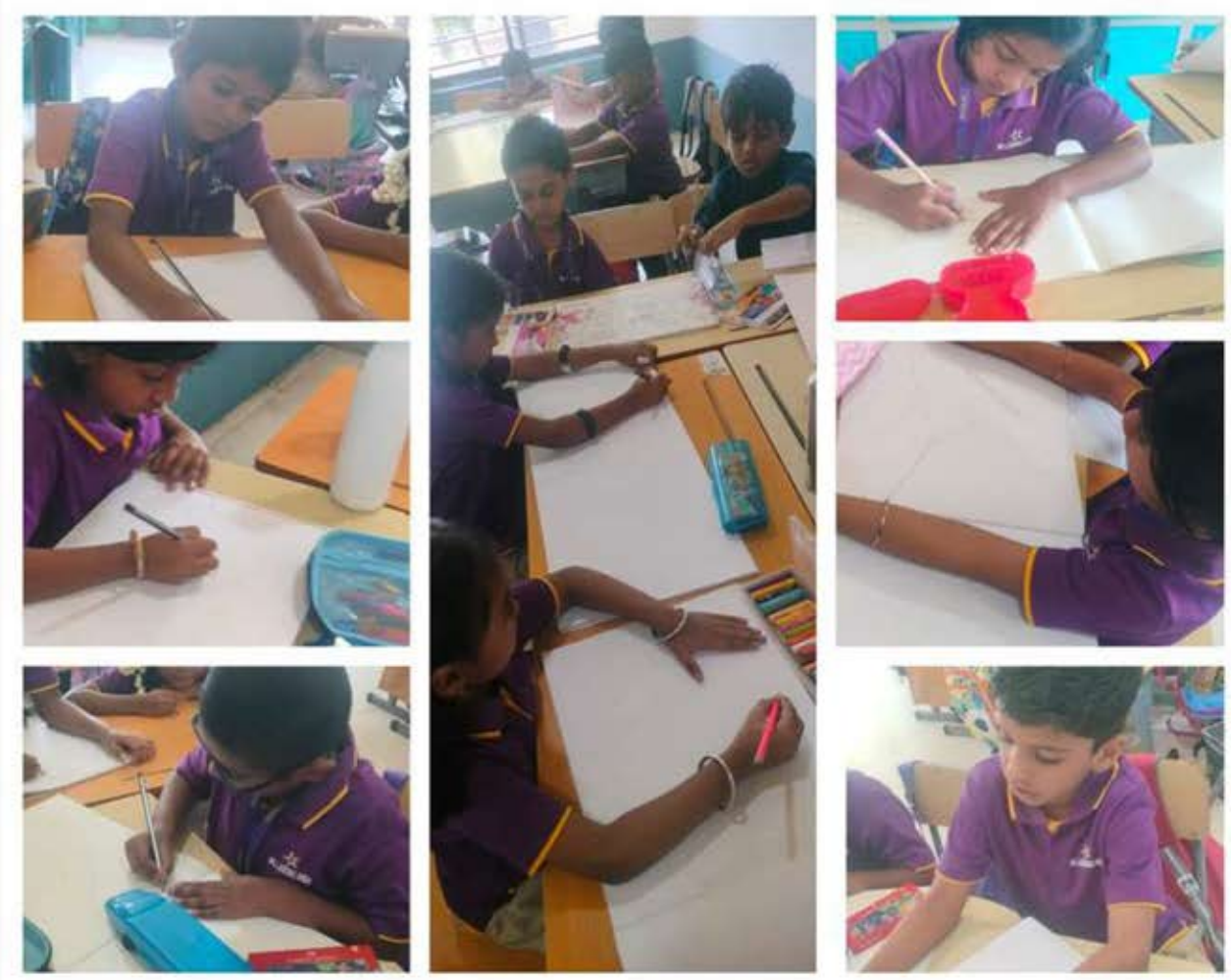


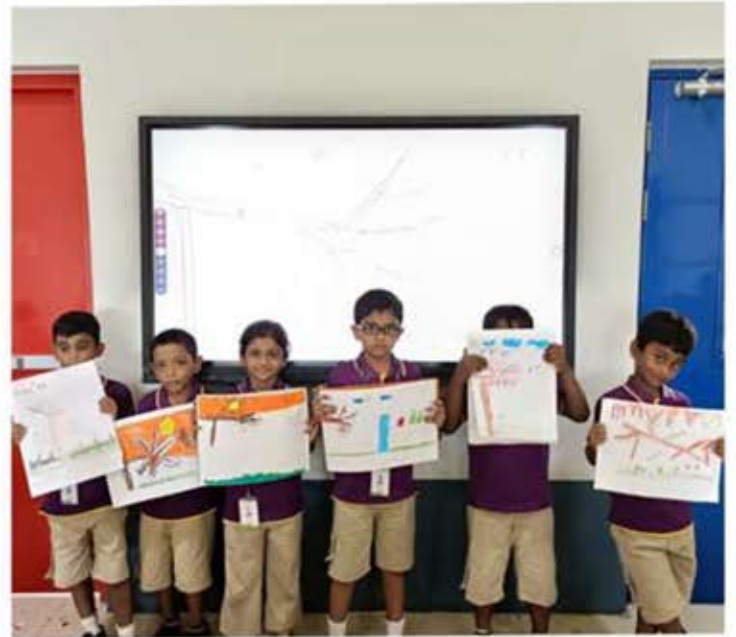
















#5

Yoga & Music Day Celebration: Embracing Health & Harmony



Ms Kalpana Kumari , Activities Coordinator

Yoga and music allow us to rediscover ourselves. They provide us with health, peace, and harmony.

Yoga is a peaceful art that connects us to divinity by channelizing our energies in the right direction. Both Yoga and Music have become a global culture, celebrated annually on an international level as International Yoga Day and International Music Day on June 21st. BHIS-K celebrated International Music Day and Yoga Day on June 21, 2024.

BHIS-K witnessed mass participation in International Yoga Day and International Music Day. Under the guidance of our P.E Educator, enthusiastic students participated in International Yoga Day sessions. Additionally, International Music Day sessions were organized for students to maintain their physical and mental well-being.

Our honorable Chairperson, in his visionary words, motivated the students to practice yoga and learn music as both are essential in today's scenario to maintain overall health, reduce stress, and stay connected with the divine source of strength.

The celebration was a testament to our commitment to holistic development and well-being, and we look forward to continuing to promote activities that nurture both body and soul.









CREATIVE EXPRESSIONS IN THE ART CORNER



Ms D. Shalini , Visual Arts Educator

Grade-3

Garden Silhouette Art

Students of grade-3 explored on garden scenery and created a Silhouette garden illustration. They created garden art by demonstrating the background with colour shades and highlighting the subject with black to create silhouette effect.





Grade-4

Perspective Pointillism art

Grade-3 Garden Silhouette Art Students of grade-3 explored on garden scenery and created a Silhouette garden illustration. They created garden art by demonstrating the background with colour shades and highlighting the subject with black to create silhouette effect.





Yoga - Celebrating Health & Harmony

Yoga offers numerous benefits that can positively impact daily life in various ways:

Physical Health: Regular practice of yoga improves flexibility, strength, and balance. It enhances posture and helps prevent injuries by promoting better body awareness and alignment.



Mental Well-being: Yoga incorporates mindfulness and relaxation techniques such as deep breathing and meditation. These practices reduce stress, anxiety, and promote overall mental clarity and calmness.



Stress Reduction: Yoga helps lower cortisol levels and induces a relaxation response in the body. This can alleviate stress and improve resilience to stressors encountered in daily life.



Improved Concentration and Focus: Through mindful movement and breath awareness, yoga enhances concentration and cognitive function. Practitioners often report improved ability to focus on tasks and manage distractions.



Enhanced Mood: Yoga stimulates the release of endorphins, the "feel-good" hormones, which can elevate mood and create a sense of well-being. It can also help manage symptoms of depression and promote emotional stability.



Better Sleep Quality: The relaxation techniques practiced in yoga can improve sleep patterns and help combat insomnia. A regular yoga practice can contribute to better overall sleep quality and duration.





Increased Energy Levels: Yoga boosts circulation and oxygenates the body, leading to increased energy levels and vitality throughout the day. It can also reduce feelings of fatigue and enhance overall physical stamina.



Mind-Body Connection: Yoga encourages awareness of the body and its sensations. This heightened mind-body connection fosters self-awareness, self-acceptance, and a deeper understanding of one's physical and emotional needs.



Healthy Lifestyle Habits: Practicing yoga often encourages other healthy lifestyle choices, such as mindful eating, regular exercise, and self-care practices. This holistic approach promotes overall well-being.



Community and Social Connection: Joining yoga classes or practicing with others fosters a sense of community and social connection. This social interaction can contribute positively to mental and emotional health.



Incorporating yoga into daily life, even with short sessions or simple practices, can lead to significant improvements in physical health, mental well-being, and overall quality of life.

