



**BUDDHI
NEWSLETTER -
MARCH 2020**

VISIT TO LIVING HOPE - 20TH JANUARY

December is a month of giving rather than receiving. Children at Buddhi brought in a toy, a game or a soft toy - favourite of every child to gift another child who would perhaps not normally be able to enjoy such a treat.

On reopening in the New Year, we found time to take our primary students to a nearby orphanage - "Living Hope", where we met 14 little ones between the ages 7 and 9. They were extremely thrilled that we had come and welcomed us all with a wonderful welcome song ... with eyes sparkling with excitement. The children interacted with Buddhi kids, awestruck by boys and girls like them, who also appeared to be just as thrilled and wanting to spend time with them. Our students were very much at home and seemed to be one with the children there. They were eager to spend more time, not wanting to return and even went on to invite the children to come and visit them at Buddhi school! Yes a "Living Hope" indeed! A message from the Holy Bible, "Let the Children come unto me, for theirs is the Kingdom of God", couldn't have been more real that day!

We gave our gifts to Mr. Dhiraj, their caretaker and thanked him for giving us the opportunity to meet these wonderful children.

When we teachers asked for a hug and stretched our hands out, we were immediately surrounded by little hands that engulfed us in a collective embrace. Forgotten were the disciplined lines they had started out in, and the "dos and don'ts" that had probably been drilled into them before we arrived. We hugged them all in turn, pulling close the reluctant few who were a little apprehensive. A very moving experience indeed.

On our way back to school on the bus, the children talked about how well behaved their new young friends were, and how very lucky they each felt about their own families, friends and homes. It was touching to see them wishing these children would find homes like their own where they will be cared for and be happy.

It was indeed an eye-opener for all of us and we know that they appreciate the life that they have, and are happy to share their toys with their new friends.



VISIT TO BANGALORE AQUARIUM – 21ST JANUARY

As a part of our on-going project on aquatic life, we decided to take our early learners out on a field trip to the Bangalore Aquarium at Cubbon Park.



Bangalore Aquarium, also known as Government Aquarium, is the second largest aquarium in India. It is located at the entrance of Cubbon Park in Bangalore, India, and was established in 1983. It has a variety of exotic cultivable as well as ornamental fish on display. It has about 40-50 varieties of both indigenous and exotic species of freshwater ornamental fish. The Government Aquarium works under the direct control of the Directorate of Fisheries.



Aquariums are great places to take children. They teach them so much about the ocean, the world, and even how different creatures could be. They also help teach children the need to protect and conserve the species that exist in the world's waters. These creatures are beautiful and exciting, and can fire a child's imagination to do and motivation to learn.

We started by telling the children about the rules of outdoor visits - not to be disruptive, to respect nature, not to tug, pull, tease, or touch things for their own and other's safety. They all eagerly awaited the fun and excitement coming their way, and packed with snacks and drinks off we went.

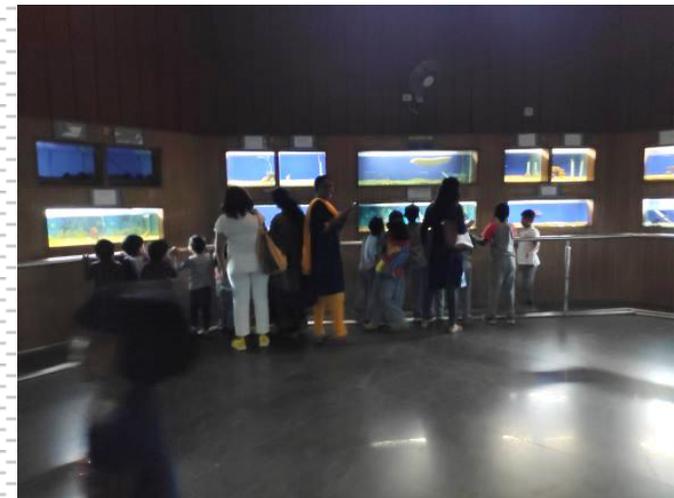
At the aquarium there were a great number of fish to see much to the amazement of our young learners. It was a feast for their little eyes and they were spoilt for choice with the variety on display - *Giant Gourami, Parrot Fish, Oscar, Snake Head, Mahseer, Butter Catfish, Feather-back or Knife, Tinfoil Barb, Pangasius Cat, Ko Carps, White Tiger Sharks, Albino Sharks, Black Molly, Striped Angel, Flower Horn, Platinum AngelFish, LongNose Gar Fish, Arowana, Yellow Balloon Molly, Jaguar, Pencil Fish, Black Moor Gold, Melan Barb, Discus, Oranda Gold, White Cichlid, Striped Pike Cichlid, Marble or Venus Cichlid, Red tailed Catfish, Milky Corp, Black Ghost Knife Fish, Jewel Cichlid, Tic Toe Barb, Platy, Yellow Molly, Zebra Cichlid, Red Eye Tetra,*

Kissing Gouramis, Silver Dollar, SK Gold Fish, Red Parrot Fish, Gold Fish, Rosy Barb Fish, Silver Shark, Powder Blue Cichlid, Texas Cichlid and Frontosa Species Fish.

But the fish that caught the children's attention most and which they loved were the White Tiger Sharks, Angel Fish Zebra Fish, Black Fish, Lion Shark and the Orange Fish.

The children were thrilled about learning new fish names and seeing them for real was a wonderful treat. We could see them relax as they watched the lovely aquatic creatures and hear them imaginatively talk about what they were seeing. It was a day well spent with their friends appreciating the beauty of Nature.

This visit enhanced the children's vocabulary, hands on learning, encouraged relaxation, sparked their imagination, peer bonding, appealed to different types of learners and they developed an appreciation of Nature.



16th YEAR FOUNDING ANNIVERSARY OF BUDDHI

On 12th February, we celebrated 16 years of love, learning, joy, togetherness and friendship since the inception of Buddhi. Our principal, Mrs. Rajeshwari Kulkarni took us on a trip down memory lane. It was such a joyous occasion for all of us.

The previous day the middle and highschoolers had baked marble cakes and Mrs. Uma Naidu and Amuda who have been part of our teaching team since the early days had the honour of cutting the celebration cake. Anmol and Eshan who started school at Buddhi at our old campus were thrilled to be given the first bite of the cake.



The children were excited to see a collage of throwback pictures from 16 years ago! Students and teachers alike crowded over the collage which was placed on the table. The centre most picture of Raji ma'am carrying a toothless toddler in her arms stole the show, and no scores for guessing! Yes, it was our very own dear Principal ... Raji ma'am, and in her arms was none other than Yasho with her unmistakable grin!

Slices of the marble cake were served to all the children and staff during snack break and they were super thrilled about it, as it was the marble Cake that was baked by them. They went about smacking their lips!

Such events and celebrations are occasions to reflect on what makes Buddhi one of a kind to learn and grow!



TEACHERS PROFESSIONAL DEVELOPMENT WORKSHOP ON COLLABORATIVE TEACHING - MARCH 11 & 12

Our workshop started off on Day 1 by each of us making a Mandala in absolute silence, using flowers, leaves, twigs and stones that we each brought from home. In the way each teacher decorated the Mandala, it reflected the teachers' impressions of their personal lives and was very interesting to see. We then reflected on the past year, defining the most important moments that stood out for each of us. We also noted our hopes and aspirations for the new year. After further reflection on ourselves and our strengths and challenges, we prioritized what we needed to do for the coming months in the new year.

Day 2 started off by penning down a cute little poem expressing our journey with the children. We grouped together in collaborating teams and spent some time sharing each other's strengths and difficulties with our collaborators. We used the 'love sandwich' technique to appreciate and give views on each other. We then each wrote down the areas where we struggled, which could be the differing ideas to use while teaching each child. The technique showed us how to work collaboratively by agreeing upon discussing these ideas or thoughts with our collaborators. In other words, it highlighted the need and advantages of being flexible and adaptable in implementing shared ideas.

Some of the outcomes of our session were that we unanimously wanted more teachers onboard in classrooms, agreeing that collaboration was key to successful teaching. We also set a common goal of making our classrooms look more colourful and vibrant by implementing a variety of activities with our young learners. We also expected equal participation from our collaborator and very importantly we wanted to be 'heard' and given the space and freedom to implement our ideas.

This intense two-day session helped the diverse team of teachers to collaborate and arrive at a shared vision with clearly defined goals and deliverables.



CURRICULAR HIGHLIGHTS FROM TERM 1

Preschool

Preschools are baby steps of a child to education. Our little Bulbuls were introduced to their own little Individual projects which highlighted their ability to make their own decisions. In the process children are analyzing their own special strengths and are gaining the confidence that their individual-crafts are being recognised and valued by their peers.

Children were introduced to cooking to educate them about healthy eating habits. We play outdoor games to improve their physical development. Children planted seeds in their nature activity to understand their growth process. By doing the life cycle activity, children understood the world around them and to connect them with nature. This way of exploring Nature helped them begin to appreciate the value of respecting and living in harmony with lesser creatures. To appreciate this process of nature, they had field trips. Then we have the read aloud time to enhance their language skills. And last but not the least their favourite art and craft activities which use their creativity to plan, design and construct an idea."

Junior Primary

The Robins could not contain their excitement as they entered the junior primary program this academic year 2020. They got to actively take part in various extended activities such as sports, music, theatre, cooking etc., apart from the main curriculum. Literacy focused on oral language development, individual & group reading at the junior library and online too, use of high frequency words and their application through word puzzles and games.

Integrated lessons were prepared to introduce numbers, measurements and fractions through games, cooking and other outdoor activities.

Personal Effectiveness included developing listening skills, understanding of emotions, good habits and social behaviour and its application.

Project based learning involved exploring fishes in an aquarium, through field visits and creating such an environment at school.

Gardening included creating a 'hanging bottle' garden and sowing a few vegetable seeds and observing them sprout.

Outdoor and indoor 'loose parts' play and organised games enriched playtime for the children and provided both physical and social development for them.

Children expressed their "non verbal" creative skills through various art and craft activities.

Senior Primary

The highlight for the term 1 of the 2020 academic year was the cross-curricular integration of literacy and numeracy with the running themes in Discovery (Exploration) and Inquiry (Heat Energy) learning. The children had the opportunities to read biographies of famous explorers whereby they were able to introduced to the techniques of this genre of writing. Through field trips and discussions, they also understood what it means to be an explorer and that one does not need to travel far to discover exciting places. The net result was that our explorations took us not just around the world, but also into outer space. Our online reading programme ensured that everyone was reading and writing to improve on their literacy skills.

Global warming and natural disasters like bush fires and volcanic eruptions happening around the world led our young Buddhians to want to study "heat" as the Inquiry topic for this term. One activity led to another and soon we had some children working on models of volcanoes, while other groups were investigating temperature fluctuations across the world and ways to measure heat by building a Thermometer. Our Cooking sessions were an ideal environment to go further our inquiring about heat. We were able to integrate the topic of measurements and data collections into our Inquiry sessions with Math buddy tasks ensuring we kept up with practicing our basic number work.

Missing Link sessions with Meera continued to give our little mathematicians opportunities to explore concepts such as "partitioning" "permutations", "Geometry" and of course problem solving.

Focus of our Personal Effectiveness sessions for this term was on managing emotions and behaviour when interacting within their peer groups as well as learning to work in a team. Art this term was linked to the discovery learning topic "exploration" where children worked on their independent projects. In addition to this they also explored some basic skills in drawing, painting and paper crafts.

Sensory Integration

In our sensory integration module this term, we focused on Bilateral Coordination this term. Bilateral coordination is the ability to use the right and left sides of the body together at the same time or with alternating movements.

We had the children engage in both gross and fine motor activities to help enhance their coordination. Many daily self-care and play activities that require bilateral coordination skills were encouraged.

We continued with Bilateral Coordination with cooking too and the students prepared a Vegetable Salad and Sandwiches.

Junior Middle School

Our Junior Middle Schoolers had an exciting start to the year as they were now part of the senior school. They started their English Language lessons learning techniques in note taking and posing open ended questions as well as Essay writing. They were also introduced to researching techniques like retrieving relevant information and writing reports for their self-directed inquiry on "evolution and progress witnessed in the past 100 years". Their inquiries covered topics like "changing fashions", "revolution in female education" and "changes in Indian Currency".

Measurements and Number knowledge were the focus for our numeracy programme with ample opportunities to integrate into other curricular areas. We started the term exploring non-standard units of measurements such as hand span and footsteps to measure their classrooms and gradually progressed to standard units. Applied math classes with Meera gave our students opportunities to hone their problem-solving abilities alongside seeing the real life application of mathematics. Math Buddy tasks help our students stay on top of their math practice. This programme helps students take ownership for their own learning which is a core skill we believe they require to excel at high School.

Science programme at Middle school is essentially inquiry driven where students have opportunities to learn from each other. This term the juniors learned the dos and don'ts while working in a laboratory followed by some experiments to understand concepts in astronomy and physics. They also explored concepts of Heat and its role in climate change. The project for this term was about composting where students learned about the "cold composting" that was set up at school to process all the vegetable waste from our kitchen. Our objective was to help them learn how to observe and gain an understanding of the life cycle of biodegradable material.

ICT, Hindi, Theatre and Food tech were some of the other learning areas covered this term where students were encouraged to learn from each other and explore their strengths and challenge themselves to try something new. In art, students explored the work of Piet Mondrian as well as creating Octagons.

Senior Middle School

The focus of our English Language for this term was on techniques in writing "Detective Fiction" and essay writing. Reading for pleasure is another focus of our language programme and students are required to read regularly and discuss their books with the class regularly. Students also continued to explore research techniques while working on their independent inquiries on the evolution in technology, fashion, sports and education over the past century. Effective communication was the focus of our applied English classes this term where students and their teachers watched TED talks to understand why some speakers are

better than others at communicating their ideas and thoughts. Students were challenged to start working on a TED talk of their own and present it at our Literacy Fest later in the year.

Concepts in Number, elements of geometry and introduction to Algebra were some of the core math concepts introduced this term. All students are expected to complete all tasks set on Mathbuddy. Missing Link Sessions with Meera ensures that our students are able to see real life applications of what they learn at school. This term the focus was on unconventional ways of looking at prime and composite numbers. They were also introduced to the condition "necessary but not sufficient". 'Rubber band stretches' activity introduced them to the important concept of ratios.

In science we started the year understanding the concepts of chemical bonding, enzymes and their mode of action as well how respiratory and digestive systems work in humans. Learning is exciting when we are experimenting. This term our students carried out a variety of experiments and investigations based on diffusion, osmosis Separation of Mixtures" by filtration, crystallization and paper chromatography. Students also carried out a range of investigations to understand the concepts of Gravity in relation to the Phases of moon and other activities.

Our middle and high school students participated in the Social Impact Project organised by the Bangalore Schools Expo along with 'Mahindra Life Spaces' on Saturday 4th Jan where they presented their project on "Curbing the Mosquito Menace in School and the Neighbourhood", which was part of their sustainable living learning module carried out during 2019. This term the class worked on building bird feeders to help rejuvenate the local bird population. Our next sustainable project will be looking at ways to protect and rejuvenate the lakes which form the main habitat for not just our local species of birds but the numerous migratory birds that come south in the winter months.

Students were introduced to types of Network and Topologies in ICT this term. Impact of ICT on Society, how ICT has changed communication & collaboration, Esafety, Copyright & Intellectual Property were also explored during these ICT sessions.

Our senior Middle school students have also been learning Hindi and French as additional languages where the focus is on speaking and listening with emphasis on appropriate grammar in conversations. Theatre and Food tech were some of the other learning areas covered this term where students were encouraged to learn from each other and explore their strengths and challenge themselves to try something new. In art, students explored the work of Piet Mondrian.

High School

Learning programme in our high school classrooms are highly individualised and focuses on independent learning with the expectation that all students take responsibility for their own learning. The Junior group started this term as part of our "Transition" class where the focus was to get them ready for the International GCSE or the NIOS programme which are 2 curricula we offer at Buddhi. The first challenge for our new high schoolers was to learn techniques and strategies needed to prepare for exams and this culminated in "mock" tests in the 3 core subject areas of English, Mathematics and Science. In addition to these subjects our students had the opportunities to get a taste of the optional subjects that they could choose to study which include Business Studies, Geography, Global Citizenship, Economics, French and ICT. Cross curricular perspectives are an integral part of our high school programme and we require all students to participate in our applied math, English and Inquiry science modules. This term these modules were combined with our senior middle school group and our high schoolers were given the opportunity to take on mentoring and leadership roles in these sessions.

The senior High School students were busy preparing for and writing their International GCSE and IAL exams this term. We would like to congratulate our students who have proven once again that when students are given opportunities to set their own personal learning goals it has a powerful effect on their confidence and achievement. With support from their teachers and building on personal interests, strengths and aptitudes, they have been able to achieve outstanding results in their International GCSE exams. We are proud to announce that collectively they have achieved 3A*; 5 As; 15 B; 3 Cs.

FROM THE PRINCIPAL'S OFFICE

We hope all of you are in good health and keeping your spirits up in these unprecedented circumstances and uncertain times. While we all wait in lockdown and self-isolation for the global pandemic situation to improve, our teachers are gearing up to switch to remote and online teaching if the need arises, to ensure learning continuity is maintained for everyone at Buddhi. As always, our objective of customising and tailoring learning for every child and student will be preserved. We will share details of this process closer to the end of holidays.

At this time when all families are home bound, the following links will help keep your children engaged meaningfully and distracted from the stresses of the ongoing events.

Brain teasers

<https://brightside.me/wonder-quizzes/17-challenging-brain-teasers-for-kids-that-will-stretch-your-brain-193205/>

<http://www.printactivities.com/Mazes.html>

<https://activities.raisingourkids.com/printable-mazes/>

Indoor games for kids

<https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>

<https://thepolliwogs.com/get-them-play-alone-indoor-kids-activities-for-extremely-busy-parents/> (toddlers)

<https://www.familyfuntwincities.com/indoor-games-for-kids/>

<https://pint-sizedtreasures.com/fun-quiet-games-for-kids/>

Cooking without fire for kids

<https://tasty.co/article/melissaharrison/cooking-with-kids>

<https://www.superbabyonline.com/cooking-without-fire/>

<https://quickasianrecipes.com/cooking-without-fire-recipes-for-kids/>

<https://m.tarladalal.com/recipes-for-cooking-basics-no-cooking-veg-indian-282?pageindex=1>

Science experiments

<http://www.sciencefun.org/kidszone/experiments/>

<https://momypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff>

<https://blog.prepscholar.com/easy-science-experiments-for-kids-at-home>

Art and Craft

<https://www.youtube.com/watch?v=nSGq3e7QpS8>

<https://www.youtube.com/watch?v=Xvu-yfq17V0>

<https://www.easypeasyandfun.com/crafts-for-kids/>

In addition to this, your child can read books and comics on our razkids and attempt at challenging themselves on mathbuddy.

Safe holidays to you all. Take care.