

MARCH 2021

EVENTS OF THE MONTH

1. Summative Assessments -2 (Grades 6 to 8): 5-18 March
2. Development Discussions: (Grades 1 to 8): 22-23 March
3. Orientation for Academic 2021-2022 Session (Grades Pre-Primary to 9) – 27th March

Story Sticks by Kindergarteners

KG students explored the art of retelling stories through personification of the characters in the famous story, 'The Wind and the Sun'. It was wonderful to watch our little ones sing, laugh, whisper and cry while playing the characters themselves.

Human Encyclopedia: Pre-Nursery & Nursery

"The future belongs to the curious" — Robinson

Curiosity gives us the ability to seek and acquire new knowledge, learn new skills, and find new ways of understanding our world. It is at the heart of what motivates young minds to learn and what makes them life-long learners.

To keep their little minds motivated with something exciting to do, students in our Pre-Nursery and Nursery sections were encouraged to explore 'facts' and 'features' of the world around them. The little ones took up the challenge and completed their tasks with immense enthusiasm and even conducted self-taught research that helped them answer each other's curious questions.

Session Closure: Pre-Primary

"Every new beginning comes from some other beginning's end" — Jenna Evans Welch

As we approached the end of an extraordinary academic year, thanks to the worldwide Covid-19 pandemic, our Pre-Primary students celebrated their last day with an online class party. They came together to enjoy the special day with unbridled zeal and enthusiasm.

Theme Culmination: Pre-Primary

“We must help the child to act for himself, will for himself, think for himself; this is the art of those who aspire to serve the spirit” — Dr. Maria Montessori

Our Pre-Primary students culminated their theme ‘Changes’ with a mission to showcase their learning through experiments. The ‘young scientists’ explained changes of matter through simple experiments. The students got an opportunity to conduct and explain their experiments.

Our Kindergartners became the architects who worked on their ‘Dream Invention’ and used 3D objects around the house to create a variety of inventions such as rockets, garbage collecting machine, human-powered washing machine, solar satellite, underwater plastic collector, and many more. They presented their awe-inspiring dream inventions in a show-and-tell session as part of the culmination of themed learning of their amazing creations. It was inspiring to see them design projects in their art files and replicate the same models using 3D shapes. The young marvellous minds exhibited absolute brilliance at work!

Art Integration — Phase-2

The motive behind introducing art-integrated learning is to make the teaching and learning process more joyful, implement learning outcomes and enable all stakeholders to follow Competency Based Education (CBE). Taking this unique Kunskapsskolan concept forward, we completed the second phase of art integration in our primary grades. Students of Grade 2 integrated art and EVS in amazing ways. They used air dry clay, clay tools and accessories like seashells, sand, tree twigs and paper to make to create models depicting different landforms.

All About Books Initiative

Pre-primary teachers conducted interactive sessions in Grades 3 to 5 on the importance of reading books. Grade 3 students got an opportunity to make their own dream book cover in an ‘All About Books’ session. It was an enriching and interactive discussion about the importance of book covers. Designing book covers led them to discover their individual creative sides.

Fitness Challenge of the Day

Once again, it was time for our students in Grades 1 to 5 to display their physical capabilities by taking up the ‘fitness challenge of the day’. The challenge tested their strength and endurance with exercises laced with elements of fun.

KED SPORTS

Pre-Primary & Primary — Students worked on balance and co-ordination

Physical benefits of balance and co-ordination:

- Balance and coordination trainings help improve efficiency of movement
- It helps to mint our body control
- It shows the strength in lower parts of the body
- It shows the capacity to focus
- Helps your agility
- Improves breath-holding capacity
- Builds strength
- Enhances flexibility
- Improves Stability



Middle & Senior School

Students in Middle & Senior sections learnt basic football skills by playing small-sided games (SSGs).

LEARNING SUPPORT HUB

The Learning Support Hub planned a series of sessions aimed at helping students prepare for the transition to their next grade.

Career updates:

A student, who is self-assured and has ample guidance is better equipped to make choices that are aligned to his personality, interest and ability. Thus, we look at career guidance as a journey that a student needs to make from Middle School with timely guidance, and not an optional activity which becomes a last-minute stress-inducing decision. To ensure our students and parents have support and professional guidance, we continue to provide the best of guidance in career and college exploration.

We had a ‘Thematic Talk’ with Mr. Raymond Li, a veteran journalist working for the BBC for over 24 years and the Director of the Master of Social Science in Media Management Programme at Hong Kong Baptist University, on ‘Media education in the era of artificial intelligence’. The talk was very informative to the students who are interested in pursuing journalism and media studies, but unsure about the scope in future due to the rapid progress in Artificial Intelligence (AI). The co-host Mr. Frank Chow, International Admission Manager at HKBU, shared some valuable inputs on the admission requirements, scope of study, scholarships and student life at HKBU campus etc.

Internships help students understand how professional organizations function in the real world. Writing an application, preparing a resume, asking for recommendations, and landing an interview are all skills

that give high school students an edge in college and beyond. It's no secret that internships strengthen college applications, as these opportunities introduce students to career fields or potential majors and reinforce valuable research or lab skills.

We collaborated with Corporate Gurukul to introduce GRIP (Global Research and Innovation Programme) for summer internship. This will help our students to collaborate in teams from across the globe and brainstorm to solve real world problems. They will get mentored, assessed and evaluated by the faculty of the National University of Singapore, the Nanyang Technological University and design associates at Google and Microsoft.

Grade 10 (2021-22 batch) had an orientation with Univaritey, India's leading career counselling & college guidance firm. The representative from Univaritey helped our students navigate through their portal, use research tools to know more about top colleges, college recommendations, career info, scholarships, admission prerequisites, etc. along with internships and summer programs.

FEB 2021

EVENTS OF THE MONTH

1. Basant Panchami celebration
2. Fitness challenge of the day event: 22-27 February
3. All about books: 22-27 February

Grade 1 Theme: Transportation & Communication

Grade 1 students were introduced to their concluding theme, 'Transportation and Communication'. The facilitators created a fun-filled atmosphere with sound, dance, yoga and riddles, to trigger the young minds to think and connect all their learnings about the theme. They guessed, joined-the-dots and shared what they understood of the theme, while virtually travelling on various modes of transport.

Transition from KG to Grade 1

Our Grade 1 students have well-internalized personal coaching, goal- and strategy-setting and working on the Log Book. Our young learners explained the importance of these KED tools to the KG students, demonstrating a remarkable example of collaboration between young minds. The students “oriented” the KG learners on how to use their Log Books, its importance and how it helps us in their learning journey.

The Grade 1 students shared their experiences with the kindergartners. They connected with the young ones and in their own way explained “personal coaching” and its importance — creating symbols of true ownership and hearty collaboration!

Pre-Primary: Enrichment

Pre-Primary students explored their theme ‘Changes’ by involving themselves in a wide range of food-making activities. They got hands-on experience of these unique sensory activities by engaging themselves in roti-, pancake- and smoothie-making sessions, which integrated well with their learning process. From measuring the ingredients, to mixing them in right amounts, to noticing the change in texture, taste, smell and look, the kitchen is no less than a lab where life skills are attained.

‘All About Books’ Session

“Books are the quietest and most constant of friends; they are the most accessible and wisest of counsellors, and the most patient of teachers” — Charles W. Eliot

Students in Grades 3 to 5 got an opportunity to make their own dream book cover in an ‘All About Books’ session. Their excitement was evident on their faces as they explored and created their own unique designs.

Art Integration Phase-2

The motive behind introducing art-integrated learning is to make the teaching and learning process more joyful, implement learning outcomes, and enable all stakeholders to follow Competency-Based Education (CBE). Taking this forward, the second phase of art integration was completed in the Primary grades. Grade 2 students integrated art and EVS to create models on the landforms they had learnt about in their class. They created the models by wonderfully using air dry clay and clay tools and accessories like sea-shells, sand, tree twigs, paper crafts.

‘All About Books’ initiative

Pre-Primary teachers conducted interactive sessions on the importance of reading books for students in Grades 3 to 5. Grade 3 kids got an opportunity to make their own dream book cover in an ‘All About Books’ session. They had a very enriching interactive discussion about the importance of book covers. Designing lovely book covers led them to discover their unknown creative side.

Fitness Challenge of the Day

Once again, it was time for our students in Grades 1 to 5 to display their physical capabilities by taking the 'Fitness Challenge of the Day'. The challenge tested their strength and endurance with exercises laced with elements of fun.

Our PE team organised the 'Challenge' from 23rd February to 1st March.

Day 1 challenge – Squats

Day 2 challenge – Plank

Day 3 challenge – Jumping jack

Day 4 challenge – Push up

Day 5 challenge – Mountain climber

Pre-Primary & Primary

The students participated in yoga and body-conditioning workout sessions. Below are the benefits:

Physical benefits of yoga

1. Helps improve chronic lower-back pain
2. Builds body awareness
3. Eradicates fatigue
4. Promotes balance
5. Eases you into regular exercise
6. Helps you to have a healthy heart
7. Reinforces better breathing
8. Builds strength
9. Enhances flexibility
10. Improves sleep

Mental benefits of yoga

1. Improves your mood

2. Helps your mind to relax
3. Provides a 'calm end' to your workout
4. Improves focus
5. Cultivates resilience

Benefits of conditioning workouts

Body conditioning workouts improve endurance, increase flexibility and help in developing a balanced and stable physique. These valuable exercises that offer a wealth of positive benefits to one's overall health and fitness levels. Regular practice of these moves help in building power, coordination and speed.

Middle & Senior School

The students worked on strength workout, the benefits of which are:

1. Increased muscle mass: Muscle mass naturally decreases with age, but strength training can help reverse the trend
2. Stronger bones: Strength training increases bone density and reduces the risk of fractures
3. Joint flexibility: Strength training helps joints stay flexible and can reduce the symptoms of arthritis
4. Weight control: As you gain muscle, your body begins to burn calories more easily, making it easier to control your weight

Learning Support Hub

The Learning Support Hub planned a series of sessions aimed at helping students prepare for their transition to the next grade.

Pre-Primary Transitions

KG to Grade 1

KG students attended a series of sessions that focused on preparing them to adjust to longer hours in school, orienting them to handle academic demands of more reading and writing, helping them plan and work in workshop sessions and getting adjusted to more written work. The students were super excited to move up to Grade 1 and shared how they are preparing themselves for the change and transition.

Grade 1 to Grade 2

Grade 1 students participated in an interactive session with the learning support team, focusing on the 'changes and challenges' in their school life. Due to the pandemic, their base group transition from Kindergarten to the Primary section had to be done online and they hadn't really got an opportunity to experience spending full days at school, participating in workshops, and getting in-person coaching. They had well adapted to the online mode of schooling and it was important to have open discussions on these aspects, so as to prepare them for attending on-campus school in the coming months. The active participation of students and the excitement to join on-campus school was mesmerizing and heart-warming to see.

Primary Transitions

Grade 2 to Grade 3

As part of the process of transition from Grade 2 to 3, the Learning Support Hub conducted a session in January on the judicious use of tabs and iPads and how to be safe online. To help Grade 2 students get more clarity and understanding, Grade 3 student volunteers shared their experience and strategies about workshop planning and judicious handling of these devices. Strategies regarding workshop planning and utilization, pointers for keeping the devices safe and proper handling and usage of their devices to ensure a positive learning experience were discussed.

JAN 2021

Events of the month

1. Commencement of Summative Assessment 2 (Grade 9): 12th January
2. Commencement of Mock 2 (Grade 10): 12th January
3. Republic Day celebrations: 25th January

"I've always loved the first day of school better than the last day of school. First are best because they are the new beginnings." — Jenny Han

After a relaxing winter break, our students resumed their virtual academic sessions with renewed vigour and enthusiasm. It was a great pleasure to meet the students on the online platform and start the year with new hope and aspirations.

Pre-Primary Theme: 'Changes'

As we kicked-off the final theme of the year – Changes, our pre-primary students got abundant opportunities to witness a wide range of changes constantly happening around them. They observed 'changes' through several experiments, including the melting of ice cubes, crayons and candles. They also loved watching corn kernels popping into fluffy popcorn. The activities culminated with a reflection session in which the children expressed their observations on the different states of the 'changes' through creative drawings and simple sentences. The day ended on a note of curiosity in the young minds to witness more transformations in their everyday environment, equipped with a stronger understanding of the term 'changes'.

Pre-Nursery: Balloon Experiment

To know more about 'changes', we conducted a fun-filled 'balloon experiment' using baking soda and vinegar. Children observed what happens when we add baking soda to vinegar. Later, they conducted the same experiment on their own and shared their observations.

Transition

Grades 2 to 3: Judicious use of Tab

As part of the process of transition of our students in Grade 2 to Grade 3, our base group coaches and the learning support hub conducted sessions on judicious use of tabs and iPads and how to be safe online. The students were made aware that the internet is a fabulous resource. However, like any other resource, we need to use it productively and keep ourselves safe while being online. They learned about several safety measures like not clicking on pop-ups, being careful about what they are downloading, keeping personal information private and not sharing passwords with anyone, and keeping parents and teachers updated about their internet activities.

Grade 3 to Grade 4: Open workshop

Open workshops are a key aspect of KED learning. To support our students of Grade 3 in their transition to the next grade, and adapt well to open workshops, the Learning Support Hub conducted a preparatory session for them. The session focused on helping students understand how to use open workshops in the most productive ways — by working on their planning and organization skills. The students are also being regularly guided and supported by our base group coaches by helping them plan, reflect and seek feedback on their workshop planning and execution.

Grade 4: Modern foreign language clinical session

A clinical session on modern foreign languages was held for students in Grade 4. It was aimed to provide a flavour of German and French and aid students to make informed choices in Grade 5.

Republic Day Celebrations

Republic Day was celebrated with patriotic fervour and enthusiasm by students of all grades. Apart from an interactive session, a parade portraying the fabulous cultural diversity of our country and its military might was also held. The imagination of the learners was further tickled by a discussion on the national bravery awards and other gallantry honours conferred on Republic Day on soldiers, common citizens and even children. The learners were also made aware of the significance of the National Voter's Day. The nationalistic spirit was exhibited at its best through a lilting group rendition of our national anthem by the children.

KED Sports

Our Primary School students worked on boosting strength and increasing flexibility. The benefits are:

1. Increased muscle mass: Muscle mass naturally decreases with age, but strength training can help reverse the trend
2. Stronger bones: Strength training increases bone density and reduces the risk of fractures
3. Joint flexibility: Strength training helps joints stay flexible and can reduce the symptoms of arthritis
4. Weight control: As you gain muscle, your body begins to burn calories more easily, making it easier to control your weight
5. Balance: Strengthening exercises can increase flexibility and balance as people age, reducing falls and injuries

Our Middle School students worked on yoga workout and flexibility. The physical benefits of yoga are:

1. Helps improve chronic low-back pain
2. Builds body awareness
3. Fights fatigue
4. Promotes balance
5. Eases you into regular exercise
6. Helps your heart health
7. Reinforces better breathing
8. Builds strength

9. Enhances flexibility
10. Improves sleep

Mental benefits of yoga are:

1. Improves your mood
2. Helps your mind relax
3. Provides a calm “end” to your workout
4. Improves focus
5. Cultivates resilience

Learning Support Hub: Self-Regulation & Managing Negative Thoughts

Continuing with the theme of self-regulation, students in Grades 5 to 8 attended sessions on understanding how to manage negative thoughts. The session empowered students by helping them learn and practice techniques and strategies to help deal with recurring negative thought patterns and beliefs.

DEC 2020

Events of the month

1. Fitness Mania week: 1-4 December
2. St. Lucia Day celebrations: 11th December
3. Nobel Week: 14-18 December
4. Christmas celebrations: 24th December
5. Winter break: 25th Dec – 12th Jan

Nobel week Celebrations

"If I have a thousand ideas and only one turns out to be good, I am satisfied"— Sir Alfred Nobel

Sir Alfred Nobel was a Swedish chemist, engineer and industrialist, most famously known for the invention of the dynamite. He died in 1896. In his will, he bequeathed all his assets to be used to establish five prizes — in chemistry, literature, peace, physics and physiology or medicine — which became known as 'Nobel Prizes'. The first Nobel Prize was awarded in 1901 to Frédéric Passy and Henry Dunant. Presently, the Nobel Peace Prize is awarded in Oslo, Norway and those in physics, chemistry, medicine literature and economic sciences are awarded at Stockholm, Sweden.

Our students celebrated the 'Nobel Week' (14-18 December) to commemorate the Nobel Prize Day, observed around the world on 10th December, with a variety of activities in English, Hindi, Science and Art. They were introduced to the life and contribution of Alfred Nobel and the details of the prestigious awards coined in his name. They took part in an array of activities based on the lives of several Nobel laureates. It was an interesting knowledge-hunting journey for them.

Pre-Primary: 'Fitness Mania Week'

Our Pre-primary students and teachers took part with utmost enthusiasm and gusto in the 'Fitness Mania Week'. The three-day event kicked off with an address by Ms. Sunitha Nambiar, CEO, Kunskapsskolan India, on the importance of having a holistic wellness- and fitness-centric approach to life. This was followed by a speech by Grade 10 students on the various aspects of physical, mental and emotional fitness, health, nutrition and mindfulness.

A fitness pledge was also taken by our Grade 9 students. Colour and energy to the event was added by a musical performance by students.

The KI Base Groups curtain-raised the Fitness Mania Week by showing video compilations of fitness activities performed by the students, depicting their idea of fitness and its role in their lives. Music to heal and bring a smile, topics of art, health & nutrition, and dance boosted the energy in our little learners. Each child experienced the mental, physical and emotional fitness embedded in them.

St. Lucia Day Celebration

St. Lucia Day is celebrated on 13th December every year. The Feast Day is widely celebrated as a festival of light. In our pandemic times, this festival is all the more important for it brings hope and light to our lives. The pre-primary students and teachers collaborated to spread the light and kindness of St. Lucia through a virtual presentation. Being confined within our homes was not a limitation. We were together in all spirit and with hope.

Primary Learners

December began at Kunsapsskolan International with the Fitness Mania Week from the 1st of December to the 4th.

The students participated with unbridled enthusiasm and gusto in all the events that aimed at developing their physical, mental, nutritional and emotional wellbeing. A 20-minute fitness challenge was hosted every day.

Activities on healthy eating, enhancing mindfulness, advertisement designing, improving mental wellbeing, and 'just a minute' were conducted.

Students in Grade 2 danced to their own rhythms of happiness on a dandiya-noon, keeping themselves physically, mentally and emotionally healthy and also urging others to do the same. The children participated in the activity and thoroughly unwound to the dandiya beats.

Theme kick-offs

Theme kick-offs were conducted for students in Grades 2 to 4. A kick-off helps us channelise the students' energy and thoughts in the direction of the new theme.

Pictorial quiz conducted for Grade 3 students: The art teacher drew some of the famous monuments of India. The students had to guess their names and narrate interesting facts about them.

Debate titled 'Who is better' conducted for Grade 2 students: The teachers played the role of a star, the moon and the sun and the children had to debate on their importance. The event nudged the little minds towards their upcoming theme, Environment-2.

Inter-house activities: Grade 2

Students participated in the final round of the inter-house quiz on 10th December. The questions were based on their general awareness, observation skills and knowledge processing abilities. The final round of the English Word Jungle was conducted on 17th December. The students were awarded e-certificates for their performance in Base Group sessions.

Nobel Week

The Nobel Week started on 14th December. Students embarked on a week-long journey researching on Sir Alfred Nobel and his thought behind founding the Nobel Prizes. The students learnt in detail about the contributions of Nobel laureates towards the greater good of humanity. An outline of activities from December 14th to 18th was planned for the students in various subjects.

KED Sports

Kunskapsskolan International organized a 'Fitness Mania Week' from December 1st to 4th for students in Pre-Primary to Grade 10.

Opening Ceremony on 1st December: Address by the school management team and speech by Grade 10 students on various aspects of fitness. This was followed by a pledge-taking by Grade 9 students and a musical performance by students.

During the Fitness Mania Week, the students took part in grade-specific events and recorded videos of their performances.

Itinerary of the events and activities:

Physical Fitness: Fitness challenge, circuit training, parents-child games, cycling and running challenge using the Strava app.

Mental Fitness: Spot the differences, snap 10 games, brain games to improve concentration/problem-solving capacity

Emotional Fitness: Emotional fitness and relaxation activities

Health and Nutrition: Fruit art, healthy eating habits, power breakfast making, poster making

Mindfulness: Yoga and meditation

Closing Ceremony – 4th December: Address by the school management team, followed by students' reflection on the initiative and dance performance by students.

RESULTS OF FITNESS MANIA WEEK

1st — PHOENIX HOUSE: 320 points

2nd — CYGNUS HOUSE: 295 points

3rd — ORION HOUSE: 260 points

4th — PEGASUS HOUSE: 220 points

Life Skills

"By failing to prepare, you are preparing to fail" – Benjamin Franklin

Planning your life is one of the most powerful and effective way to achieve what you want. Nobody plans to fail; they simply fail to plan. Put another way, failing to plan is akin to planning to fail.

Think about this for a second: if you travel, you plan your trip; if you are buying things for your home, you plan your shopping; if you throw a party, you plan the event. You would not dream of doing any of the above without prior planning. Choosing your subjects, college, career is no different.

Spending a little time to plan our future is something all of us must do. The time and effort spent will reward us many times over. It will save us a lot of disappointment, frustration, and time, which is our most precious commodity. While we consider this planning, we must get the right kind of support and guidance.

Grade 10 is a milestone in every student's life to make a decision that could stupendously impact their lives. We all know that transition from Grade 10 to the next is the most important step towards choosing a career and finding the right college. During this transition, one has to decide which subject to study in Grade 11. With a plethora of options to choose from, students are spoiled for choice. It's important to support them to make the right choice, guide them to work on a clear plan for their future/career.

Kunskapsskolan International collaborated with Univariety, India's leading career counseling and college guidance firm, to help our students through aptitude tests, which aided as tools for self-exploration, self-awareness, and the fundamental point of reference in subject-selection for Grade 11. We also hosted a parent-student interactive session with Univariety, which helped the students learn how to choose a career path in tune with their skills. Students and parents were guided to access the portal, complete their profile, follow a holistic approach, using modern research tools to ensure our students make informed decisions.

Our studies were provided with useful information on several immersive career experience programs such as Ivy Early Entrepreneur, Learn with Leaders (Investin Education), etc. The interactive programs were conducted with the participation of successful professionals in a live online environment.

Nobel Week Session on Innovation and Self-Regulation

Going forward with the theme of innovation during the Nobel Week celebrations, our Learning Support Hub introduced students in Grades 4 onwards with the 'Forest' app to help them regulate and boost their productivity while contributing to the environment by actually growing trees.

Since working online has become the norm, and students find it difficult to stay on their tasks owing to other online distractions, it becomes extremely important that they develop self-regulation and self-management skills to enhance their productivity. The innovative idea of self-regulation using the Forest app provides an interesting solution to boost productivity by helping students minimise online distractions.

OCT & NOV 2020

Events of the months

1. Gandhi Jayanti
2. Grade 10 Orientation Program For Aptitude Test
3. World Mental Health Day
4. iGraasp — New Presentation
5. Team Debate
6. Dussehra Break — 19- 25 Oct

“In November, the earth is growing quiet. It is making its bed, a winter bed for flowers and small creatures. The bed is white and silent, and much life can hide beneath its blankets” — Cynthia Rylant

For the first time, our students celebrated Diwali, the festival of lights, on the virtual platform owing to the Covid-19 restrictions. Our young learners thoroughly enjoyed the online Diwali party. They also learnt that Diwali is also a celebration of the victory of good over evil. Our base group coaches spoke about the ill effects of bursting crackers and how Diwali can be celebrated in a safe and eco-friendly way.

Grade 1 Theme: My Needs

To stay fit and agile, eat good food, go early to bed and rise early, and exercise regularly. We have been repeating these health statements generations after generations. But these advices have changed with time. Today, our mental and emotional health is as important as our physical health.

Our Grade 1 students were taken through these advices in their theme kick-off. The theme was integrated with art, dance, PE activities and music. The little minds could easily connect with soothing music, dance flows and the discipline of yoga. Guided by their facilitator, the students also got acquainted with the concept and relevance of their new theme — health and hygiene.

Pre-Nursery: Rainbow Fruit Skewer

‘Eat the rainbow’ is a phrase that reminds us to include more fruits and veggies in our diet. To develop healthy eating habits on their own, our Pre-Nursery students learned how to make a fruit skewer in the

Enrichment Session, in which health benefits of fruits were discussed in detail. We extended our learning about patterns and made A-B-A-B patterns with fruits.

Pre-Primary & Grade 1: Diwali Celebration

"The significance of Deepavali is the removal of darkness and ignorance from the mind and filling it with goodness!"

The little learners in Pre-Primary to Grade 1 celebrated the Festival of Light together on the virtual platform. After their learning sessions on Diwali, the students, dressed in traditional attire, lit diyas and wished each other 'Happy Diwali'. They ate, danced, played games, and shared plans — no lockdown could lock their hearts. The students also learnt the essence of Diwali: triumph of good over evil. It was indeed a celebration of togetherness!

Plastic Free Challenge Week

The 'Plastic Free Challenge Week', that concluded on 3rd November, was hosted with great enthusiasm by students of all grades. Inspired by the environmentalists in them, the students took some very interesting and exciting challenges. Activities conducted during the week were designed to raise awareness about the bad effects of plastic overuse and promote solutions to control the menace.

Healthy Eating Habits

Dr. Anita Kinra, a renowned dentist in Gurgaon, was invited on 9th November to our virtual platform for an interactive session with our Grade 2 students on dental health. She talked about healthy eating habits, how microorganisms affect our teeth, and what precautions one must take before and after having food. She also explained the importance of regular dental check-ups, at least once or twice a year.

Diwali Decorations and Celebrations

On Diwali, our beautifully-dressed students met each other online and exchanged greetings to celebrate the Festival of Lights. The environment was full of dance, music and games. The students painted diyas and decorated their houses with them. They also learnt about the triumph of good over evil, which is the very essence of Diwali.

Inter-house Mathematics Event

Our Grade 2 students explored the Tower of Hanoi — an online activity link. They worked in pairs with their house peers in breakout rooms. They strengthened their problem-solving and critical-thinking skills by transferring all disks from Rod A to Rod C as per the rules of the game. The challenge was to attain as many levels as possible in 30 minutes.

World Mental Health Day

Mental health/emotional wellbeing of children is just as important as their physical health. Good mental health allows them to think clearly, develop socially and learn new skills.

October 10th is celebrated as World Mental Health Day every year. The Learning Support Hub had planned the following initiatives with the theme 'Mind Matters'.

1) Integrating art and music sessions

Studies have shown that music, art and movement play a key role in enhancing and promoting well-being, memory, self-expression and improving communication. Therefore, the Learning Support Hub, in collaboration with the KI Music & Art Department, promoted awareness regarding how art, music and movement help in improving mental health.

2) Base group sessions

The concept of mental well-being and the various ways that students can take care of their well-being were discussed in BG sessions, followed by movement-based sessions in which parents were also invited to join their kids and enjoy a fun-filled early morning event.

3) Listening Circle

Human connection and understanding are the foundations of mental health. The Learning Support Hub hosted the '**Listening Circle**', a student-led initiative, in which they got a chance to say what they were thinking and feeling. This helps engender mutual understanding and support each other in stressful times.

4) Spreading awareness through social media - Mind Matters

Catering to the mental well-being of staff and the general public, an Instagram page was utilized to spread awareness on mental health issues. Posts pertaining to various issues about mental health were shared.

Self-regulation is the ability to monitor and manage your energy states, emotions, thoughts and behaviours in ways that are acceptable and produce positive results such as well-being, loving relationships, and learning.

Based on the Theory of Zones of regulation, students from Grades 2 to 7 were helped to develop awareness about the various 'zones' in which they keep shifting to throughout the day, and strategies that can be used to move to the 'green zone' which is ideal zone for learning.

Students in Grades 8 to 10 were given a self-regulation questionnaire to identify areas where they need to work on to improve performance like on-task behaviour, motivation, goal setting and organizational and planning skills.

Career Planning

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We have collaborated with Univariety, a renowned career counselling and college guidance firm, to help our students with the aptitude test, which aids as a tool of self-exploration, awareness, and the fundamental point of reference in subject selection for Grade 11. We hosted a parent-student interactive session with Univariety to give them the best guidance and help them choose a career path that is in tune with their skills. The students and parents were given guidance on accessing the Univariety portal, complete their profile and follow a holistic approach using 21st Century research tools to ensure the students make an informed decision.

Studies with useful information regarding immersive career experience programs — Ivy Early Entrepreneur, Learn with Leaders from Investing Education, etc. — were provided. These programs are delivered 'live online'.

SEP 2020

Events in September Month

1. Math-o-Mania
2. Hindi Diwas
3. Inter-house activity

"Teachers affect eternity; no one can tell where their influence stops" — Henry Brooks Adams

Our students celebrated Teacher's Day and Hindi Divas on the virtual platform this month with great enthusiasm. They took the e-way to convey their heartfelt gratitude to their academic mentors on

Teacher's Day that was celebrated on 5th September. The pandemic caused by the spread of the Covid-19 infection did not in any way dampen our students' enthusiasm to use technology to appreciate the efforts of their teachers in educating them and guiding them to be responsible citizens and good human beings. They presented poems and messages to express their love for their teachers.

India is a unique land of a wide variety of cultures and languages, probably the most diverse in the world. In spite of this, Hindi is the most spoken language of our country. After India gained Independence, following several rounds of deliberations, Hindi was made the official language of our country on 14th September, 1949. Keeping this in mind, we at Kunsapsskolan International, celebrated Hindi Diwas on 14th September. Morning Base Group sessions started by giving an insight into the purpose and importance of the day. The Hindi department planned a wide range of activities across grades to create an enriching experience for the children. Grade 2 students, in traditional attire, recited poems. Students in Grades 3 and 4 created digital slogans. Hindi Diwas was celebrated in the higher grades too with similar eagerness.

Pre-Primary: 'Let me do My Laundry!'

Learning a daily chore can be very interesting for a child, because at their age, they want to do (on their own) every task that adults do. All you have to do is take a task and add heaps of fun to it... and what the child gets is an unforgettable learning experience and a skill imbibed for life.

The Pre-Primary team held an online 'Do My Laundry Day' in which the students followed the steps to wash clothes with water and detergent. They learned the basic steps of how to do laundry and tried their hands at washing their own handkerchiefs and t-shirts. They had a lot of fun working up the suds, sorting, soaking, 'scrub-a-dub-dub' stains, rinse, squeeze, and finally hang the laundry to dry on the clothesline. Phew! Of course, each of them made sure to add the pegs, lest the wind takes away all their hard work!

Pre-Primary: Theme Culmination

The Kunsapsskolan Education Program (KED) strengthens the confidence of our students through exclusive personalised learning which instills a sense of accountability in them and most of all transforms their personality.

During the theme culmination presentation, our Pre-Primary students confidently explained the learnings of the theme. The children made models of farm and forest. They were dressed as their favourite farm/wild animal and reflected on their learning by sharing a few lines about the animals.

Our Nursery learners culminated their theme 'Colours in my world' with theme presentations on their favourite landforms — mountains, deserts, and rainforests. The children were dressed up according to the landform they wanted to visit and explained the use of all the accessories and things they need to pack and carry for their trip. They presented and explained their projects in front of each other, which was truly delightful! Each little one was unique and stood out in their own distinctive way.

Our KG students culminated their learning with a Quiz Contest. They geared up for the show and curiously waited for the questions, cheered their team members and encouraged each other. This was an excellent opportunity for the young learners to hone their collaborative and teamwork skills.

Grade 2: Pinwheel & Origami House

We need certain basic things to survive — food, clothes, house, fresh air, etc. It is important to make our children aware of the same. Grade 2 students created lovely pinwheels and origami paper houses. While making them, using their artistic skills of designing, folding, cutting and pasting, they discovered the need of fresh air and the importance of having a home.

Inter-House Activity: Math-o-Mania

The Math-o-Mania inter-house competition for Grade 3 students concluded on 23rd September. The children looked forward to this activity and participated with great zeal, showcasing their ability to do mental math in a jiffy through a quiz in the preliminary round on 11th September and a fun-filled Buzzer Quiz in the final round.

Inter-House Activity: Theme Quiz

An exciting inter-house virtual Theme Quiz was held on the Zoom platform for students of Grades 3 and 4. Students from each house — Pegasus, Orion, Cygnus and Phoenix — took part in the preliminary round, which was a test of their knowledge-processing abilities, basic awareness and observation skills. Every round had a mixed bag of questions from all theme subjects — art, music, computers, dance, environmental science.

Awareness on Cyberbullying

In today's times of enhanced use of online tools and the Internet as a medium of learning, cyber safety is a pertinent issue for all users, especially children. They need to stay safe and be protected against inappropriate content. As part of the initiative of regularly educating our children, a Base Group session was conducted to impart awareness on cyberbullying and involve students in an exchange of views.

Co-Scholastic Sessions — Music

Grade 4 students learnt how to make a water glass xylophone in an activity titled, 'The Science Behind Musical Glasses'. When a mallet taps the glass, the water inside the glass vibrates. The pitch of the sound depends on the speed of the vibrations.

KED SPORTS

Grades 2 to 5: The physical fitness components for the students were:

1. Core: The core exercises train the muscles in the pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities. In fact, most sports and other physical activities depend on stable core muscles. Core exercises: plank, crunches, leg rise.

2. Endurance: The benefits of endurance training include increased stamina for everyday activities, improved balance and coordination, muscle growth stimulation, osteoporosis prevention, improved bone density and optimized immune system function. Exercises for endurance enhancement: Brisk walking, jogging, long-distance running.

3. Stretching: It Improves the child's performance in physical activities, decreases risk of injuries, helps the joints move through their full range of motion, enables muscles to work most effectively. Stretching: Exercises of neck, shoulder, back, arm, wrist, hamstring, quadriceps and ankles.

GRADES 6 to 10

Physical fitness components are:

1. Strength Enhancement

Increased muscle mass: Muscle mass naturally decreases with age, but strength training can help reverse the trend. Stronger bones: Strength training increases bone density and reduces the risk of fractures.

Joint flexibility: Strength training helps joints stay flexible and can reduce the symptoms of arthritis.

Exercises to build strength: Lounges, push up, squats, burpees and planks.

2. Endurance Building

Its benefits include increased stamina for everyday activities, improved balance and coordination, muscle growth stimulation, osteoporosis prevention, improved bone density and strength, optimized immune system function. Exercises for endurance enhancement: Fartlek training, long duration running and Cooper test.

3. Speed

Its benefits include stronger stride. more muscle and better fat burn; reduced risk of Injury; stronger bones and other connective tissues; improved running ability; better anaerobic endurance and balance. Exercises for speed-building: wall-push running, on-spot running etc.

Learning Support Hub

Grades 2 to 5: Sessions on compassion in action

The Learning Support Hub introduced the SEE — Social, Emotional and Ethical Learning — learning module, a new K-12 education program developed for international use. It is the result of an academic collaboration that began in 1998 between Emory University and His Holiness the Dalai Lama.

The sessions started with the emphasis on compassion and how to practice it to build compassionate classrooms. Students reflected on how compassion is the foundation of building strong and healthy interpersonal skills and also promoting inner peace, tranquility and well-being.

Grades 6-10 — Study skills and exam preparation sessions

Students in Grades 6 to 10 had sessions on effective study and exam-taking skills. The session focused on helping students incorporate effective learning strategies and maximize their learning potential by becoming aware of their intelligence, capability and potential.

Students were helped in understanding the role of self-regulation (organization and effective utilization of time, self-control) and goal-setting and how they can use them in improving academic performance.

Students were also supported and encouraged to practice simple relaxation techniques like progressive muscle relaxation, deep breathing etc. to manage exam anxiety.

One-on-one sessions

Grade 10 students had one-on-one sessions with the school counsellor to share their concerns and challenges they faced while preparing for exams, effective study skills and also for improving their readiness to learn by working on the emotional and mental blocks which impact learning and performance.

AUG 2020

Events of the month

Monsoon Break –

1. English Inter-house Event: Slam poetry for Grade 7 & Blackout poetry for Grade 8
2. Hindi Inter-house Event: मुक्त कंठ भाषण (Speech) for Grades 7 & 8
3. वाद-विवाद (Debate) for Grades 9 & 10

*“The greatest gift you can give your children are the roots of responsibility and the wings of independence”
— Denis Waitley*

'Atmanirbhar Bharat' is Prime Minister Shri Narendra Modi's vision of making India a fully self-reliant nation. He first mentioned this while talking about producing personal protective equipment (PPE) in India when the country faced an acute shortage of this essential gear to fight the fast-spreading coronavirus pandemic. He called it 'Atmanirbhar Bharata Abhiyan' or Self-Reliant India Mission.

At Kunsapsskolan International, Middle School students proudly spoke on the vision of our respected Prime Minister, keeping in mind we were celebrating our 74th Independence Day, during a class discussion. It was inspiring to hear them deliver speeches on the 'Make in India' and the 'Skill India Mission' programmes initiated by Prime Minister Modi.

They also made colourful posters which conveyed strong messages to the citizens of India. The students said they not only take pride to be a part of a country with a rich history but also aim to contribute in making it 'self-reliant' by treading on the path led by our revered Prime Minister. The future belongs to these promising students who are sure to strive to make India not only self-reliant but an example to the rest of the world.

Similar sentiments echoed in our primary grades too. The students showcased their patriotic fervour this Independence Day, despite the experience being very different from the past years. They remembered those who sacrificed their lives for our country's independence and recollected the Quit India movement started by Gandhiji. Further, they learnt about our country's position in the present world and put forth their views on issues of national importance that directly impact them, such as the New Education Policy (NEP 2020). The students listened to the speech of Prime Minister Modi and imbibed the essence of self-reliance, which he emphasised. Taking inspiration from their personal lives, the students learnt how self-reliance starts at home and promised to build their 'Aatmanirbhar Bharat'.



PRE-PRIMARY & GRADE 1

Raksha Bandhan: The festival of Raksha Bandhan brings with itself the idea of sharing and caring among sisters and brothers and the tying of Rakhi strengthens this sacred bond. Rakhi, a very precious thread, is a symbol of love between brothers and sisters. Our little learners from KG to Grade 1 made colourful rakhis to celebrate the occasion. It was a delight to watch the little ones put together intricate materials, beads, coloured papers, buttons, sequins, etc to make creative masterpieces. The children joyously displayed their creations online and happily wore the rakhis on their wrists.

Independence Day

Independence Day is the day we fondly celebrate our country's freedom from British rule. Asserting the importance of India having its own flag, Mahatma Gandhi had stated, "A flag is a necessity for all nations.

Millions have died for it.” The importance of the Tri-colour was reiterated to our students with an art activity, in which they coloured a ‘Tiranga’ kite. The significance of the three colours and the Ashoka Chakra, which depicts the ‘Wheel of Law’, was explained to the children. Our little learners from Pre-Nursery to Grade 1 eagerly shared their understanding on the importance of the Tri-colour.

Grade 1: Theme culmination

Effective learning focuses on how each student makes sense of the real world around them. Children are avid observers and listeners. This was rightly proved when our little actors performed the roles of community helpers of their choice as a part of the culmination activity of Theme 2 — My Neighbourhood and Community. They responsibly enacted the roles of doctors, nurses, firefighters, banker, sweepers, domestic helpers, chefs, etc. In addition to that, they also created models of ‘popular spots’ in the community arena and spoke about them. They also described the use of computer at those places. The kids were innovative and used different materials such as blocks, legos, clay, etc to make their colourful models.

Grade 1 Kick-off: ‘NEEDS & WANTS’

Sometimes a ‘NO’ is not enough to communicate the message to a child. Children of this age like to reason ideas offered to them. As a part of our Theme kick-off ‘Needs & Wants’, an interactive role play on ‘Packing your bag for a picnic’ was enacted by our teachers. Grade 1 students spent a wondrous morning exploring the items being packed and classified them into needs and wants. These inquiring and reasoning minds initially put some of the objects into needs, such as a board game. They later agreed that it is a want which can be avoided. They also pondered upon the safety rules, taking ownership of one’s own things and being responsible in a group. Children always need real-time experiences to understand and benefit from them.

KED SPORTS

Physical education plays a key role in the student’s life. There are various factors that should be considered in the development of sports activities. One of these is the age of the student. It is important for a physical educator to help learners make the right choice of physical activities either now or in the future. Therefore, it is important to include PE in the school curriculum.

Pre-Primary: Students learnt full body workout such as jogging, running, hooping, high knee, squats, sideways, forward & backward movements.

Primary: Students focused on strength and flexibility training with squats, lunges, push-ups, crunches and jumping jack activities.

Middle School: Students focused on cardiovascular endurance (long distance running) and full body workout with jogging, running, hooping, high knee, squats, sideways, forward & backward movements.

Senior School: Students practiced speed training (10-sec sprint, 20-sec sprint, 30-sec sprint) and strength training (push-ups, lunges, burpees, squats etc.)

Primary Learners

"If words didn't exist, self-expression would be limited." — Mitta Xinindlu

BOGGLE

Having a good 'word power' is an essential life skill which is developed in the best way during childhood. There are many innovative and interesting ways to develop vocabulary and word power. One such way is Boggle — a fun game played using a grid of letters in which players attempt to find words in sequences of adjacent letters. As part of an endeavour to promote experiential- and practical-oriented learning, our Grade 5 students played this simple and interesting game as an online inter-house activity. The teams from the four houses — Pegasus, Orion, Cygnus and Phoenix — participated with a spirit of healthy competition and were able to not only enjoy every moment of the activity but also discover new words and meanings in the process. The children joined in this activity in a most enthusiastic manner and were able to enhance their knowledge of English language and learn the use of new words effectively. Though all teams did exceedingly well, Team Orion emerged the winner.

The school organized an inter-house Hindi handwriting competition from 28th July to 6th August for students in Grades 3 and 4. Students from all the houses were encouraged to take part. The zeal and enthusiasm of the students to perfect their handwriting and win the competition were overwhelming. They were judged on the basis of rubrics announced to the students at the onset of the event. Three best handwritings were selected from each house. In Grade 3, Phoenix secured first position, Pegasus came second and Cygnus third. In Grade 4, Cygnus secured first position, Pegasus came second and Phoenix third. It was wonderful to watch the enthusiasm of the young contestants.

Spell Bee

"Life is like a little book written with a whole lot of surprise. Spell a word that doesn't fit in and that's a spell in disguise."

The ability to spell correctly is an essential life skill which holds us in good stead during our entire lives, both on the personal as well as the professional fronts. But learning spellings in the conventional way can be quite a humdrum, especially for younger children. However, teaching them in an experiential and fun-filled manner is one of the effective ways to make it interesting. A 'Spell Bee' activity with words of varying degrees of difficulty is one of the best techniques to achieve this.

Children of Grades 3 and 4 took part in the inter-house Spell Bee activity — this time in an online live streaming format. They undertook the KED ideal of collaboration and worked together on one platform for the activity. Their level of energy and enthusiasm was at an all-time high as the kids enjoyed and learnt too, as they gambolled through the activity with gusto. Phoenix excelled with their incredible performance and proved themselves to be spelling wizards! Pegasus, Orion and Cygnus were exemplary as well. The zeal with which the students took up every challenge as a learning opportunity was mind boggling and proved extremely fruitful. On the whole, it was a great experience for the children and the teachers.

Science Experiments

Science is the world of explorations and inventions through real life observations and experiments. At Kunskapsskolan, students get this opportunity of developing scientific thinking through experiential learning in every phase.

A lab session was organised for learners of Grade 4 in which they explored and correlated different properties and states of water. They conducted individual water experiments to demonstrate their understanding of these properties: odour, colour, transparency, flowing nature, shape, density, volume, evaporation, condensation and capillary action. With their experiments, they also demonstrated how one state of water can be changed to another — gas to liquid, liquid to vapour and solid to liquid. The students were thrilled to perform, explain and reason out each stage of the observation cycle.

Middle School Learners

“Painting is poetry that is seen rather than felt, and poetry is painting that is felt rather than seen” — Leonardo da Vinci

Imagery is the total sensory suggestion of poetry. Hence, an image may induce different feelings in different persons, and they may express it in various ways when translating the same to poetry. Similarly, describing an issue or event in the form of a poem will make different persons interpret the same in a number of ways.

It was with the view to give the children an insight to holistic understanding and appreciation of poetry writing that the imagery and issue-based poem writing activity was conducted for children of Grade 6. The students, in teams from the four houses — Pegasus, Orion, Cygnus and Phoenix, participated most enthusiastically and it was really amazing to see how the perception of each child varied while writing poetry on the same images or issues. In the post activity discussion, the children were also able to understand the concept of perception and imagination and how it varied in different people when translated to poetry. All the teams put in their best. Team Cygnus was the one that stood first among equals.

Our enthusiastic Grade 7 students took part in the inter-house ‘Slam Poetry’ writing competition. Slam poetry combines the elements of performance, writing, competition and audience participation. Our students poignantly penned down their thoughts on ‘child labour’ using this medium of poetry. Participants from all the houses were vocal with their thoughts and were able to express the pathos of child labour. Pegasus bagged the first position, followed by Orion. Cygnus stood third.

Grade 8 students took part in the 'Blackout Poetry' writing competition. They eagerly edited scripts provided to them and composed their own blackout poems. They showcased amazing team spirit and exhibited apt language skills. Our students of today are the future of tomorrow and we know poetry has the power to transform a society. We look forward to literary contributions from these budding poets with strong messages paving the path for new thoughts and ideas. In this event, Cygnus bagged the first position, followed by Orion & Phoenix in second and Pegasus in third positions. We hope to host many more similar events to encourage and motivate our students. Winning is not the criteria, it is the spirit that should keep them going.

Kunskapsskolan International organized an inter-house Hindi Advertisement writing competition from 17th July to 21st July for students in Grades 5 and 6. Students of all houses were encouraged to participate.

There were two levels of competition. The competition was organized in zoom classrooms. The zeal and enthusiasm displayed by the students to create attractive advertisements and win the competition was overwhelming. The competition was judged on the basis of specific criteria such as structure, attractive photo, product detail, catchy lines, offers and contact detail to purchase the product. It was a closely-contested competition and challenging for the teachers to adjudge the winners. Four best handwritings were selected from each house. All houses — Phoenix, Pegasus, Cygnus and Orion — faced every challenge with grit and courage, having belief that winning or losing never concerns them; their main aim was to give their best.

Learning Support Hub

The Learning Support Hub conducted an 'Online Safety and Etiquettes' workshop for Grade 2 students to help them understand and adapt to the demands of online learning. The session focused on providing insights on the importance of organized work station/desk, maintaining appropriate body posture, ground rules for online safety as well as device safety, etiquettes/ behavioral expectations while attending online classes.

Grades 3 and 4 had sessions on what is respect and how to develop a culture of respect in the classroom and the school. Students brainstormed and reflected on the various ways they can ensure respectful ways of interaction in classrooms, play areas, bus, while moving in the corridors, staircase, cafeteria, etc. They shared how important it is to know how others want to be treated and how respect is something you build over a period of time.

The LSH conducted sessions on 'Respect, Effective Communication, Listening and Conflict Resolution' for students in Grade 5 onwards. The sessions focused on helping students understand some common reasons for problems in effective communication and how it can lead to conflicts. They also learnt about how listening skills are an important life skill and are the foundation for improving our interpersonal skills as well. The students shared their experiences of "being heard" well and how it impacted their well-being and helped them bond better with the listener.

JULY 2020

Events of the month

- 1) Periodic Assessment – 1 of Grade 9: 17-28 July
- 2) स्वरचित चिन्नापन – Hindi Inter-house Competition (Grade 5 & 6)
- 3) English Inter-house event - BOGGLE: Online word finder game (Grade 5)
- 4) Image & Issue: Poetry (Grade-6)

We continued our online sessions with all enthusiasm and grit. It is our endeavour to keep our students productively occupied and make teaching and learning sessions interesting and exciting. Pandemic has caged us within the four walls of our homes and thus it is important to ensure that we at Kunsapsskolan International have something extra to offer to our dear students who log in for the virtual classes five days a week. A host of activities were conducted across grades to make teaching and learning enjoyable. Grade 7 students made their own 'lockdown diaries' while learning about diary entry during their English sessions. Students were super excited to make their own diaries in which they could pen down their thoughts and ideas during the ongoing lockdown period. Once the pandemic is over, they can look back and read these diaries and remember this unprecedented event. We had students across all grades preparing 'rakhis' and hand-made cards for our brave soldiers as tokens of appreciation for protecting us and keeping the country safe. It was heart touching to read the warm messages conveyed by our compassionate students.

PRE-PRIMARY SCHOOL

Enrichment Sessions

Education is not confined only to pen and paper. Children need to be educated beyond academics and it is imperative that their overall personality development depends on how he/she manages social, emotional and behavioral thinking and communication skills. Enrichment sessions offer children hands-on experience on life skills, fine motor skills and gross motor skills. Our Pre-Primary children were involved in flameless cooking, buttoning, painting and pouring to enrich their experience through a series of enrichment sessions.

Fine Motor Skills

Children use fine motor skills to make small movements which involve coordinated efforts of their brain and muscles. Fine motor skills are essential for performing everyday skills such as self-care tasks (e.g. clothing fastenings, opening lunch boxes, using cutlery) and academic skills (e.g. pencil holding skills of

drawing, writing and colouring, as well as cutting and pasting). Students of Pre-Nursery and Nursery are at a crucial stage in which they are working on developing their fine motor skills. Buttoning is one such activity which needs focus and right usage of fingers. When children are buttoning the clothes, they require control of their hands and fingers while the body must remain balanced.

Shadow Puppets

Shadows are mysterious, intriguing and fun. Among all the different ways, shadow puppets are one of the most creative and fun-filled ways of narrating a story. They help to heighten the curiosity in children. The story 'Hathi ki Hichki' was told to our Nursery students with the help of shadow puppets. They were mesmerized watching the show.

KED SPORTS

HOW TO SET UP YOUR GYM AT HOME

If you are self-isolating or prefer to stay at home, there are plenty of ways for you to stay active indoors. Setting up a home gym is a great way to maintain your fitness levels and can help to keep you motivated whilst you are training at home. Setting up your home gym is more about creating a space designed for physical activity. So, don't worry if you do not have a full range of equipment, it's more important to think about the types of exercise you want to do. Start working from there. Here are some simple steps which will help you to set up a home gym.

Set up a designated space for physical activity

Find a space in your house where you can keep all your equipment. Storing everything in one place means you will have easy access to your equipment and won't have to rummage around and set up your gym every time you want to work out. You can setup the gym in your garage, on the back porch, or in a spare room in the house. If you don't have enough space, keep all your workout gears together in one spot for easy access.

Use online workouts, apps and YouTube to find the workouts you want to do

Finding a workout online has never been easier. Resources like YouTube, social media, fitness websites and different gym brands offer a variety of options to suit your fitness level or workout style. They help to find workouts you would enjoy. So, don't be afraid to try something new. If you are trying a new type of activity, start with an easier level and build up your strength to avoid injury.

Plan your workouts according to the equipment you have

While it may be tempting to rush out and buy new equipment for your new training routine, it is likely that you'll be able to make an effective workout plan with what you already have at home. Also, it may be difficult to find certain type of gym equipment in sports shops. If you don't have the equipment, don't

stress yourself. Just look up for exercises that use body weight instead. You'll be surprised to see how much strength you can develop just by using your own body weight.

Set out a specific time for activity each day

Block a time as you would for an appointment. Try to make it a non-negotiable appointment so that you remain committed to your fitness regime. In case you can't keep your appointment, be flexible in moving that time around to suit your schedule.

Continue to practice good hygiene even when at home. Use a towel while training and regularly wash and disinfect your gym equipment.

In the virtual learning sessions, our focus has been on:

1) Health-related Fitness Training:

- Cardiovascular endurance
- Muscular strength & endurance
- Flexibility

2) Skill-related fitness training:

- Agility.
- Balance
- Coordination (hand-eye and/or foot-eye)
- Power.
- Reaction time.
- Speed.

3) Meditation

4) Utilisation of time between the transition period

5) Correct posture training while sitting, standing and sleeping

6) Eye exercises

In July, the timeline for projecting 'level achievement' targets for Primary grade students was set. The students aimed to accomplish them by the end of the academic year. Student-specific strategies were also formulated. Step learning and theme subjects in virtual platforms continued along with other activities.

Students practiced role plays as a part of their English presentation. They rehearsed in the break-out rooms. The imaginative usage of props, virtual backgrounds, actions, energetic narration and innovations like renaming their Zoom IDs as characters were some of the novel and original ideas implemented by the

learner during the activity making it so very interactive, full of energy and above all fun to enact and to watch!

Our Grade 4 students performed several activities as part of their ongoing theme, 'Food'. They noted down their observations and presented them. The students observed how different liquids reacted differently with egg shells. For example, a pattern was formed on egg shells dipped in Coke and cracked easily, whereas the one in vinegar became a spongy ball. The inquisitive minds further used torchlight to check the effect of vinegar inside the egg — the yellow yolk had turned neon blue.

In our quest to keep improving the quality of learning we impart, our 'Quality Plans' were further refined on the basis a survey. The teachers collaborated on enhancing the activities and processes and implementing them on a regular basis. To this end, the pre-selection process for inter-house language activities (English and Hindi) was conducted. Each child got an opportunity to participate in them.

Transition Activities

The sudden, forced adoption of technology-delivered instruction is causing eye strain or screen fatigue. To help our students as well as teachers who are adapting to the 'new-normal' of online platform for their teaching-learning, the Learning Support Hub conducted workshops to deal with the digital transformation — awareness about other contributing factors like glare on your screen, poor posture, setup of your computer workstation, air circulation such as from the air conditioner or a fan etc. and the simple measures to overcome screen fatigue.

Working for long stretches without breaks leads to stress and exhaustion. This is especially true for students who spend hours huddled in front of their computers. Pausing for a moment to relax and reboot is essential for achieving productivity. Taking breaks refreshes the mind, replenishes your mental resources, and helps you become more creative. Hence we have 'transition breaks' between our learning sessions. Some age-appropriate activities for these breaks have also been shared with students and teachers.

Transition activities for Primary school

	GRADES 2 to 5	
Serial No.	Activities- Choose any.	Specificatio n
1	Water your plants.	3-4 Pots
2	Feed /play with your pet, walk around inside the house.	Set a timer for 10 min
3	Walk up to our balcony, take a moment to appreciate the sunlight/ view you are getting from there.	

Transition activities for middle school students

	GRADES 6 TO 10	
Serial No.	Activities- Choose any.	Specification
1	Plank Challenge – Practice plank position with a timer and share your progress among your peers.	Don't Overdo, take it gradually.
2	Snack -Enjoy making a healthy Sandwich/Salad /fruit bowl and share it with your family.	Chicken/Egg/Tomato/cucumber/lettuce/cheese/peanut butter are a few healthy options.
3	Treat yourself/your mom & dad with a glass of lemonade/tang/green tea.	

Cyber Safety Workshop

The 'new normal' has left us with no choice other than using online platforms for most of our activities. In this quickly-changing cyber world, 'connected online' does have its downsides if not taken the safety measures. To ensure online safety of kids, one must know about the different types of online dangers that exist. Even if you set up parental controls on your home computer, it can be difficult to keep your kids completely safe online.

Continuing our partnership, Kunsapskolan International had organised 'Online Safety Webinar' with Mr. Rakshit Tandon, Cyber Security Evangelist with experience of more than a decade in Security Domain. He sensitized all students and parents on how to stay safe online, Dos and Don'ts of virtual classes; safety measures to prevent device hacking and cloud hacking; opting for 'two factor authentication' on social media accounts; cyber stalking; cyber bullying; fake accounts/impersonation; online games and dangers associated with it; threats to disseminate intimate images; hacking and misuse of accounts; morphing pictures and misusing creative apps, etc. All these issues were addressed during the two-day online safety webinar.

Fortis peer moderator sessions

Students in Grades 9 and 10 attended the pro-social peer moderator workshops from 22nd June to 28th June on a virtual platform conducted by Dr. Samir Parikh. They attended the following sessions:

- Aggression Management
- Media Literacy
- Risk Behavior Management Gender Sensitivity
- Study and Exam Skills
- Caring for Environment
- Bully to Buddy

The peer moderator sessions aim at imparting students with various life skills and equip them to handle the various challenges of middle-school years. The peer moderators then reach out to other students as facilitators imparting these skills.

Ceres Model United Nations

As we all know, Model United Nations is an academic simulation of the United Nations where students play the role of delegates from different countries and attempt to solve real world issues. Our students — Tamanna and Dhaanvi of Grade 9 — took part in the online ‘Ceres MUN’, collaborating with an NGO Pragati to raise funds for providing basic food and ration kits for daily wagers and migrant workers’ families affected by the COVID-19 lockdown. The closing ceremony of the two-day-long event hosted through Zoom concluded with a special mention of Dhaanvi, delegate of the United Kingdom, in the United Nations Human Rights Commission (UNHRC).

MAY/JUNE 2020

“Patience is the calm acceptance that things can happen in a different order than the one you have in mind” — David G Allen

2020 will remain etched in the minds of all of us as a year that completely changed the normal life and living of people across the globe. The outbreak of the Novel Coronavirus (Covid-19) pandemic turned the world as we knew it completely topsy-turvy. The lives of billions across the globe still remain far from usual.

Schools were closed mid-May at a short notice, much to the delight of the students. Never could the students imagine that they would be indefinitely confined to their homes. We at Kunskapsskolan International took a swift decision to go online and ensure continuity of learning of our students. Every aspect of online learning was discussed and a workflow drawn up. The specific roles of our academic staff were defined in the implementation strategy of the online learning modules. Our teachers engaged in long brain storming sessions and the result was a robust tech-enabled online education platform that Kunskapsskolan International is proud to offer.

But with the summer break immediately coming up after the school closed, the question arose as to how to keep the children gainfully engaged while they are indoors. Kunsconnect — the online summer camp — was the solution. While some academic team members volunteered to give up their break to pep-up the camp with several unique events, we reached out to our parent community for volunteers to support us with ‘special sessions’ during the camp. It was the selfless support and partnership of the parents that made Kunsconnect a resounding success. The wholehearted contribution of the parents upholds what we at Kunskapsskolan International are known for — closer partnership between all stake holders.

During this new Covid-time normal, these teacher-parent partnerships have created a new 'multidimensional module' that is encouraging students' participation in academic pursuits and cocurricular activities and helping them sail through these tough tides.

On behalf of the Kunskapsskolan Internationals staff, students and the parent community, we would like to express immense gratitude to all the parent-volunteers for parting so generously with their time despite their own engagements. Your contribution has really made a difference to our summer camp experience this time.

Pre-Primary Learning

Children learning Yoga Poses

Yoga helps children in many ways — sharpening of focus, development of concentration, boosting self-esteem and confidence, and strengthening mind-body connection. Keeping in mind children's love for animals and the benefits of yoga, the two were integrated to create an innovative form of yoga, called Animal Yoga. This allowed the little ones to explore a fun and enriching way of learning yoga, through a variety of Animal Yoga poses. The children of Kindergarten and Grade 1 learnt some of the poses during the summer camp.

During the summer break, our Grade 1 students got to know about mindfulness through 'Zen Painting' and the 'Mind Jar'. These beautiful meditative tools helped them to settle with their own thoughts. With the soft sounds of meditation music, the little ones painted their hearts out and empty canvases brightened with the hues of the rainbow. The glimpses of the captured moments were magical.

On the rhythmic sound of meditation, the little learners created their Mind Jar with sparkles. As the sparkles started settling on the bottom of the jar, the little jugglers calmed down. They also explored their own Mind Jar to settle in their thoughts and feel free to laugh out loud and let go of the "worries of today and tomorrow" during these pandemic times.

Primary Learning

During the summer break, our students were engaged in their Home Connect Task aimed at experiential learning. The modules for these tasks were designed, while keeping in mind the much-needed change in momentum and engagements that go well with the vacation mood. Inclusion of interesting activities such as reading habit enhancement, research acumen development and augmentation of skills were kept in mind.

In the KED learning system, we focus on skills-building and application of concepts. To further hone the students' abilities and up-skill them, practice questions for English, Maths and Science were sent as part of Home Connect tasks.

Post-summer break, the school restarted on 16th June with exciting online sessions. Theme kick-offs across grades were also conducted to continue the ethos of KED pedagogy. Personalised coaching, submission of assignments and use of digital tools on virtual platform are now the new normal.

Grade 2 students are fully onboard the new virtual platform. It is wonderful to see the connect and confidence our students have developed and that has prepared them to attend every online session with sheer conviction and self-assurance.

Doodling Session

Kindergarten and Grade 1 students got a chance to explore their creative self during the virtual summer camp sessions of 'Doodling with Numbers and Letters'. They created various objects such as a toy boat, a house, a kettle, a clown face, etc using numbers and letters. It was truly wonderful to see their delightful faces every time the numbers or letter transformed into something new. Doodling gave them a way of showcasing their creative skills and proved to be a powerful way for them to deep-think and problem-solve.

Flameless Cooking

Does it really matter how the vegetables or fruits are diced when the little hands are at work? Be it slicing mangoes or peeling carrots or chopping cucumbers, children love to prepare and eat food. Cooking with kids is not just about ingredients and recipes, it's about harnessing imagination, empowerment and creativity. Our young chefs were hooked to the summer connect sessions to enjoy the experience of flameless cooking. The young chefs of KI made a variety of desserts, cornflakes chaat, choco lava cake and ice-cream sundaes. These turned out to be lip-smacking recipes which were relished by the students later. They were excited throughout and super happy to see the final dishes made by them.

KED SPORTS

In the month of June, all our students — from Pre-Primary to Grade 10 — focused on full-body workout.

Full-body workouts are very beneficial to one's training as they:

- Involve less time commitment
- Lead to increased muscle recovery rates
- Free up time for more sports activities
- Initiate weekly hormonal boosts
- Aid in fat loss

- Help to fight boredom.

Summer Camp

Kunkapsskolan International organised a virtual summer camp for its students from June 1 to June 12.

Activities for Pre-Nursery to Grade 4 students, included fun-filled games, physical fitness training, creative endeavour, rhyme and rhythm, storytelling and flameless cooking and newspaper artwork. Along with these activities the students in Grades 5 to 8 were also part of money management, baking, theatre and stem & space activities.

For our students in Grades 9 and 10, we arranged a 'Kuns Career Connect' talk in which professionals and experts in their respective fields shared relevant insights befitting leading career choices. Students learned about scientific research, urban development, oil and gas, renewable sources of energy and technology, biochemistry, organic and inorganic matter. In the field of medical science, they got to know about future opportunities in India and abroad. Students also learnt about the scope and nature of web development as a career choice. They gained knowledge of law and the fashion industry as well.

Creative Art

In their summer connect activities under 'Art & Creative Endeavours' theme, our students explored ways to make decorative art items with recycled materials found at home. They created unique planters with plastic bottles and tin cans. This process of creation encouraged them to think of new ways to assemble materials to create beautiful items.

A splash of paint, few colourful threads and buttons turned the containers into beautiful planters. Students were also encouraged to plant saplings which could be grown indoors. This exercise was aimed at developing visualisation skills and thinking of ways to upcycle, upgrade and reduce waste.

Creative Music

During this year's summer connect programme, Grade 2 students learnt about fun vocal warm up.

Students in Grades 3 to 5 learnt about music-making on Chrome Music Lab. The Lab is a fantastic online resource for exploring sound waves. By clicking new notes into the grid, our budding music directors recreated few songs which they had learnt in class. They also came to know about major, chromatic and pentatonic scales and created their own rhythmic patterns.

Students in Grades 6 to 8 learnt how to create electronic music by using the basic functionalities of the N-Track software. They explored several virtual instruments such as the loop browser and got to know about beats-per-minute concepts, music patterns, use of grid and piano roll. They created their own beats and melodies in a fun-filled endeavour.

KED Career Talks

BE IT BEFORE YOU BECOME IT: Explore and Engage with Careers of the Future

Research consistently shows that a well-conceived plan can improve your odds of achieving your goals. So why don't we do it in our personal lives? There are three common pitfalls:

- We don't know what we don't know – our goals are too vague
- We get caught up in the day-to-day details and do not invest reflective time to make a plan
- Without support, we lack confidence in our aspirations

Planning and timelines are two essential components of our daily life. Whether for students or adults, the question is: "How can I improve my efforts for my personal goals and aspirations — particularly when they are career-related?" The answer is backwards planning, beginning with the end in mind. Backward planning is a great strategy for those who find it hard to get started.

To support our students and fill them with confidence in their endeavour to achieve their aspirations, we believe in backward planning. We constantly strive to bring the best of experiences for our students and help them build their portfolio right from the beginning.

KED Career Talk is one of our key initiatives that helps our students explore and engage with their future careers by directly interacting with professional achievers. The process of strategically exploring as many careers as possible, beginning as early as Grade 9, will help them find their "fit" and build skills to pursue it. We believe the methodology of this online programme will lead to better understanding of career options and enable our students make an informed choice.

WELLNESS SESSIONS

In an effort to promote holistic wellness and help students adjust and develop effective coping resources, the Learning Support Hub conducted 'Well-Being' sessions for students in Grades 2 to 9. The sessions focused on helping students develop resilience, effective coping strategies and tools, by focusing on various components of well-being like:

INTRA-PERSONAL SKILLS: Self-awareness and acceptance, valuing and appreciating themselves and their uniqueness.

INTER-PERSONAL SKILLS: Sharing and expressing one's feelings and identifying their support circle, feeling comfortable in asking for support, making gratitude and forgiveness a daily part of our lives.

SELF-MANAGEMENT SKILLS: Learning effective organisational and time-management skills.

EFFECTIVE COPING SKILLS: Mindful breathing, journaling, labeling and expressing feelings in a tangible way.

April 2020

“The two most powerful warriors are patience and time” – Leo Tolstoy

The outbreak of the Novel Coronavirus pandemic and the Government of India’s sudden announcement of the nationwide lockdown to check the spread of the contagious viral infection required some quick thinking and prompt adjustments to ensure continuity of our new academic session that began on 7th April, 2020.

Our teachers at Kunskapsskolan International School, Gurgaon shifted to the online platform with the agility of thorough-bred educators and made available the full span of the curriculum of the school on the digital platform. The primary grades of KI became completely familiar with the virtual classes on the Zoom online platform, making the most of them in every way. Showing no dearth of enthusiasm and without creating any hassles, the children accustomed themselves to all features of the online teaching applications used at KI.

From creating ‘time plans’ of their subject classes, to including extra-curricular activities like music, dance and art, to even making them participate in physical education, every aspect of their regular learning at KI were meticulously planned. That the children were thoroughly enjoying every session could be told by their enthusiastic participation on Zoom. The use of digital tools — Google Forms, AnswerGarden, Kahoot, Quizlet — helped the students to digitally transform themselves. Not just that, they also learnt to respect each other’s space, ideas and voice on the virtual platform, which was more difficult than it sounded.

The virtual learning platform also helped the children get personalised guidance on how to achieve their goals, submitting assignments any time of the day, and have one-on-one sessions with their teachers regarding any issue whatsoever. The format of the plan for Grade 2 students was based on taking forward the themes and steps to build skills through various learning experiences and resources.

Young Learners @ KI

Virtual classes gave every student a platform to stay connected with the KI learning curriculum and utilise their time with us in the best possible way. Our Pre-primary students participated in this totally new way of learning with unbridled enthusiasm.

Our Pre-Nursery children, in their co-scholastic art session, learnt through a demo experiment how to make a new colour by mixing two other colours. It was truly magical for their eyes.

It was fun for the teachers and for nursery children to learn about the ‘Letter L’ through a storytelling session. The use of props and animated PPTs added lots of fun to the learning.

For our Kindergartners, reading became more interesting in the online session. The reading of CVC words, with the help of an interactive online resource, became a fun-filled way of learning.

Our Grade 1 students also jumped into the pool of e-reading to refine their skills. Each child showcased his/her reading skills during their Base Group sessions. Their level of excitement could be measured when they started learning with interactive PPTs. They were high with energy and full of curiosity when pictures were popping up once they read sentences. E-learning dramatically changed the teaching and learning process in classrooms.

Middle School — International English Language Day

“All the world’s a stage, and all the men and women merely players. They have their exits and their entrances, And one man in his time plays many parts” — William Shakespeare

Kunskapsskolan International celebrated English Day on 23rd April which is traditionally observed as the birth and death anniversary of William Shakespeare. The celebration aimed to entertain as well as inform, with the goal of increasing awareness and respect for the history and culture of the English Language and the achievements of the innumerable writers, poets and playwrights.

Students of Grade 7 celebrated the day to honour William Shakespeare, a poet and writer par excellence, whom English literature owes immensely. The students watched the famous play Merchant of Venice on the virtual learning platform. They also shared their reflection by creating a digital world, in which they visually represented some of the keywords from the play.

KED SPORTS

BENEFITS OF EXERCISE

We get several benefits from exercising regularly. Your child may fail to notice the changes, but you certainly will be happy to witness the health benefits that accrue to him/her by following an exercise regime. The benefits of exercising are:

- Help strengthen their bones and muscles
- Increases their self-confidence and belief
- Helps to keep them mentally alert
- Exercise will reduce the risk of your child developing Type 2 Diabetes
- Children will have better outlook on life
- Making new friends
- leadership skills
- Positive behaviour
- Trying out new sports and activities
- Learning new skills
- Positive attitude towards life

In April, our students in Pre-Nursery to Grade 5 took part in live PE sessions through the virtual classroom. From Grade 6 upwards, the students are taking PE lessons through videos links.

LEARNING SUPPORT HUB

Flip side of the coin...

Our kids were just as scared as we were of the highly contagious Novel Coronavirus that's still lurking in our surroundings. To add to that, a pall of gloom had been cast by the nationwide lockdown. The children not only heard about what's going on but could also sense our tension and anxiety. They too had never experienced anything like this before. Despite being away from school for four months, it was not the dream vacation they hoped for.

The kids needed to feel protected and comforted and someone had to make them understand that it was going to be "all fine" in the days to come.

Parents had to forget their perfect schedule and just be there for them — bake cookies and paint pictures or play board games and watch movies. They spent time brainstorming ideas to have some designated 'family time' that would help them.

Yes, we know that you have high hopes for your kids, you want them to achieve great heights of success and will try to block anything that you feel may distract them. It's for this reason, the current situation of schooling and learning may be of concern for you.

What we are going through right now paves the way for the evolution of learning — the futuristic approach to academics. Students are not "falling behind" of their schooling, rather they are advancing in learning. They are building important connections and imbibing new skills such as school-home balance, self management, time management, and being independent. By studying online from home, they are getting the scope to expand their knowledge by spending more time on reading and researching. The skills they learn now will be with them for the rest of their life.

Take a moment to observe how your children have changed since this lockdown. Notice how they have more empathy; how they are getting closer to family; being more creative; reading more; utilising to the fullest all resources and space available to them; and most of all, notice how well they are coping with something no one had ever prepared them for.

KunsConnect 2020

We took a unique initiative to connect all members of the KI family on the digital platform. After a tiring day, it was great to add some zing to life by being a part of the KI family either through a zoomba or a yoga meditation session arranged by a thoughtful member of the group. It was a pleasure to witness the creative skills of our KI members and feel grateful to be a part of such a versatile institution. The platform indeed strengthened our bond!