



BLUE BELLS PUBLIC SCHOOL

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NEWSLETTER
(October to December 2017)



MESSAGE BY DEPUTY DIRECTOR IT

Innovation distinguishes between a leader and a follower.
- Steve Job

Dear Reader

The past few months have been full of activity and innovation in the school. The school in association with Niti Aayog has set up the first fully functional Atal Tinkering Lab in Gurgaon. The lab was setup with the aim of building scientific temperament and curiosity among the young innovators. The journey till date has been fast and exciting with events like Tinkerfest and ATL marathon keeping the pace of activity and experimentation high.

Innovation as we know, is crucial to the success of any economy. The ATL is an attempt by the school to provide maximum opportunity to students to create, experiment and share their ideas. Turning ideas into value adding solutions is the main aim of the Atal Tinkering Lab. It is at times amazing to witness the novel ideas put forth by students and a pleasure to witness their efforts and enthusiasm.

This is indeed a rare and golden platform for the students to explore, invent and learn. We hope to see more participation of students in the ATL and to have maximum utilization of the facility extended by the school.



Avant Garde Leader

Anshuka Aneja
Deputy Director IT
Blue Bells Group of Schools
Gurugram



BRITISH COUNCIL INTERNATIONAL SCHOOL AWARD



The school was honoured with the prestigious British Council International School Award for the period 2017-2020 in a Formal Award Ceremony held on December 13, 2017 at The British Council, New Delhi. The award was received by Ms Anshuka Aneja, Deputy Director - IT, BBGS and Ms. Arpita Acharya, ISA Coordinator in the august gathering of eminent scholars. The Award recognized and celebrated finest practice of internationalism adopted by the school. Under the ISA initiative, the school collaborated with partner schools from different countries like Japan, Ghana, Guinea and Sri Lanka. It was a wonderful learning experience as the students could mutually exchange knowledge and views on different global issues using Skype sessions, British Council Connecting Classroom's Project Spaces, designing websites, e-mails, blogs etc. To acquaint the learners of today, who are inquisitive and continuously strive to learn new skills, project based learning strategy was adopted. This encouraged collaborative work which further honed their higher order thinking skills. The students were involved in the collaborative projects with the partner schools and found a unique opportunity to unleash their innate potential. They were able to think creatively, examine global issues objectively and found themselves to be more aware. They were empowered to share the knowledge with their peers to create a cohesive environment for humanity to thrive and promote mutual growth. The school witnessed a colourful bonanza of activities covering multiple disciplines like Social Science (Sustainable Development: A Sustained Solution) collaborated With Japan, English (LITERATURE : A MIRROR OF LIFE) collaborated with Sri Lanka, Mathematics - Global Warming : A Global Warning with Ghana, Art (Upcycle Trends Through Tribal Art) Collaborated with Guinea. The in - house projects were- Environmental Studies (Confidering Cultural Diversity), Computer Science (A Green IT Revolution is the Only Solution) and Science (Finite Planet with Infinite Humans). The entire ISA experience was a beautiful reminder of the fact that education and knowledge know no boundaries, and the world has, in fact, become a global village.



BRAINFEEED EDUCATION AWARD

The School is a true oasis of quality education which strives to expose every student to a holistic education experience in an active and dynamic learning environment. A rich learning opportunity is provided to the students to realize their potential and achieve excellence by accomplishing all the set goals. Education in school is focused to tickle the fecund imagination of the students to innovative ideas and implement those to address the changing environment. In recognition to the relentless efforts of the school in improving the quality of education in Gurugram and India, the school was conferred with the prestigious Brainfeed Education Excellence Award for honing the STEM Skills, innovation, sports along with Academic Excellence on December 9, 2017 at Hotel Le Meridian, New Delhi amidst the elites of the education sector. Heartiest Congratulations to all the members of Blue Bells Family on this stupendous achievement ! We are indebted to all our mentors for their unconditional support and patronage. We pray that this legacy is carried forward and scales great height in the years to come



BEEHIVE OF INNOVATION, CYBERSPAZE 2017 : AN INTRA SCHOOL IT FEST



The school organized Cybersapze 2017, an Intra School IT Fest from November 28 to December 1, 2017, to provide a unique learning platform to the students to hone their tech skills. The competition was a beehive of science and technological activity where the objective was to cultivate the creative spirit, practical ability and encourage outstanding talents among the students. The Opening Ceremony for this Mega Fest on November 28, 2017 was graced by the benign presence of Mrs. Anshuka Aneja, Deputy Director IT, BBGS. After Ceremonial lighting of the diya to mark the auspicious beginning of the Event, a presentation was given by the students of Cyber Congress on the initiatives taken by the Cyber Team to ensure Cyber Safety in school. Plethora of Tech events were organized for the students of Classes VI to XI where the students enjoyed competing with each other.



The Closing Ceremony of the Mega IT Fest on December 1, 2017, was adorned with the illustrious presence of Mr. Rakshit Tondon, Advisor, Cyber Crime Cell, Moradabad, Up & Haryana Police Academy, who graciously agreed to be the Chief Guest for the occasion. He is also an eminent member of Gurgaon Police Safe Surfing Campaign and took two sessions with the students of classes VI to VIII and IX to XI to guide them on Cyber Safety Issues and concerns and how it can curb corruption. Ms. Anshuka Aneja, Deputy Director-IT, BBGS blessed everyone with her radiant presence. The students presented a well orchestrated programme where there was a perfect amalgamation of Admad show, Dance presentation, Street Play and Reminiscence- a kaleidoscopic view of Cyberspace 2017. The achievers of various IT Competitions were felicitated by Mr. Rakshit Tondon and Ms. Anshuka Aneja, Deputy Director IT, BBGS. Mr. Rakshit Tondon congratulated the students for a wonderful show and presentation. He asked the students to be Tech Savvy and conscious rather than tech slaves.

→ JOY OF LEARNING MATHEMATICS : FUN WITH NUMBERS SESSION



The school is recognized for its unique pedagogical practices and unique teaching methodologies which are CHILD CENTRIC. In sync with the same, a session on 'Fun With Numbers' was organized for the parents of LKG students on Saturday, December 2, 2017, to showcase the development of numeracy in the students at a tender age. Under the inspirational guidance of Madam Soumya Gulati, Deputy Director (Academic Development and Innovation), Blue Bells has started 'Back to School Series'. The session aimed to familiarize the parents with the same learning environment that their little one's experience in school. A number of interactive & fun filled activities like Ice breaking Ping Pong game, Mystery Bag Activity, Train Activity, Crocodile Mouth Game for the concepts of greater than and smaller than, pattern making, bingo and other games on numbers were played by the parents. A Number rhyme and song by the teachers of class LKG explicitly demonstrated the skills which the students acquire through fun filled games. The session was interactive and Madam Soumya shared that different learning strategies are required during

classroom transaction considering student's individual needs, interests and abilities to make learning a fun. Ma'am shared with the parents that similar type of sessions will be conducted in future also to encourage active learning through exploration, play and live experience. A Gallery Walk showcasing the progression of the work done by their wards in the school with the transdisciplinary approach wherein all the domains of learning are interwoven in the theme was organized and was heartily appreciated by all the parents. The parents participated with great zeal and enthusiasm not only in the invigorating session but also the games organized by Edusports.

→ 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. Renu Khare (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.

→ SENSITIZING STUDENTS ON SAFETY : WORKSHOP ON SAFE TOUCH



"There is nothing more precious to a parent than a child, and nothing more important to our future than the safety of all our children." – Bill Clinton
With a vision to sensitize and aware the young Blue Bellians about their safety, sessions on Safe Touch were planned. These sessions were taken with the students of Classes UKG to VIII in different time slots by Dr. Alka Saxena and the school counsellors – Ms. Shreya Kumar and Ms. Vrinda Sood from October 5 to 11, 2017. The focus of this session was to make students aware about the

personal zones of their bodies which are not to be touched by anyone. Difference between safe & unsafe touch, adopting safety measures like - 'Say No', 'Scream', 'Run for Help' & and 'Tell' a trusted adult (Like, Parents, Teachers & Counsellors) was also shared with them. To help the students understand the concept, an effective discussion on 'Stranger Safety' was undertaken, wherein students shared their concerns and views. The session was summarized by showing age appropriate videos to students on safety suggested by the CBSE and the Gurgaon Police. The students found the workshop to be informative and they felt that they were now better equipped to face these challenges.



SAFE DIWALI CAMPAIGN



Diwali is a festival that signifies the triumph of light over darkness, good over evil, and hope over despair. However, in the recent years, extravagant celebrations have not only put a great strain on the environment, but have also put people's health at stake. While these celebrations may seem fun, their far-reaching consequences are not. Air pollution levels rise to dangerous levels, energy and food wastage increases

exponentially, plastic packaging and cracker debris litters the roads and several people and animals suffer physically. Keeping these environmental, health & safety factors in mind, the module on Safe Diwali was developed. The module was taken up for Classes III to X from October 11 to October 16, 2017, by the Health and Wellness teachers and Peer Educators so that the feeling and values could be internalized and everyone could be sensitized towards the issue. The sessions were well supported by the Resource Center Team. In the Module, the students were apprised about 'How to Celebrate a Safe and Green Diwali' and covered the minutest details like :

- The present way of celebrating Diwali and its harmful effects, (Supported by a video)
- Pollution and other environmental factors
- Harmful effects on humans during Diwali
- Harmful effects on animals during Diwali
- Wasteful expenditure
- Adulteration, over consumption of sweets and tips for dealing it.
- Safety tips to follow during Diwali (Do's and Don'ts)
- The consequences of children working in cracker factories. Environmental & health hazards of not only crackers but also adulteration and generation of waste of flowers, gift wrappers etc.
- Ways of celebrating a safe and green Diwali

The sessions were designed to be interactive and included various well researched videos. This helped the students to think deeper and understand the true essence of celebrating Diwali and propelled all the students to review the situation in a different light.

The students were urged by the team TO SAY NO TO CRACKERS as the crackers and to celebrate a safe & green Diwali. It was an earnest attempt by the Health and Wellness Team to create sensitivity on the issue along with creating an understanding the real essence of celebrating Diwali.



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. This session was taken by the Resource Centre team for the students of Class X on November 20, 2017 and Class XII on December 1, 2017 respectively.

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.



CROWNIN' GLORY FOR THE SCHOOL AT THE INTERNATIONAL ADOLESCENT SUMMIT 2017 ON LIFE SKILLS, VALUES, GENDER & SCHOOL WELLBEING

The students of the School participated in various Competitions in THE INTERNATIONAL ADOLESCENT SUMMIT 2017 ON LIFE SKILLS, VALUES, GENDER & SCHOOL WELLBEING at India Islamic Cultural Center from December 11 to 13, 2017. His Excellency, Shri. Pranab Mukerjee, former President of India graced the Opening Ceremony of the Summit as the Chief Guest. The school team comprising of the students Classes X to XII participated in all the five events - Jingle Making, Rhetorics (Elocution), Solo Singing (Indian Classical), Solo Dance (Contemporary) and Poster Making. The competition was tough and prestigious as more than 100 schools from India and abroad participated in the Summit.

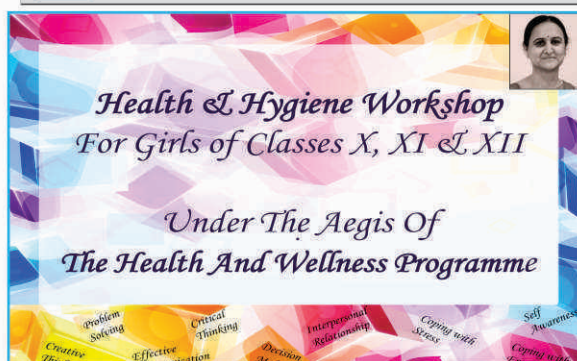
- Kshitij Kumar bagged the coveted Exemplary Award (First Prize) in Sur Sangam - Solo Singing Competition.
- Shubha Gupta clinched a Special Jury Award (Third Prize) in Rhetorics – Young Orators Championship for her presentation.



An informative and creative Stall put up by the students as a part of Global Health Exhibition displaying the work done by the Health & Wellness Club on "IMPACT OF PEER PRESSURE" was highly appreciated by the judges and visiting schools. Shubha Gupta was selected as a Minister in the Youth Parliament and played an important role in formulating a Charter for skills building, safety and wellbeing to facilitate the Adolescent Leadership Skills for the Nation. This charter would be further shared with CBSE and NCERT for proper planning and execution in the school Curriculum. The Management, Director, Deputy Director (Health & Wellness), BBGS and Principal congratulated the Health & Wellness Team for this marvelous performance.



HEALTH & HYGIENE SESSION FOR GIRLS OF CLASSES X, XI & XII



"Health is a state of complete physical, mental, social and spiritual well-being, and not merely the absence of disease or infirmity".

The Health & Wellness Programme of the school helps the young generation by adding strength to their natural abilities which inculcates the habit team work and increases their productivity. A Session was organized on "Health & Hygiene of Girls" on November 21, 2018. This is one of the initiatives of the programme to empower the young girls about the importance of hygiene in their growing years. The session was interactive and helped the students to understand the problems they could counter at the onset of puberty. The girl students of Classes X, XI and XII attended the session with their teachers. The session was taken by Dr. Chandan Kachru, DMS and Consultant OBGYN and Adolescent Health Specialist with Pratisksha Hospital, Gurgaon. The objective of the session was to apprise the students about the importance of Health & Hygiene in their formative years so that they have a healthy life. Ma'am detailed about PUBERTY as the BEGINNING OF CHANGES which are

biological, cognitive, emotional and social. To cope with this, A HEALTHY & BALANCED MEAL IS MUST. Food pyramid was explained along with tips on healthy diet. MENARCHE WAS EXPLAINED along with terms like Dysmenorrhoea and Leucorrhoea. Dr. Kachru also talked about the importance of hygiene practices during this period. A detailed description of Polycystic Ovary Syndrome (PCOS) was given along with some signs and symptoms to look out for, like acne and facial hair, weight gain, irregular cycle with excessive or less flow, etc. She also shared that obesity and PCOS go hand in hand. If the problem is not addressed in the initial stage then it can lead to diabetes and fertility issues. Ma'am suggested to the students to keep a check on their health and hygiene and go for a regular check up in case they feel any difficulty. She also mentioned that a healthy lifestyle is extremely important and as it helps in improving strength, building healthy bones, weight control and reducing stress and anxiety. The session closed with an OPEN HOUSE where Dr. Kachru answered the queries of the students.



TANTALISING THE ANALYTICAL, LOGICAL & COMPUTING SKILLS: GANIT WEEK CELEBRATION

"Mathematic is a way to settle in the mind of children a habit of reasoning".



To pay tribute to the great Mathematician Sir S. Ramanujam whose 130th Birth Anniversary is being celebrated this year, the school organized GANIT Week from December 26 - 30, 2017. Diverse activities were designed by the Mathematics Faculty members for the students under the motivational leadership of Ms. Arpita Acharya, Vice Principal & HOD-Mathematics, Blue Bells Public School. The main objective was to bring in a fun element and excitement in learning Mathematics with creativity. The students were exposed to the latest tools in Math Practical and were encouraged to implement the philosophy of imagine, investigate and interact. The students thoroughly enjoyed the activities and found it an enriching experience. The day wise activity schedule was religiously followed by the students and they felt exhilarated after completing their projects as it gave vent to their creative skills with the effective blending of Mathematics. The Opening of the GANIT WEEK - Mega Mathematics Event was on December 26, 2017 with Math-E-Magician, an Intra School Mathematics Quiz for the students of Classes VI to VIII in collaboration with NIIT Ltd. The Closing Ceremony of the GANIT WEEK was there on December 29, 2017. The occasion was embellished by the gracious presence of Dr. Saroj Suman Gulati, esteemed Director, BBGS who kindly consented to be the Chief Guest. The students of the school presented a crisp cultural program weaving everything around the core theme of Mathematics. They showed the importance of Mathematics in day to day life. The cherry on the cake was the dance presentation by the students showing plotting in graphs as well as Street Play on the importance of Mathematics in day to day life. The worthy

achievers of the activities conducted during the GANIT Week were honoured by Director Madam. To mark the completion of the fruitful week, the Exhibition put up by the students showcasing their learning of Mathematics in a most innovative and creative manner was whole heartedly appreciated by the students, parents and teachers. The Exhibition was open to the students on December 29, 2017 and parents on December 30, 2017 respectively. Dr. Saroj Suman Gulati, Director, Blue Bells Group of Schools, appreciated the event and expressed that such events need to be more frequently organized as they contribute in enhancing the analytical and cognitive skills of the students. It was an enriching and rejuvenating experience for all the members.



→ INTER SCHOOL VOLLEYBALL TOURNAMENT 2017 UNDER THE AEGIS OF GPSC



The school proudly hosted the Inter School Volley Ball Tournament 2017 under the aegis of GPSC on October 27 & 28, 2017. Upholding the spirit of sports was the underlying theme. The Opening Ceremony on October 27, 2017 commenced with a very well coordinated and disciplined March Past followed by the Oath Taking Ceremony where the student leaders of participating schools administered the oath to play the game in the right earnest. The salute of the marching contingents was taken by Ms. Anjali Nagpal, Principal of the School. The students presented a breath taking dance on the theme - 'KHELO RE'. Ms. Arpita Acharya, Vice Principal, BBPS declared the Event open. The Closing Ceremony Cum Valedictory Ceremony held on October 28, 2017 was embellished with the illustrious presence of Dr. Saroj Suman Gulati, Director, Blue Bells Group of Schools who felicitated the winners of the Tournament. A mesmerizing dance performance highlighting the Unity in Diversity of India added vibrance & fervor to the event. The event was given a befitting close with National Anthem.

Under 14 Boys Category
Winners Trophy - Aravali Public School
Runners Up Trophy - Gyan Devi Public School

Under 14 Girls Category
Winners Trophy - Delhi Public School, Sec--45
Runners Up Trophy - DAV, Sec -14

→ INTERNATIONAL FRIENDLY CRICKET MATCH



The school organized an International Friendly Cricket Match between Under 15 Boys Team of Blue Bells Group of Schools and Under 15 Boys team from Scorpion Club, Srilanka in the School Grounds on December 15, 2017. The visiting team was accorded a formal traditional welcome by the students of the school which presented a kaleidoscopic view of rich Indian heritage. Team Blue Bells won the toss and elected to bat in a T20 Over Match. In their innings, the team scored 191 runs and the Srilankan Team was bowled out for 91 runs. Karan Bhambu of Blue



Bells Public School was declared as the MAN OF MATCH for scoring a century in his innings and Dhasun from Scorpion Club, Srilanka was declared as the BEST BOWLER for taking three wickets.

CELEBRATIONS

→ GRANDPARENTS DAY



The unconditional love, support and guidance extended by the grandparents in nurturing the grandchildren is indeed incredible. To pay a solemn tribute to the divinity of this incarnation of God, Grandparents Day was celebrated in the school with utmost zeal and enthusiasm on October 7, 2017. The occasion was graced by Dr. Saroj Suman Gulati, Director, Blue Bells Group of Schools. A well synchronized cultural programme was presented by the students as an expression of their gratitude towards the angels who have transcended their lives with eternal pleasure.



DIWALI



festive fervor. Several activities were conducted Competition for Classes IX to XII.

The celebration of Deepavali- 'The festival of lights' came alive in the school on October 17, 2017 with the Special Assembly "Enlightenment" conducted by Classes Nur- V. The School choir presented a melodious bhajan to begin the assembly on the auspicious occasion invoking God's blessings. Class V students presented a skit "Say No To Crackers" sensitizing the students about the ill-effects of crackers on plants, animals and environment and to celebrate "Green Diwali". Dance Presentation "Deepavali Aayi Re" added to the



to mark the occasion like Inter House Quiz Competition for classes VI to VIII and Rangoli Making



FOUNDATION DAY



To provide a unique learning platform to the students to unleash their hidden potential, our Founder Chairperson Shri. B. D. Gulati ji and Director Dr. Saroj Suman Gulati envisioned a dream and now this dream has taken a shape of a beautiful reality in form of Blue Bells Public School. The foundation stone of this unique institution was laid on October 25, 2001. To commemorate this day, Foundation Day was celebrated in the school with utmost enthusiasm. The spirit of celebration was evoked by an auspicious Hawan Ceremony graced by Dr. Saroj Suman Gulati, esteemed Director, BBGS followed by a special Assembly to mark the celebration.



CHILDREN'S DAY

Children's Day was celebrated with much pomp, fanfare and enthusiasm through a very special morning assembly, which for a change, was conducted solely by the teaching fraternity of the school on November 14 & 17, 2017 by the Primary Wing and Senior Wing respectively. The students cheered excitedly as the teachers presented the prayer, pledge, and news, thought for the day, amazing facts and a talk on Jawaharlal Nehru.



CHRISTMAS



To spread the message of love and good cheer, the students of Pre Primary & Primary Wing of the school presented a spectacular assembly "Be A Santa To Someone" on December 22, 2017 on the occasion of the world's most loved and celebrated festival, Christmas. The children in their bright costumes and Santa's cap were a delight to watch. The tiny tots impressed everyone with their performances especially the dance presentations by Nursery, LKG and UKG students which left the audience spell bound



with their rhythm and perfect coordination. The glittering props added grace to the presentation. The talk presented by the students describing the significance of celebrating Christmas was very informative for the little ones. Students of Class III presented a skit emphasising the value of sharing and caring. The entry of Santa Claus took everyone by surprise and was the highlight of the event. The jingle bells song was sung and got the entire audience singing along.

KINDERGARTEN ACTIVITIES : A GALORE

