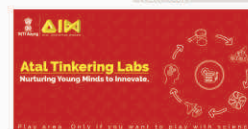




NEWSLETTER
(January to March 2018)

BLUE BELLS PUBLIC SCHOOL

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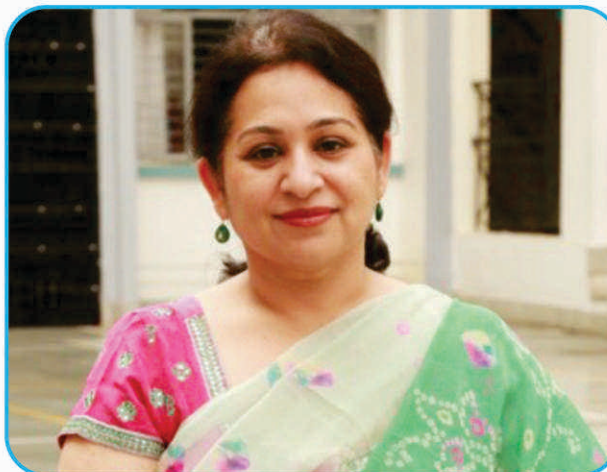


MESSAGE

Dear Readers

"I believe the children are our future. Teach them well and let them lead the way. Show them all the beauty they possess inside ." Whitney Houston

Parenting is a great responsibility as well as an intricate art. As a parent you are a very essential part of your small team comprising of you and your children. Though every member contributes equally in this team but the ultimate position of the leader, who is responsible for the functioning of the team and its members, falls on you. The eventual goal of the successful leader is to help your child develop into a well-adjusted individual and citizen. Even without realizing it, you infuse life skills in this task. You are a role model for your children and have to nudge them in the right direction. This involves inculcating in them a good sense of decision - making and problem solving as well as proper management of time and emotions. You are constantly using effective communication skills to keep the channels of communication open with your children so you can steer them in the right direction. You are also teaching them Conflict resolution, which is an intrinsic part of team management. By giving them your empathy and unconditional love, you make them confident and prepare them to overcome the obstacles of life. You encourage them to acknowledge their uniqueness and identify their talents and strengths so that they realize their full potential as an individual and grow up to be responsible adults. Enjoy this amazing journey of parenthood to the fullest and.....



"Give the ones you love wings to fly, roots to come back and reasons to stay"

-Dalai Lama

Dr. Alka Saxena

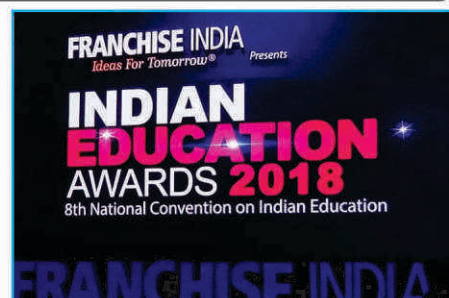
Deputy Director – Health & Wellness
Blue Bells Group Of Schools
Gurugram



INDIAN EDUCATION AWARD



The School was honoured for its outstanding Academic Rigour and excellent Teacher Training methodology at the Award Ceremony hosted by Indian Education Awards 2018 on February 13, 2018 at J.W. Marriott Hotel, New Delhi. On behalf of the school, the prestigious recognition was received by Ms. Arpita Acharya, Vice Principal, BBPS, amidst coterie of elite educationists from all over the country. From among 500 nominees, the Award conferred on the school was a recognition and felicitation of excellence, reputation and



exemplary work in the Education Sector in a spectacular style. It also proved testimony to the accomplishment of academic goals and outstanding achievements through innovation, leadership, dedication and commitment towards learning. It was a proud moment as our school was the only one in Gurugram to be recognized and felicitated for Excellent Teacher Training Methodology and only four other schools were chosen from Gurugram - The Heritage School, Lotus Valley, Shiv Nadar and DPS International for the recognition in different categories like Innovation, Infrastructure, Best Principal etc. Under the patronage of our dedicated mentors, the school is ardently working towards cultivating innovation in the school system where the joy of learning is reflected in the happy smiles of the students along with imbibing confidence that comes with knowledge enrichment. This is a bedrock for many more achievements in future.



LEARNING UNBOUND CHAPTER 2017-18

"What lies behind us and what lies ahead of us are tiny matters compared to what lives within us".

Learning takes a center stage at Blue Bells. The teaching methodology emphasizes on the integrated activity-based approach leading not only to the assimilation of conceptual knowledge but also to the application of the acquired knowledge that enables every child to succeed. The Thematic Approach integrates different subjects helping students to explore all aspects of each subject. In sync with the same, Blue Bells Public School, Sector 10, Gurugram organized 'Learning Unbound Chapter 2017-18' on February 23 & February 24, 2018. The Exhibition focused on ingraining a logical and creative attitude in our young students to make them comprehend the interdependence of various concepts by hands-on activities. The Event was conceptualized by the Learning and Development Center under the motivational leadership of Madam Soumya Gulati, Deputy Director (Academic Development and Innovations), BBGS. The mascot – "Noveo" was unveiled by Madam. The students were also blessed by the gracious presence of Dr. Saroj Suman Gulati, esteemed Director, Blue Bells Group of Schools. Ma'am blessed, encouraged and applauded the efforts of the team for putting up such a grand show. The Event was aimed at engaging students to synergize their classroom experiences and motivate each other to design and develop something novel. Hundreds of displays dotted all sections of Classes III-V with cent percent participation by the students. Each subject pavilion presented the two themes 'Natural Phenomenon and Resources' and 'How the World Works' in the most innovative and creative manner. The parents flocked in large numbers and appreciated the presentations. They were enthralled by the display of the activities by the students which showcased the learning progression in Classes III to V. Performing and Visual Arts took to center stage by putting their best foot forward. Hands on experiments, art and craft and the cultural events comprising of Enactment of Story, Street Play, and Live Singing by the choir and



Dances by the students added beauty and ravishing charm to the event. While the Sports pavilion aimed at physical fitness, the Home Science Department made a fine display of healthy food with cooking without fire snacks.

The Health & Wellness Team under the guidance of Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS created an impressive display - 'ELIXIR: Find Your Essence'. The stall presented a kaleidoscopic view of various activities, programmes and events for the students, parents and teachers through aesthetically designed Display Boards. The corner added a Midas touch to the event by showcasing a thoughtful mindset. The parents were thoroughly engrossed and motivated through the inspirational movies that were screened at the School Cinema Movie Theatre. The movies gave an insight on different values, life skills and emotions that need to be understood for the comprehensive approach and growth of an individual. All activities were based on three major themes – Values, Healthy Diet and Anti Bullying. The parents were mesmerized by the presentation given by the students and earnestly participated in all the activities and games.

Especially created ICT enabled games and Robotics arena showcased the technical aptitude of the students. The corner was put up innovatively under the leadership of Ms. AnshukaAneja, Deputy Director – IT, BBGS. The presentations made by the students were shown to the parents which they heartily lauded. The parents were enthralled by the amount of research done by the students to prepare quiz on computer concepts and ongoing themes. The Robots designed by the school tech geniuses was the centre of attraction for all. The parents' appreciation of the Event gave a reflection that it has left an indelible imprint in their hearts.

The encouraging presence of the parents and the ardent support of the school Management and Leaders during the event along with perfect team work and coordination proved a testimony to the fact that Blue Bells provides education that inspires confidence.



READ-O-PHONIC SESSION



In an endeavour to apprise the parents of Class UKG with the latest teaching learning techniques and strategies adopted by the school to hone the language skills in young Blue Bellians, a session on 'READ-O-PHONICS' was organized by the L & D Team as a part of BACK TO SCHOOL SERIES on January 20, 2018. The session was planned and organized under the inspirational leadership and guidance of Madam Soumya Gulati, Deputy Director (Academic Development and Innovation), BBGS. The session aimed to provide the parents with the unique learning environment that their young one's experience in school. The session was interactive wherein a number of fun filled activities like Hop Scotch, Dumb Charades, Cross Word, Rhyming Plane, Mobile Making and other games were played by the parents. This was the live demonstration of different strategies used during the teaching – learning process to engage, enthuse and empower the students. The parents also understood the importance of phonic sounds. A skit presented by the teachers of Class UKG showcased an exemplary display of the skills which the students had acquired in a play way method through fun filled games. A 'Gallery Walk' of the work done by the students showing their progression in learning in the classroom was highly lauded by the parents. The parents were thoroughly engrossed and enjoyed the fun-filled Team building games with the Edusports team.



LE TOUR DU MONDE - ANNUAL PRESENTATION BY CLASSES NURSERY -II

Traveling gives us a chance to do some new things, and the possibility to get new knowledge, experiences by visiting unfamiliar places. The understanding of diverse cultures plays a vital role in the holistic personality development and in pursuance of this objective the students of Classes Nursery to II of Blue Bells Public School proudly hosted 'LE TOUR DU MONDE - ANNUAL PRESENTATION on March 10, 2018. The occasion was blessed with the pristine presence of Dr. Saroj Suman Gulati, esteemed Director, BBGS and Mr. Ashish Gulati, Vice Chairman, BBGS and Madam Soumya Gulati, Deputy Director (Academic Development and Innovations), BBGS. Under the initiative and guidance of Madam Soumya Gulati, Deputy Director (Academic Development and Innovations), BBGS, the Learning & Development team organized GALLERY WALK showcasing the learning progression of Classes I and II on the theme - 'SEASONS & LAND FORMS'. The parents were further acquainted with the change in pedagogy adopted by the school to bring in innovative practices to enhance the teaching learning process and this was the highlight of the





programme. The programme started by invoking the blessings of the divine with Diya Lighting and a Welcome Song. Ms. Anjali Nagpal, Principal of the school accorded a warm welcome to all the dignitaries and parents. The tiny tots of Nursery enthralled the august gathering of esteemed Management Dignitaries and parents through Franny's Feet. The students presented, LE TOUR DU MONDE - Connecting The World Through Dances' - ANNUAL PRESENTATION by the students of Classes Nursery to II, a Kaleidoscopic view of the journey around the world through varied dance forms. The potpourri perfectly blended the dance forms of India, Australia, Africa, Japan, Arabia, Spain along with Hawain Dance, Penguin Dance Rock N Roll, Hip - Hop & Salsa. The energetic performance of the students was heartily appreciated and applauded by all. Speaking on the occasion, Dr. Saroj Suman Gulati, esteemed Director, BBGS, congratulated the students for the marvelous presentation and wished all the Blue Bellians to be the custodians of rich Indian Culture. Director Madam thanked all the parents for sparing their valuable time and being a part of the festivity. The Vote of Thanks was proposed by Ms. Arpita Acharya, Vice Principal of the school.

→ CELESTIAL SOJOURN



To root the students to the power of the self-exploration and realization, an Inter-House Spiritual presentation – Celestial Sojourn was presented by the Primary Wing of the school in the loving memory of Honourable Chairman Sir Sh B.D Gulatiji on January 22, 2018. The program was presided over by Dr. Saroj Suman Gulati, revered Director, Blue Bells Group of Schools. Students started the day by invoking the blessings of Goddess Saraswati on the occasion of Basant Panchami. All the four Houses presented their spiritual renditions – Satguru Raakh Liya, Wahe Guru, Sahiba and Jiske Sir Par Tu Swami. The event aimed at inspiring the students to learn from the legacy created by Sir Sh B.D Gulatiji. Director Madam, appreciated the dedicated efforts of the students and shared her experience with the students as to how important it is to have sincerity, respect and truthfulness in life to have a fulfilling life. Mr. Taranand Jha from the Music Dept. also rendered a shabad in his soulful voice to pay the tribute. The soulful melodies touched the heart of all present at the event.

→ GENEXT- DD LIVE SHOW BY ATL MISSION, NITI AAYOG

The versatile students of the school proved their technical prowess and innovation at a Live Show in Delhi Doordarshan at Doordarshan Bhawan, Copernicus Marg, Delhi on January 4, 2018, by Atal Innovation Mission Team, NITI Aayog on the theme, "How Innovation Will Create A New India.". Our agile technical experts displayed their exemplary finesse when they were invited to showcase their project among the top schools of Delhi & NCR. The programme was telecasted on Delhi Doordarshan News Channel on January 6, 2018 between 5.00 p.m. to 5.30 p.m. The link on which the project could be seen is <https://youtu.be/kEPA23NGxCw> This is just a step in the right direction to foster the spirit of inquiry, critical thinking and innovativeness. Heartiest Congratulations to the school ATL Team for this marvelous feat !



→ LIVE SHOW ON DELHI DOORDARSHAN



In recognition to the efforts and work done by the school on Road Safety, the school team comprising of teachers and students was invited by Delhi Doordarshan, National TV Channel by Prasar Bharti for a live show on Traffic Rules & Road Safety. The Programme was aired live from Delhi Doordarshan's Studio at 3.00 p.m. on DD News and DD National Channel on January 12, 2018. The school team actively participated in the discussion on how to ensure safety on roads and follow the traffic rules and regulations. The views of the team members were highly appreciated by the host of the programme and other participating schools.



INITIATIVES OF HEALTH & WELLNESS PROGRAMME

Dr. Alka Saxena, Deputy Director, Health and Wellness, Blue Bells Group of Schools, took the responsibility of establishing the Health and Wellness Programme for BBGS in the year 2009. Over a period of time she has groomed a full - fledged team of Counselors and Teachers to empower students. The Health & Wellness Resource Center was established in the year 2015 by Dr. Saxena, keeping in mind the need and demands of BBGS as well as other schools. The Center incessantly develops the modules and sessions for the students, teachers and parents after a thorough and extensive research. The Resource Center is headed by Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS and other members include Ms. RenuKhare (Counsellor, BBPS), Ms. Shreya (Counsellor, BBPS) and Ms. Aarti Arora, Executive Assistant. Under the aegis of Health & Wellness Programme of the school, the Resource Center team conducted the varied sessions for the students and teachers to sensitize them on different issues.



DISTRESS TO DE-STRESS: HANDLING EXAMINATION STRESS

During examinations, it is important for the students to be in a calm state of mind and to deal with any emotion which may be causing distress. To address the feelings and concerns of students and to help them manage their stress, an interactive module was conducted with the students. The session was taken by the Resource Centre team for the students as per the schedule:

- Class XI on January 19, 2018 and Class IX on February 1, 2018 respectively.
- Classes VI to VIII from February 5 to February 9, 2018.

The session included:

- Ways to identify stress
- Internal and external factors that lead to stress during examinations
- Identifying and dealing with automatic negative thoughts
- Managing time effectively through prioritizing and making SMART time table
- Being aware of obstacles to time management and how to handle it
- Tips to increase productivity
- Identifying and incorporating learning styles
- Importance of a healthy lifestyle. Like, balanced diet, regular exercise, good sleeping habits, and harmful effects that simulating activities like television, phones, video games, arguments, etc. can have before sleeping.



Lastly, a few concentration exercises along with a short progressive muscular relaxation and guided imagery were conducted. These exercises help in feeling calm, relaxed and increase concentration span. The session concluded on a positive note where it was shared with the students that they could connect individually with the counsellors for any further support.



LET'S TALK PUBERTY- A SESSION FOR CLASS V GIRLS



"After puberty the personality develops impetuously and all extraneous intervention becomes odious" -Antonio Gramsci

Puberty is a natural process and an essential part of growing up, as it prepares children for the transition to adulthood. It is important to prepare children for this phase as the information they receive is often selective and surrounded by taboos. Understanding this need of adolescents, a session was developed for girls of class V by the Health & Wellness Resource Center Team under the skillful guidance of Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS. The session on Puberty - 'Let's Talk Puberty', was taken by Ms. Shreya Kumar, School Counsellor for the girl students of Class V on February 27, 2018. The objective of the session was to empower the girls regarding the facts related to Puberty. The session helped to make them aware about the physical, emotional, social and psychological changes so that they can handle them with ease. The students were shown a video by School Cinema "Let's Talk Puberty" which was followed by a short

discussion and interactive question answer round. The video highlighted about Puberty, the age of onset and the physical changes that occur in the body of the girls during that phase. The response of the students was encouraging, as when the session began they listened intently and slowly opened up and asked a few questions which were addressed. Towards the close, the students clearly understood about puberty and the importance of a healthy diet and regular exercises.



TRANSITION SESSION FOR CLASS V

"Embrace The Change, No Matter What It Is; Once You Do, You Can Learn About The New World You Are In And Take Advantage Of It."

Health & Wellness Programme of the school aims to provide young people with accurate, age appropriate and culturally relevant information; promote healthy attitudes and develop skills to enable them to respond to real-life situations effectively. In sync with the same objective, the Resource



Center team of Health and Wellness Programme of the school organized a Transition Session for the students of Class V on March 7, 2018, under the inspiring guidance of Dr. Alka Saxena, Deputy Director (Health & Wellness), Blue Bells Group of Schools. The students and teachers were addressed by Dr. Alka Saxena. It was attended by the Middle Wing Incharge, Counsellors and teachers along with the students of Class V. The aim of the session was to prepare the students for the transition from Class V to VI. The students were also familiarized with the Middle Wing System, their new teachers, the Assessment pattern and the Health & Wellness Programme followed in Class VI, along with addressing their apprehensions and concerns. Ms. Shreya, School Counsellor apprised the students about the Health & Wellness Programme in the school. Ms. Shreya, School Counsellor apprised the students about the Health & Wellness Programme in the school. In the interactive session, Dr. Alka Saxena asked the students to share their feelings and concerns about moving to the new wing. Their responses included feelings like nervousness, excitement, curiosity, fear, and mixed feeling. The students further shared their apprehensions that they were worried about shuffling of classes, new subjects, new teachers, new wing, new books, new ways to study and more activities etc. Dr. Alka addressed these feelings of the students and shared the ways in which they can adapt effectively to the change which is pertinent to growth. Ma'am also encouraged the students to voice their opinion so that the areas of concern could be amicably resolved. The students were worried on how would they be able to get friendly with new classmates as their classes would get shuffled and also how would they would prepare for a three-hour written exam. Dr. Alka provided a proper hand holding and suggested ways to cope with the changes. These appealed to the students as their concerns were addressed and answered. Ms. Neha Marwah from the Examination Department, gave a brief about the changes and addition of subjects, activities, and the Evaluation and Assessment Scheme as per the new CBSE directives. The students were also apprised about the different events and activities included in the Middle Wing as part of the Health & Wellness Programme and the Health and Wellness Team for the Wing was introduced. The students were blessed by Ms. Sushma Malhotra, Primary Wing In charge and Ms. Sunita Kaul, the Middle Wing In - charge warmly welcomed the students and introduced them to the subject teachers of Class VI, which helped them to relax and feel comfortable. It is one of the constructive steps taken by the Health & Wellness team to help the students understand and adapt the changes with ease.



CELEBRATIONS GALORE



REPUBLIC DAY



69th Republic Day was celebrated with patriotic fervour and enthusiasm in the school on January 25, 2018. The programme commenced with the unfurling of the National tricolor by the Chief Guest Honourable Director Dr. Saroj Suman Gulati along with the ceremonial March past orchestrated by the playing of the bugle and the beating of the drums. The spirit of patriotism was kept alive through a scintillating cultural programme where the students of Classes III-XI earnestly participated. All the presentations rekindled the feelings of love and emotional bandage with the motherland in the august gathering. The Closing Ceremony of the Annual Sports Day was one of the significant features of the day. The results of the Sports Events were announced and the Final Races of different categories were conducted on the day. On this day Prizes for the Annual Sports Meet were given by our esteemed Chief Guest. The celebration came to a close with the inspirational address by Director Ma'am where she wished the students to value the hard earned freedom and work as a single unit to take India to the path of glory and fame. Ma'am further enlightened everyone about their responsibilities and duties towards their motherland. It was mesmerizing experience for everyone present.



LES SOUVENIR - THE REMEMBRANCE & GOOD LUCK PARTY

'Go confidently in the directions of your dreams, and live the Life you have imagined', this pulsating thought was the eternal motivation for the students of Class XI when they hosted. "Les Souvenir - The Remembrance" & Good Luck Party to bid adieu and wish Class XII for a wonderful performance in coming Board Examination on February 3, 2018. The event was embellished with the gracious presence of Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS. Speaking on the occasion, Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS, blessed the students and expressed her heartiest wishes to the students to come out with flying colours and glitter like gems throughout their lives. Ma'am wished them luck to make a mark in the world outside, carrying forth the school motto of 'Service before Self'. The title of Mr. BBPS and Ms. BBPS was conferred to Siddharth Shandilya and Adya Varshney unanimously. Mr. Well Dressed and Ms. Well Dressed title was clinched by Hritik Sheroan and Pakhi Taneja, Mr. Talented and Ms. Talented were Kshitij Kumar and Linima Phalswal, Mr. Evergreen Smile and Ms. Evergreen Smile were Prashorya Negi and Tiyyasha Biswas and the most awaited title of Mr. Popular and Ms. Popular was bagged by Parth Batla and Soumya Pandey. Ms. Anjali Nagpal, Principal of the school, took great pleasure in honouring the achievers with crowns and sashes amidst reverberating applause. This was a befitting



close to the mélange of alluring messages and symbolism imprinted forever in the reminiscence of the school with the would be alumni relishing the mouth watering buffet laid in their honour.

MI CAMP



We at Blue Bells understand that practical learning is just as important as academic learning. In sync with this, a day camp of "Multiple Intelligences and Adventurous Activities" was organized for the students of Classes III - V on February 28, 2018. The students were involved in plethora of activities. While their creative skills were enhanced through 'Pottery Making' another activity 'Hocus Pocus' aimed at honing scientific acumen. 'Drone Zone' was another interesting activity where students learnt to fly a Mini Drone and maneuver it. The students grooved their way to fitness with Aerobics & Dance. Experts taught them some Self Defense techniques to make them empowered. Adventure activities like Flying Fox, Zorbing Ball, Rock Climbing added to the fun-filled day. Memories of the day were captured at the Instabooth.

ORIENTATION PROGRAMME FOR CLASSES NURSERY -II

An Orientation Programme was organized for the new parent members of the Pre-Primary Wing and also parents of Classes I & II on March 17, 2018. It was a gateway to apprise all the revered parents about ideology, pedagogy and teaching methodology imparted in the institution. It was also a means to draw attention towards diversified activities blended with academics to equip the students to satisfy the demands of the day. The parents were accorded a warm welcome by the Ms. Anjali Nagpal, Principal of the school. Ms. Sushma Malhotra, Primary Wing Incharge briefed the parents about the various Safety and Security measures in school to provide a safe learning ambience to the students. Ma'am also shared the achievements of the students of Classes Nursery to II in the academic session 2017-18. Ms. Vrinda Sood, the School Counsellor presented an overview about the Health & Wellness Programme spearheaded by Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS. She apprised the parents about Medical Care, Value Education, School Cinema, THOTS Programme, Group Work, Workshops for Parents, Teacher Empowerment Programme, Individual counseling and so on. Ms. Shreya Kumar, Counsellor and member of the Health & Wellness Resource Center Team shared an insight into 'HELPING PARENTS TO CREATE READINESS IN CHILDREN FOR NURSERY SCHOOL'. She talked about the Domains of Development: Physical, Cognitive, Language and Social - Emotional along with some examples to enhance these at home. Some effective parenting tips were also shared by her to help prepare children for school by fostering Social-Emotional Skills, Vocabulary enrichment for communication, preparing a healthy



and handy snack and many more. The parents were apprised about the importance of preparing oneself before sending Children for School, Positive Talk, Routine Setting, Nutritious Diet and Good Bye Rituals. The parents lauded the Display Boards prepared by the team showing the development of all domains of learning including values and life skills in the students during the classroom sessions in their early years. Under the inspirational leadership of Madam Soumya Gulati, Deputy Director, Academic Development and Innovation, Blue Bells Group of Schools, The Learning Space – Research and Development Department is engaged in continuous research for incorporating the latest teaching pedagogies and technologies. The parents were acquainted with the varied workshops and Gallery Walks which were organized in house along with the pedagogy adopted by the school to bring in innovative practices to enhance the teaching learning process. Back to School Series is a pioneering initiative wherein real class room situation are created to apprise the parents about Teaching-Learning processes. The parents were highly appreciative of the display of the activities by the students of Classes Nursery to UKG and subject progression and theme integration on Landforms and Seasons in Classes I & II. As the parents are the most strengthening power in moulding the future of children, the school leaders urged the parents to actively participate in the Teaching-Learning discourse and be exemplary in their conduct and behavior.

TOURS & TRAVELS – A GALORE



TRAVELLING BROADENS THE ABILITY TO THINK, CORELATE AND BOND WITH DIVERSE CULTURES ACROSS THE GLOBE