



# BROOKFIELD INSIDER

JUNE 2025

E-Newsletter for the Month of June 2025

## FIT TO BE KIND

### JUNE'S JOURNEY OF WELLNESS & WARMTH

Celebrating a month where strength met compassion — from powering up our bodies to uplifting others through selfless acts. June was more than just wellness; it was kindness in motion.







## EDITORIAL BOARD

**"In the heart of stillness, we often find the loudest clarity."**

The **month of June** brought with it a cherished interlude — the summer vacation — offering students, teachers, and staff a well-deserved break from the structured rhythm of school life. It was a time when the hum of classrooms gave way to the calm of quiet mornings, and the pages of textbooks were momentarily replaced by travel itineraries, laughter, and long-overdue leisure.

For many, June was an opportunity to explore new destinations, reconnect with family, or simply slow down and breathe. Whether trekking through the hills, enjoying a peaceful staycation, or delving into hobbies and personal passions, every experience added to a collective sense of rejuvenation. These moments of pause helped refresh the mind, energize the spirit, and broaden perspectives — key ingredients for both personal and academic growth.

At **Brookfield International School**, we believe that rest is not the absence of productivity, but rather the foundation of renewed creativity and enthusiasm. The experiences of June — whether grand adventures or quiet days of reflection — served as a powerful reminder of the importance of balance in our fast-paced lives.

**As we step into July with recharged minds and open hearts, we carry with us the calm, the joy, and the quiet discoveries of June. Here's to channeling that renewed energy into the exciting term ahead.**

**Warm regards,**





## Green Ride Challenge Promotes Sustainability and Fitness

**"The journey to a greener planet begins with a single pedal."**

Brookfield International School initiated the Green Ride Challenge to promote sustainable living and physical well-being. Students enthusiastically participated, cycling through green surroundings while spreading awareness on eco-conscious habits. The initiative reinforced the school's focus on environmental responsibility and active lifestyles.







## Fathers' Day Celebration



**A father is someone who lifts us up with his love, supports us with his strength, and inspires us with his wisdom.**

A father is one of the strongest pillars of a family, offering love, strength, and unwavering support. This **Father's Day**, our **kindergarten kids at BFIS** expressed their heartfelt emotions by creating beautiful handmade cards for their dads and grand dads. As part of their summer holiday tasks, this simple yet meaningful activity was designed to instill core values like gratitude, love, and appreciation in our little ones. **Through these thoughtful gestures, our children are learning that even small acts of kindness can leave a big impact.**





On **June 21**, **Brookfield International School** observed **International Yoga Day** with a collective session involving students, staff, and esteemed guests. **Mr. Anil Aggarwal** and **District President Mr. Arun Dhiman** graced the occasion, inspiring participants with their presence and insights. The event highlighted the importance of mindfulness, inner balance, and holistic health.

# International Yoga Day Celebrated with Enthusiasm

*"Yoga is the journey of the self, through the self, to the self."*  
**– Bhagavad Gita**



**Yoga creates children who are bright lights in this world, increasing their self awareness and strengthening their bodies.**

Simple fun yoga poses are a regular for our kindergarten kids during the circle time at BFIS. On International Yoga day our little ones shared their yoga poses with us. Yoga and mindfulness have been shown to improve both physical and mental health in school-age children . Yoga improves balance, strength, endurance, and aerobic capacity in children. Yoga and mindfulness offer psychological benefits for children as well. A growing body of research has already shown that yoga can improve focus, memory, self-esteem, academic performance, and classroom behaviour, and can even reduce anxiety and stress in children.







## Capacity Building Through Disaster Management Training

**"Preparedness is the key to survival, both in life and in learning."**

On **June 30**, the school hosted a **Teacher Training Programme on Disaster Management** aimed at equipping educators with practical strategies for school safety. Led by Ms. Meghna Vohra and Ms. Urvashi Bhatia, the session featured hands-on activities, real-life scenarios, and awareness tools to integrate preparedness into daily practice.







In a continued effort to empower its faculty, the school conducted a workshop on **Life Skills Education**. Facilitated by **Mrs. Kulwant Kaur Rehal** and **Mr. Arun John Masih**, the session focused on fostering resilience, empathy, and critical thinking in classrooms. It aligned closely with **CBSE's capacity-building goals under NEP 2020 and SQAAF**.

## Life Skills Education Workshop Empowers Educators

"Education is not the learning of facts, but the training of the mind to think."





## Little environment crusaders

**Treating all animals with respect and care is an essential part of a spiritual lifestyle.**

At **Brookfield International School**, we encourage our children to grow into **compassionate and responsible citizens**. We inspire them to care for all living beings and show empathy towards nature. It was so heartwarming to see our little stars keeping food and water for their feathered and furry friends to save them from the scorching heat during their summer vacations.





# Brookfieldians Excel at HPS MUN 2025

*"Speak your mind, even if your voice shakes — because dialogue shapes destiny."*

Brookfield students participated in HPS MUN 2025 on May 28–29 at Hansraj Public School, Panchkula. Representing various committees such as UNGA, US Senate, AIPPM, and others, the delegation included **Biman, Navkirat, Poorvi, Swati Thakur (IX Gamma); Dhananjay, Ishreet (IX Beta); Viapak (IX Alpha); and Sidak Singh (VIII Gamma).**

**Special recognition was awarded to Ishreet (9 Beta) for her articulate diplomacy and presence of mind.** The MUN experience strengthened their leadership, collaboration, and understanding of international affairs.

