



## “Fostering health and wellness: Celebrating World Health Day at school”-



With the dawn of the new academic year 2023-2024, On 7<sup>th</sup> April, our school embraced the spirit of World Health Day with an exceptional celebration, led by the students of Class X. The entire school community came together to celebrate health and wellbeing, where Zumba and Yoga took our school by storm as the students grooved to the infectious beats and energizing moves, and also practiced the ancient art of Yoga engaging in various poses and breathing exercises, promoting mindfulness and relaxation. Both the sessions led by our trained instructors, became a fun and dynamic way to stay active and embrace the joy of dance.

This remarkable day has inspired everyone to prioritize their health and make positive lifestyle choices. And, has fostered a strong culture of wellness leaving us refreshed and rejuvenated.

*“Mindset, habits and routines are the building blocks for success towards your wellness goals”.*

*-Robyn Downs*



### **"Meal Extravaganza": Fun lunch at School**

To spice up the lunchtime routine of our students, the school organized a fun lunch activity on 12<sup>th</sup> April that brought joy to their midday break. Students were treated to a healthy themed lunch, where the home-brought meal was served in an exciting setting. A huge shout out to our amazing parents who set the party vibes to a carnival extravaganza, and made sure that the theme brought a sense of adventure and excitement among students.

The activity not only satisfied the taste buds but also



created a vibrant and lively atmosphere that made lunchtime an

unforgettable experience for the students.



### **"Unleash the Rhythm: Dancing into the Spotlight!"-**



What thrill and joy it was to witness the exhilarating Dance Competition, "Jhankar beat the heat", that took place at our school on 15<sup>th</sup> April. The event showcased the incredible talent and dedication of the very talented ISBIANs, who delivered mesmerizing performances across various dance styles. The stage was alive with energy as the audience cheered and applauded the dancers' remarkable skills. It was an event filled with rhythm, passion, and unforgettable memories, leaving everyone inspired and in awe of the power of dance.

*Extracurricular activities are the key that unlocks the potential within us."*





### Baisakhi Celebration: "Embracing the Spirit of Harvest and Unity in our School"-



13<sup>th</sup> April, was indeed a day of thankfulness for our food resources as we celebrated the vibrant festival of Baisakhi, bringing joy and cultural unity among the students of classes I-V. The young learners participated in various activities that showcased the essence of this harvest festival. They engaged in energetic dances, created beautiful artwork depicting harvest scenes, and learned about the significance of Baisakhi in different regions of India. The celebration not only fostered a sense of pride in our rich cultural heritage but also promoted unity and camaraderie among our diverse student body.

### "Preserving Our Past, Celebrating Our Heritage!"-

In celebration of World Heritage Day on 18<sup>th</sup> April, our school organized a vibrant and enlightening event to promote cultural diversity and appreciation. The Assembly area was adorned with a colourful banner and our Middle school students conducted a special morning assembly that explored the significance of



preserving our diverse cultural heritage. And, immersed themselves in weeklong activities that showcased the rich and varied heritage of India.

It was a day that fostered a deep sense of pride and respect for our collective human history, leaving a lasting impression on young minds.

*"Let's save the future by  
rescuing the past."*





### **"Aqua-fun"-**

With the scorching heat approaching, the TISB announced the exciting "Summer Splash Pool" activity exclusively designed for our kindergarten students! The little ones had a blast, cooling off in our safe pool, in a guided manner.

The activity promoted water play, sensory development, and social interaction, ensuring a fun and refreshing experience for our young learners, as they dived into a summer adventure Pilled with laughter, splashes, and unforgettable memories!



### **TISB-"Where Playful Explorations Fuel Lifelong Learning!"-**

The youngest members of the school, our tiny tots, bring lots of curiosity, energy and innocence to their classrooms. To add meaning to their curiosity, we design a nurturing and engaging environment for our young learners. We believe, playtime in kindergarten is a crucial part of children's social development. It allows them to collaborate, share, and communicate with their peers, fostering teamwork and empathy. And to enhance this quality in them, our mindfully designed Kindergarten curriculum creates a nurturing and engaging learning environment for our young learners. From interactive play to creative art projects, children develop their cognitive and Pine motor skills while fostering their creativity and imagination.







Our kindergarteners enjoyed a variety of outdoor activities, including playgrounetime and sports which promoted physical Fitness and sensory exploration. These activities helped our students develop their gross motor skills and cultivate a connection with the natural world.



We at TISB, make sure that our Kindergarten program continuously emphasizes social development through collaborative play. Children engage in activities that promote teamwork, sharing, and effective communication, building strong foundations for their future relationships.

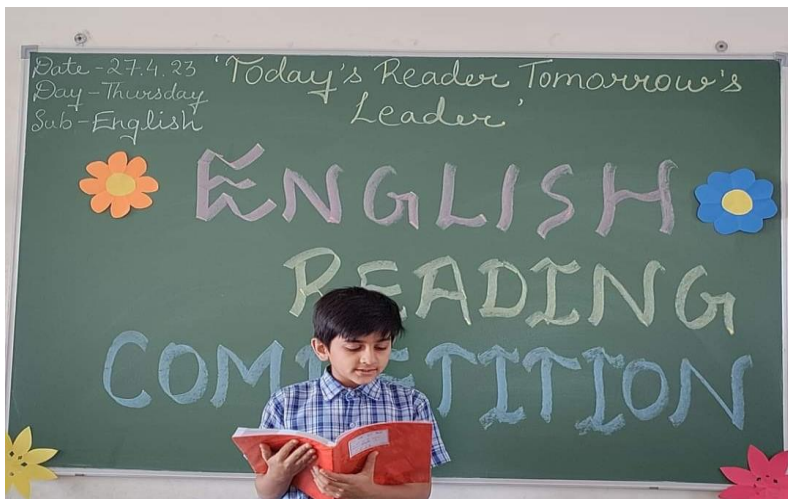


*“ The strongest foundation of knowledge is built through learn and play.”*



### “Reading Revolution: Unleash the words!”-

The stage was set ablaze with the magic of words as our young students participated in the English Reading competition from Classes I-V. With eager hearts and well-rehearsed voices, they enchanted the audience with their Fluency and storytelling skills. It was indeed a celebration of literacy and imagination that left us inspired and in awe of the young talents that graced the event.



### “Spellbound!” with English SpellBee Activity-

The classrooms buzzed with excitement as students from classes VI-VIII, participated in the exhilarating English Spell Bee activity. Participants showcased their spelling prowess, battling it out with challenging words and demonstrating their linguistic skills. It was a thrilling competition that not only tested their spelling abilities but also encouraged the love for language and vocabulary enrichment.



### Maths activity: “Exploring Integers”-

In a recent mathematics activity, Class VII students delved into the intriguing world of integers. Through a hands-on approach, they embarked on a journey of understanding positive and negative numbers. By engaging in interactive games, such as number line races and integer







puzzles, students developed a strong grasp of concepts like addition, subtraction, and absolute values. This activity fostered critical thinking and teamwork, empowering our young mathematicians to confidently navigate the realm of integers.

### “Iodine Test: Unveiling the Presence of starch in foods”-

Class VII students recently conducted an exciting science experiment to detect the presence of starch using the iodine test. By applying a few drops of iodine solution to various samples, including potato, bread, and rice, they eagerly observed the colour changes that indicated the presence of starch. This hands-on activity deepened their understanding of carbohydrates and the role of iodine as a starch indicator. The experiment not only enhanced their scientific knowledge but also fostered curiosity and critical thinking skills among our budding scientists.



### Subject Enrichment Activity: “Exploring Pratyay for Language Enrichment”-

The Hindi subject enrichment activity on "Pratyay" brought an exciting linguistic exploration for the students of class VIII. Students from various classes delved into the world of word formations using suffixes and prefixes, known as Pratyay in Hindi. Through engaging in interactive games, students discovered the power of





Pratyay in transforming words and expanding their vocabulary. They also engaged in creativewriting exercises, where they incorporated Pratyay to construct meaningful sentences. This activity not only enhanced their language skills but also instilled a deeper appreciation for the intricacies of Hindi grammar and word formation.

### **"Diving into fun in the Hot Summer Sun"-**

As the school drew nearer to a summer break, we bid farewell to the hot month on 28<sup>th</sup> April, with a refreshing Summer Splash-Watermelon Party, creating memories that will last a lifetime. Students indulged in juicy slices of watermelon, laughter-Pilled games, and delightful summer-themed activities. It was a perfect way to celebrate the beginning of the much-anticipated summer break with joy and enthusiasm.



*"Good academics is not merely about achieving high grades, but about cultivating a thirst for knowledge, embracing curiosity, and fostering a love for lifelong learning."*