

CELEBRATING 18 YEARS

OF EXCELLENCE

**WISHING ALL THE MEMBERS OF BLUE BELLS
FAMILY A VERY HAPPY FOUNDER'S DAY!**

Blue Bells Public School
Sector-10 , Gurugram

e-Newsletter

JANUARY- JUNE 2021
Session 2021-2022

Phone No.: 9811945543,9811868241/242

Email Id: [bbpublic @bluebells.org](mailto:bbpublic@bluebells.org)

Website: www.bluebells.org/bbpublic



Dear Reader,

I hope you and your loved ones are safe and in good health. The last few months have been the most difficult and challenging for all of us. Just when the country saw a ray of hope and we thought that it was time to move back from virtual learning to the playgrounds and physical classes, the second wave of Covid - 19 struck and we were back to our screens again. The screen, it seems has become an inevitable part of our lives!!

By this point in the pandemic, setting rules around screen time may feel close to impossible. How much is too much? Does remote learning count in screen time? What about connecting with family and friends? Aren't most of us just too exhausted to fight about it?

It seems there is no one right answer when it comes to managing screen time during this ongoing crisis. In the past, the general perception was that more of screen time is unhealthy. Given a choice between, playing outdoors or sitting at home scrolling, the healthier option was obviously playing outdoors. However with the continuing pandemic, the unfortunate reality is that staying home is the safer choice. But the experts do have some tips to help set reasonable expectations and limits for the time we spend on our screens.





Start having “gadget-less” meals. Screen time, and even background television during meals, have been linked to eating junk food and increased weight in children. Conversations during mealtime can help to shape a child’s social-emotional health and ease stress for the whole family. Make bedrooms device-free zones at bedtime. Setting screens aside for at least an hour before bedtime makes it easier to fall asleep and wake up on time. The “blue light” from screens disrupts the natural sleep cycle.

Practice Intermittent social media fasting. Avoid social media during work or study hours to help you keep a better balance. With increased focus, you will lower the chances of the need to staying up late. Step away from the screen. Take short breaks, it does help to keep moving both physically and mentally in order to enhance your productivity. Set reasonable limits. Though screen time is inevitable, reasonable and doable limits need to be set. We need to brainstorm alternatives and think of non-screen activities like art & craft, reading and playing with a pet. It does help to keep a schedule for the screen time and to keep it structured.

Screens have become more embedded in our daily lives than ever before. But learning how to work with devices is the key. Limiting your amount of screen time is only and part of the equation. Focus on the quality of your screen time and set up realistic rules for work and study. Remember we are all just wading through uncharted waters and we need to hold on and emerge stronger out of these unprecedented times.

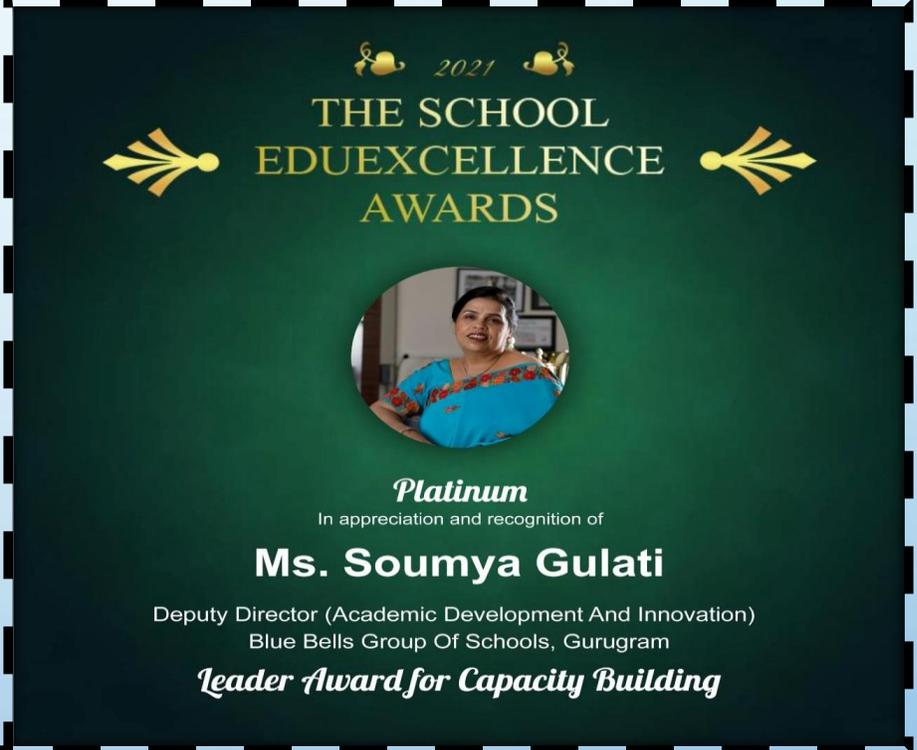
Warm Regards,
Anshuka Aneja
Deputy Director IT
Blue Bells Group of Schools



BLUE BELLS LEADERSHIP CONTINUOUSLY SETS STANDARDS OF PERFECTION AND ACHIEVEMENT



Ms. Soumya Gulati, Deputy Director (Academic Development and Innovation), Blue Bells Group of Schools, was bestowed with THE SCHOOL EDUEXCELLENCE AWARD – PLATINUM.



The Will To Win, The Desire To Succeed, The Urge To Reach Your Full Potential... These Are The Keys That Will Unlock The Door To Personal Excellence

January 22, 2021



INTERNATIONAL DIMENSIONS IN SCHOOL AWARD 2020-23

RECOGNISING AND CELEBRATING EXEMPLARY PRACTICES OF INTERNATIONALISM



Communicating To Excel And Collaborating To Achieve : Creating A Riveting Symphony Of Success

APRIL 16, 2021



GLOBAL TRIUMPH FOUNDATION AWARD

'OUTSTANDING CONTRIBUTION TO EDUCATION' BY

GLOBAL TRIUMPH FOUNDATION IN ASSOCIATION WITH MSME DEVELOPMENT INSTITUTE,
GOVERNMENT OF INDIA



“All Great Achievements Have One Thing In Common - People With A Passion To Succeed” - Anonymous



THE SCHOOL EDUEXCELLENCE PLATINUM AWARD FOR THE USE OF TECHNOLOGY



Success Is The Sweetest Nectar And Is Attained By Ardent Hard work

JANUARY 4, 2021



MINISTRY OF YOUTH AFFAIRS AND SPORTS FELICITATES BLUE BELLS PUBLIC SCHOOL AS FIT INDIA SCHOOL



A Strong Pulsating Desire With Steadfast Approach Can Tranquilize All The Envisioned Dreams To Reality

JANUARY 7, 2021



DR. ANISHA GUPTA AND MS. GEETIKA BATRA CONFERRED WITH THE SHIKSHA GAURAV AWARD – 2020



Spectacular Achievement Is Always Preceded By Relentless Preparations

JANUARY 4, 2021



OUR RESPLENDENT STAR

Lieutenant Nitesh Yadav, Alumnus Blue Bells Public School commissioned into the Indian Armed Forces at IMA, Dehradun.



Definiteness Of Purpose Is The Starting Point Of All Achievements

JANUARY 5, 2021



INCREDIBLE INTERNATIONAL ACCOMPLISHMENT

Diyanshu Chauhan and Shikhar Srivastava of Class XII were awarded 100% scholarship worth Rs. 3,60,000 for Internship in Artificial Intelligence by the prestigious 'The Purpose Academy, University of California – Berkeley'.



If You Figure Out Your Purpose & Passion , It Will Lead You To Your Destination



PRESTIGIOUS IT GURU-2020 AWARD

Bagged By Ms. Geetika Batra and Ms. Madhu Talwar



The Greatest Achievement Of The Human Spirit Is To Live Upto One's Opportunities And Make The Most Of One's Resources

January 27, 2021



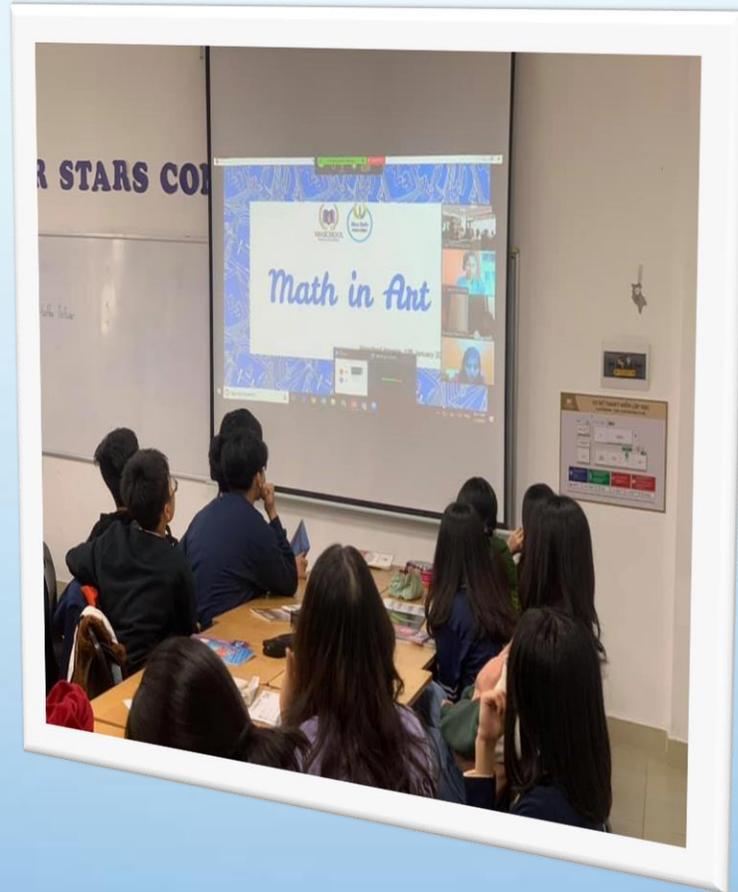
TARUSHI KALRA FELICITATED BY DR. RAMESH POKHRIYAL NISHANK, UNION CABINET MINISTER FOR EDUCATION FOR HER MERITORIOUS PERFORMANCE IN CLASS X BOARD EXAMINATION



“Achievers Are Resolute In Their Goals And Driven By Determination.” – George S Patton

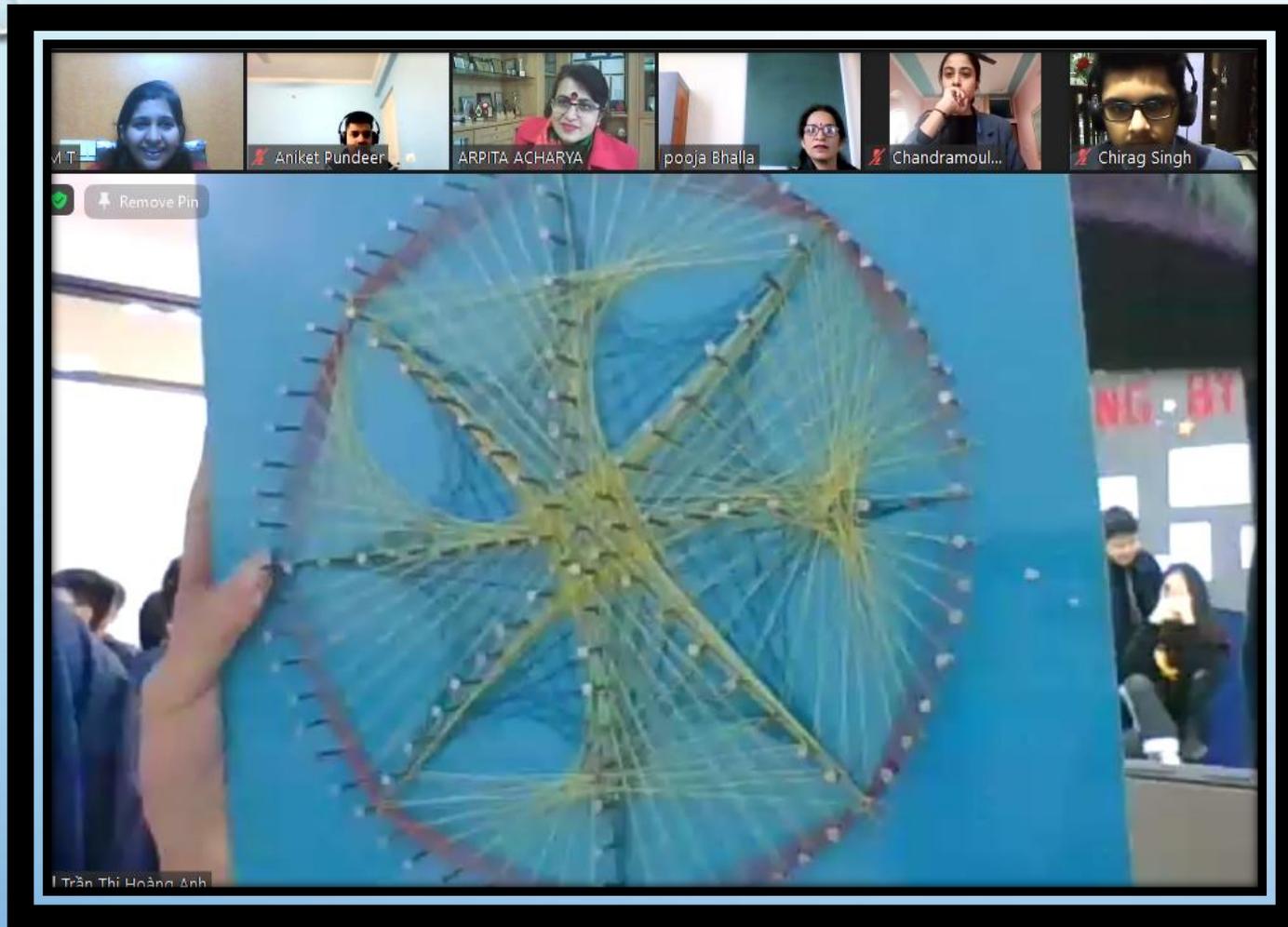


EVOKING LEADERSHIP SKILLS THROUGH INTERNATIONALISM IDS PROJECT WITH VIN SCHOOL, VIETNAM ON STRING ART



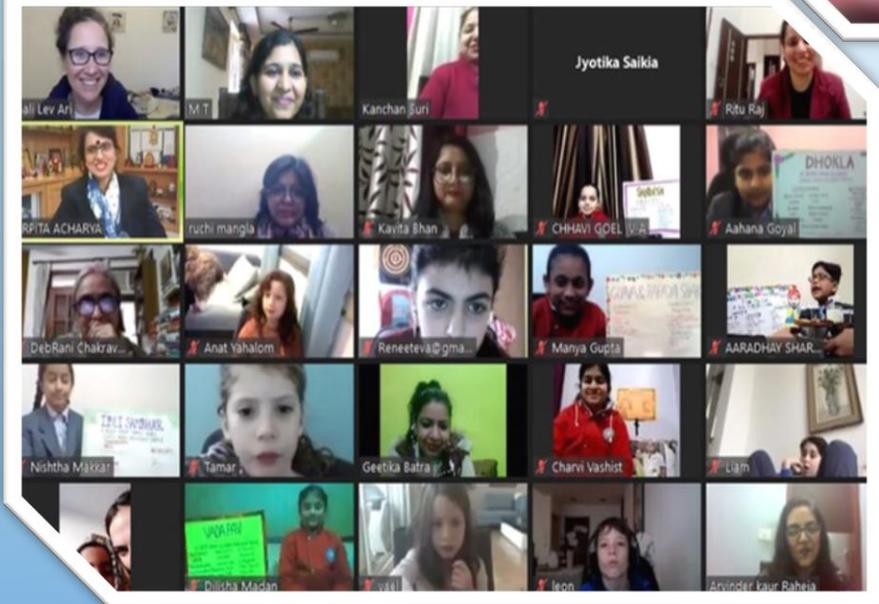
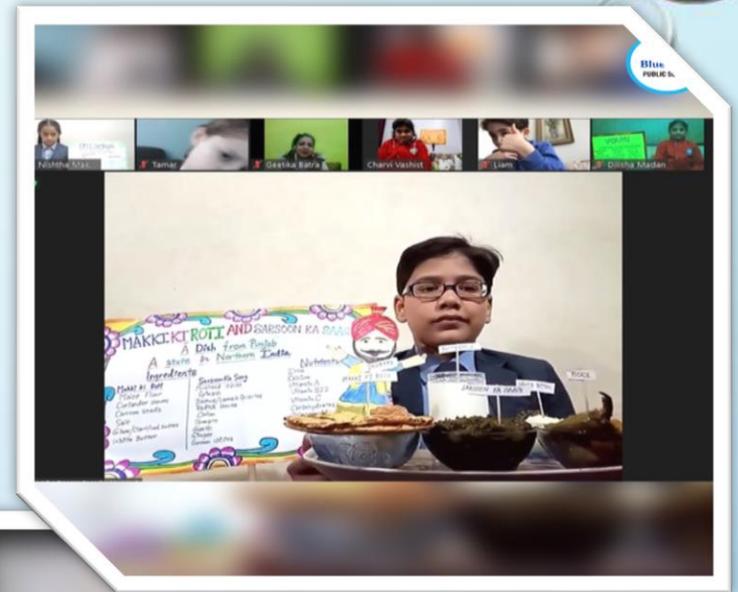
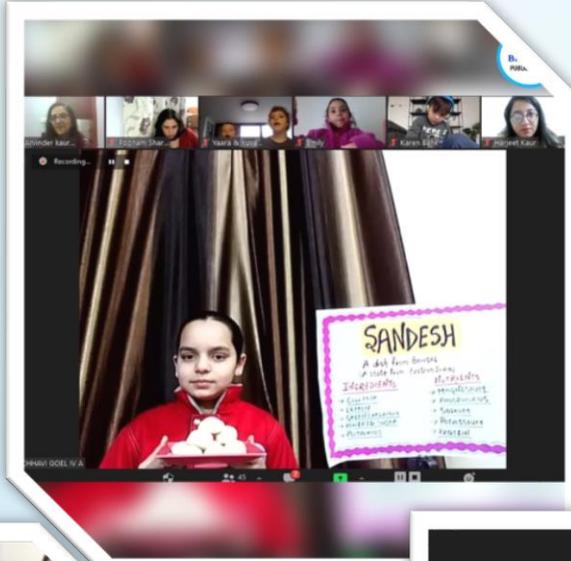
"Many Ideas Grow Better When Transplanted Into Another Mind Than The One Where They Sprang Up." Oliver Wendell Holmes

COLLABORATIVE LEARNING SESSION ON MATHS-STRING ART





CULTURE EXCHANGE BETWEEN ISRAEL AND INDIA THROUGH CUISINES



"A Wise Man Will Make More Opportunities Than He Finds." - Francis Bacon



FOOD



- Andhra Pradesh is famous for the spicy food all around the country.
- Rice is the staple food and Sambar is a special dal prepared there.
- Its cuisine includes many dishes such as Rasam, Coconut chutni, Pulihora, Chepa Pulusu, Amsalu and much more.
- Rayalaseema, is famous in southern region of Andhra Pradesh for being spicy because of the use of chill powder in almost all the dishes.
- Kakinada Kaja, Bandara Laddu, Pootharekulu, Besundi etc are some famous sweets.



IDS PROJECT WITH VIN SCHOOL, VIETNAM ON WATER CONSERVATION

Content

- Distribution of water resources
- Water pollution
- Water purification

WATER TREATMENT PLANT SURFACE WATER SUPPLY

Intake → Primary Treatment → Secondary Treatment → Filtration → Distribution

"Alone We Can Do So Little; Together We Can Do So Much." – Helen Keller

OUR COMMITMENT FOR UNITED NATIONS – SDGs

Importance of SDGs in My Life (June 2021) organised by International Talents for Global Cooperation



Honing Creativity And Innovation : Making Learning Fun

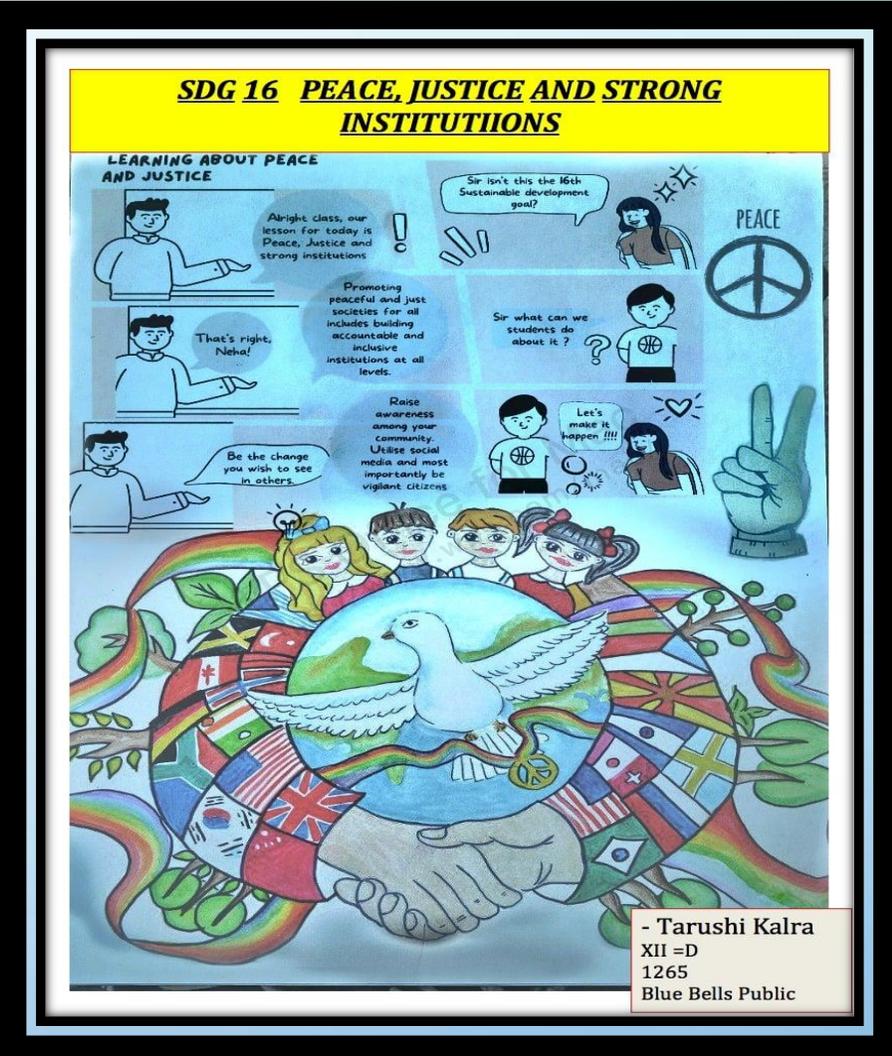
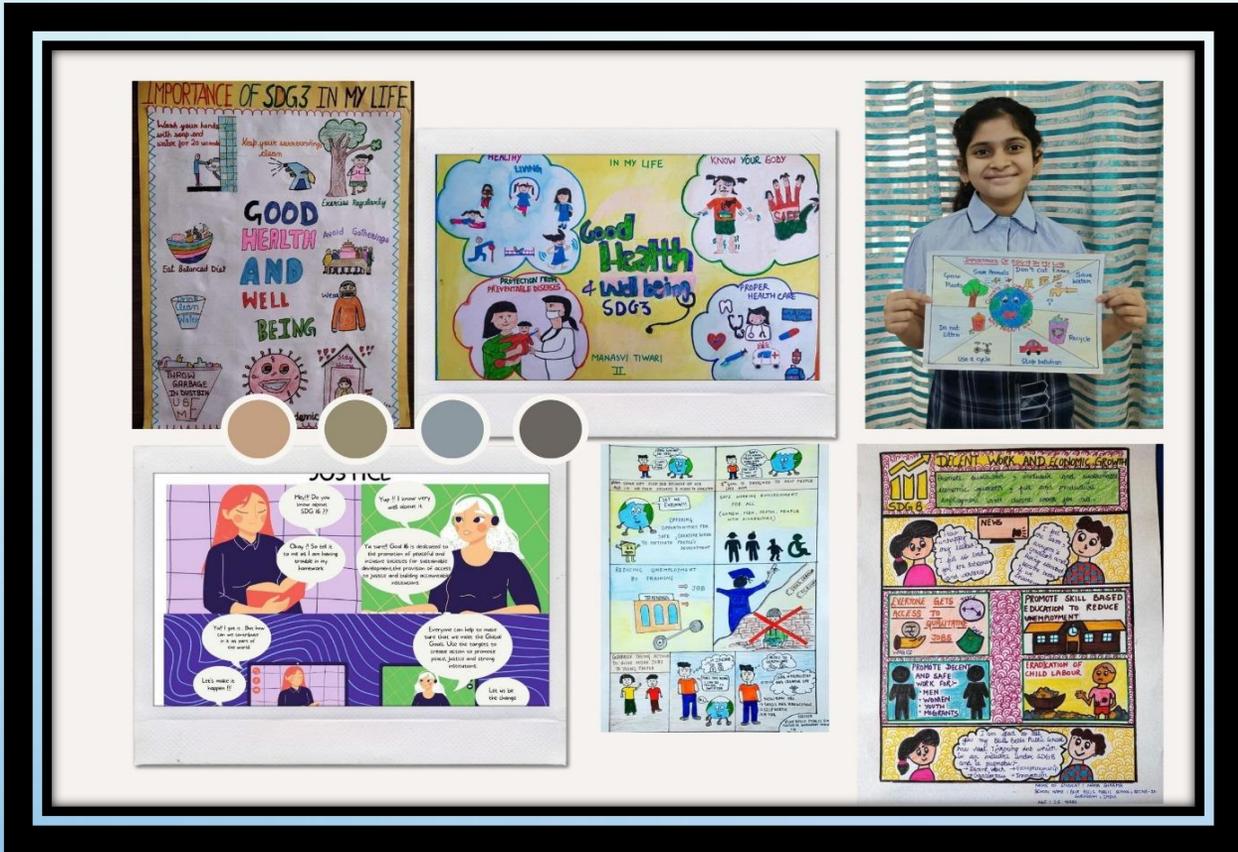
OUR COMMITMENT FOR UNITED NATIONS- SDGs



Nurturing Passion of Excellence : A Platform to Excel



OUR COMMITMENT FOR UNITED NATIONS- SDGs

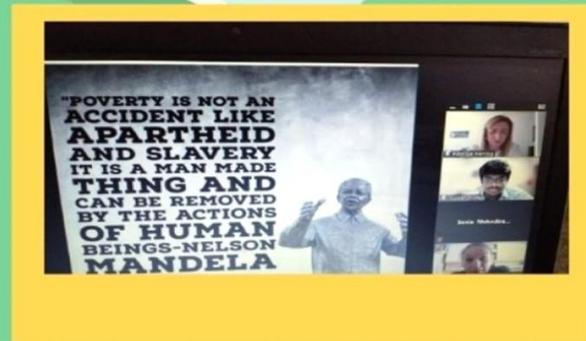


Blue Bells Dedicated Towards World Peace

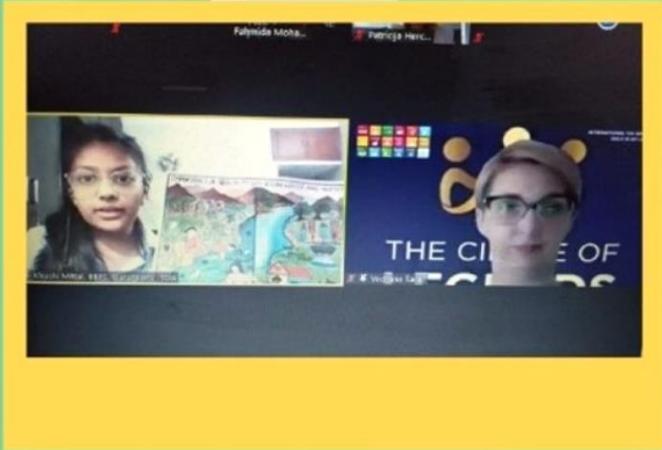


ACCOLADES

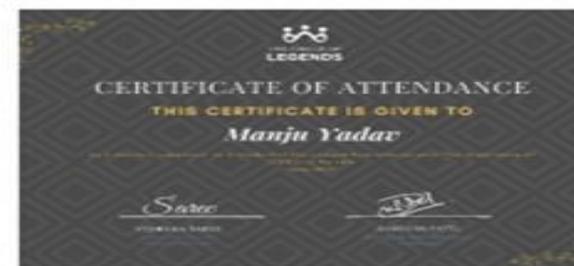
STUDENTS' ACCOLADES



"The Desire To Create Is One Of The Deepest Yearnings Of The Human Soul." -- Dieter F. Uchtdorf



TEACHERS' ACCOLADES



"Everything You Can Imagine Is Real." -- Pablo Picasso



Certificate of Achievement






Certificate of Achievement



"Creativity Is Intelligence Having Fun." -- Albert Einstein

OUR INGENUOUS ENDEAVOURS



Success Is Counted The Sweetest For Those Who Wish To Succeed, To Comprehend The Nectar Requires The Sorest Need



Arjun Singh and Hardik Rai bagged the First Prize at 'Technovity'



The Heart Of Human Excellence Often Begins To Beat When You Discover The Pursuit That Gives You A Sense Of Meaning , Joy Or Passion

IGNITE- NATIONAL ONLINE SCIENCE CONTEST

Nishtha Singh Clinched The 'Student Scientist Award'.



"Science Is Simply The Word We Use To Describe A Method Of Organising Our Creativity." ~ Tim Minchin



PANCHTATVA SUSTENANCE

THE 8TH ASN YAMUNA WEALTH INTER-SCHOOL CULTURAL AND LITERARY INTERNATIONAL FEST 2020.



Akshita Chutani
Class II A



Nitasha Bhutani
Class III



Trisha Gupta
UKG Tulip



Vidhi Singh
Class II B



Rohit Yadav
Class V D



Lakshit Khatri
Class II C

“The World Belongs To The Energetic.” – Ralph Waldo Emerson

May 11, 2021

“goCODR” ONLINE CODING COMPETITION



**Adarsh Singh from Class VIII
bagged the First prize, Rs. 2000/-
Cash award and
Mobile App Development Course of
twelve classes.**



A Strong Pulsating Desire Is The Bedrock Of Splendid Accomplishments

EXEMPLARY PERFORMANCE AT MELANGE 2021



Paras Salgotra of Grade VII won the Certificate of Excellence in the event 'Fable Factory'



Nishtha Makkar of Grade V bagged the Certificate of Excellence in the event 'My Digital Story Book'

INTERNATIONAL INNOVATION SUMMIT- IMAGIVATION



INTERNATIONAL INNOVATION SUMMIT- IMAGIVATION



Champions Are Made From Something They Have Deep Inside Them- A Desire, A Dream, A Vision

June 16, 2021

INTERNATIONAL ACCOLADES FOR TARUSHI KALRA



Tarushi Kalra Bagged The Gold Award In 14+ Category

International Talents for Global Empowerment
★ Favourites · 8 h · 🌐

Congratulation 🏆🏆🏆🏆

THE CIRCLE OF LEGENDS
GOLD AWARD
THIS IS AWARDED TO
Tarushi Kalra
India

CONGRATULATIONS TO WIN GOLDEN CERTIFICATE ON INTERNATIONAL THE IMPORTANCE OF SDG-S IN MY LIFE (CATEGORY 14+ YEARS) JUNE, 2021

Sarec
VEDRANA SAREC
ORGANIZERS OF COMPETITION

DARSHAN PATEL
FOUNDER THE CIRCLE OF LEGENDS

SDG 16 PEACE, JUSTICE AND STRONG INSTITUTIONS

LEARNING ABOUT PEACE AND JUSTICE

Alright class, our lesson for today is Peace, Justice and strong institutions

That's right, Neha!

Be the change you wish to see in others.

Sir isn't this the 16th Sustainable development goal?

Promoting peaceful and just societies for all includes building accountable and inclusive institutions at all levels.

Raise awareness among your community. Utilize social media and most importantly be vigilant citizens.

Let's make it happen!!!

PEACE

Let's make it happen!!!

- Tarushi Kalra
XII =D
1265
Blue Bells Public

The Roots Of True Achievement Lie In The Will To Become The Best That You Can Become

CELEBRATIONS GALORE



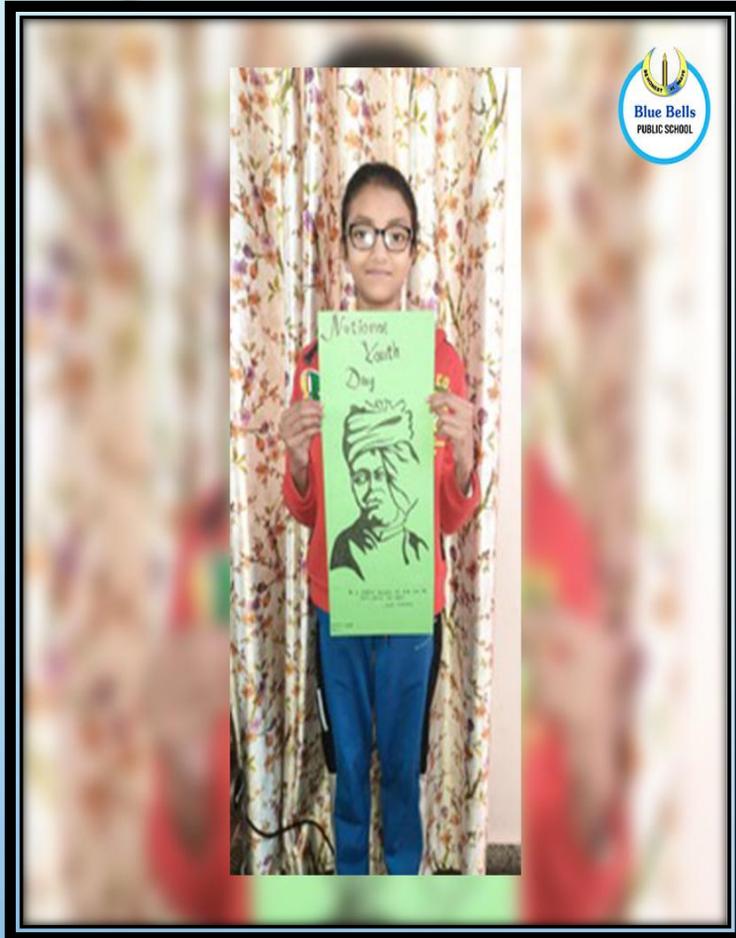
VIBRANT HUES OF ACTIVITIES



January 14, 2021



BIRTH ANNIVERSARY OF SWAMI VIVEKANANDA



“A Nation Is Advanced In Proportion To Education And Intelligence Spread Among The Masses.” Swami Vivekananda

LOHRI CELEBRATION



Ms. Kavita Devi



Festivals Are The Crest Of Our Culture And They Bring Eternal Delight

MAKAR SANKRANTI



Isha

Simmi

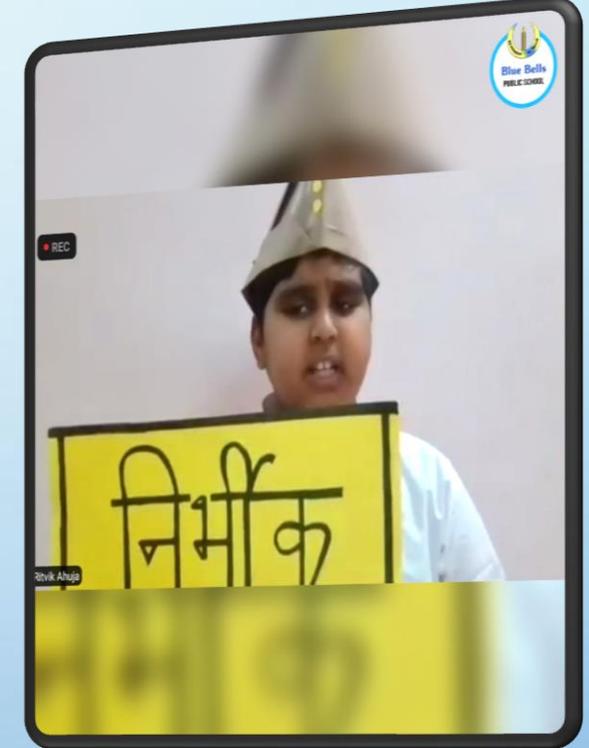
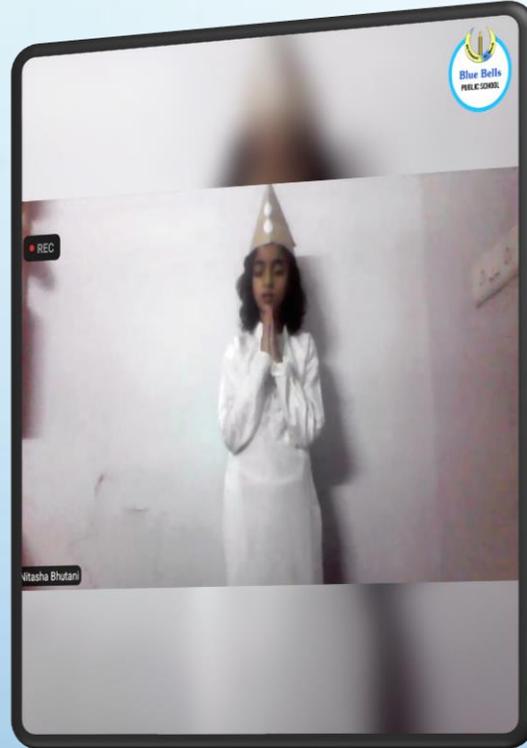


India Is A Land Of Cultural Pluralism Where Diverse Cultures Exist In Complete Co-union"

January 25, 2021



125TH BIRTH ANNIVERSARY CELEBRATION OF THE ICONIC FREEDOM FIGHTER NETAJI SUBHASH CHANDRA BOSE



“Freedom Is An Ingredient Of Humble Facts.” — Arif Naseem

January 26, 2021

REPUBLIC DAY



One Nation, One Vision, One Identity- Meri Jaan , Meri Shaan, Mera Hindustan

COFFEE PAINTING



“The Desire To Create Is One Of The Deepest Yearnings Of The Human Soul.” -- Dieter F. Uchtdorf



BASANT PANCHAMI



Charu Sharma IA



Manasvi Tiwari IC



Pranika Khandelwal IC

Education Provides Fecundity Of Thought And Copiousness Of Illustration To Reach The Incredible

SPORTTECH

An Online Intra - Class Sports Event For Grades III- VIII

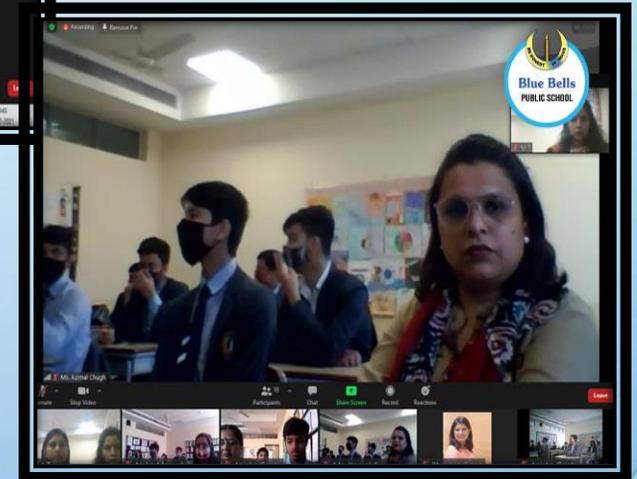


What Counts In Sports Is The Sportsmanship With Which We Enhance The Glory Of The Game

March 01, 2021

NATIONAL SCIENCE DAY

With Minh Khai Primary School, Binh Gia District, Lang Son Province, Vietnam



"The Science Of Today Is The Technology Of Tomorrow." – Edward Teller



LEARNING UNBOUND -CHAPTER 2020-21

MAKING LEARNING VISIBLE

THEME-DIVERSITY

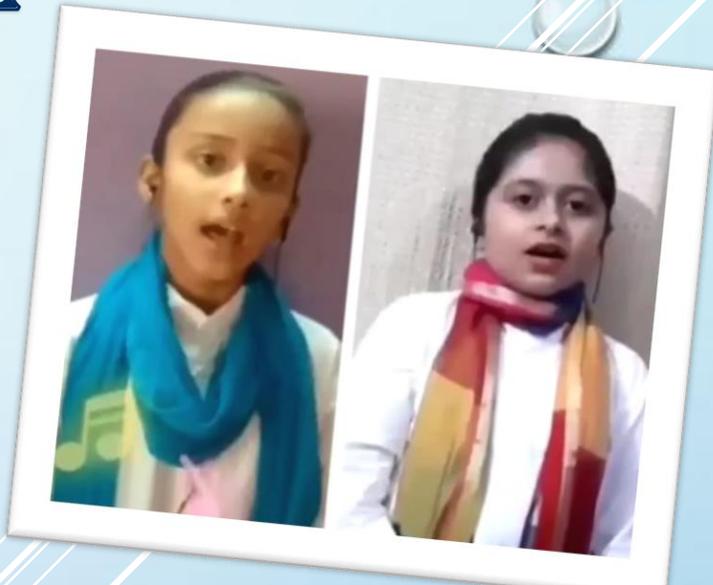


Showcasing Progression through Thematic and Trans-disciplinary Approach

March 5 & 6, 2021

LEARNING UNBOUND -CHAPTER 2020-21

MAKING LEARNING VISIBLE



Students' Commendable Research, Creativity And Team Work Earned Them Applause And Appreciation

LEARNING UNBOUND -CHAPTER 2020-21

MAKING LEARNING VISIBLE



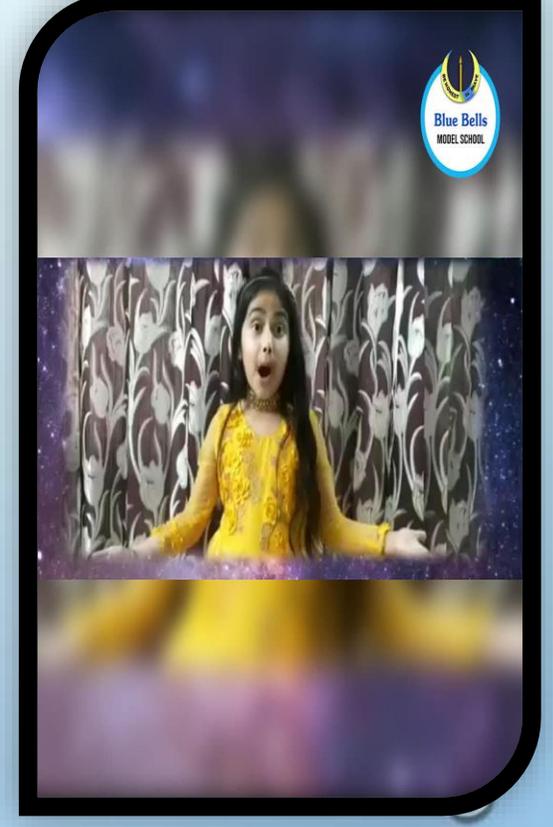
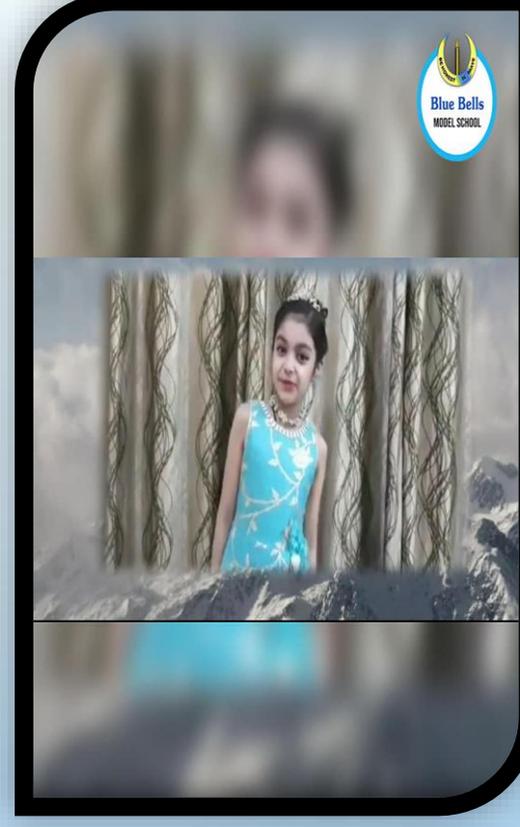
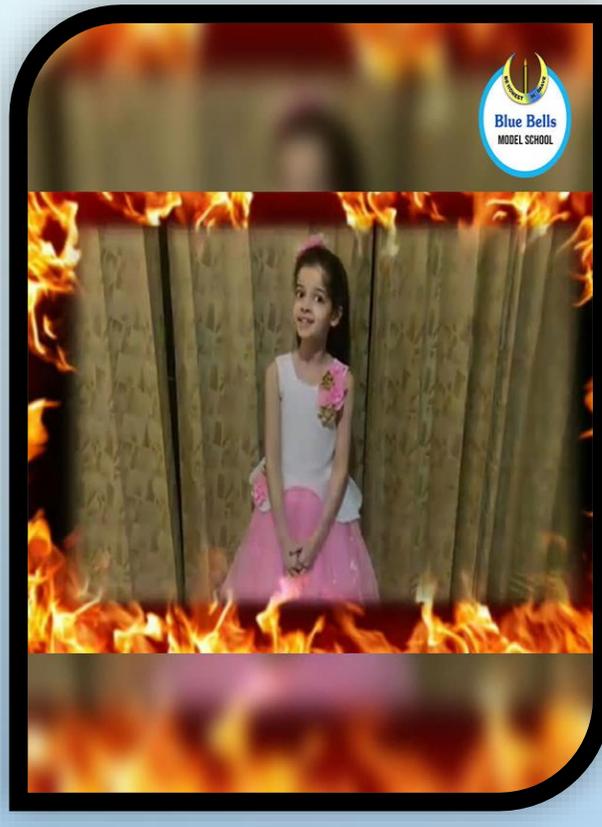
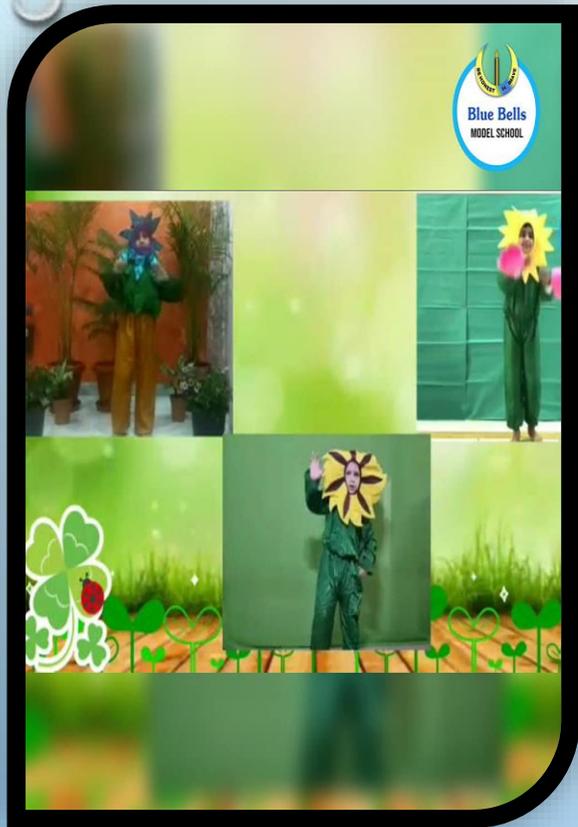
Learning Unbound
Chapter 2020-21
Glimpses of Live Connect

Learning Unbound
Chapter 2020-21
Glimpses of Live Connect

Parent Connect Through Engaging Activities On A Virtual Platform

March 11, 2021

FELICITATION CEREMONY - GRADES NURSERY-II



“The Roots Of True Achievement Lie In The Will To Become The Best That You Can Become.” —Harold Taylor



ONLINE FELICITATION CEREMONY – GRADES III-V



ACADEMIC ACHIEVERS
SESSION 2019-2020
CLASS - IV A

 SAANYI NIGAM	 S. SHRISH SUNDARAM	 ASHIKA GOYAL
 PARAM NARULA	 ARATRIKA RANA	 BIKRAMJEET BANERJEE



BLUE BELLS PUBLIC SCHOOL




2021 03 12 16:30



Regularity and Punctuality
SESSION 2019-2020
CLASS - III

 Yonit Yadav	 Maneet Kaur Chawla	 Naitik Gauthwal	 Akshit Gauthwal
--	---	--	--

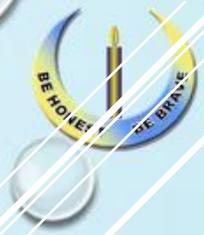


BLUE BELLS PUBLIC SCHOOL




Yatharth Gaur

“Some People Dream Of Success, While Others Wake Up & Work Hard At It.” —Winston Churchill



ANASTAGIO- ...FROM HARDSHIPS TO STARS

The Annual Day cum Felicitation Ceremony





Blue Bells Public School
Presents

ANASTAGIO ... From Hardships to stars

Annual Day cum Felicitation Ceremony (Classes VI- XII)



CHIEF GUEST
Dr. Biswajit Saha, Director (Trainings and Skill Education)
Central Board of Secondary Education

OUR ILLUSTRIOUS MENTORS



Recording on Facebook LIVE You are viewing Shailesh Mishra's screen View Options

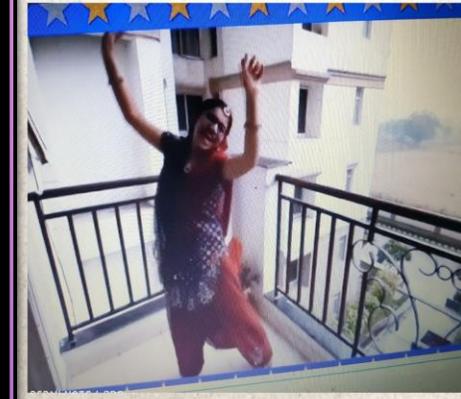
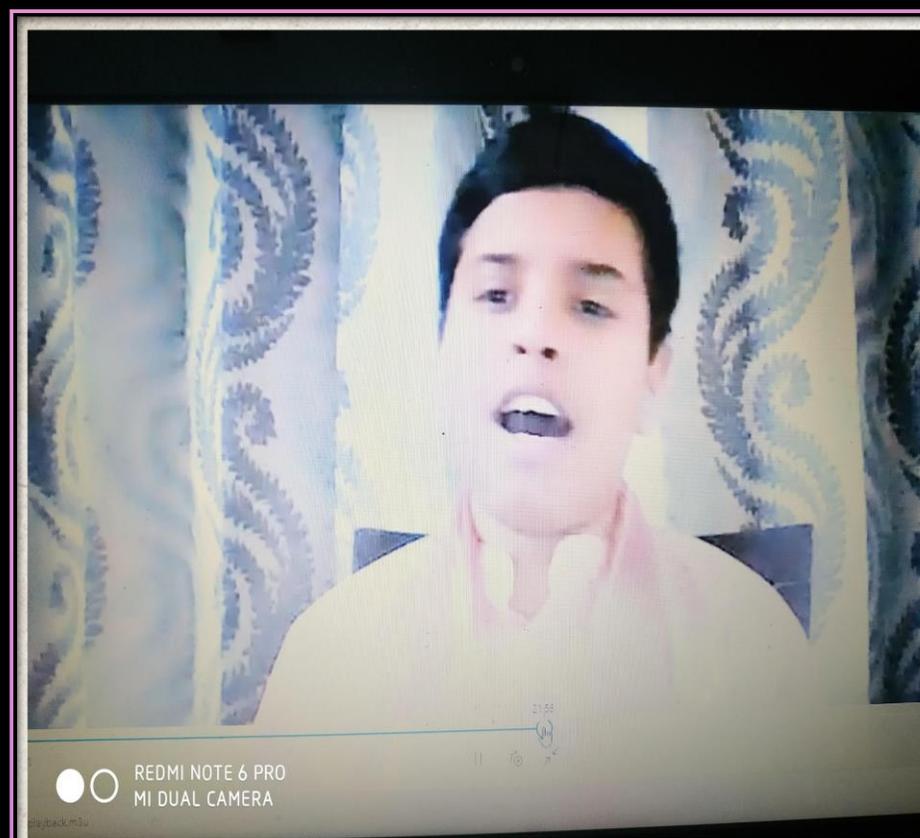
PITA AACHARYA

Unmute Start Video Participants 217 Chat Share Screen Pause/Stop Recording



Dr. Saroj Sumar Gulati
Honourable Director
Blue Bells Group of Schools







ORIENTATION PROGRAMME FOR GRADES NURSERY - II



Strengthening Parent School Interface

April 1, 2021



ORIENTATION PROGRAMME FOR GRADES VI-IX



Education Is The Manifestation Of The Perfection Already In Man

April 3, 2021

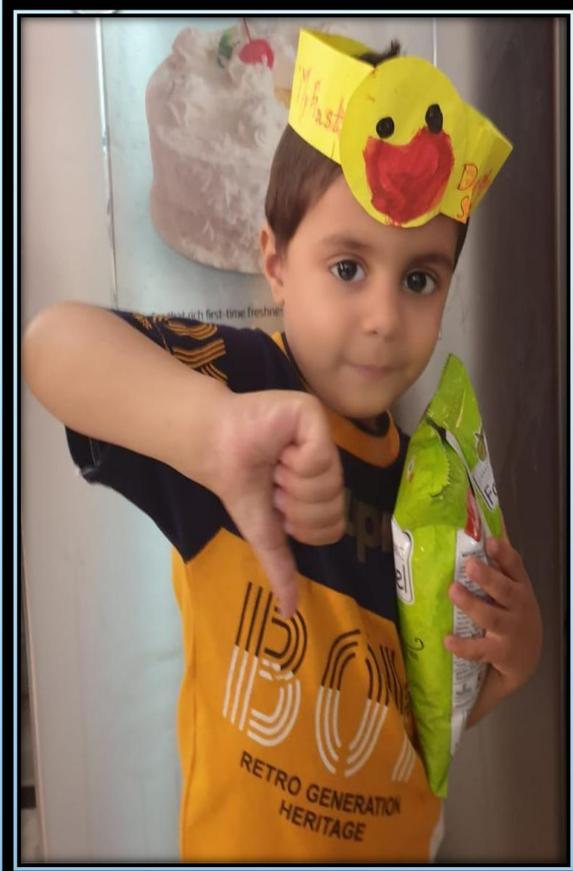
ORIENTATION PROGRAMME FOR GRADES III-V



“Infinite Patience, Infinite Purity And Infinite Perseverance Are The Secret Of Success In A Good Cause.” Swami Vivekanand

April 7, 2021

WORLD HEALTH DAY



Man Is The Master Of His Own Health Which Is The Only Wealth

19TH FOUNDER'S DAY



THE NEW BEGINNING- SESSION 2021-22

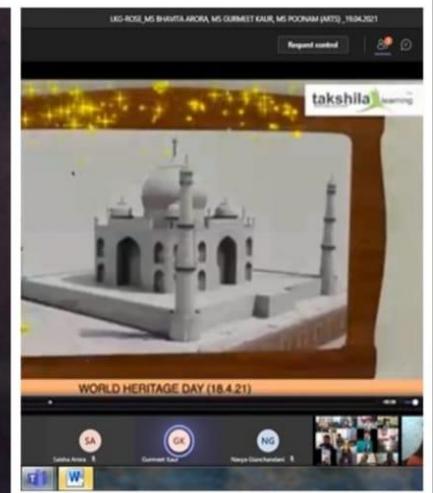


Future Belongs To Those Who Prepare For It Today

BAISAKHI AND AMBEDKAR JAYANTI



WORLD HERITAGE DAY



Heritage Is Our Legacy From The Past, What We Live With Today, And What We Pass On To Future Generations

GREEN DAY



Commemorating the Birth Anniversary of the Founder Chairman Sir, Late Shri. B.D. Gulati ji



“The Purpose Of Education Is To Turn Mirrors Into Windows.”-Sydney d. Harris

EARTH DAY



Preserving Earth Is Our Sacred Duty , Arise, Awake, Stop Not , Till We Achieve Our Goal

WORLD BOOK DAY



The collage features several elements: a person in a green costume with a red sash; a man in a grey jacket gesturing; a girl holding a drawing of 'The Little Mermaid'; a girl holding a book 'Beauty and the Beast'; a girl holding a book 'Beauty and the Beast'; and a woman in a pink shawl. A 'Blue Bells Public School' logo is visible in the top right of the collage.

"Books Are A Uniquely Portable Magic." Stephen King.

LABOUR DAY CELEBRATION



God Give Me Work, Till My Life Shall End, And Life Till My Work Is Done...

ORIENTATION PROGRAMME- GRADE XI



**NON-MEDICAL STREAM
COMPULSORY SUBJECTS (WEIGHTAGE)**

CHEMISTRY	PHYSICS
Theory 70	Theory 70
Practical 30	Practical 30
ENGLISH	MATHEMATICS
Theory 80	Theory 80
Assessment of Speaking & Listening Skills 20	Internal Assessment 20

Blue Bells Public School

BLUE BELLS PUBLIC SCHOOL CELEBRATES SUCCESS ON BEING THE BEST IN INNOVATIVE USE OF TECHNOLOGY

Blue Bells Public School has been honoured with the highest, i.e. Platinum Award for Innovative Use of Technology by EduExcellence under The School EduExcellence Awards 2021. The school has been honoured with the prestigious award in appreciation of showcasing impact and exemplary use of innovative technology.

CO-CURRICULAR ACTIVITIES

- IMPROVE ACADEMIC PERFORMANCE
- EXPLORE INTERESTS
- CREATE BROADER PERSPECTIVES
- HIGHER SELF-ESTEEM
- SOCIAL OPPORTUNITIES
- PRODUCTIVE BREAKS
- ESSENTIAL SKILLS
- LEADERSHIP
- SPORTSMANSHIP

Blue Bells Public School

DEVELOPING IN-HOUSE RESOURCE BOOKS

Blue Bells Public School

**ORIENTATION
CLASS XI
SESSION 2021-22**

“Education Is Our Passport To The Future, For Tomorrow Belongs To Those Who Prepare For It Today.”- Malcom X

May 7, 2021

160TH RABINDRANATH TAGORE JAYANTI

A portrait of Rabindranath Tagore, an elderly man with a long, flowing white beard and hair, looking slightly to the right. The portrait is set within a white border and is held in place by four pieces of yellow tape on a dark blue background.A circular logo with a blue border. Inside, there is a yellow crescent moon and a blue candle. The text 'Blue Bells' is written in white, and 'PUBLIC SCHOOL' is written in blue below it.

Lesser-Known &
Interesting Facts about
Rabindranath Tagore

MOTHER'S DAY CELEBRATION



Priyanka (IX-B)
With her mom Ms Rajbala Ya





UNLEASHING INNATE POTENTIAL: SUMMER CAMP

SUMMER FUN - GUEST SPEAKERS



ALUMNI CONNECT



Himanshu Jain
Alumnus 2010
Advocate



Pooja Rai
Alumna 2011
Fashion Designer



Ayush Sapra
Alumnus 2014
Chief Assistant Director



Anshu Jhamb
Alumna 2014
Advocate



Yuthika Khatri
Alumna 2016
Doctor



Revika Malik
Alumna 2017
Fashion Designer



Kshitij Kumar
Alumnus 2018
Pursuing BBA



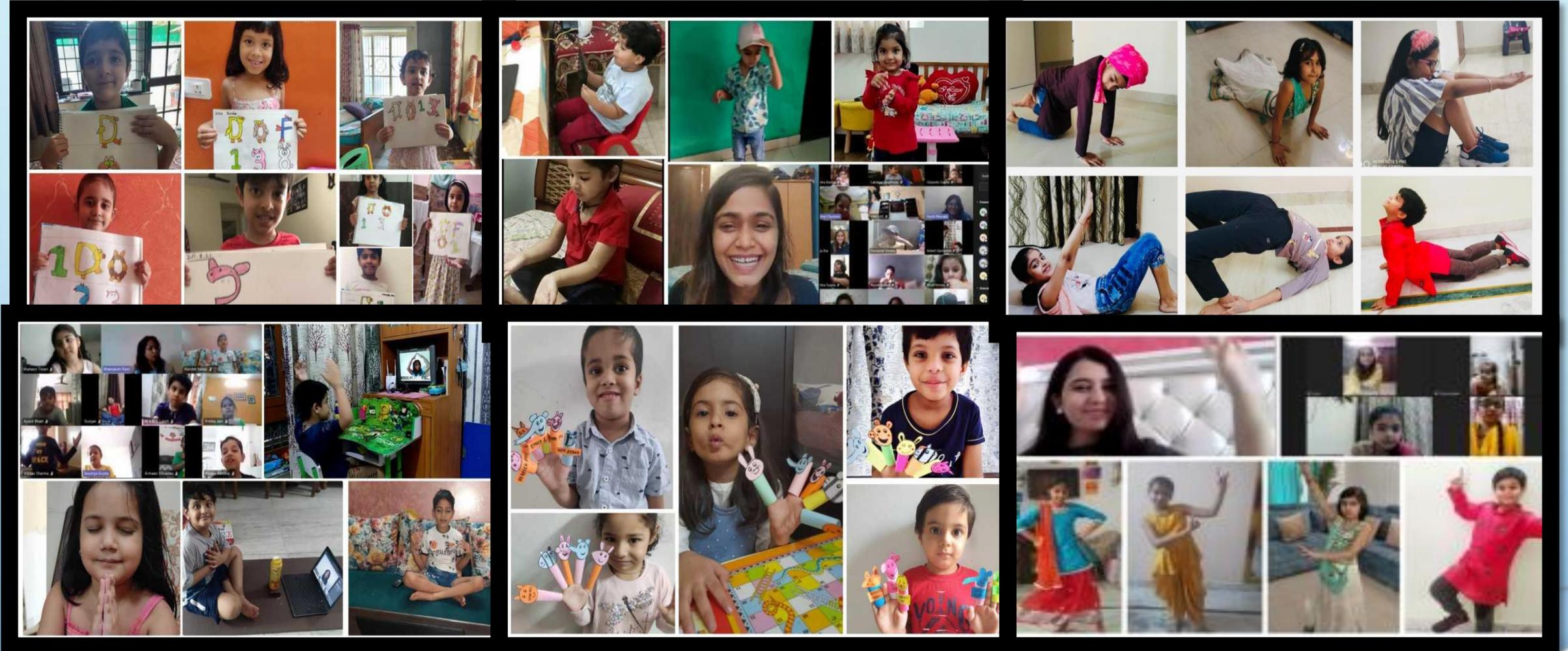
Chandrachur Sinha
Alumnus 2019
Pursuing B.Tech



Elsaa 7A



GLIMPSES OF HANDS ON ACTIVITIES : MAKING LEARNING A JOYFUL EXPERIENCE



Nurturing Creativity And Innovation By Providing A Platform To Excel



HEALTH & WELLNESS PROGRAMME

“THE KEY TO A HEALTHY LIFE IS HAVING A HEALTHY MIND”
RICHARD DAVIDSON



Dr. Alka Saxena, Deputy Director (Health & Wellness) Blue Bells Group of Schools, established the Health & Wellness Programme for BBGS in the year 2009 with the futuristic vision of equipping the students to delve deeper into their inner world. Over the years, she has groomed a full-fledged team of Counsellors and Life Skill Facilitators to carry forward her vision of empowering students.

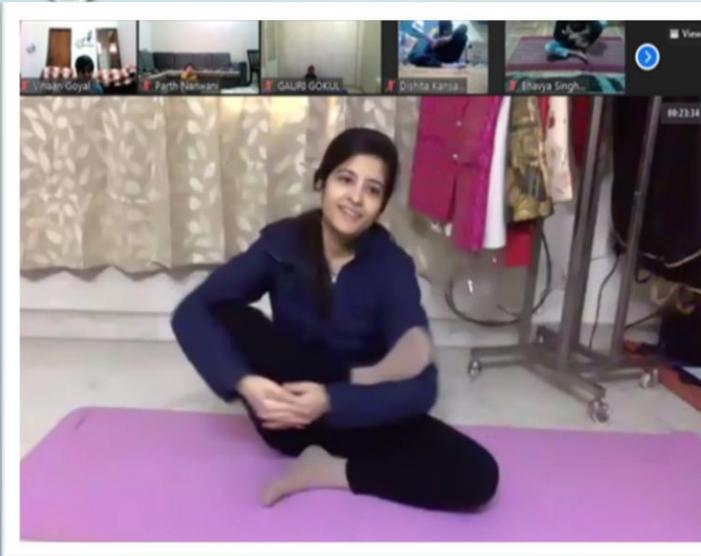


The Health & Wellness Resource Center, a unique initiative, was established in the year 2015 by Dr. Saxena, with the sole aim of catering to the needs and demands of Blue Bells Group of Schools as well as other schools. The center's main focus is to create modules, workshops and policies for the students, teachers and parents. The Resource Center team headed by Dr. Alka Saxena comprises of Ms. Renu Khare and Ms. Shreya Kumar, (Counsellors and Content Developers) along with Ms. Priyanka Chaturvedi and Ms Sapna Sinha (Value Education /Life Skills Facilitators and Content Developers) and Ms. Premlata Yadav (Office Executive, Health & Wellness). Under the aegis of the Health & Wellness Programme, the Resource Center team plans and conducts various Sessions, Workshops and Modules for the students, teachers and parents after a meticulous and extensive research.

EVENTS ORGANIZED UNDER THE HEALTH & WELLNESS PROGRAMME



ART OF LIVING -ONLINE PAN INDIA MEDHA YOGA SESSION



The Health & Wellness Programme believes in imbuing a strong value system in the students along with focusing on their academic excellence.

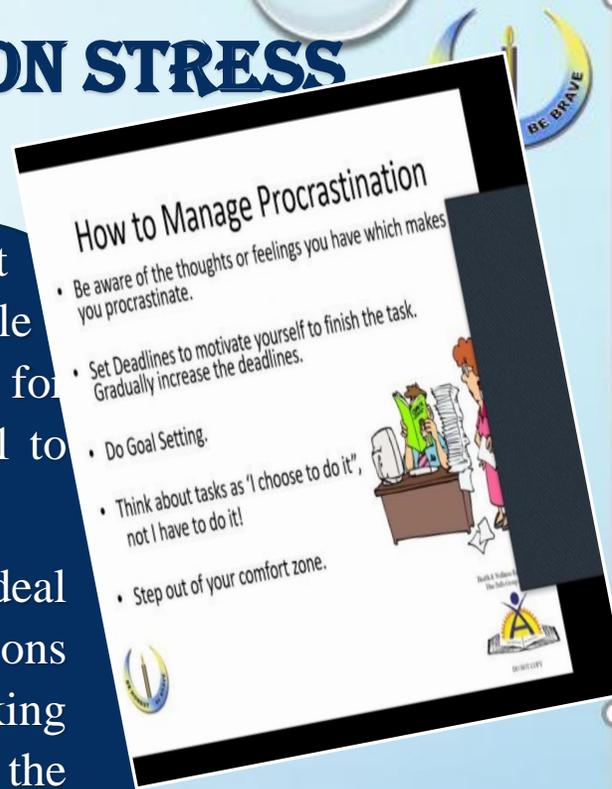
Dr Alka Saxena, provided opportunity to 25 students from Middle & Senior Wing to participate in the Art of Living Online Pan India Medha Yoga session in the presence of SRI SRI RAVI SHANKARJI. This event was conducted from January 2 to January 4, 2021 for the students of middle and Senior Wing. There was an exclusive interaction for participants with Gurudev Sri Sri Ravi Shankar. The course encouraged students to learn vital life skills and human values along with the world-renowned breathing technique of Sudarshan Kriya. Different Yoga Asanas were also taught to the students and it was indeed an enriching and inspiring experience for them.



DISTRESS TO DE-STRESS: HANDLING EXAMINATION STRESS

Examination is at times a stressful period for some students; hence it is important they know how to manage and deal with this stress. The module 'Handling Examination Stress' was conducted by the Life Skills Facilitators for students of classes VI to VIII on the Zoom platform from January 25, 2021 to February 5, 2021.

Managing Parental Concerns was the focus. Students were given tips to deal effectively with the concerns of parents during examination. Some suggestions were shared with the students like, expressing their feelings assertively, making the parents aware of their timetable and study breaks, and keeping parents in the loop by making them a part of their studies. The session also included ways to identify stress and various internal and external factors that lead to stress during examinations, prioritizing of tasks, maintaining a SMART time-table, learning styles and pattern of learning were some of the key points. They also encouraged the students to follow a healthy lifestyle and gave tips on how to improve their concentration. After the session, the students asked some questions which were addressed by the facilitators.



SESSION ON PUBERTY



Youth comes with its fair share of changes- physical, psychological, emotional & social. It is a very challenging time for children as their bodies and emotions undergo change in multiple ways. They may feel awkward and confused at times if these concerns are not addressed. Hence it becomes important to address children during this period of change so that they can deal with all changes positively and confidently.

In sync with this an interactive session was organized by the Health & Wellness Programme under the guidance of Dr. Alka Saxena on February 16, 2021 for class V girls in Blue Bells Public School on Zoom Platform by Life Skills Facilitator, Ms. Prerna Kharkhanis. The Session was conducted by using the School Cinema Movie “Let’s Talk Puberty”.

The children were sensitized about the fact that puberty is the transitional phase of emotional and psychological development. They were able to understand the changes they would experience in the coming years and how to manage them with proper sleep, diet and hygiene. The meaning of puberty was well grasped by the girl students. The students understood the importance of balanced diet, drinking plenty of water, taking proper sound sleep, participating in outdoor games and maintaining cleanliness and hygiene for staying healthy and fit.

They were also encouraged to talk freely to their mothers, nurse, doctor, teachers, counsellors and

Wing In-charge regarding this important phase of their growth and for any support & guidance they can reach out to them.

SESSION ON PUBERTY



LEARNING UNBOUND 'CHAPTER 2020-21'-MAKING LEARNING VISIBLE ON THEME – 'DIVERSITY'



The impressive presentation Elixir: 'Find Your Essence' was created by the Health & Wellness team under the leadership of Dr. Alka Saxena. The presentation was an integral part of the event 'Learning Unbound', imparting a thoughtful mindset and a new outlook to the parents. An overview of the Health & Wellness programme was presented through audio- video presentation where it showcased the kaleidoscopic glimpse of various activities and events for students, parents and teachers under the programme. Dr. Alka gave an insight about the work done under the Health and Wellness Programme during the Pandemic through an audio video presentation. Image Gallery for Classes III, IV and V showcased the Value Education learning to the optimum. In Live Zoom Sessions, students welcomed the parents and engaged them in the interesting and thought-provoking energizers, Mind jogs and activities related to the movies. Inspirational Movies by school cinema were screened as part of the Value Education programme. The movies helped the parents to understand that it is extremely important to acknowledge the different values, life skills and emotions in order to have a holistic approach towards life. The parents experienced hands on activities with full zeal & vigour and appreciated the students' performance. These activities reflected in- house teaching methodologies. The Image Gallery, Video Gallery and Live Zoom session were appreciated by the spectators. The display left an indelible impact on the parents and they lauded the efforts of the team.



ANTI TOBACCO CAMPAIGN: WORLD NO-TOBACCO DAY



**FILTER
YOUR LIFE,**

Commit to Quit Tobacco Today

**WORLD
NO
Tobacco Day**



ANTI TOBACCO CAMPAIGN: WORLD NO-TOBACCO DAY



The Health & Wellness Team of the school conducts an Anti-Tobacco Campaign every year, to spread awareness about the severe life-threatening health problems such as cancer, heart disease, stroke, lung disease, and many others associated with tobacco consumption.

This year, WHO launched a global campaign under the theme “Commit to Quit” to celebrate the World No Tobacco Day 2021.

To instil and re-establish seriousness about quitting tobacco , The Health & Wellness team sent out a slogan – Commit to Quit Tobacco Today! through the school Facebook page to commemorate World No Tobacco Day 2021. “This No Tobacco Day, commit to filter your life and aim for longevity by quitting tobacco today”.

TEACHER EMPOWERMENT PROGRAMME



ADVANCED TEACHER TRAINING PROGRAMME, CATEGORY 1-‘EMPOWERING SELF’

Small steps in the right direction can turn out to be the biggest step of your life.

Advance Teacher Training Programme is an in-service training programme formulated by the Health & Wellness Resource Center Team under the inspirational guidance of Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS. The prime purpose of this in-service training is to enable teachers & staff to acquire new understanding and instructional skills which will further enable them to develop effectiveness in all spheres.

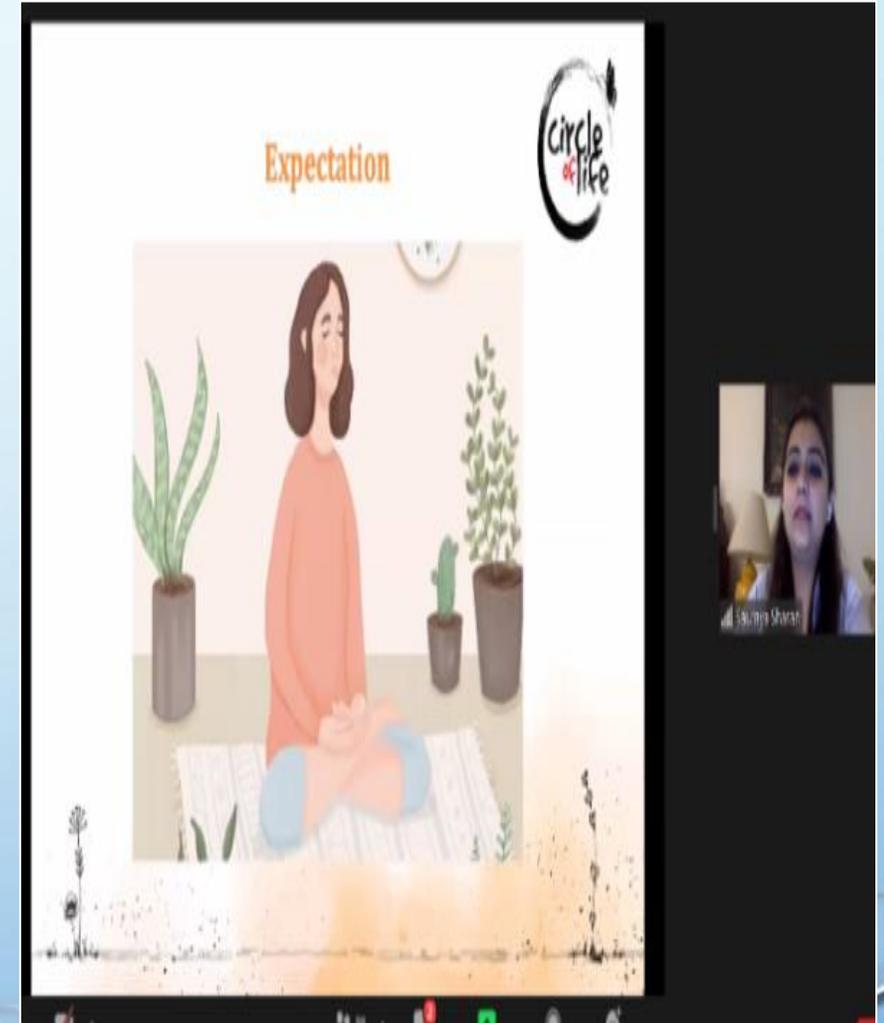
This programme is divided into three categories. The first category (Empowering Self) was designed as a 4-day programme from 30th March to 2nd April 2021 for the teachers and staff of BBGS.

The main objective of this 4-day programme was to help teachers identify their interests, aspirations, strengths and weaknesses and further enhance upon their strength areas and boost their motivation and become more professional at their work place. A team comprising of 32 members referred as ‘Incredibles’ participated in this programme.

WEBINAR ON MINDFUL PARENTING



The Health & Wellness Resource Center Team under the guidance of Dr. Alka Saxena, Deputy Director, Blue Bells Group of Schools took up the initiative to organize a webinar on “Mindful Parenting in the New Normal” for the teachers of Blue Bells Group of Schools. The webinar was conducted by Mind On, under the aegis of Circle of Life, on May 22, 2021. The Resource person, Ms. Saumya Sharan, a well-known Clinical Psychologist at Circle of Life, India, shared some easy tools that can help make the journey of parenting healthier and happier. The aim of the workshop was to promote positive coping tools to build resilience in parents and mindfully support children through these unprecedented times.





The Emotional Cup

THE EMOTIONAL CUP

Imagine that every child has a cup that needs to be filled – with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do



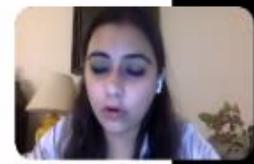
What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- fatigue
- doing what they're forced to do or they



Strategies for Parents

- ▷ **Setting Boundaries** -TRAFFIC LIGHT APPROACH -
- ▷ Open Dialogue -
- ▷ Respect -
- ▷ **Empowering through choices** -
- ▷ Consistency
- ▷ **Being united in your approach**
- ▷ **Setting routine**
- ▷ **Assisting children in maintaining personal hygiene**

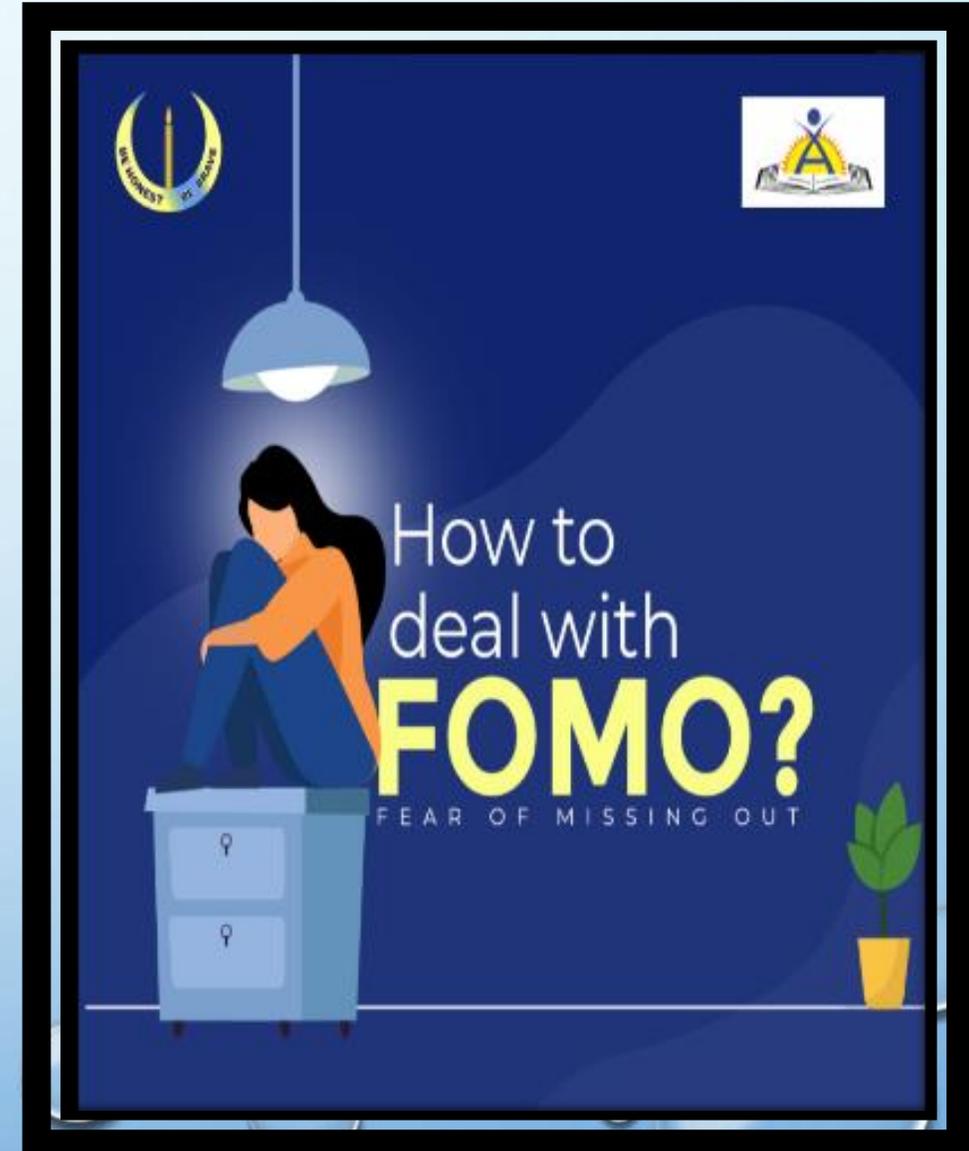


INDIGENOUS INITIATIVES OF HEALTH & WELLNESS PROGRAMME DURING PANDEMIC



FEAR OF MISSING OUT (FOMO)

FOMO - is a known predictor of problematic smartphone use. The Health & Wellness Team took up the initiative to spread awareness on this issue. The leading cause behind FOMO is the increased dependency on the use of social media by the youngsters today. To help the students deal with fear and stress, the Team shared various tips through the school Facebook page which could help them to avoid FOMO.





Be Grateful

Remind yourself of your worth and take a moment to show gratitude towards what you have and what you are doing in the present moment.

thank
you!!!





Do What You **Enjoy**

An uplifting hobby or creative pursuit increases our feeling of self-worth and self-esteem.





Be Focused

Focus on positive things in your life and your achievements rather than what you lack.





Plan your day & take a **digital break**

Assigning specific time for all your tasks and activities including time for social media will help you keep organized. Don't forget to designate time off from social media as well.





15

Nurture Real Connections

In order to have strong relationships with others, make an effort to meet, talk or do video calls as it is more effective than just liking or commenting on posts.



TIMES ARE TOUGH, STAY CALM



Times are tough, stay CALM



C.

Calm yourself by taking a few deep breaths



A.

Awareness regarding your thoughts & feelings is helpful



L.

Learn ways to relax yourself



M.

Motivate yourself by focusing on the positivity around you

During these tough times, staying calm is of utmost importance for a healthy lifestyle. Keeping this in mind the Health & Wellness Team shared important tips on how to keep healthy and fit, both physically and mentally, to build resilience among the student community. The purpose was to motivate students about remaining diligent in following all the key preventive measures.

COUNSELING & GUIDANCE PROGRAMME



INDIVIDUAL COUNSELING SUPPORT FOR STUDENTS OF CLASSES 3 TO 12

During this challenging time of a worldwide Pandemic, mental and emotional well-being is as important as physical well-being, more so for children. School counselors are available to help students deal with their emotional, behavioral, psychological and academic concerns. A circular was shared with the parents, informing them about the same. The school counselors, visited students during online classes to offer support to them. They also encouraged the students to connect with them personally and shared the special email id specifically created for this purpose.



Dear Readers
Warm Greetings !

Year 2020 can be regarded as a year of Living , Learning, Laptops , Love and lots of gratitude that connected and bonded everyone with a golden thread .

We at Blue Bells wish to ardently contribute in making the current year , a year of Hope, Happiness, Health, Hard work and Harmony. May Almighty bestow his choicest blessings on all of us and we reach unparalleled height of success.

We will be back soon with our next edition of the e-Newsletter.

Stay Healthy, Stay Connected and Stay Safe!

Editorial Team

Blue Bells Public School

