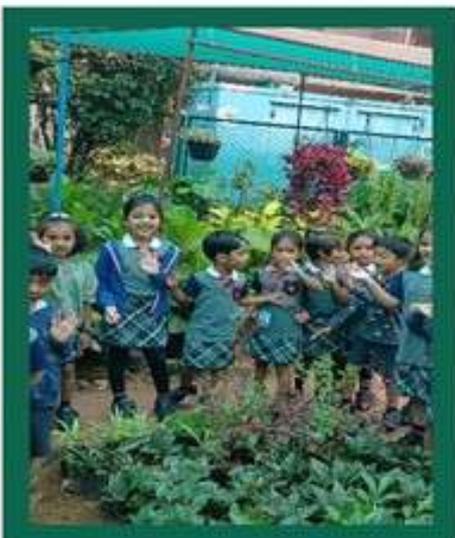
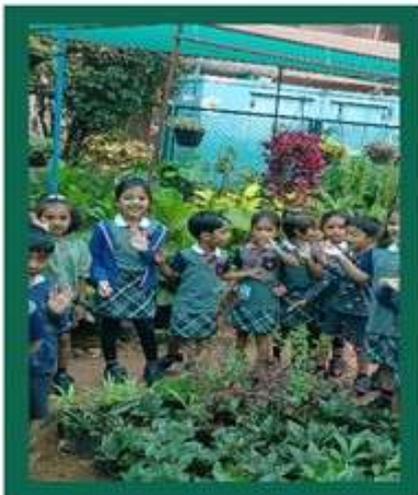
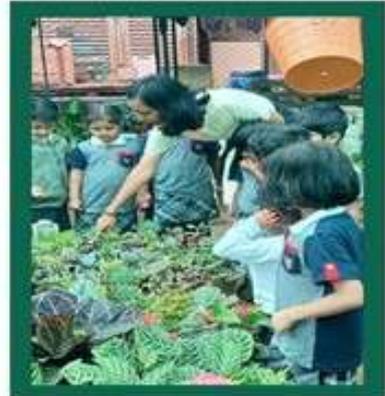


Field Trip

As the theme for the month was 'The World of Plants', the students of FS1 AND FS2 were taken to a nearby Nursery to observe and learn about the different kinds of plants, leaves and flowers. The students also learnt how to grow their own plant and had several activities related to the things needed for a plant to grow and their characteristics. The students were taught that plants are inextricably linked to our lives and plants supply us with a variety of fruits, vegetables, oxygen and removal of carbon dioxide. The tiny tots of EY2 had a nature walk on the school campus.





Halloween Celebration

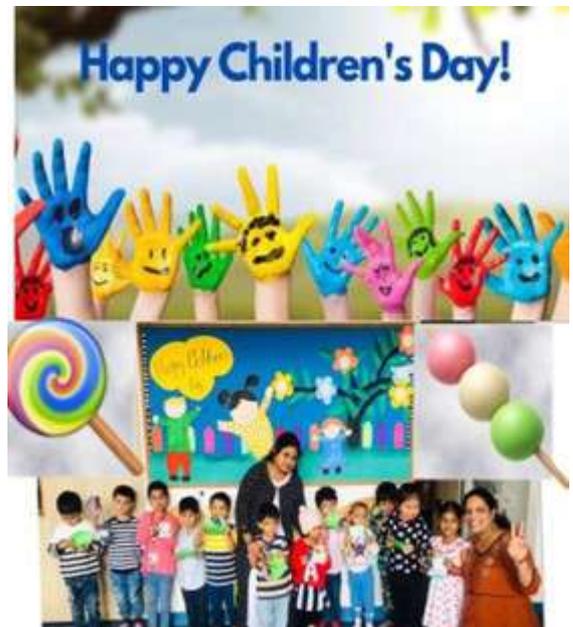
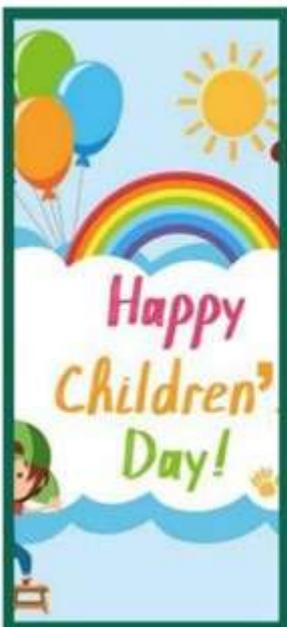
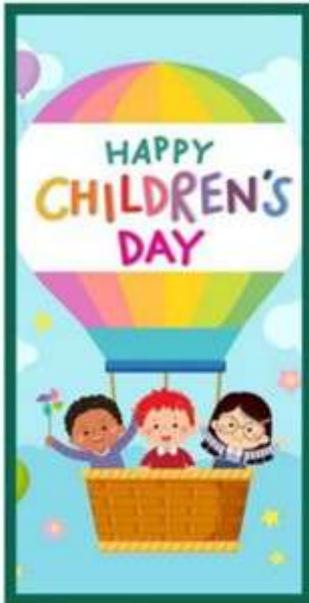
Halloween celebration was on the 4th of November 2022. The students came all dressed up in different characters. They looked amazing in their little outfits. The teachers organized games for the students and later went around the school campus playing Trick or Treat.



Children's Day Celebration

There is no garden as beautiful as childhood. Every child is a different kind of flower, together they make our Nest and Academy a beautiful garden. Children's Day celebration at Nalapad Academy focused on the children and their enjoyment, they were gifted with loads of fun on this special day. The principal, administration team and the teachers put together various performances in order to express their love and care for children. The program began with a prayer song by Ms. Latha followed by Welcome Dance by Ms. Bina and many mesmerizing performances like songs sung by teachers, dance, drama and the most exciting part was the Magic Show. The children were overwhelmed to see their teachers on stage performing and cheered them enthusiastically. The children were surprised with a tasty feast, a greeting card and a chocolate. The children had great fun and enjoyed the day buzzing with excitement and joy.





Mindfulness and Its Importance

On the 8th of November, Dr. Nandini Bharti enlightened classes 1-11 about, 'The Importance of Mindfulness'. Our students responded actively and presented their views. The discussion was followed by a breathing exercise where the children had to focus on their breath. At the end of the session, students practiced the mindful eating exercise. The children were given a sweet and they had to observe, smell and feel it to appreciate and enjoy the taste of it. This session illuminated our children that focusing on the moment helps us to be mindful.

Children's thoughts and feelings:

The outer wrapper was rough.

I focussed on my breath.

I thought of an air balloon turning into a flower while breathing.

The inner wrapper was golden colour and smooth.

I found the sweet to be sweeter and stickier this time.



Karnataka Rajyotsava

Also known as the Karnataka Foundation Day, Karnataka Rajyotsava is celebrated to represent the unification of all the Kannada language-speaking regions of south western India forming the state of Karnataka. The Nalapad Academy family celebrated the Karnataka Rajyotsava with great pomp on 22nd November 2022. The program began with a Welcome speech by the coordinator Ms. Sai Lakshmi followed by the lighting of the lamp. The stage was on fire as our students performed various dances, Yakshagaana and a skit, "Onake Obavva". The performance not only left the audience spellbound but also conveyed a message, 'Be the change you want to see!'



Best Out of Waste - Eco Club

A pollution-free environment is essential for all living beings. The advancement of science and technology made our young generation least concerned about nature. As the saying goes, 'Be part of the solution and not the part of the pollution', The Gardening & Environmental club was formed to sensitize, motivate and educate students about the environment and conservation.

Our Eco Club made DIY bird feeders using hay, cardboard boxes, and reusable containers. This feeder was kept outside the window for easy access and as well for a tranquil setting at home. In doing so the values of caring for birds and nature were inculcated. Plastic planters were also designed with waste plastic bottles. This encouraged students to understand the importance of recycling and that preservation of nature is the utmost aim of every individual.



Class Activity- Grade 2-Island Home

Imagine waking up to the sight of the glistening sea, the sound of the birds, surrounded by coconut trees, a cool breeze against the face and the sound of the sea crawling up onto the sand. What could this possibly be? The students of Grade 2, have imagined and designed their own dream islands in the Global Perspectives class



Class activity - Grade 3 - Parts of a Hibiscus

To understand our environment, nothing is as interesting as watching and exploring it hands-on. The students of grade 3 CBSE keenly discussed each part of the Hibiscus flower with great enthusiasm and candor in their Environmental Studies class. With each unfolding of petals, their excitement grew as they watched and experienced what they had learnt. The class ended with an experiment where the students stuck the parts of the flower on a chart, labeled and described them.



Class Activity - Grade 1 - Pattern Blocks

We are never too old to play with building blocks. The Grade 1 students used blocks to explore and design their own patterns in the Math class. There was a wonderful discussion on the importance of shapes. This exercise helped them develop their hand-eye coordination as they lifted, moved and built a pattern. This surely did bring back our childhood memories.



Class Activity- Grade 5 - Planning an investigation

Have you heard of the most famous detective, Sherlock Holmes? We proudly present Grade 5 who are as good as Sherlock Holmes. During the Science class, the students were divided into two groups. These young minds experimented and planned an investigation using the given materials such as water and solid objects. While one group spoke about dissolving solids in the liquid, the other talked about whether the objects will float or sink.



Class Activity - Grade 2 - Tangram

The children of Grade 2 were introduced to the dissection puzzle, Tangram. The puzzle consists of seven flat polygons, called tans, which are put together with great enthusiasm to form shapes. Tangrams help children to learn about spatial relationships, develop their problem-solving and logical thinking skills and creativity.



Session on Conflict Resolution

We at Nalapad, not only believe in holistic development of our students but also work towards the well-being of teachers. As part of the Professional Development Program which not only concentrates on technological training and upgradation but also caters to personal and emotional development on an individual, we largely understand the impacts of conflict under any circumstance on an individual and the importance of resolving the same for a healthy being. Hence, we conducted a workshop on conflict resolution by trained mental health professional, Ms. Rajeshwari. A vast range of concepts were covered and discussed through realistic examples, reflections, discussions and individual and group activities.





Field Trip to Whitecaps International school of pastry, Grade 1 to 3.

Experiential learning plays a vital role in a child's learning journey, opening window one such opportunity grade 1 to 3 visited A school of pastries, Whitecaps International school of Pastry. Students were able to experience for themselves the science behind how different ingredients react and respond to different aspects involved in the process of baking. Students also explore how precision in measurement of ingredients, patience and loads of love is the secret to delicious cookies to a variety of pastries. The students had a fun-filled and wholesome experience of how creativity meets science leads to innovation, which also creates magic to our taste palettes.

