

# NEWSLETTER

# JULY 2024

## MESSAGE FROM PRINCIPAL

I cannot teach anybody anything; I can only make them think.  
- Socrates

The swiftness and intricacy of changes in society has reinforced the need for teachers and educators to be more proactive and prominent in their contribution to the lives of children beyond classrooms. At MRIS Mohali, we believe the teachers are mentors for life, who are always reaffirming the confidence of the students and can have a positive influence on them, by walking together so that our students can become independent and make more informed decisions. Instead of being caught up in the ever changing winds of changes of school curricula, examination systems and educational policies, MRIS teachers keep innovating new ways of understanding knowledge by using powerful technologies and new patterns of integrated learning. Our students must know, their mentors at school are the people who believes in them and their potential, and will always stand with them, firm like a rock.

## SESSION ON ADOLESCENCE DEVELOPMENT



In a program titled "Meet Your Mentor," Manav Rachna International School, Mohali hosted an enlightening session on Adolescence Development for students from Grade IX to XII, conducted by the esteemed Dr. Amit Nagpal. The session, held in honor of Doctor's Day, delved into the intricate biological transition from childhood to adulthood, shedding light on the different phases adolescents undergo. Dr. Nagpal elaborated on somatic growth, late adolescence, and physiological changes, offering students a comprehensive understanding of their developmental stages. He emphasized the importance of adopting healthy habits, such as consuming nutritious food, maintaining good hygiene, ensuring proper sleep, and engaging in regular exercises. Additionally, he inspired students to pursue their passions, highlighting its role in overall well-being.

## WISHY WASHY FUN



Our Little Champs at MRIS Mohali celebrated 'Wishy Washy Fun' with great enthusiasm and excitement! The activity aimed to educate the little ones about the importance of taking care of their clothes and maintaining hygiene as a basic life skill, but in a fun and engaging way. The kids were treated to a mesmerising demonstration of washing which left them in awe. They learned these steps by bringing in their own handkerchiefs for the activity. The day was a resounding success as the little ones felt more independent after acquiring this basic life skill.

## NATIONAL FLAG ADOPTION DAY CELEBRATED AT MRIS



The National Flag Adoption Day activity was thoughtfully planned for students of grades 2-5 at MRIS to include an engaging session where children explored the origins and significance of our national flag. To further enhance the learning of our young ones, a video presentation was shown, providing a comprehensive overview of the national flag's journey and its importance. This was followed by an interactive quiz, which reinforced the students' knowledge in a fun and engaging way. This enriching experience helped the children grasp the profound meaning and importance of our national symbol.

## **BAG IT BEAUTIFUL ACTIVITY WAS CONDUCTED TO CELEBRATE VAN MAHOTSAV**



As a part of the Van Mahotsav celebrations, students of grades 2 to 5 engaged in a 'Bag It Beautiful' activity. They transformed old newspapers, waste materials and decorative items into beautiful, eco-friendly bags. This initiative encouraged the use of sustainable alternatives to plastic bags and imparted valuable lessons about the importance of reusing and recycling. The activity also emphasized the significance of trees and environmental conservation, instilling a sense of responsibility towards protecting our planet.

## **WORLD EMOJI DAY WAS CELEBRATED AT MRIS**



At MRIS Mohali, World Emoji Day was celebrated with our young scholars, providing a delightful and interactive learning experience. The children were taught the significance of emojis and how these symbols can help navigate various situations by expressing emotions clearly. The sessions were filled with joy and enthusiasm as students actively participated and gained valuable insights into emotional expression. The day ended with happy faces and enriched minds, as the kids not only had fun but also learned important lessons about communication and understanding emotions.



# Budding Artists



*By-Vaneya Grade 6*



*By-Tanveer kaur Grade 11*