

Cherries

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International Yoga Day 2026

Stretching Towards Health, Harmony, & Happiness



CHERRIES - EDITION 314



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Editorial Board

Ms. Shahana Asrar

Content Editor & Graphical Layout Designer



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Red Day Celebration

A Day Filled with Colour, Fun, and Learning

Ms. Devi S, Nursery Educator



Our Nursery children had a joyful and colourful Red Day Celebration. Dressed in beautiful red outfits, they enthusiastically participated in a fun duck-walking ball game that filled the day with laughter and excitement while helping them develop their balance and coordination.

The children also enjoyed tasting delicious red fruits and refreshed themselves with sweet watermelon juice. This sensory experience helped them identify the colour red through food while encouraging healthy eating habits.

The celebration was filled with fun, learning, and happy smiles as the children explored the colour red through play, movement, and taste. It was a memorable day that combined joyful experiences with meaningful learning.



Exploring the Colour Red Through Play and Discovery



Did you know?

- Red is one of the first colours that young children learn to recognise.
- Eating colourful fruits helps keep our bodies healthy and strong.
- Outdoor games help children develop balance, coordination, and gross motor skills.

Sparkling Brains

Exploring the Amazing Brain Through Creativity

Ms. Madeeha A, Junior KG Educator



This week, our Junior Kindergarten children explored the fascinating world of internal organs through a fun and engaging activity. As part of their hands-on learning experience, they created a beautiful brain craft.

The children applied glue to a brain outline and sprinkled glitter over it to create a sparkling brain. They thoroughly enjoyed watching their brain crafts shine, making the activity both exciting and memorable.

This creative activity helped develop their fine motor skills, hand-eye coordination, and creativity while reinforcing their understanding of the brain in a fun and meaningful way. Through this enjoyable experience, our little learners discovered that learning about the human body can be both exciting and creative.



Did you know?

The brain is the body's control centre and helps us think, learn, and remember.

Keeping our brain healthy helps us learn, play, and grow every day.

The brain sends messages to every part of the body.

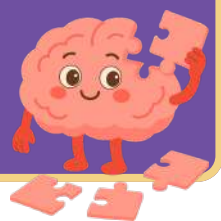


Learning About Internal Organs with Curiosity and Fun



Did you know?

Reading, solving puzzles, and learning new things help keep your brain active.
The left and right sides of the brain work together to help you learn and move.



Tally Marks Activity

Counting, Collecting, and Collaborating

Ms. Sarala B, Grade 1 Maths Educator



This week, Grade 1 students learned about tally marks through an exciting hands-on activity. They collected leaves, flowers, and stones from the garden within a given time and worked together with their friends to sort and group the objects.

Students also enjoyed playing a fun "Smash Game," where they had to respond by smashing whenever the number 5 was called out. Using the collected natural materials, they practised counting and represented their findings using tally marks. This engaging activity helped strengthen their counting, observation, teamwork, and data-handling skills while making Mathematics enjoyable and meaningful through real-life experiences.



Learning Mathematics Through Nature and Play



Did you know?

Tally marks help us count and organise information quickly.

Every fifth tally mark is drawn across the previous four to make counting easier.



From Caterpillars to Creatures: Exploring How Animals Grow



Exploring How Living Things Grow and Change

Ms. S. Priyanka, Grade 1 Science Educator

Learning becomes more meaningful when children explore concepts through hands-on experiences. Our Grade 1 students recently participated in an engaging science activity to understand how animals grow and change.

During the session, the children explored the fascinating life cycle of a butterfly through an interactive activity. They observed and arranged the different stages—from egg to caterpillar, pupa, and finally an adult butterfly—helping them understand how living things grow and transform over time.

To reinforce their learning, students also participated in an interactive matching activity, where they matched young animals with their adult forms. They enjoyed identifying pairs such as puppy and dog, kitten and cat, calf and cow, and chick and hen, developing a clear understanding that young animals grow into adults while sharing many similar characteristics. The activities encouraged observation, active participation, and critical thinking, making science both enjoyable and memorable. Students eagerly shared their answers, asked thoughtful questions, and demonstrated great enthusiasm throughout the lesson.

The bright smiles and active involvement of our young learners reflected the success of this interactive learning experience. Through hands-on exploration, Grade 1 students discovered that animals grow and change in amazing ways, making science both fun and meaningful.



Did you know?

- A butterfly goes through four stages: egg, caterpillar, pupa, and adult butterfly.

- Baby animals grow into adults while sharing many of the same characteristics.

- Observing life cycles helps us understand how living things grow and change.



Learning Through Observation and Hands-on Discovery



Did you know?

- Animals need food, water, air, and care to grow healthy and strong.
- All animals grow and change as they get older.
- Observing nature helps us learn about the amazing world of living things.



Learning Through Observation and Hands-on Discovery



- Young animals usually look like their parents but are much smaller.
- Every living thing has its own life cycle.
- Scientists study life cycles to understand how living things grow and reproduce.



Did you know?



Discovering the Parts of a Computer

Exploring Technology Through Hands-on Learning

Ms. Madeeha , Grade 1 ICT Educator



This week, our Grade 1 students learned about the different parts of a computer during their ICT class. To provide a hands-on learning experience, they visited the computer lab and explored the various components of a computer firsthand.

Students observed the different parts of a computer, learned about their functions, and became familiar with the computer lab rules. They eagerly interacted with the equipment and gained practical knowledge in a safe and engaging environment.

This hands-on experience helped students build confidence, develop an interest in technology, and strengthen their understanding of basic computer concepts.



Did you know?

- A computer has different parts, and each one performs a specific function.
- The monitor displays information, while the keyboard and mouse help us interact with the computer.
- Learning basic computer skills prepares children for the digital world.



Learning Adjectives Through Fun and Interactive Activities

Grammar Comes Alive Through Play

Ms. Jance Mary, Grade 2 English Educator

Grade 2 students were introduced to the topic "Adjectives" through a series of fun-filled and interactive classroom activities that made learning both enjoyable and meaningful.

The first activity was an exciting Show and Tell session, where students brought their favourite toys from home and described them using adjectives. Children confidently used words such as soft, colourful, shiny, fluffy, and beautiful while speaking about their toys. This activity helped enhance their speaking skills, vocabulary, and confidence.

To make learning more active, students then participated in a lively Jump and Learn activity. Labels for Adjectives of Quality and Adjectives of Quantity were placed around the classroom. As the teacher called out different adjectives, students listened carefully and jumped to the correct category. The activity filled the classroom with excitement, movement, and laughter.

In another engaging activity, students were given adjective cards and asked to sort and paste them under the correct category. They carefully identified the adjectives and placed them appropriately under Adjectives of Quality or Adjectives of Quantity. This hands-on task strengthened their understanding of the topic while encouraging teamwork and critical thinking. Through these interactive activities, students enjoyed learning adjectives in a creative and memorable way. The classroom was filled with enthusiasm, active participation, and joyful learning throughout the session.



Did you know?

Adjectives are describing words that tell us more about a noun.

Some adjectives describe quality, while others describe quantity, size, colour, or shape.

Using adjectives makes our speaking and writing more interesting and expressive.

Exploring Adjectives with Confidence and Creativity



Exploring Adjectives with Confidence and Creativity



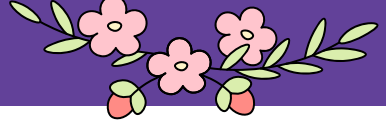
Did you know?

- **Without adjectives, every apple would simply be "an apple"—adjectives tell us if it's red, juicy, sweet, or crunchy!**
- **Adjectives are like magic paintbrushes that add colour and detail to our words.**
- **A single noun can have many adjectives—for example, a fluffy, playful, little puppy!**
- **Storybooks become more exciting because adjectives help us imagine people, places, and things.**
- **Every great storyteller uses adjectives to make stories come alive.**

மாணவர்கள் நினைத்தால்

தோரணம் மற்றும் வண்ணப் பூக்கள் செய்தல்

Ms Viji , Grade 3 Tamil Educator



"மாணவர்கள் நினைத்தால்..." என்ற பாடத்தலைப்புக்கு ஏற்ப மாணவர்கள் மனதில் உறுதி இருந்தால் எது வேண்டுமானாலும் செய்ய முடியும் என்பதை அடிப்படையாகக் கொண்டு ஆசிரியரின் வழிகாட்டுதலோடு தோரணம் எவ்வாறு செய்வது என்று அறிமுகப்படுத்தப்பட்டது.

மாணவர்கள் சிவப்பு, பச்சை, மஞ்சள், நீலம் போன்ற பல வண்ணக் காகிதங்களைப் பயன்படுத்தி அவற்றை ஆர்வமாக வெட்டி, ஒட்டி, பின்னர் அவற்றை அழகான தோரணமாக வடிவமைத்தனர். அனைவரும் இணைந்து வேலை செய்ததால் வகுப்பறை மிகவும் அழகாகக் காட்சியளித்தது.

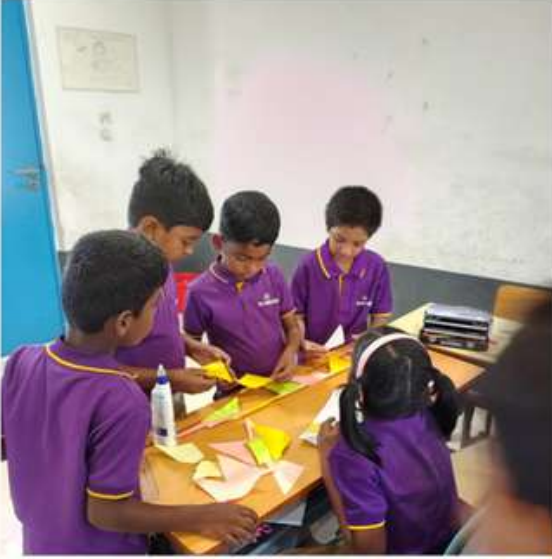
இந்தச் செயல்பாடு மாணவர்களுக்கு மகிழ்ச்சியையும் ஒற்றுமையையும் கற்றுக் கொடுத்ததுடன், அவர்களின் படைப்பாற்றல், கற்பனைத்திறன் மற்றும் கைத்திறனையும் மேம்படுத்தியது.



Did you know?

• தோரணம் என்பது விழாக்கள் மற்றும் சிறப்பு நிகழ்வுகளில் அலங்காரமாகப் பயன்படுத்தப்படும் பாரம்பரிய அலங்காரமாகும்

• காகிதக் கைவினைப் பொருட்கள் மாணவர்களின் கைத்திறன் மற்றும் படைப்பாற்றலை வளர்க்க உதவுகின்றன.



மாணவர்களின் கற்பனையும் கைத்திறனும்



Did you know?

குழுவாகச் செயல்படுவது ஒற்றுமை, பொறுப்பு மற்றும் ஒத்துழைப்பு மனப்பான்மையை வளர்க்கிறது.

மாணவர்களின் கற்பனையும் கைத்திறனும்



Did you know?

கைவினைச் செயல்பாடுகள்
மாணவர்களின் கற்பனைத்திறன்,
கைத்திறன் மற்றும் சிந்தனைத்திறனை
மேம்படுத்துகின்றன.

பனைமரம் – கற்பகத் தரு

பாரம்பரியமும் படைப்பாற்றலும்

Ms.Reka, Grade 4 Tamil Educator



பனைமரம் தமிழர்களின் பாரம்பரிய மரமாகும். பனைமரத்தின் ஒவ்வொரு பகுதியும் மனிதர்களுக்குப் பல்வேறு வகைகளில் பயனளிக்கிறது. பனைமரத்தின் பயன்பாடுகளை மாணவர்கள் அறிந்துகொள்ளும் நோக்கில் ஒரு வகுப்பறைச் செயல்பாடு திட்டமிடப்பட்டது. ஆசிரியரின் வழிகாட்டுதலின்படி, மாணவர்கள் பனை ஓலைகளை கொண்டு வந்தனர்.

அவற்றைக் கொண்டு காற்றாடி, கூடை மற்றும் பல அழகிய கைவினைப் பொருட்களை ஆர்வத்துடன் உருவாக்கினர். இச்செயல்பாட்டின் மூலம், பனைமரத்தின் பல்வேறு பயன்களை மாணவர்கள் அறிந்துகொண்டனர். மேலும், பனை ஓலைகளைப் பயன்படுத்தி பல பயனுள்ள பொருட்களை உருவாக்க முடியும் என்பதையும் புரிந்துகொண்டனர்.

இத்தகைய செயல்பாடுகள் மாணவர்களின் படைப்பாற்றல், கற்பனைத்திறன் மற்றும் கைத்திறனை வளர்க்க உதவுகின்றன. மாணவர்கள் மகிழ்ச்சியுடன் கலந்து கொண்டு தங்களது திறமைகளை சிறப்பாக வெளிப்படுத்தினர்.

"பனைமரம் கற்பகத் தரு" என்ற பழமொழியின் உண்மையான அர்த்தத்தை மாணவர்கள் இச்செயல்பாட்டின் மூலம் உணர்ந்து கொண்டனர்.



பனை ஓலைகளில் மலர்ந்த மாணவர்களின் கைவினைத் திறன்



பனை ஓலைகளில் மலர்ந்த மாணவர்களின் கைவினைத் திறன்



From Learners to Little Teachers

Sharing Knowledge, Inspiring Minds

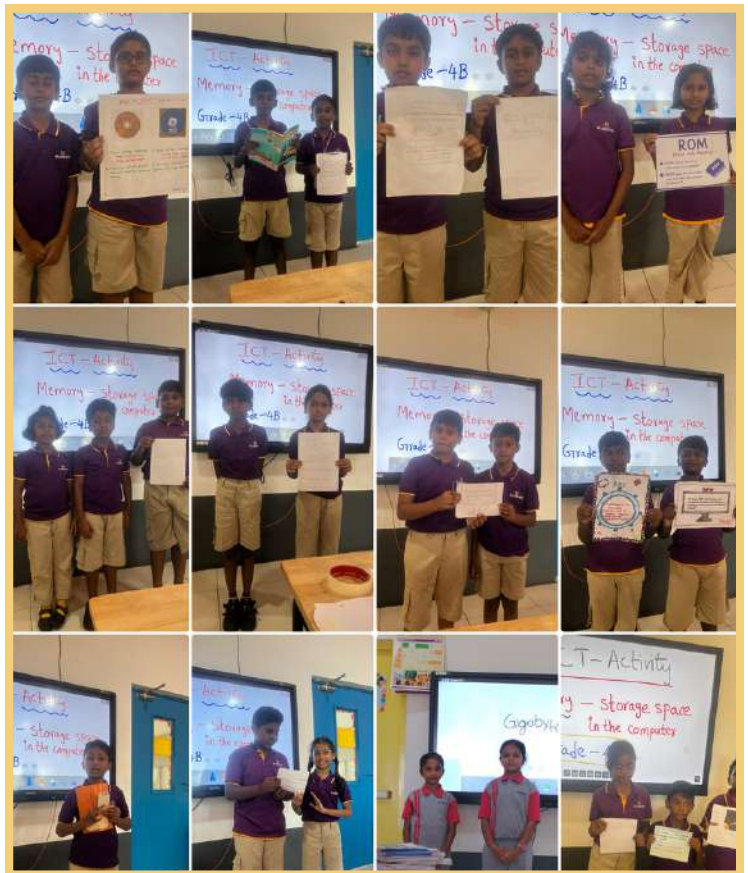
Ms. Surekha P, Grade 4 ICT Educator



Every child has the power to inspire when given a chance to shine.

Our Grade 4 students enthusiastically stepped into the fascinating world of computer memory and data storage through an engaging classroom activity. Using colourful charts, creative PowerPoint presentations, and confident oral explanations, they introduced their classmates to important computer concepts in a simple and interesting way. The young presenters explained how data is measured, beginning with Byte (B), Kilobyte (KB), Megabyte (MB), Gigabyte (GB), Terabyte (TB), and even Exabyte (EB). They also shared the functions of RAM, helping everyone understand how it serves as the computer's temporary working memory. Students further introduced different storage devices such as CDs, DVDs, and pen drives, explaining how they are used to store and transfer information. Each student confidently shared their knowledge and answered questions from their classmates. The interactive session sparked curiosity, strengthened communication skills, and deepened their understanding of technology. The audience listened with great interest, making the activity lively, informative, and enjoyable. It was wonderful to see every student participate with confidence, enthusiasm, and teamwork, proving that learning becomes even more meaningful when knowledge is shared.

"Learning grows when knowledge is shared, and every curious mind shines brighter with every new discovery."



Did you know?

- A gigabyte (GB) is larger than a megabyte (MB), and a terabyte (TB) is even larger.
- RAM temporarily stores information while a computer is in use.
- Pen drives, CDs, and DVDs are storage devices used to save and transfer data.

Sharing Knowledge, Inspiring Minds



Smart Screen Usage – Grade 2 Special Assembly

Making Wise Choices in a Digital World

Ms Shahana A , Ms Jance Mary & Ms Niveditha ,
Grade 2 Educators



The Grade 2 students conducted an engaging and informative Special Assembly on the theme "Smart Screen Usage," creating awareness about the importance of using digital devices responsibly and maintaining healthy screen habits.

The assembly commenced with the Prayer, Thought for the Day, and Word for the Day, setting a positive tone and encouraging students to make mindful choices in their daily lives.

One of the highlights of the assembly was an interactive Thumbs Up–Thumbs Down game, where students identified good and bad screen habits. Through this fun-filled activity, they learned the importance of limiting screen time, maintaining good posture, taking regular breaks, and using digital devices for learning and creativity.

The students also presented a meaningful skit that portrayed the effects of excessive and irresponsible screen usage. Through relatable real-life situations, the skit highlighted how overuse of screens can affect health, relationships, and learning, while demonstrating the benefits of maintaining a healthy balance between screen time and other daily activities.

The assembly concluded with a Smart Screen Usage Pledge, where students collectively promised to use technology responsibly, follow healthy screen habits, and make wise choices while using digital devices.

The programme successfully encouraged students to become responsible digital citizens, reminding everyone that technology is most beneficial when used wisely and in moderation.



Did you know?

Looking away from the screen every 20 minutes helps reduce eye strain.

Spending time outdoors and being physically active is just as important as screen time.

Using technology wisely helps us learn, create, and stay connected safely.

Encouraging Healthy Digital Habits



Encouraging Healthy Digital Habits



Ethics Circle – Bringing Values to Life

Inspiring Character Through Meaningful Learning

Ms. Meenakshi, Ms. Sathyapriya & Ms. Jenitha, Grade 4 Class Teachers

The Grade 4 students conducted a meaningful and inspiring Special Assembly on the theme "Ethics Circle." The programme was thoughtfully planned and presented with great confidence, enthusiasm, and teamwork.

The assembly commenced with the Prayer, Choir, Thought for the Day, and Word for the Day, setting a reflective tone and encouraging everyone to embrace good values in their everyday lives.

The highlight of the assembly was a creative TV news-style skit, in which students portrayed real-life situations in school. Through engaging scenarios that reflected honesty, responsibility, respect, kindness, and making the right choices, they demonstrated how ethical values can be practised in everyday school life.

The students prepared diligently and delivered their roles with confidence and enthusiasm. Their captivating performance not only entertained the audience but also conveyed valuable life lessons in a relatable and memorable manner.

The assembly left a lasting impression on the audience by reinforcing that values such as honesty, respect, responsibility, and kindness are the true pillars of good character. It was a memorable presentation that inspired everyone to practise these values in their daily lives.



Did you know?

Values such as honesty, kindness, and respect help build strong relationships.

Teamwork and responsibility are important life skills learned both inside and outside the classroom.

Good character is developed through the choices we make every day.



Encouraging Healthy Digital Habits



Did you know?

A simple act of kindness can brighten someone's day. Saying "please," "thank you," and "sorry" shows good manners and respect.



Fitness – The Key to a Healthy Life

Inspiring Healthy Habits for a Better Tomorrow

Ms Juveria and Ms Bitha, Grade 6 Educators

The students of Grade 6 conducted a vibrant Special Assembly on the theme "Fitness – The Key to a Healthy Life," highlighting the importance of physical well-being and healthy lifestyle choices.

The assembly commenced with a prayer and the school song, followed by an inspiring Thought for the Day and the Word of the Day, "Grit," emphasising determination and perseverance. Students shared interesting facts about the FIFA World Cup and the benefits of regular physical activity, creating awareness about the importance of fitness in everyday life.

A captivating skit titled "The Courtroom of Health" creatively portrayed the consequences of unhealthy habits and the importance of making wise lifestyle choices.

The assembly also included a Fitness Pledge, encouraging students to stay active and adopt healthy routines.

The programme concluded with an inspiring address by the Coordinator, reinforcing the message that fitness is a lifelong investment. The assembly successfully motivated students to embrace healthy habits and lead active, balanced lives.



Did you know?

Regular physical activity helps keep our heart, muscles, and bones strong.

Exercise improves concentration, energy levels, and overall well-being.

Building Strong Bodies and Strong Minds



The King's Reward: The Magic of Doubling Numbers

Discovering the Power of Exponents

Ms. Muthu Vijaya Devi R, Grade 8 Maths Educator

Can one grain of rice make a king poor?

This intriguing question was explored by our Grade 8 students through the famous Rice Grain on a Chessboard activity while learning the chapter on Exponents and Powers.

The story begins with a wise inventor who asks the king for a simple reward: one grain of rice on the first square of a chessboard, two on the second, four on the third, and so on, doubling on every square. What seemed like a tiny request soon turned into an unimaginably large quantity of rice!

Through colourful charts, chessboard illustrations, and exponent tables, students demonstrated how the pattern follows powers of 2: $1 = 2^0$, $2 = 2^1$, $4 = 2^2$, $8 = 2^3$, $16 = 2^4$, and so on.

The activity helped students understand that exponents represent repeated multiplication and that small beginnings can lead to enormous results. Their creative presentations beautifully showcased how Mathematics helps us understand patterns, growth, and real-world phenomena.

The lesson concluded with a powerful message: Mathematics is full of surprises, and even a single grain of rice can reveal the incredible power of exponents!



Did you know?

- Every number in the pattern is double the previous one.
- Exponents are used to represent repeated multiplication.
- The total number of rice grains on all 64 squares is an astonishingly large number!

From Silence to Strength: Grade 10 Voices for Change

Inspiring Change Through Creativity and Awareness

Ms. Juveria Nahid, Grade 10 English Educator

Inspired by the CBSE lesson Bholi, Grade 10 students showcased their creativity and social awareness through a meaningful poster-making activity based on the theme Beti Bachao, Beti Padhao. As part of their Subject Enrichment Activity (SEA), students designed thought-provoking posters that highlighted the importance of educating girls, promoting gender equality, and empowering young women.

Each poster reflected a unique perspective, combining powerful slogans, artistic illustrations, and heartfelt messages. Students drew parallels between Bholi's journey from self-doubt to confidence and the transformative power of education in a girl's life. Through vibrant colours and compelling visuals, they emphasised that every girl deserves equal opportunities to learn, grow, and lead.

The activity not only enhanced students' artistic and presentation skills but also encouraged them to become advocates for social change. Their work served as a reminder that when girls are educated and empowered, families, communities, and nations prosper.

The activity concluded with a powerful message: "A girl educated today is a leader empowered for tomorrow."



- The Beti Bachao, Beti Padhao campaign promotes the education, empowerment, and well-being of girls.

- Art is a powerful medium for expressing ideas and raising social awareness.

- Education empowers individuals to create positive change in society.



Did you know?

Girl power

Fostering Well-being, Collaboration, and Professional Growth



International Yoga Day Celebration

Embracing Wellness Through Yoga

Ms. Srividya Acharya, Activities Coordinator



Billabong High International School enthusiastically celebrated International Yoga Day, promoting the importance of a healthy body and a peaceful mind. Students and teachers actively participated in a guided yoga session, performing various asanas and breathing exercises with great enthusiasm and discipline. The celebration highlighted the significance of yoga in enhancing physical fitness, mental well-being, concentration, and emotional balance. It was a wonderful opportunity to inspire students to adopt yoga as a part of their daily lives and embrace a healthy lifestyle. Together, we reaffirmed this year's message that yoga is a path to harmony, wellness, and holistic development.

"Yoga is the journey of the self, through the self, to the self."

The celebration served as a meaningful reminder that practising yoga regularly helps cultivate a balanced mind, a healthy body, and a positive outlook on life.



Did you know?

- International Yoga Day is celebrated every year on 21st June.
- Yoga improves flexibility, balance, concentration, and overall well-being.
- Regular yoga practice helps reduce stress and promotes a calm and healthy mind.





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Contact Info

**64/B, CHENGANMAL KAYAR MAIN ROAD, THAIYUR,
KELAMBAKKAM, CHENNAI - 603143, TAMILNADU, INDIA**

Phone : 73393 10666

Email id: info@billabongkelambakkam.com