Monthly News Bulletin June / July - 2021



Awakening to the power and beauty that lies within all of us." Warm Greetings to you all.



Dr. (Mrs.) S.D. Malik

I hope and pray that all of you are safe and healthy during this time of global crisis. In the midst the vibes spread and harshexperience, there are spiritual things that could help us. Love of family and friends these days could keep us focused on a positive approach. Faith in God Almighty who will guide us, "even though we walk in the valley of darkness." Hope that we will come out of this crisis as stronger and better persons, having faced it with courage and resilience. Gratitude for the frontline health and lawenforcement workers. Prayer for guidance and strength for the world.

I wish you God's blessings of his presence, love, and mercy.

Never let the dark times in your life tempt you to lose hope. Remember, it is always darkest before the dawn.

Principal's Message...

COVID-19 Pandemic has surely altered lives and disrupted normal life across the world. We understand the challenges faced by you, parents and the teachers to cater to the academic needs during closure of school and adapting to virtual learning. But I am proud of you as you continued to demonstrate diligence, motivation and determination to work to the best of your abilities to learn new instructions. We have learned a lot of lessons about life, about school and about ourselves in the process of this pandemic and we can take some courage from this. Our values and our priorities, our tolerance, resilience, patience and empathy have all been heightened, and this can be a positive change for us all. The emergence of virus vaccinations has given us hope that we are on the road to recovering from the devastation this pandemic has caused. I have been incredibly proud of and



Dr. Mahima

impressed with the attitude exhibited by our school community, coming together in mutual support throughout this crisis. Dear students, you at every step of the way have accepted, adapted and overcome all obstacles and disruptions to your routines.-" Nothing is predestined. The obstacles of our past can become the gateways that lead to new beginnings." Stay well! Stay positive! Keep Smiling!

HOW TO SAVE YOUR EYES

With the increase in the use of electronics, many children experience today's most pervasive threat: digital eve strain.

We've all experienced it—tired, dry eyes, blurry vision, headaches, and neck aches. And all it takes is a couple hours of continuous use of electronics. Also known as computer vision syndrome, digital eye strain can affect everyone who uses not just computers but also TVs, smartphones, tablets, gaming systems, and more.

The Rules of Digital Eye Safety

The next step is to help student form good eye safety habits. Try posting this list of digital eye safety rules in the classroom as a reminder.

- 1.Create an eye-friendly schedule. Break up the time spent on the computer during the school day by fitting in activities such as walking, meditation, exercising etc.
- 2. Set time limits for recreational use of digital devices.
- 3. Zoom in when the text is too small. On the web, you can do this by adjusting the settings of your web browser or by using the browser's shortcut keys.
- 4. Clean the computer screen at least once a week. This will keep it clear by eliminating dust.
- 5. Sit in an ergonomic position at the computer. This means feet are flat on the floor, lower back is supported, shoulders are relaxed, and arms are at a right angle so forearms rest on the keyboard in a straight, level line.
- 6. Always take a break if needed. Regardless of the day's schedule, fit in a break if using the computer starts to feel uncomfortable.
- 7. Avoid digital devices before bed.
- 8. Do splash water frequently in between the class on your face.
- 9. Include common eve voga exercises.
- a. Deliberately and repeatedly look up and down and then left and right b. Close your eyes for several seconds to increase moisture on your eyeballs. c. warm your palms and then place them over your closed eyes. d. Place a slice of potato/cucumber on your eyes to relax them. e. Choose an object and stare at it without blinking. During this exercise, focus and unfocus your eyes.

Perform these exercises in the morning, several times throughout the day and before bed at night. Because they just involve the eyes, they can be performed wherever you are and when you have the time for them. Do these exercises before you get out of bed, at your desk or whenever you need a break.

Dear Parents: Keep an eye on students vision both in and out of the virtual classroom to make sure he or she maintains healthy eyesight.



Monthly News Bulletin
June/July 2021

2



ACTIVITY CALENDAR



June-2021

Grade: Nursery to XII

MON











TUE











WED











THU











FRI



Origami Dog making Class KG







SAT











SUN













ACTIVITY CALENDAR



July-2021

Grade: Nursery to XII

MON











TUE



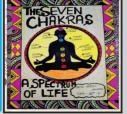








WED











THU











FRI











SAT











SUN







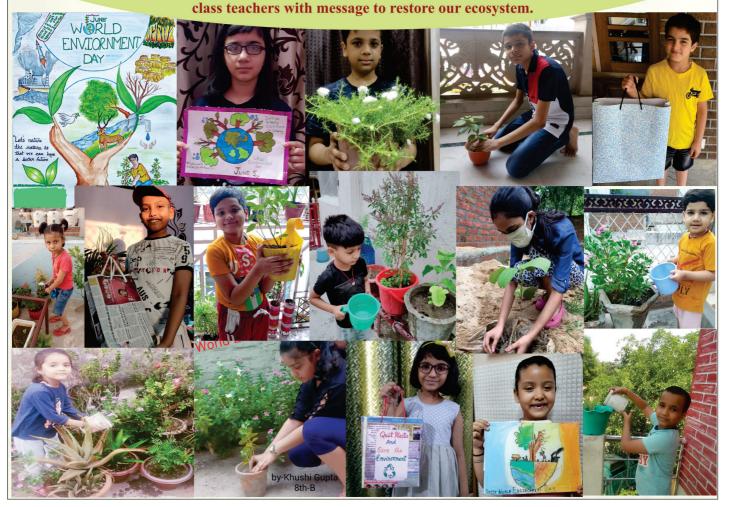




Monthly News Bulletin June / July - 2021



Day is celebrated annually on June 5 across the globe, is one of the biggest events organized by the United Nations (UN) to generate awareness about the significance of nature. The day is celebrated to tell people that nature should be respected for its values. The students of the Baptist Convent school planted tress and spread awareness to signify the restoration of our Earth. The activity was carried through online mode by the respective



Father's Day

The 2021 calendar marks Father's Day on June 20. The students of the Baptist Convent school eagerly look forward to Father's Day to convey their respect, love, and gratitude to their fathers. They made greeting cards, wrote poems and pen down the best memories with their fathers.











































Jay Devtalla - XII

Tejas - I

Vidushi Sharma - V

Sana Dutt (VII)

Monthly News Bulletin June / July - 2021

International Yoga Day

International Day of Yoga 2021, to be observed today, i.e. Monday (June 21), carries the theme "Yoga for well-being", much relevant for our times in a society still recovering from the impact of the corona virus disease (Covid-19) pandemic. The Covid-19 plight was not just a physical crisis, it also left lasting impacts on mental health, with many left in psychological suffering, depression, and anxiety dealing with the pandemic-necessitated restrictions and loss. The students of our school joined the yoga session organized by the school and spread the message of health is priority to everyone.

Athary - IX

Tamanna-XI

Khyati Sareen (VII) Kush - NUR

Nandikaa - Nursery

Sejal - VII

Mantasha- Nur.

Arush - KG Sanskriti bhandari - X Shambhavi Singh - Il

Sayesha- KG Harshita sharma X

Rudraksh



SEMINAR - Health Hazards of Mobile Phone

Shakespeare has very wisely said: "There is nothing either good or bad, but thinking makes it so." Similarly, mobile phones in themselves are neither good nor bad; however, how we use them makes them good or bad. Mobiles have become a source of major distractions for the students. Students seem to have become inordinately addicted to these sites. They are thoughtlessly and uselessly wasting their precious time on these useless sites. To make the students aware about the **Hazards of using mobile phones**, the seminar on – MOBILE – HEALTH HAZARDS was organised for the students on Saturday 26th June 2021. The teachers with the help of Power Point Presentation and videos related to the seminar was beautifully explained to the students where they were made aware about the overuse of mobile that has posed serious health issues.



Negative effect on students Students do not give proper time to their Facebook Addiction Playing Games Listening Music Sleeping less at Night

Feedback by Students on Seminar



I found this meeting really helpful. It was one of the most informative and enjoyable seminar. Thank you for organizing and a very special thanks to all the teachers.

> Astha Tiwari Class - XIA

The session was amazing and informative too. We learnt many things and especially the ill-effects of excessive use of mobile phones. The videos helped us a lot to understand more practically. Mobile Phones are obviously helping us a lot during these days but we should limit the use of mobile phones as it decreases our absorption ability. Thank you mam for such a wonderful session.

Anshita Baluni - XA

The seminar was very helpful. It helped me realize the harmful effects of the mobile phones and i will try to minimize the amount of time i spend using my phone. Geetika Rautela - XII C

Wonderful experience; very valuable guidance. Practical guidance/examples were helpful.

Material presented was very pertinent to current times and I found this seminar very helpful.

Fiza Khan - XII C Thanks

Seminar was very useful for the young generation. All the teachers in the seminar were very interactive and did their best to make the students aware about the ill effects of mobile phone on the social, mental and physical well being of children and teenagers.I will try to enjoy spending time with friends and family and to enjoy the beauty of our surrounding nature and will spread this message to everyone. Thanks

Amaan Ul Hoque - XI A



In today's seminar I learnt many health hazards of mobile phone and I liked it very much. I will follow all these precautions.I really enjoyed the seminar and it was very informative too.! Thanks

Sanskriti Bhandari XA



This seminar was a very helpful one with respect to today's online working life. This has helped us to maintain our physical and mental health. this seminar has made us aware about the advantages and the disadvantages of mobile phones and other devices. Thank you for organizing such an informative seminar.

Forgiveness Day

GLOBAL FORGIVENESS DAY

Global Forgiveness Day is observed on July 7th'every year to encourage the art and goodness of Forgiving other. It aims to spread awareness about the healing power of Forgiveness and its importance for a peaceful life. It has been observed that, 'People who choose forgive are healthier and happier in life.' The students wrote 'Forgiveness Note' on cards and notebooks and seeked forgiveness from their loved ones. They also expressed the 'Power of Forgiveness' through their writings and card making activity.









































Monthly News Bulletin June / July - 2021

World Population Day

World Population Day is observed every year on 11th July. The main purpose of this day is to draw attention towards the rising populations across the globe. It is a well known fact that 'India has the World's Second Largest populace after China. The students raised slogan, wrote quotations, creative writing topics and posters and drawings to highlight our attention towards the alarming increase in the population and the need to control it at the earliest.















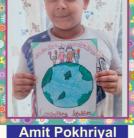
Arav

Naysa

Kashvi Pawar

Abhijay





















Peehu Garg

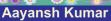
Viplav

Bhumi

Krishna R.Negi

Shivam Baluni







Arnav



Rakshit Thakur



Samarth



Rashi Pandey

Monthly News Bulletin June / July - 2021 10

Bonding Together - Session

A relationship is not based on length of time we spent together, but on the real bond we made with each other. A good bond can happen not only when we are together but also when we are apart. Ultimately the bond of all companionship can be made by conversation. To create this healthy bond, we have organised a Bond Together - session on 17 July 2021 with our pre primary parents at The Baptist Convent Sr Sec School in which they were told about the general guidelines, English conversation, laughing exercise and a beautiful rhyme practice was given by our teachers on nursery rhyme. A connect was created with the parents by one to one conversation. The meeting held successful at the school premises.



























NFWS Bulletin

Monthly News Bulletin June / July - 2021

Eid-Al-Adha Celebration

EID AL ADHA MUBARAK

Eid al-Adha, the Muslim "Festival of the Sacrifice" honors the willingness of the prophet Ibrahim to sacrifice his young first-born son Ismail as an act of submission to Allah's command and his son's acceptance to being sacrificed, before Allah intervened to provide Abraham with a lamb to sacrifice instead On – July before the Eid, the students took part in various activities given to them like poster making, greeting cards, even they made videos telling about the significance of celebrating Eid al-Adha. All in all, this was a wonderful and informative day for the children, and everyone enthusiastically took part in different activities.



Sanchit Sharma



Shashwat Singh



Vaishnavi Rana



Kush Dhiman



Anshika Anand



Parth



Ishani



Divyanshi Sharma



Arham



Khyati Sareen



Nirvan Kanojia



Yudit Prasad



Naman



Pahal Verma



Nandikaa Sachdeva



Kanika Hada



Siddhi Singh



Harshita



Mantasha Khan



Ananya Rana

Monthly News Bulletin June / July - 2020 12

Inter-branch English Fest

An Inter Branch English Fest was organized on VIRTUAL PLATFORM on 23rd July 2021 for the different branches of Lovely School's Fraternity. The Fest was organized at The Baptist Convent School in order to promote proper learning and to nurture the thinking, speaking and writing skills of the students. The participants showcased their exuberant skills, vocabulary and imagination in their Performances, Writings and Video presentations. All the participants were awarded with certificates and their efforts were greatly appreciated by the teachers and jury members.

Congratulations To All!!!



Parth Kandpal (Class III)



Aliya Sood (Class IV) 2nd Position



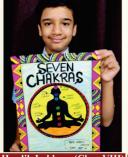
Samridhi (Class V)



Naysa Aggarwa (Class VI)



Sujayta (Class VI) 1st Position





Hardik Lakhera (Class VIII) Divisha Lakhera (Class VI)

1st Position 2nd Position



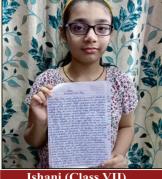
Isha Jain (Class VII)



Zoya Malik (Class VIII)



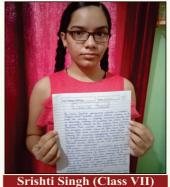
Sejal Jha (Class VII)



Ishani (Class VII) 3rd Position



Diya Singh (Class VIII)

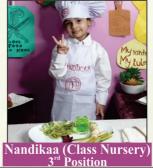




Bhumi Saini (Class VIII)

Winners of **Cold Cooking** Competition





Monthly News Bulletin June / July - 2020 13

Inter-branch English Fest

Class IX to XII



Rachit Gambhir (Class IX) Anshita Baluni (Class X) 1st Position



1st Position



Lakshay Juyal (Class XI) | Shivanjali Dixit (Class XII) 1st Position



1st Position



Romil (Class XII) 1st Position



2nd Position



Saksham Bhati (Class IX) | Mushira Parveen (Class IX) | Pearl Sharma (Class X) 2nd Position



2nd Position



Netra Dixit (Class X) 2nd Position



Khushi Jain (Class XI) 2nd Position



Kartik Dubey (Class XI) 2nd Position



Farha Malik (Class XI) 2nd Position



Ashi Jain (Class XII) 2nd Position



Jay Devtalla (Class XII) 2nd Position



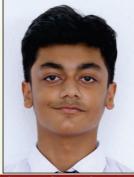
Gunjan Mittal (Class IX) 3rd Position



Ayesha (Class X) 3rd Position



Sanskriti Bhandari (Class X) | Shresth Gupta (Class XI) | Prachi Rawat (Class XII) | Aniket Pokhriyal(Class XII) 3rd Position



3rd Position



3rd Position



3rd Position

Monthly News Bulletin June / July - 2021

Guru Purnima Celebration

As the world is surging with pandemics, there has been sufferings, distress, turmoil etc in peoples life. So this year school organized prayer meet and Hawan to celebrate Guru Purnima, where people could connect themselves with God and pray for themselves and for their near and dear ones well – being. The whole school was resonating with mantras. The environment was filled with positive vibes. The Respected Chairperson Dr.(Mrs.) S.D. Malik Ma'am graced the occasion. She blessed the staff. As it is truly said- As you



walk with the GURU, you walk in the light of the existence, away from the darkness of ignorance and thus you leave behind all the problems of your life. The function concluded with gaiety all around.















Akshat Kothari















Divyansh Garg

Hardik Lakhera

Yashasvi













Sparsh Pandey

Monthly News Bulletin June / July - 2021 15

Parents Day Celebration

Parents are The One Who Helps You To Blossom

It is day for the children to make their parents feel how grateful they are for having such lovely parents. The children of Pre- primary and Primary wing of The Baptist convent school took effort on 25th July to thank their parents for their unconditional love through different activities like flameless cooking, flower pot making, Role Play, Dress up like parents etc. The day was celebrated with great enthusiasm. It was appreciating to see all the beautiful faces of our children brightly shining to make their parents feel special on this day.









































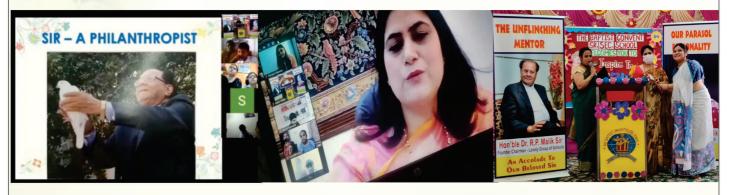
NEWS Bulletin

Monthly News Bulletin
June / July - 2021

Webinar Class Nursery to V

Interaction With Parents on Virtual Platform

Young children needs a hand to develop their curious minds.



With this motto, The Baptist Convent Sr.sec School conducted Webinar for Nur-V with an aim for children's holistic development. The topics examined in the webinar were instilling Self- Confidence, Enhance Concentration skills, Parenting Tips, how to manage time, parent-child bond and effective communication skills and writing tecniques. The webinar was commenced with the divine blessings followed by the words of wisdom by our respected Principal Dr. Mahima ma'am who acknowledged students and parents and advised them to stay healthy in this pandemic situation and also how to enhance the lifeskill ability in their life. The Speaker then stressed on the fact that parents play an important in the growth and success of child. It was truly an elating and inspiring session.





NEWS Bulletin

Monthly News Bulletin June /July 2021

BRAIN TWISTER

Can you spot the differences?





Can you solve this?

CAT = 6CROW = 8BRAIN = 10

THEN TWISTER = ?

Brain Test

I will give you X if you get the answer.

What is X?

- 1. X is a 7 letter word.
- 2. X is impossible for GOD.
- 3. New born babies like X better than milk.
- 4. The poor have X and
- 5. The rich looks for X from the poor.
- 6. If you eat X you will die,
- 7. X is more important than your life.

Maths Riddles

- 1. I add five to nine, and get two. The answer is correct, but how?
- 2. If you multiply this number by any other number, the answer will always be the same. What number is this?
- 3. How many times can you subtract the number 5 from 25?
- 4. If there are four apples and you take away three, how many do you have?
- 5. You are given a telephone and asked to 4. What kind of tree can you carry in your multiply all the numbers on the device's 6. What has hands but can't clap. clock 7. What stays in a corner but travels around the world number pad. What will be the answer?

WORD SEARCH

M	0	U	N	T	Α	I	N	Н	P
С	C	L	Α	N	N	S	D	1	L
Α	E	F	0	R	0	Г	P	Ţ	Α
٧	Α	L	L	Е	Υ	Α	L	L	K
Е	N	M	S	L	Ν	Ν	Α	Α	Ε
N	D	F	0	R	Α	D	I	M	S
L	Α	٧	0	L	С	Α	N	0	N
D	R	Е	٧	I	R	F	S	0	R

MOUNTAIN, VALLEY, HILL, VOLCANO, RIVER, LAKE, OCEAN, ISLAND, CANYON

HOW MANY FACE MASKS



- 1. In which Spanish city is the "LA Tomatina" fest held, during which the famous fight takes place? Bunol
- $2. Where is the world's largest known cave passage located? {\color{red} Hang Son Doong}\\$
- 3. Which country has the largest number of UNESCO World Heritage Sites? . Which World Heritage-listed 25 million year-old lake, also known as the oldest freshwater lake in the world? Lake Baibal

How many heritage sites are therein India?

38 Fill in the numbers 5 to 13, so

WORD PUZZLE

that every row, column and diagonal adds up to 27. You can use each number only once. 8 13 6

12 5 10

9 11

Answers of last month issue

- 2. It can run but never walk. It has a mouth but never
- talks. It never sleeps but has a bed. Rive
- 3. The more you take, the more you leave behind

- 8. It is more precious then gold. It can boil and bubble 9. If you have too little or too much, there will surely be