



EKYA
SCHOOL
JP NAGAR

THE BULLETIN

2024



CAMPUS HIGHLIGHTS

Mr. Gabe Gabrielle - Expert Session

Mr. Gabe Gabrielle, a former NASA engineer and US Air Force Director of Engineering, visited our campus, inspiring students with his expertise in space exploration and engineering. His interactive session left a lasting impression, motivating students to pursue careers in STEM. Known for his mentorship, Mr. Gabrielle shared valuable insights to enhance our educational programs. As a token of appreciation, he gave students motivational quote stickers, autographs, and his contact information for continued guidance. His visit was an enriching experience, encouraging students to dream big and reach for the stars.

Track and Field Events



The Track and Field Competitions for middle and senior students were held on November 4th and 5th at Kittur Rani Chennamma Stadium, featuring 100m and 200m races, house relays, basketball, football, and shot put, promoting athleticism and teamwork. On November 5th, primary students had their prelims, with tailored events like 50m races and German relays for Grades 1-3, and 100m races and house relays for Grades 4-5. Pre-primary children celebrated Sports Day on campus on November 8th, participating joyfully in various activities. Their enthusiasm and energy made the event a delightful and memorable experience for everyone involved.

Kannada Rajyotsav Celebrations



Kannada Rajyotsava was celebrated with immense enthusiasm in our campus, honoring the rich cultural heritage of Karnataka. The event featured a diverse array of cultural performances, including classical dance presentations that captivated the audience. A skit highlighting the history of the Hoysala Kingdom and the origin of its name added a historical touch to the celebrations. Students also showcased their musical talents by performing on the veena and violin, adding to the cultural richness of the event. The day's festivities concluded with a heartfelt rendition of the *Rashtra Geethe*, a powerful tribute to our nation's unity and pride. The entire celebration was a vibrant expression of our heritage, bringing together students and faculty in a collective display of cultural pride and community spirit. It was an unforgettable celebration that left everyone feeling a deep connection to our state's traditions and history.





CULTURE AT CAMPUS

At Ekya, we incorporate grounding activities into our daily routine to help students connect with the present moment and foster emotional well-being. Grounding is a mindfulness technique that encourages students to focus on their senses and the environment around them, reducing anxiety and enhancing concentration. This practice has become an integral part of our school culture, as it helps students manage stress, stay focused, and regulate their emotions.

Each day, students participate in short grounding exercises, such as deep breathing, mindful movement, or focusing on sensory details like feeling the floor beneath them or noticing the sounds around them. These activities provide a moment of calm amidst the busy school day, promoting emotional balance and improving overall mental health.

By making grounding a daily practice, we are cultivating a supportive and mindful environment where students can thrive academically, socially, and emotionally.





LEARNING BEYOND THE CLASSROOM

Field Trips

At Ekya, the month of November brought exciting field trips that took our students beyond the classroom and into the real world of innovation, sustainability, and history! Students explored innovative ideas at the Azim Premji Fest and discovered practical solutions for a cleaner world at a solid waste management site. Our senior students had an exclusive peek into the world of consultancy and design, where they learned how professionals create solutions for modern challenges.



For our eco-conscious students, a hands-on experience in rainwater harvesting showcased how water conservation works in practice. To top it all off, a visit to the iconic HAL Museum allowed students to see aviation dreams come to life, from vintage aircraft to space technology. These trips inspired, challenged, and broadened everyone's horizons.





Wellbeing Initiatives

The wellbeing sessions conducted this month for primary students, focused on body safety, covering topics such as safe touch, unsafe touch, consent, boundaries, and stranger danger. The middle and senior students participated in a gender sensitization session that addressed stereotypes and biases while promoting acceptance and inclusivity. Both sessions aimed to enhance students' awareness and understanding of these critical issues, contributing to a safer and more respectful school environment.

A session was held for parents focusing on effective parenting styles, conducted by Dr. Teena Augustine Joseph, Founder and Therapist at Being Balanced. This interactive workshop aimed to equip parents with the knowledge and tools necessary to foster healthy relationships with their children. Participants explored various parenting approaches, including authoritative, permissive, and authoritarian styles, discussing the impact of each on child development and behavior. The session emphasized the importance of balancing structure with warmth and support, encouraging open communication, and setting appropriate boundaries.



Work Exposure Program

Our senior school students at Ekya will indulge in the upcoming Work Exposure Program! This exciting journey kicks off with a resume-building session designed to equip students with the tools to create a strong, impactful resume. In this session, students will learn how to highlight their strengths, structure their achievements, and showcase their unique skills to make a lasting impression. It's the first step toward a summer filled with hands-on experience, real-world learning, and valuable career insights. Stay tuned for more details on this incredible opportunity!





Advantages of NVC in Coaching



- Promotes Empathy and Trust
- Encourages Honest, Open Communication
- Focuses on Observations Over Interpretations



- Supports Positive Behavioral Change
- Facilitates Self-Reflection and Ownership
- Adaptable to Various Situations


 3 mins

PROFESSIONAL DEVELOPMENT

November was buzzing with activity across our campuses. We started off the month with our annual flagship event FIND Festival 2024. Ekya PDI conducted a training session for all our academic and CCA coordinators on 'Cognitive Coaching'. Our educators also participated in the insightful Learning Area Touchpoint sessions throughout the month. As part of our external programs, we continue our ongoing commitment to providing learning opportunities for educators, school leaders, and systems.



This month, we have opened applications for our [ReThink Educator Certification Program](#). It is a three-month virtual program for aspiring and in-service educators. We also conducted two free workshops - [Reimagining Tomorrow's Classroom](#) and [Neuroscience of Learning](#).





LEARNING & INSIGHTS

Empowering Early Learners Through Art and Observation

This creative self-portrait activity at Ekya ITPL for Montessori and K2 children aligns beautifully with early childhood development principles and art education. Here's a concise overview of the activity and its benefits: The children engaged in a multi-step self-portrait process that combined observation, self-awareness, and artistic expression. By using mirrors, they practiced careful observation and self-reflection, enhancing their understanding of facial features and individual characteristics. The use of sketch pens for outlines helped develop fine motor skills and introduced the concept of contours in art. Painting the background and adding patterns allowed for creative expression and color exploration. This activity not only fostered artistic skills but also promoted self-awareness, boosted confidence, and encouraged attention to detail. The multi-sensory approach of observing, drawing, and painting caters to different learning styles and helps reinforce concepts. Such activities are valuable in early childhood education as they support cognitive development, enhance self-esteem, and provide a foundation for future artistic endeavors. By sharing their unique self-portraits, children also practice self-expression and learn to appreciate diversity among their peers.



At Ekya BTM, early years students embraced Loris Malaguzzi's vision of an atelier as a place of research. These young learners engaged with various materials in a hands-on exploration, embodying the Reggio Emilia approach to early childhood education. This activity fostered creativity, curiosity, and self-directed learning, allowing children to express themselves through multiple "languages" of learning. By manipulating diverse materials, students developed critical thinking, problem-solving skills, and sensory awareness. This atelier-like experience not only stimulated cognitive, motor, and social-emotional development but also laid a strong foundation for future learning, demonstrating how a thoughtfully prepared environment can become a powerful tool for discovery and growth in early childhood education.



STUDENT EDGE

My Experience at the Brillante Piano Festival

Over this Dusshera vacation, I got to attend the 5th Brillante Piano Festival held on the 28th and 29th of September, at the Prestige Centre for Performing Arts. It was one of the most memorable experiences of my life! The festival was held in a huge arena with many grand pianos of different designs located at various places in the arena.

It felt like I had walked into a dream! I love playing the piano and being surrounded by so many talented pianists was so exciting. On the first day, I got to attend masterclasses by Professor Adam Greig from the KMCC Conservatory and Professor Marouan Banabdallah from the Lizst Academy in Hungary. At these masterclasses, I learnt some great techniques and performance tips, and I even got to perform for Prof. Marouan. The day ended with a beautiful concert by talented pianists and artists, some of whom were specially abled, which was very inspiring.

The piano competitions were scheduled on the second day of the festival and I was one of the five finalists selected from amongst the many participants in the Piano Prodigy Category. While this was the most exciting part of the piano festival, it was also my first live performance ever in a grand concert hall on a concert grand Steinway piano, and I was both excited and a little nervous.

All the participants were very talented and I spent my time backstage speaking with them and getting to know them. When it was my turn, I walked onto the stage, took my seat at the grand piano, and played my 7-minute piece (Friedrich Kuhlau's Sonatina Op 60 No 2) seamlessly. This is the day for which I practised over the last two months with my piano teachers. The concert hall erupted with applause at the end of my performance and the loudest cheers were from my teachers!

Later that evening, when they announced the winners, I couldn't believe it when they called out my name as the winner of the Prodigy Category, I jumped in joy on the stage!! Winning the competition was amazing, but it was even more amazing to be part of such a vibrant music festival and meet so many people who love the piano as much as I do.



Aarav Lad
Grade 6C, Ekya JP Nagar

TEACHER BLOG

We Love Revision Time

“Come on guys! We can definitely do this! Everyone's eyes on ma'am and ears open” I know I'm doing something right when my students are this devoted to revision and hyping their classmates with slogans like these.

When I make learning and recalling fun, students remember concepts better and will increase their listening skills, students learn to pay attention to details, which they might otherwise miss. Learning can always happen through fun games and exercises that make the brain more alert and the senses more sharp.

Revision is usually a time when students dread the idea of being asked a question they might forget the answer to at the most crucial point. It can also be a time when students lose their confidence in the fact that they still have time to learn and work on their mistakes. To avoid such mindsets I implement the use of games in my science and biology revisions.

These fun-filled, brain-alerting and snap-cold realisation games keep my students interested, on their feet and open-minded for learning. I usually start my revision games with a limited number of lifelines and tell the students that they have five lifelines which they must guard with all the knowledge they have and that is the ultimate goal.

I also have some ground rules which are never broken, which are

1. No putting others down
2. Study - otherwise revision makes no sense
3. Be kind to everyone
4. Have fun
5. Help each other and
6. No mass answering unless asked

With these steadfast rules in the class, I start the revision with an Oral mind map when students take turns shouting out words from the unit vocabulary and work on the goal of being successful as a whole class. For example: Roll number 14 stands up and goes... Cells and the chain begin with related terms tissues, organelles, mitochondria, growth, theories, germ theory, cell theory, diseases etc...

From there, the games get harder and the teamwork between the kids needs to be astounding.

I have seen all the students collaborate so well [Not even for their group assessments] to just win as a class.

The lifelines are the protectors of revision time; if students end up losing all of them, then revision is stopped until they can finish a bonus task. This bonus task ensures that the lifelines are revived for the rest of the revision and we call this the emergency button which is drawn on the board. It can be used only once which makes it very precious and the students use it very wisely.

My revisions are filled with complex games and questions that make the students think twice before they answer, which is what I expect them to do during exams, think and answer.

It's safe to say that because of this revision method, my students are well prepared by studying and always looking forward to revision time to see, understand and fill their learning gaps.



Ms. Vaishnavi P K
Middle School Science Educator

