



Cambridge Assessment
International Education

Cambridge International School



ASHOKA

ASHOKA GLOBAL ACADEMY

NEWSLETTER - JUNE 2021

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FROM THE DESK OF THE PRINCIPAL



Ma'am Sudipta Dutta
Principal, Ashoka Global Academy



As likely said by Ralph Blum – Nothing is predestined. The obstacles of your past can become the gateways that lead to new beginnings. Last year was probably the most unprecedented as one could ever have imagined, however, we thrived, we rose and walked out of it with pride. We learnt at every step, we stumbled and fell just to rise again and see the world from a different perspective.



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Thus, we now begin this new session more informed, more knowledgeable, and more enthusiastic than ever. Yes, we learnt to live. We learnt to take up challenges, we learnt to survive. The education world saw a jet speed metamorphosis, defying all laws of nature and we created butterflies that were not only beautiful but strong.

The children learnt to build virtual castles instead of sand ones, but they never lost hope that they would again make sandcastles and play in the rain, run around on the playground, and meet friends, celebrate their birthdays. This is how humankind adapts and we can survive all kinds of situation when we know that there is hope. Thus, I would like to dedicate this version of the June Newsletter to Hope.

There shall be joy,
There shall be the chirping of birds
There shall be Sandcastles and Tree houses
There shall be toy trains and amusement parks.
There shall be joyrides and jungle safaris.
There shall be trees and flowers,
There shall be happiness all around
Forever alive, as there is HOPE.



WORDS OF THE COUNSELLOR

EMOTIONS

“To feel emotions is the most basic sense humans possess. It’s okay to feel all the emotions that you feel. Give yourself grace and say, “its ok. All is okay.”

Since childhood we are taught to feel only particular emotions, like if we fell down, we were told to be strong and when we threw tantrums, we were told to be calm and not angry, lastly if something would upset us, we were told to be happy and accept it.

When we grow up, life puts us in situations where we are not always strong, calm and happy; but weak, angry and sad. What do we do then? Nobody taught us to deal with these emotions, in fact we know how to neglect these emotions and avoid them. Nobody taught us how to accept them; that is where the problem lies. We know what to do when we are happy, but what to do when we hit a rock bottom. Unclear.

You, me and everyone experiencing this need to know that like any other feelings, experience of sadness, anger, jealousy, disgust are also okay to experience. They are a part of life and it’s like a packaged deal. These emotions are provided to us by nature and are provided for a purpose. These emotions need to be felt too just like any other emotions. These emotions also need your attention, your acknowledgement and also your presence.

To put in simple words, consider your emotions as your child and if we don’t pay attention and acknowledge their presence they will do anything to get our attention and keep demanding our consideration, time, and efforts.

Every emotion is your emotion and you must own it, embrace it and work with it."



Mr. Avishkar Gangurde
Clinical Psychologist &
Counsellor



THEME OF THE MONTH

OUR ENVIRONMENT

It's very essential in today's world for students to have a broader vision in every aspect for the overall development. Keeping this in mind, we at Ashoka Global Academy planned different themes for every month. The theme for the month of June was "Our Environment" with an objective to create awareness and also give an exposure of sustainable development which would lead for a better future.

Even though Environment Day has a rich history, many people associate it with recycling. You'll probably find a lot of Environment Day activities for the classroom that focus only on recycling. This definitely is a great starting point, especially because it's an action which students, schools, and families can take right away without much effort.

As an educator, I had the opportunity to spark a passion in students that will drive them to do their part to take care of the Earth. It also helped me motivate the young learners to be creative and look at Mother Nature from a completely different perspective. We conducted different kinds of activities to observe the entire month as preservation of our environment.

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CREATING COMMUNITY GARDEN

We planned common activities like tree plantation that involved making community garden using used paper cups, bottles. The main objective of this activity was to make them understand the importance of farming and growing healthy food for themselves. It also helped them to understand that not only it is healthy but growing food can also provide them with self-satisfaction and is fun.



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GREEN FASHION SHOW

Green Fashion show was conducted for learners to help them understand the importance of durable material and using it in an innovative way to make it presentable. We could see the learners' creative aspect as they came up with many original methods like bottle caps that were used to make earrings, sea shells for making necklaces etc.



DIGITAL POSTER MAKING

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We conducted this activity group wise where students worked in groups to research and make posters based on carbon footprints and presented the information collected; they then presented alternative ways to reduce carbon footprints. They did it through designing their own dream car using the renewable sources with the features that will make their car unique for sustainable development



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SPECIAL ASSEMBLIES

Special assemblies were conducted where students and educators worked collaboratively towards 'World Ocean day' and International picnic Day' and connected it with the theme to save oceans from littering with plastic and maintain the aesthetic beauty of the nature.

Being educators, it is our duty to inculcate values and give our learners a broader vision in terms of making our Earth a sustainable planet and we shall leave no stone unturned to develop our learners as responsible citizens of the future.



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PICTURE GALLERY



Ways to reduce the CARBON FOOTPRINT



USE LITTER FREE LUNCH BOXES

Have as little plastic bags and wrappers in your lunch box as possible

LEARN THE 3R'S

Reduce, Reuse, Recycle. Going zero waste is a great step towards combating climate change.



REDUCE USING CARS

bike more and drive less.

CONSERVE WATER

conserve water and protect our waterways



AVOID TRAFFIC

Being stuck in traffic wastes gas and unnecessarily creates CO2. Use traffic websites and apps and go a different way or walk.

STOP BUYING YOUR WATER IN PLASTIC

Get a reusable water bottle and keep it filled and with you at all times. You'll save money and the environment!



TURN OFF LIGHTS

Unplug devices when you're not using them every little action adds up.

KEEP STUFF OUT OF THE LANDFILL

Sell items you no longer use to thrift shops, have a yard sale, or donate them to charity. Recycle or separate everything you can't get rid of.



DONATE EXCESS FOOD

If you end up with more food than you can eat, make sure you donate it to a local soup kitchen or someone in need, especially if it will go bad within the next few days.

COOK MORE MEALS AT HOME

Make big meals, go meatless, and eat more often.

CARBON FOOTPRINTS

Each day, we release something called carbon footprint. Carbon footprints are, in simple words, the amount of carbon dioxide released into the atmosphere as a result of the activities of an individual, organization, or community. The carbon footprint of a person can be measured by specific sites online.



Your carbon footprint is based on your everyday life. The major contributors to carbon footprints are:

- Food
- Consumption
- Transportation
- Household energy

Food is a major contributor to carbon footprints, and meat in particular is an issue. Livestock is responsible for a significant amount of greenhouse gas emissions, and beef is one of the biggest contributors.



INTERNATIONAL YOGA DAY

International Day of Yoga is celebrated with much fervour every year on June 21. This year, the International Yoga Day 2021 was celebrated on a Monday as Prime Minister Narendra Modi addressed the seventh such event at 6:30am. The theme for the International Day of Yoga this year was 'Yoga for wellness', a motto aligned to the current pre-occupations. It is an event of a global scale, preparations for the International Yoga Day event usually begin 3-4 months prior, ultimately culminating in a grand programme where millions of people come together to observe the spiritual history and significance of the day.

Ashoka Global Academy also celebrated this day by conducting a special assembly encouraging all our learners to participate and practice yoga in their day to day lives for a healthier lifestyle.



NATIONAL READING DAY

We observe the National Reading Day on June 19. The celebration is marked in the honour of the father of the Library Movement, the late P N Panicker. Puthuvayil Narayana Panicker is famously known as the Father of the Library Movement in the state of Kerala. He passed away on June 19, 1995. He initiated the trend of popular cultural movement in Kerala.

The Reading Day celebration started merely in 1996, however, as the years passed, it has turned into a massive movement with a number of participants to celebrate and honour the habit of reading.

Our Cambridge learners and teachers also kept this spirit alive by indulging into the DEAR Activity- Drop Everything and Read Activity where they read for better knowledge, clear thought processes and indeed a bright future.



MATH FACT GARDEN

The ability to fully understand multiplication, have fluency and then instant recall will boost your child's confidence in the subject. Many of the tasks are required to do both at school, and at home, and it requires basic skills such as laying the table for dinner when guests are expected, calculating exchange rates for spending money on holiday or even working out the days of the weeks, months or years.

The daily uses of multiplication come naturally to many, and highlight the regular use of the skill, reinforcing the importance of learning this from a young age.

Fluency in multiplication will also allow your child, as they progress through their school years, to use these necessary skills and build upon them with more ease as the mathematics taught becomes more complicated.



DRAW A COLOURFUL MATH FACT GARDEN

It's amazing how many math games you can play with sidewalk chalk! For this one, kids draw a basic flower with 10 numbered petals, as shown. Then they write a number to multiply (or add or subtract) by in the middle and fill in the petals with the correct answers.



Ms. Poonam Upadhyay
Head of Department, Math



Do share your pictures of the activity with us at
aga.events@ashokaglobalacademy.com.
We will publish them in the next edition of our newsletter.



RETROSPECT

MAKAR SANKRANTI CELEBRATIONS 2018-2019

Kites rise highest against the winds,

not with it.



BIZARRE AND UNIQUE HOLIDAY LIST



JULY 3

COMPLIMENT YOUR MIRROR DAY

Stand in front of your mirror with your eyes closed. Put a big smile on your face.... a big smile. Now, open your eyes. Isn't the picture of the person in your mirror absolutely stunning!? The person in your mirror is beautiful (or handsome).



Let us know how you celebrated these days by writing to us at aga.events@ashokaglobalacademy.com



JULY 29

INTERNATIONAL TIGER DAY

Also called Global Tiger Day, celebrates tigers, the largest cat on the planet. You can show your support of groups working to raise awareness and improve their habitat.



JULY 13

EMBRACE YOUR GEEKNESS DAY

Enjoy 'Embrace Your Geekness' Day to the fullest. Spend plenty of time with your computer. Talk computer lingo and jargon. If you are a geek, stand tall and proud. Isn't it great to be so brilliant and gifted!?





CONTACT US:



Ashoka Global Academy

Off Gangapur Road

Arjun Nagar, Nashik



0253-6689555 / 0253-6689500



aga.events@ashokaglobalacademy.com

EDITORIAL CREDITS



Chief editors: Ms Pooja Trivedi and Ms Meenakshi Salian

Design and Compilation: Ms Nirja Parmar

