

**EKYA
SCHOOL**
JP NAGAR

THE BULLETIN

2025



CAMPUS HIGHLIGHTS

Sankranti Celebrations

Sankranti is a time to celebrate joy, unity, and gratitude. At EJPN campus today, we embraced the spirit of this vibrant festival with enthusiasm. The children participated in a variety of activities, including making colourful kites and donning traditional ethnic attire. They also gained a deeper understanding of the significance of Sankranti, a festival that marks the arrival of longer days as the sun moves northward during Uttarayan. As part of the celebration, the children watched an informative video on the Pongal festival, broadening their knowledge of regional traditions. To make the occasion even more special, they were delighted to receive **Ellu Bella**, a beloved Karnataka tradition symbolizing warmth, friendship, and good wishes for the new season. The event was a beautiful blend of cultural learning and festive joy, creating lasting memories for all involved.

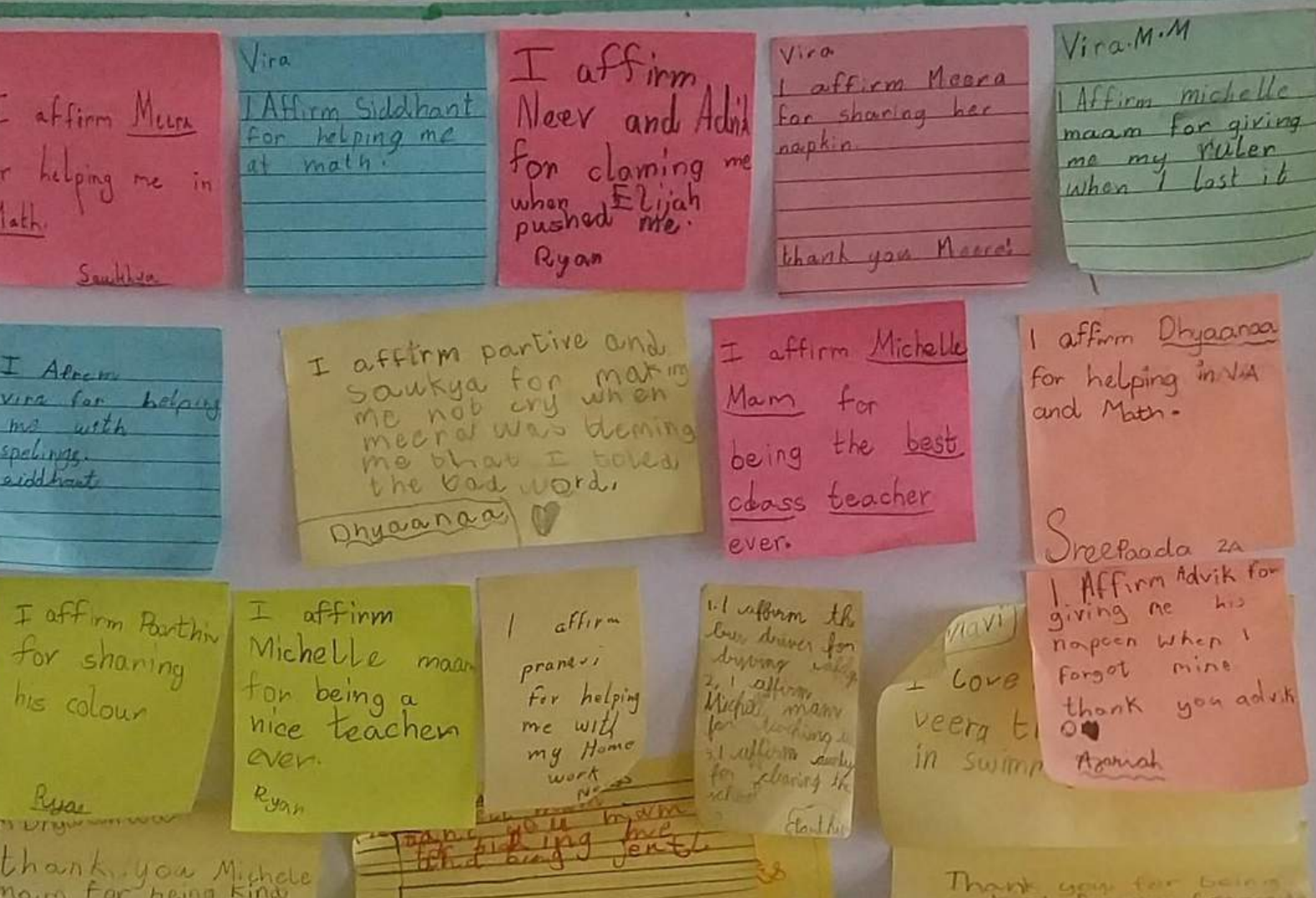


Story Telling Session

We were delighted to host **Ms. Ramya Srinidhi**, a master storyteller trained in the ancient **Japanese art of Kamishibai**, at our campus. As the founder of the **Indian Kamishibai Association** and co-founder of **Katha Corner**, Ms. Ramya introduced the children to this captivating and interactive storytelling tradition. Her session was a perfect blend of art, culture, and education. The children were completely engrossed as she narrated the story using beautifully illustrated boards, a hallmark of **Kamishibai**. The interactive format allowed the kids to actively participate, making the experience even more engaging. The story not only entertained but also imparted a valuable moral, leaving the children with a lasting lesson. Ms. Srinidhi's ability to connect with her audience and bring the story to life was truly remarkable. It was a memorable and enriching experience for all involved, sparking curiosity and fostering a deeper appreciation for storytelling.



AFFIRMATIONS



CULTURE AT CAMPUS

Good Things

At Ekya, we begin each class with a simple yet powerful activity called **"Good Things."** This time allows students to share any positive experiences they've had, ranging from the simplest joys to more complex moments. By encouraging students to reflect on the good things in their lives, we foster a safe and open environment where everyone feels comfortable communicating. This practice not only builds a sense of community but also promotes a culture of positivity and care within the classroom. Students are given the space to express gratitude, share accomplishments, or even highlight small victories, all of which contribute to an uplifting atmosphere. The ritual of sharing these good things enhances emotional well-being, boosts confidence, and nurtures connections among peers. Ultimately, it sets a supportive tone for the day, ensuring that students feel valued and encouraged to thrive in both their academic and personal growth.





LEARNING BEYOND THE CLASSROOM

Summer Camp

Summer is the season of joy, discovery, and growth, and Ekya Schools is thrilled to announce Summer Camp 2025, a unique blend of learning, creativity, and fun! From April 1st to April 19th, this camp is thoughtfully curated around the holistic theme of **MIND, BODY, and SOUL** to provide children with an enriching experience.

- **Mind:** Engage in activities like robotics, public speaking, and language learning to foster curiosity and enhance cognitive skills in a safe and stimulating environment.
- **Body:** Embrace physical well-being with sports like basketball, football, and cricket, while also exploring dance, yoga, and theater to build perseverance and respect.
- **Soul:** Nurture the spirit with creative pursuits like pottery, music, and puppetry, empowering children with positive beliefs and strengthening their self-confidence.

Join us for this exciting journey of skill-building, exploration, and self-discovery, making Summer Camp 2025 a season to cherish!!



Field Trips

This month was packed with adventure and discovery at Ekya as students across grades embarked on enriching field trips. Grade 3 students had a delightful time at the **Zippy and Bronco Equestrian Farms**, learning about horses and their care while experiencing the joy of being around these magnificent animals. Grade 4 students unleashed their curiosity (and their sweet tooth!) during an engaging visit to the **Gone Mad Chocolate Factory**, where they explored the magical journey of chocolate-making. Meanwhile, Grade 9 students took a deep dive into sustainability and infrastructure at the **BWSSB Water Treatment Plant**, understanding the science and systems behind clean water supply. Our youngest explorers from Grade 1 had a wonderful time at the vibrant **Rangoli Garden**, soaking in nature's beauty and letting their imaginations bloom. These trips provided hands-on learning experiences, sparking curiosity and leaving lasting memories for everyone involved!



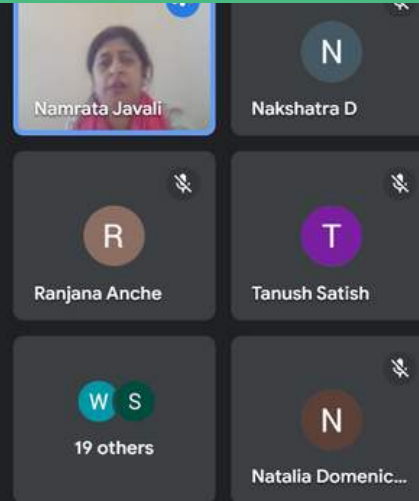
Effects of Screen time

Emotional

- Less emotional stability
- Mood changes
- Low self-esteem
- Impaired emotional comprehension
- Overthinking

Behavioural

- Addictive Screen time Behaviour
- Cyber bullying
- Impaired Social Skills
- Social Isolation
- Behavioural Dysregulation
- Aggressive and explosive behaviour
- Hyper arousal



WELL-BEING

As the calendar flipped to a new year, the Well-Being Department took this opportunity to check in with students, guiding them through reflections on the past year while helping them set meaningful goals for the year ahead. The start of January isn't just about a fresh beginning; it's a time to pause and reflect on where we've been and where we want to go. The Well-Being check-ins this month took a more reflective approach. Instead of jumping straight into goal-setting or resolutions, students were encouraged to take a moment to think about the year that just passed. It was a chance for them to acknowledge what they've learned, the challenges they've faced, and the successes they've experienced. This kind of introspection allows students to process their emotions and gain clarity on how they want to approach the upcoming year.

In addition to student check-ins, the Well-Being Department also hosted a valuable online session for parents, addressing a topic that has become increasingly important in today's **digital age: screen time management**. The session, led by **Ms. Namrata Javali**, provided parents with essential tools and insights to help manage their children's screen time effectively. With the constant use of smartphones, tablets, and computers, it's more challenging than ever to find the right balance between productive screen use and downtime.

The session shared practical strategies for parents to implement, such as setting clear boundaries around screen time, encouraging alternative activities like outdoor play or family time, and fostering open communication with their children about the impact of excessive screen time. The session also touched on the mental and emotional aspects of screen use, emphasising the importance of helping children understand the difference between healthy engagement and overuse, especially in relation to social media and gaming. This online session gave parents the knowledge and confidence to help their children strike a healthy balance between screen time and other important activities, contributing to their overall Well-Being and development.

PLOGGING TREK TO SHIVAGANGE

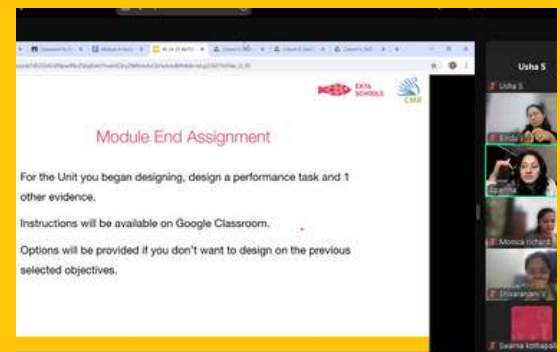
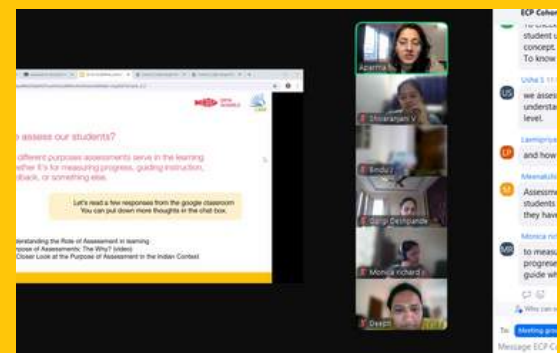
Get ready to lace up your trekking shoes and make a difference! On February 1st, our students from Grade 7, 8 & 9 will embark on an exciting plogging trek to **Shivagange**. This adventure combines the thrill of hiking with the responsibility of keeping our environment clean. As we explore the scenic trails of Shivagange, we'll also pick up litter along the way, contributing to a greener and cleaner planet. It's not just a trek; it's a movement for sustainability and teamwork. Let's embrace this opportunity to connect with nature, stay fit, and leave behind nothing but footprints!





PROFESSIONAL DEVELOPMENT

- The Professional Development team met new teachers who have joined our ecosystem and facilitated a special induction program.
- We have successfully launched the fifth cohort of our **ReThink Educator Certification Program** and opened out the applications for the next cohort.
- We offered a workshop on **Integrating Innovative Pedagogies: Game-Based Learning** and had enthusiastic participation.
- Another exciting news is the launch of our **Post-Graduate Diploma in Early Childhood Education** in association with CMR University. It is a one-year program, open to anybody interested in becoming an early years educator.





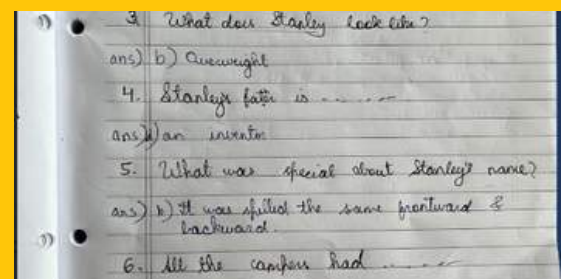
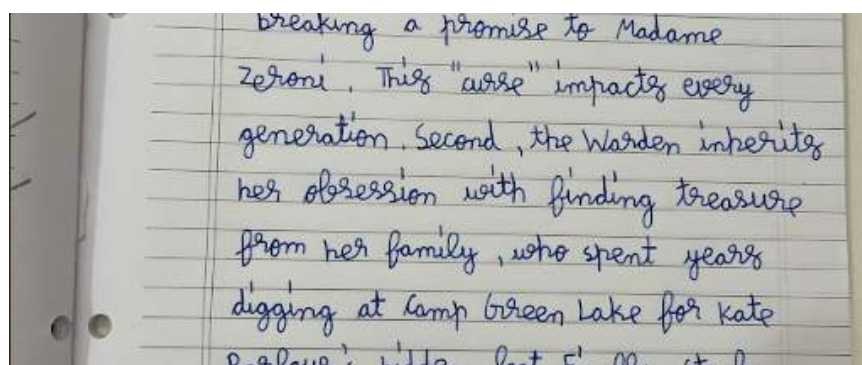
LEARNING & INSIGHTS

English - Bringing the novel "Holes" to Life

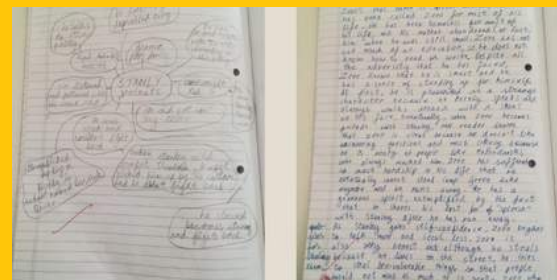
At Ekya School, we believe in fostering a deep love for literature while developing critical thinking and creative expression. One example below is our study of **Louis Sachar's "Holes"** which exemplifies this approach, engaging students in meaningful literary analysis while enhancing their language skills.



Students have demonstrated exceptional creativity in crafting detailed character booklets featuring key personalities like **Stanley Yelnats, Kate Barlow, and the Warden**. These booklets include hand-drawn illustrations and comprehensive character traits, showing their deep understanding of character development and motivation.



Students explore complex themes such as inheritance and fate, as evidenced in their analytical writing. One student's work shows a detailed analysis of how inheritance manifests throughout the novel, connecting Stanley's family curse to the Warden's obsession with treasure.



Students' work is evaluated through:

Character booklet presentations

- Written analysis of themes
- Creative writing assignments
- Class discussions and participation

Through this comprehensive study of "Holes," Ekya students not only master the technical aspects of language but also develop a genuine appreciation for literature while building essential analytical and creative skills for their academic journey.

TEACHER BLOG

STRATEGIES FOR OVERCOMING CLASSROOM CHALLENGES

DEVELOPING STRONG CLASSROOM MANAGEMENT SKILLS

Set Clear Expectations: Establish clear rules and consequences from the start. Consistency is crucial for maintaining order and ensuring students understand what is expected of them.

Positive Reinforcement: Emphasise rewarding good behavior over punishing negative actions. This approach encourages students to follow rules and remain engaged.

Adapting Instructional Approaches

Differentiation: Utilise various teaching methods to accommodate different learning styles, including hands-on activities and technology integration.

BUILDING A SUPPORTIVE CLASSROOM ENVIRONMENT

Foster Open Communication: Create a safe atmosphere for students to express their feelings and opinions, encouraging open dialogue.

Social-Emotional Learning (SEL): Integrate SEL into the curriculum to help students develop emotional intelligence and resilience.

BALANCING CURRICULUM AND CREATIVITY

Integrate Test Prep with Creative Learning: Prepare students for standardized tests while allowing for creativity through project-based learning that aligns with test standards.

Prioritize Flexibility: Adapt lessons to meet the needs and interests of all students while still achieving curriculum goals.

LEVERAGING RESOURCES AND SUPPORT

Collaborate with Colleagues: Share resources and seek advice from fellow teachers to gain new insights and strategies.

EFFECTIVE COMMUNICATION WITH PARENTS

Be Proactive: Maintain regular communication with parents to build trust and prevent misunderstandings.

Teaching is a demanding yet impactful profession. By implementing these strategies, teachers can transform challenges into opportunities for growth, fostering a positive and lasting impact on their students' lives.



Ms Sangita Das
English Educator
Senior School



STUDENT BLOG

WINTER WONDERLAND TO THE NORTH POLE...

Maya was a little girl from Iceland it was Christmas night, mother was keeping cookies & glass of milk near the window. Maya said I want to go to Santa's home I bet it's the best home in the world. Suddenly an Idea struck her mind, she made sure her mother was asleep then she took a very decorated cardboard box having a tag saying to Santa then she kept the box near the cookies and she hid inside the box with holes so it wouldn't be suffocating. After a while, she dozed off and when she opened her eyes she was not at home nor Santa's home she was nowhere when she broke the box & came out to her surprise Santa was in front of her. He had a smile on his face which turned into a frown. Maya asked "What's wrong Santa? Santa replied, you humans are not treating Earth well and moreover you are also using Christmas as an excuse! Come child let me show you how to actually celebrate Christmas. Then the 2 hopped onto the sledge, Santa first showed a group of poor people shivering in the cold and said when you show care to people they will care about you too, then Santa showed a few people bursting crackers, and polluting the air, Santa said do you know how many animals die because of crackers and Suddenly they were underwater and saw a poor turtle getting stuck because of a gift wrapper stuck to its leg. Santa said the gift wrapper landed up on the shore and didn't get wet like paper. Suddenly they appeared in front of Maya's house. Child from now on please don't harm the environment said Santa. Suddenly Maya woke up in the box with her mom peeping in & Maya said Mother from now on let's Celebrate Christmas sustainably. Mother replied "Ugght sure"



Thanvi R
(Grade 5 B, Ekya JPN)

