

NOTE FROM THE DIRECTOR

September
2022

Dear Parents,

It gives us great joy to present to you our next newsletter, showcasing all the wonderful things about what our students have been doing over the past few months.

We have had an exciting few months of settling back into the routine, post COVID. We have seen many learning and social and emotional gaps, and the teachers have been working very hard to bridge these gaps and help the students get back on track.

Quoting the words of our Founder, the late Dr Ken Gnanakan, *“All our learning must be placed into real life contexts. But most modern educational systems are falling short. From childhood learning through to higher levels of research study, most students are floundering with unfamiliar concepts firmly set in unfamiliar worlds. A child is straightaway introduced to the alphabet or numbers, with no concern for how these relate to life around them. Children are pushed into reading and writing, books and libraries and all this does not seem to connect with the real world. Learning is not at all seen as belonging to the whole of life, but only to the mind.”*

To continue the vision of our Founder, we at ACTS Secondary School strive to make the learning experience in the classroom relevant to their daily lives, purposeful, and in the real-world context.

I want to thank our Principal, Headmistress, Coordinators and HODs for all the efforts that they put into making the school life of each child seamless and happy. I also thank you all, dear parents, for all your continued support and trust in us.

God bless!

Anupa Gnanakan
Director – Education



Parenting and the 'take it easy' policy



Yesterday, I had a call from a friend. She was upset and wanted to talk. Twenty minutes passed with her letting out what was on her heart. It was a mix of many feelings and complaints - from her children not eating properly, to the family not appreciating her for all her hard work at home.

I stayed silent on the phone with a few 'hmms' in response, periodically. When she was done, she said - "Okay thank you for listening. Bye!" I did not have to worry about giving her solutions to the problems or getting involved in her problems myself. Sometimes, all you need is someone to talk to. Not ready advice from the person.

I then laughed and asked her what she was feeling. She was any mother on a bad day: tired, disappointed, angry, frustrated and mostly - alone - in her parenting job. This happens to the best of us, and maybe common, but is bad for the whole family. If Mummy is taking care of everyone, who is taking care of Mummy?

This is a question we all need to ask ourselves, especially Daddy. If Daddy is the head of the home, HE should be caring for the whole family.

"What's your advice to me?" my friend finally asked me. I told her simply - "Be kind to yourself. We need a marathon runner, not a sprinter." She asked what I meant. And it was this: we need our main caregiver in good mental and physical health for years to come, not someone to get short fused about today's lunchbox that was not finished, or the three marks the child missed in the preparatory exams. When you look at life as a big picture - these things will not matter. Health matters. Are these small issues ruining your health?

My friend knows I'm right about the big picture. And, I know I am right, because I have been that person. I have been the mum who worries about details about my children's life, the wife who cares for everyone except herself. All that changed when I woke up one morning and decided to change, decided to pick my battles. That means, I choose what I want to handle and what I want to leave. I cannot control everything, especially my children's future.

As parents we do our best with available information at that time. Our decisions are made today with knowledge of today. Tomorrow we may better ideas, but it doesn't help. We need to be satisfied with our decisions and not be guilty about them.

Another tip: we can also stop comparing our children with other children - the neighbour's, the relatives... our children are unique, and only one condition will help them improve. That condition is, parents' encouragement. Positive words and actions from parents that children can see, hear and experience. Teachers can help, but a parent's word is stronger for children.

Encouragement will not give them big heads. Don't believe this lie. Encouragement helps children understand what is important to parents, and they will want to do it again and try to get better, because we all love to be appreciated. Encouragement is a great motivator for children and adults, alike.

Negative words make children lose heart. They get fed up and refuse to even try. This is the foundation for a lifetime of failure. Don't discourage your child by continuously correcting them.

Be a role model for calmness and positivity and your child will be all that too. Children don't learn from our words. They learn from our actions.

Christobelle Joseph Gnanakan
Parenting -Columnist and writer



THE HEAD GIRL IN ME....

“Dream is not what you see when you are asleep, Dream is something which does not let you fall asleep.” Aptly said by the ‘People’s President: Dr APJ Abdul Kalam. Dreams serve as our goals, as long as we believe in them and constantly follow them. Life without dreams is like the night sky without stars, no sparkle, no shine and darkness everywhere.

If we let go of our dreams, then life serves no purpose. I am very obsessed with the word ‘DREAM’ as it is always close to my heart. A dream gives you the perfect space to imagine irrespective of what you are, it has no boundaries or limits, to me DREAM is always meant to D- DEDICATE and be R- RESPONSIBLE to yourself by E- EDUCATING yourself and all others to build a positive A- ATTITUDE by M- MOTIVATING everyone.

One such dream of mine was to lead the school as a ‘Head girl’. It would have not been possible without my friends and family support. To be honest I was not ready to contest for the school’s election. Though I was absent, it was my friends who enrolled my name and encouraged me to contest the election. Words cannot express my gratitude to our principal and teachers, as they have shaped me, molded me, corrected me and made me for what I am today!

Till I became the ‘HEAD GIRL’ I always wondered how that feeling would be. I now take pride to be the HEAD GIRL of such an esteemed institution, where I have spent the major part of my school life. Success has no short cuts; our dreams and determination alone can take us where we want to.

I would never forget this date in my life 30-06-2022, it was the day when I was officially declared as the school Head girl. Only dreams cannot lead us to success but the determination to work for the dream alone can lead us the success. The dream which never allows you to sleep alone can take you towards success.

“DON’T BE
PUSHED BY
YOUR
PROBLEMS BE
LEAD BY YOUR
DREAMS”

-Sushmita. R. Yaragal X’A’
The Head Girl

NOBODY KNOWS

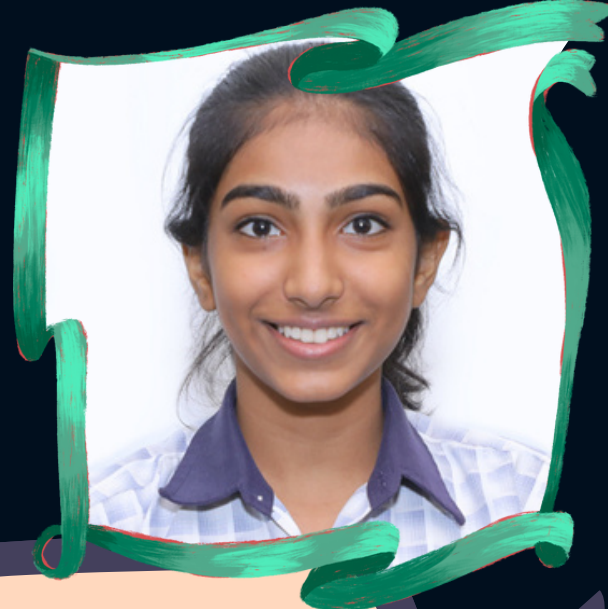
I wandered these busy halls
Lonely as a cloud
It's fair enough I guess
There I was, like a caged bird
I'm sure you know about metamorphosis
If the caterpillar cost hope and gave up
Would it have turned into this beautiful creature
When you don't believe in perseverance
That's when you stop growing
All I can say is nobody knows where they might end up
Nobody knows



-Jhanavi Simhadri
X 'B'

OUT OF PLACE

I am happy
Happy in this place of mine
The air is warm
Like the wind on a hot summer day
The waves in the ocean
Are just as excited as I am
The trees dancing like it's the best day ever
But all this is beauty only
Because I am far far away
All this is zestful only
If I can go there someday
Beauty is beautiful
Only from distance
Reality isn't painful
For its all about persistence
It's just another day to get through



MY JOURNEY IN ACTS

I entered the school as a toddler and found myself different from the whining; I was among them wondering why they were doing so. When I questioned my mother about them, she replied that I was no different from her father. It has been an incomprehensible statement then but life has taught me what she truly meant.

However, I had less clue that I had stepped into a place which is no less than heaven. I recall my kindergarten teacher welcoming me with a smile. She was such a kind, sweet and beautiful person that I had ever met and then began my journey in "ACTS SECONDARY SCHOOL". I started to make friends and I started becoming the best version of myself who was confident and bold. I had completed my 5 years in a blink of an eye and had no idea that I was in 5th std. My friends and I had become inseparable beginning to experience the roller coasters of life.

I remember the footsteps of principal that turned our noisy classroom into silent holy place with innocent and saintly fairies. We ate during the class hours as though we were deprived of food and break time.

Now I am in my final year left with few more months to leave the school. My heart is loaded with beautiful memories of times we laughed and cried together. It would be a lie if I call ourselves hardworking. It was our teachers who worked hard to make us understand very single detail of the subject and has never ignored us irrespective of our careless behaviour. They have acted as our best friends than just a teacher. Every teacher has been there for us helping us to differentiate between the right and the wrong.

The sub staff too have been of great help providing us with cleaner classrooms. It could be my last mention but never can they be considered the least. My friends who transformed the life-less building into heaven.

My heart felt gratitude to every member of this organisation. I assure to keep up the pride of the organisation, as my teachers have served to be the angels sent by the unseen God.

- Chaithra. P X 'A'



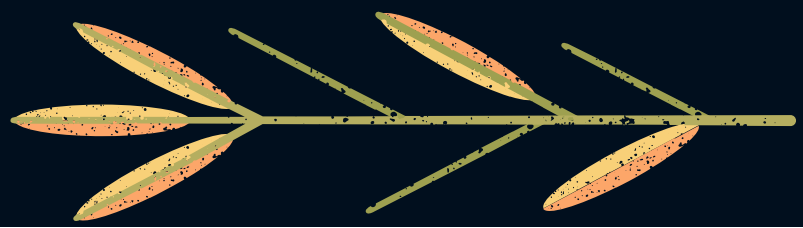
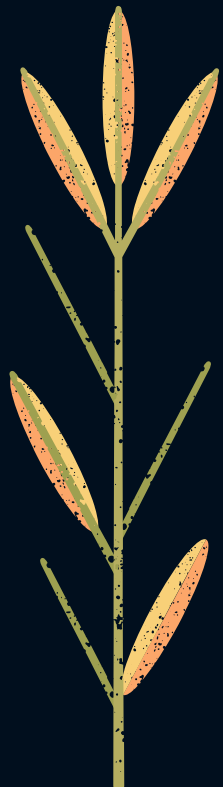


KINDNESS CORNER

The warm feeling of well-being that washes over you when you've done something kind isn't just in your head. It's in your BRAIN Chemicals too... Have you ever wondered what kindness does to you and to the people around?

Kindness just doesn't help other people. It also improves your own physical and mental health. A recent study in Harvard reported on how people felt after performing or observing kind acts every day for seven days. Participants were randomly assigned to carry out at least one more kind act than usual for someone close to them, an acquaintance or stranger or themselves, or try to actively observe kind acts. Happiness was measured before and after the seven days of kindness. The researchers found that being kind to ourselves or to anyone else – YES! even a stranger – or actively observing kindness around us boosted happiness. We feel happier when we act in service of others. Act of Kindness can release hormones that contribute to your mood and overall wellbeing. The practice is so effective it's being formally incorporated into some types of psychotherapy.

I'm sure all of us have received such act of kindness in our life time. Kindness Is Lasting and Powerful than most of us think. Who and what act of kindness do you remember the most? And how do you want to be remembered?



STAR OF THE TERM



HARI SRIRAAM ND
1 'A'



LEKHAN R NAIR
1 'B'



PAVAN D
1 'C'



SHRUTHI
2 'A'



C MITHUN REDDY
2 'B'



KALYAN G
2 'C'



RONAK ROSHAN SHETH
3 'A'



ADITYA B K
3 'B'



ZEBA NOORI
3 'C'



ANUP A KURDEKAR
3 'D'



RISHIKA REDDY M
4 'A'



THANVI K
4 'B'



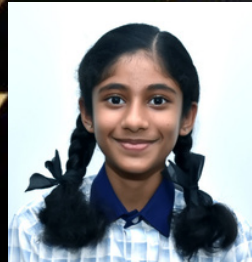
KOTAKONDA ARYA
4 'C'



JHANAVI K A
4 'D'

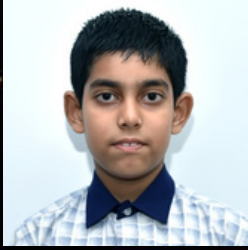


TEJASHREE N
5 'A'



AKSHARA BOJAMMA K H
5 'B'

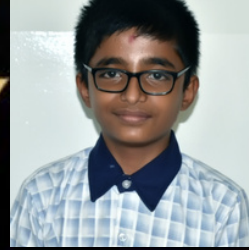
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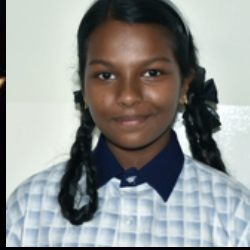
SHAHID S
5 'C'



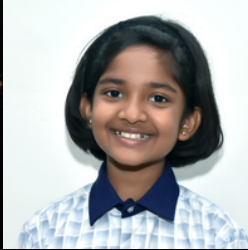
FATHIMA SHARIEFF
5 'D'



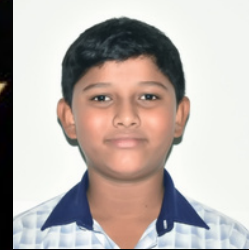
PAWAN GOWDA H P
6 'A'



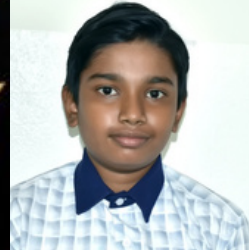
DHARSHITHA B
6 'B'



GREESHMA R
6 'C'



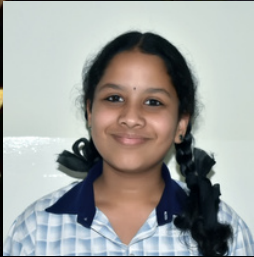
DEV CHARAN H
6 'D'



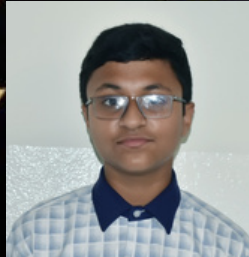
BHARGAV L
7 'A'



NAISHA N GOLE
7 'B'



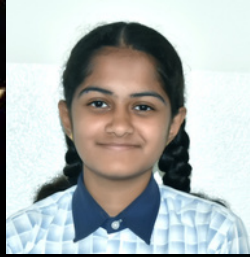
ANCHALA MADHU
7 'C'



ABHINAV BHARADWAJ
8 'A'



AKSHARA H P
8 'B'



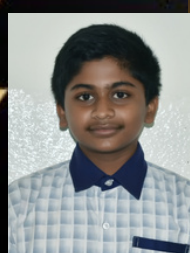
SAMIKSHA K C
8 'C'



NARESH V
9 'A'



SANJANA SAHU
9 'B'



PUNEETH S
9 'C'



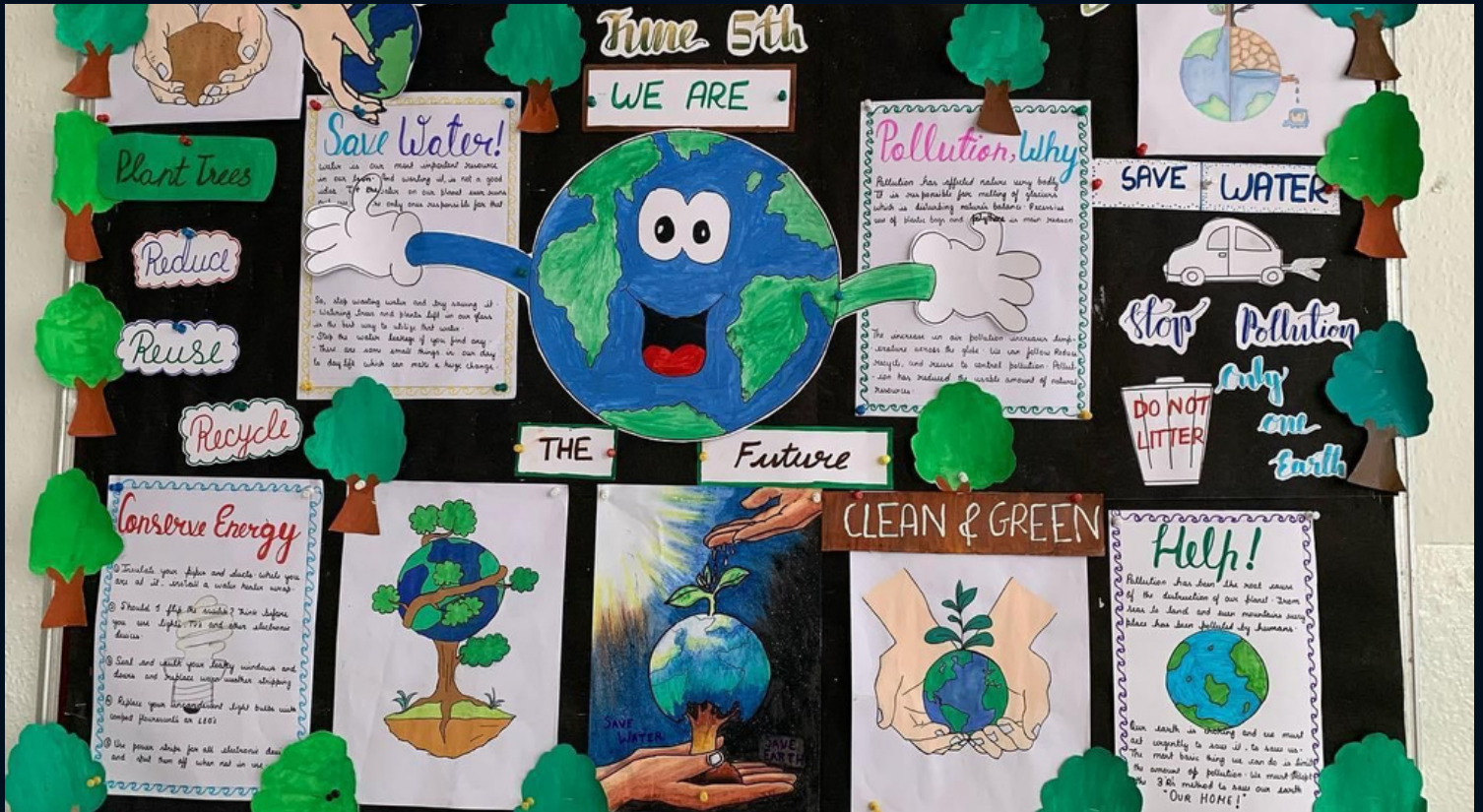
CHETHANA P G
10 'A'



JHANAVI SIMHADRI
10 'B'

ACTIVITIES FOR THE MONTH OF JUNE

ENVIRONMENT DAY



INVESTITURE CEREMONY



ACTIVITES FOR THE MONTH OF JULY



CHILD SAFETY COMMITTEE
MEETING



ACTIVITES FOR THE MONTH OF AUGUST

CLASS ROOM PARTY



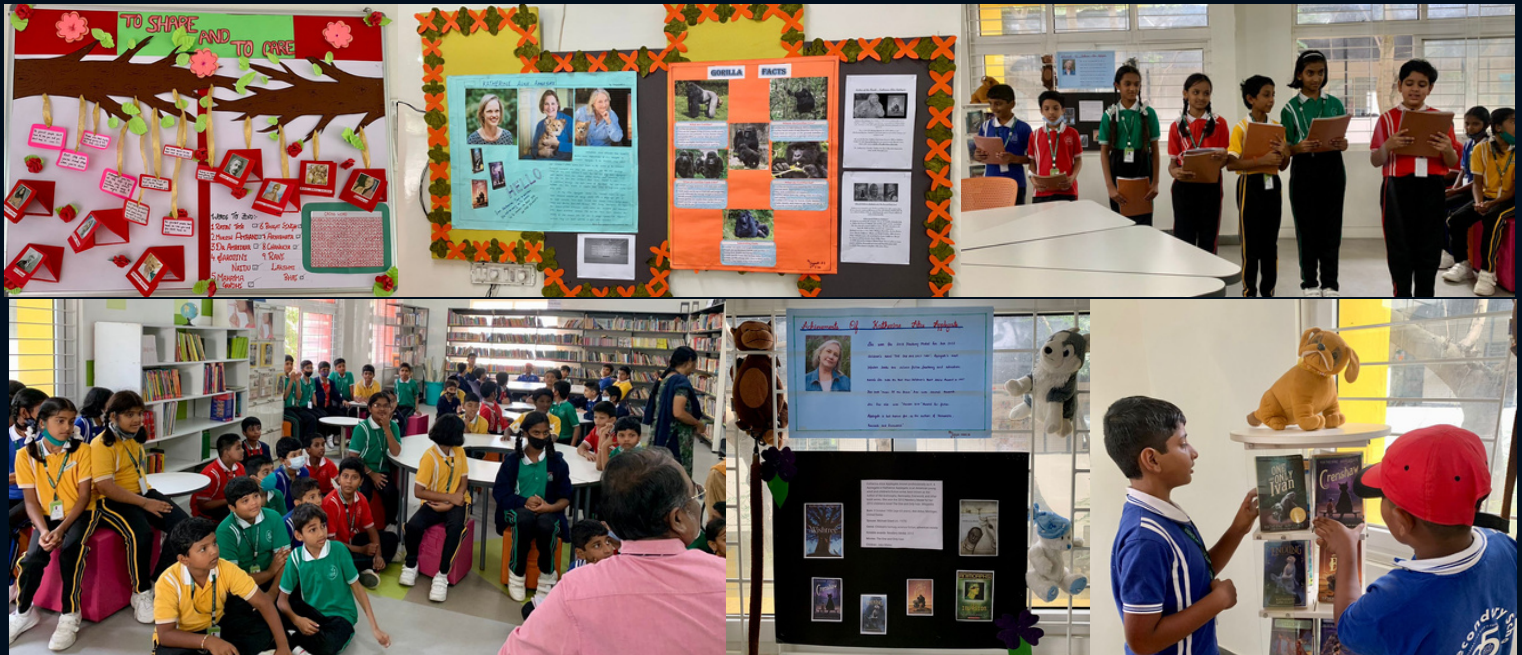
INDEPENDENCE DAY



DEBATE COMPETITION AND CAREER TALKS



AUTHOR OF THE MONTH PRESENTATION - V STD



MARATHON AT MAGADI ROAD



ACTIVITIES FOR THE MONTH OF SEPTEMBER

TEACHER'S DAY CELEBRATION



PEAS - Programme of Environment Awareness in Schools - PLANTER POTS FROM WASTE PLASTIC BOTTLES

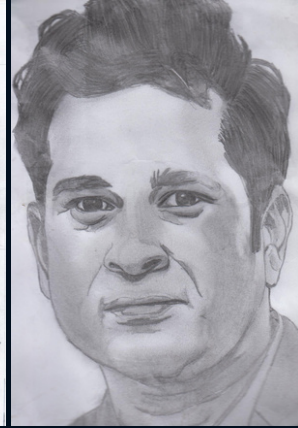


PARENTING WORKSHOP

by Christobelle Joseph Gnanakan for the parents of class 1 & 2

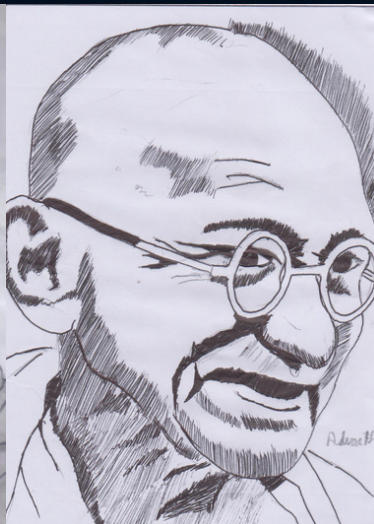
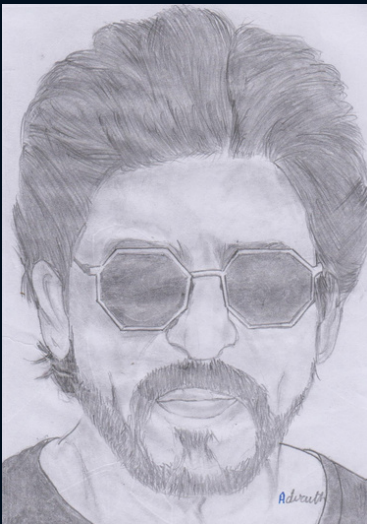
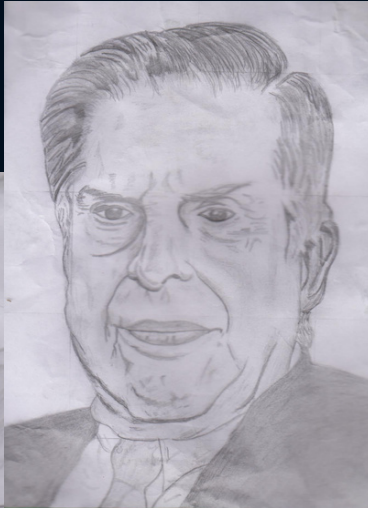
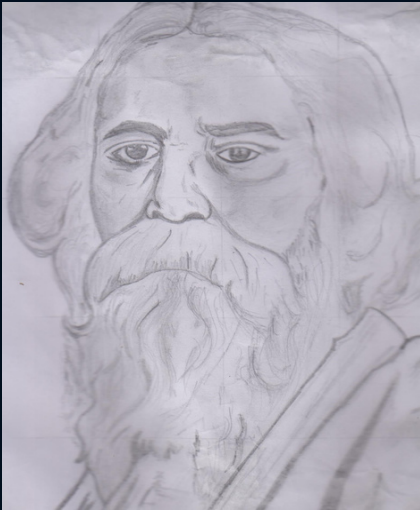


ART CORNER



Jai Vignesh
10'B'

Amal Biju 10'B'



Advait Rajesh
10'B'

ANNOUNCEMENTS

What's coming up???

- Founder's Day
- Seva Day
- PTM
- Kindness Day
- Children's Day
- Entrepreneurship Day
- Carol Singing
- Blankets of Hope - Donate a blanket
- Christmas Programme



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