



# SOUNDARYA SCHOOL - CBSE

## FACTS ON FOCUS

OCTOBER & NOVEMBER NEWS LETTER 2024-25



# PRINCIPAL MESSAGE



**Mrs. Suma S. Rao.**  
CBSE Principal

**"Pause the Screen, Strengthen the Bond"**  
**"Children are great imitators, so give them something great to imitate."**

Dear Parents,

In today's digital age, the growing dependence on smartphones is silently reshaping the foundation of parent-child relationships. Weak attachments, mobile addiction, and declining academic focus are warning signs we cannot ignore. If left unchecked, this could lead to long-term challenges, affecting their mental health, emotional stability, and future relationships.

Reasons for Mobile Addiction:

- **Unmonitored Access:** Early exposure to gadgets without clear guidelines.
- **Convenience Over Connection:** Using devices as a quick solution to keep children occupied.
- **Digital Escapism:** Limited family interaction driving children to virtual alternatives.
- **Remedies at Home**

Early Ages:

- **Establish Healthy Habits:** Introduce time limits for screens and involve them in interactive play.
- **Lead by Example:** Be mindful of your own screen usage.
- **Prioritize Storytime:** Replace bedtime screens with reading or storytelling.

Adolescence:

- **Promote Real-Life Connections:** Encourage activities like group sports or community programs.
- **Set Clear Expectations:** Create family rules for gadget usage.
- **Foster Communication:** Have open conversations about their digital habits and concerns.

Let's nurture our children to grow into well-rounded individuals by building stronger bonds and a healthy balance with technology.

**Suma S Rao**  
Principal

# World Mental Health day

World Mental Health day is celebrated around the world to create awareness on prioritising mental health. On the occasion . Soundarya school - CBSE organised a slew of activities to allow children to learn to express their emotions. Grade 6 celebrated the day with the activity Worry Monsters. Activity was all about turning anxieties into creativity. Students made worry monsters out of paper bags and decorated them with googly eyes and other craft items. This activity showcased anxiety can be managed in a fun way.



## World Mental Health day

As part of World Mental Health Day Grade 7 Students participated in Positive Affirmation Relay. They participated in relay where positive affirmation acted as baton. Activity encouraged positive thinking and self-esteem, helping students recognize the power of word in uplifting others. It also strengthened their bond with peers through the act of giving and receiving support.



# WORLD MENTAL HEALTH DAY

As part of world Mental Health Day students of grade 2 and 3 participated in Feeling face Craft activity where they created faces that represented different emotions using paper ,plates and other craft materials . This hands on exercise was designed to help children recognize and label their emotions ,enhancing their emotional awareness and empathy towards others.



# Gratitude Tree

Soundarya School – CBSE organised various activities to create awareness about emotional well being. Students of grade 5 were given the opportunity to realise the value of gratitude through an activity of the Gratitude Tree. This activity promoted mindfulness and positive thinking and encouraging students to focus on the good in their lives and express gratitude for people and experiences that bring them joy.



# World Students' Day

Soundarya School -CBSE celebrated World Students' Day which honours Dr. APJ Abdul Kalam's dedication to education. The day focuses on empowering students and encouraging them to be future leaders and innovators. Students showcased the importance of education at the individual level and for the upliftment of society through various performances such as speech, skit which revolved around and also celebrated life of APJ Abdul Kalam.



# Ratan Tata " A Titan"

Soundarya School - CBSE paid tributes to legendary and visionary personality and human being with utmost compassion and empathy i.e Sir Ratan Naval Tata. Students paid tributes in the form of collage, made an effort to understand various facets of Shri Ratan Tata's personality through quiz and resolved to follow footsteps of the legend by following the ideals he has left behind.



## Blue Day

On September 28th, our daycare celebrated Blue Day, where students embraced the color blue by wearing vibrant outfits in shades of blue. They were engaged in creative activities, making blue art and shadow art featuring sea creatures. The day's theme, Aqua Marine, came to life with colorful blue props, highlighting the beauty of the ocean. It was a delightful day filled with creativity and fun!





# Valmiki Jayanti

Valmiki Jayanti is commemorated as the birth anniversary of Sage Valmiki, who was the author of popular Hindu Scripture, Ramcharitmanas. The day was celebrated in the campus of Soundarya School-CBSE. Students conveyed the message that anyone can change their path and contribute positively to society, no matter their past through skit and can be source of inspiration to millions as sage Adikavi Valmiki Mahrashi.



# Grandparents Day

On October 26, 2024, Soundarya Preprimary celebrated Grandparents Day with the heartwarming "Roots and Buds" event, bringing together around 75 grandparents and their grandchildren for a day filled with joy and connection.

The event fostered a unique bonding experience, allowing the elderly couples to engage in activities they had never experienced before. Their enthusiasm was infectious, as they embraced the day's events with spirit and openness. The "Roots and Buds" event truly celebrated the cherished bond between generations, making it a memorable experience for all involved.





# Rashtriya Ekta Diwas

Soundarya School -CBSE commemorated birth anniversary of Saradar Vallabhai Patel which was renamed as Rashtriya Ekta Diwas by government of India. Students of grade 4 performed beautiful skit on the occassion and conveyed the message of unity in diversity is our strength, and we must work towards fostering a spirit of harmony among all citizens. Students also reflected on the values of tolerance, respect, and understanding. Let us remember that our differences make us unique, but it is our shared identity as Indians that binds us together.





# KANNADA RAJYOTSAVA CELEBRATION

Language is the artery of any society and holds significance at all levels of expression of ideas. So we at Soundarya School -CBSE continued celebrating Kannada Rajyotsava in the form of a special assembly for students. An attempt to continue the legacy of the language by showcasing its rich heritage and magnificent history. Students of grade 4B took over the baton and enlightened everyone by reciting the verse by great writers of Kannada such as Shri Govinda pai, and Shri Kuvempu which brought charm and enthralled students. Song and speech highlighted the history and contribution of the language to the state. Principal Mrs. Suma Rao spoke on the occasion and encouraged students to be proficient in languages as well as to be multilingual so that students give equal emphasis to all languages.





## YOGA CHAMPIONS

We are extremely proud to share the news that two of our students Ms. H.K Advika from grade 5 and Ms. Sanvi Singh from grade 7 bagged third prize in the category of Rhythmic pair yoga in Dasara Kreedha Koota. The event was organised by Youth Empowerment and Sports Department, District Administration Bangalore North. Students were felicitated by Principal Mrs Suma Rao and congratulated by Yoga Instructor Ms. Pooja and the entire staff of Soundarya School -CBSE for having bagged prize in the competition.





# CHILDRENS DAY

Soundarya School- CBSE witnessed a grand celebration of Children's Day on November 14. Start to celebration was given by singing prayer song and welcome address. Principal Mrs. Suma Rao shared valuable insight and encouraged children to achieve their cherished desires and goals. Highlight of the celebration was cultural performances by teachers which included Skits, songs and Dasarinama. It was fun filled day for the children as they witnessed teachers performing their roles for a day. It was miniscule effort from our school to create beautiful memories which they can cherish their whole life.



# Competition on the occasion of Kannada Rajyaotsava

Expression of our thoughts in the form of writing, speaking or action song always has the potential to boost our creativity and confidence. The platform was provided to our students in form of competition on the occasion of Kannada Rajyaotsava which was organised by the Department of Kannada. Students across grades marked their presence with great enthusiasm as children showcased their analytical and oratory powerless in debates and poured their thoughts into the form of essays and acting skills. It was indeed gratifying for both students and teachers.





## Winner of Abacus competition

Ecstatic to announce that student of grade 8 S. Shashanth of Soundarya School -CBSE bagged 3rd runner's up position in the category of Grand Module -C an international abacus competition organised by SIP ABACUS at Kolkata West Bengal. In competition, more than 8000 students participated from various parts of the country and It is held every year and the difficulty level increases as students enter each level in the competition.



# Visit to Chitrakala Parishad



Students of grade 8 had an opportunity to explore the world of Arts and Painting as they visited Chitrakala Parishad. The Occasion was Kavi Kaleidoscope an art exhibition which exhibited Kavi Art. Kavi Art is an art form that exists in the Coastal regions of Karnataka, Goa and Maharashtra. Students acquainted themselves with art form and the history of art and developed new perspectives and appreciation for the art and the artists.



# Visit to Jollywood Studios and Adventures

For students of grade 3 and 4 it was one of the memorable days which would last in their memory for a long time to come. Children visited Jollywood Studios and adventures, the vast arces and beautiful setting captivated the imagination of the students. Students had gala time on the settings as they experienced various water sports, took rides on toy train, whirled and twirled in the campus and enjoyed delicious food. Students weaved fond memories, enjoyed good food and hearty conversations with all friends.





## Constitution day Celebration

Constitution day also known as Samvidhan Divas was observed in the campus of Soundarya School - CBSE. The day is celebrated to commemorate the adoption of constitution of India on 26th November 1949. In our campus students of grade 8 performed an elaborate skit that depicted the real life circumstances and how provisions of the constitution is a saviour and also upholds the rights of the citizens and the concept of equality and its prominence in our constitution.







# Students Shine in Taekwondo Belt Exam!



On October 27th, 2024, Soundarya School CBSE students participated in the Taekwondo Belt Exam, conducted by the prestigious Karnataka Taekwondo Association.

We are delighted to announce that all our students successfully cleared the exam and have been promoted to the next level belt!

Our School Principal, Coordinator, Teacher, and Taekwondo Master extend their warmest congratulations to all the students on their outstanding achievement!

This remarkable feat is a testament to the students' hard work, dedication, and passion for Taekwondo. We are incredibly proud of each and every one of them!



# "Community Heroes Day"

Soundarya Preprimary Unit celebrated "Community Heroes Day" with great enthusiasm yesterday 28.11.24. The event featured inspiring outputs by a Fire fighter (Mr. Kiran Kumar, a Civil Police ( Mr. Manjunath), a Traffic Police (Mr. Shekarappa and Mr. Diwakar) and a Dentist (Dr. Rohini Sreekanth) from our Bangalore North Community. Each expert shared valuable insights in an engaging and age-appropriate manner, making it easy for the little learners and teachers to understand, appreciate, and implement in their daily lives.

The students were captivated by the talks and actively listened, while thoughtfully designed placards reinforced key messages for them to takeaway for life.

It was a fabulous day filled with learning and life lessons that will surely have a lasting impact on the children aged 3 to 6!





## Mobile book store at our campus

Reading books for pleasure and happiness is slowly disappearing from the fabric of society. We at Soundarya School – CBSE is trying to promote and inculcate among young minds the habit of reading for pleasure. So we set up a mobile book store in our campus where students choose the book of their choice and include it in their shopping cart of books. The books chosen by students would be purchased by parents on the day of the Parents -Teachers Meeting as parents are ambassadors in inculcating the value in their kids.







# Star Of the Week



# Abhivyakti Ankhan

## **ARTIFICIAL INTELLIGENCE AND FRAGMENTED CREATIVITY.**

Artificial Intelligence popularly known as AI has become topic of everyday conversations in chat rooms, board rooms and our classrooms as well. In this article let's make an effort to understand AI and its implications in simple language.

Generative AI, sometimes called gen AI, is a type of artificial intelligence that can create original content—such as text, images, video, audio, or software code—in response to a user's prompt or request. A single prompt can generate various suggestions and work is done. This technology relies on sophisticated machine learning models called deep learning models, which simulate the learning and decision-making processes of the human brain.

Generative AI operates in three phases: training, tuning, and generation. During training, a deep learning algorithm is fed huge volumes of raw, unstructured data and learns to identify patterns and relationships. In the tuning phase, the model is refined to perform specific tasks, and in the generation phase, it creates new content based on the learned patterns. Applications of AI are so encompassing that even we may have to check originality of content as to human or machine generated.

Generative AI has a wide range of applications, from creating realistic images and videos to generating music and writing articles. It offers enormous productivity benefits for individuals and organizations, allowing them to automate creative tasks and generate content quickly and efficiently. However, it also presents challenges, such as the potential for misuse and the need for ethical considerations.

**Written By:  
Vidur Shetty,  
Grade 8**

# ARTiculation



Daksh. S, 5th A



Bhargavishree V, 4th A



Anvitha V, 6th B



O. Manasvi, 6th A

*thankyou*



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