



**AMITY INTERNATIONAL SCHOOL, VASUNDHARA-6**

**VANGUARD**

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Volume: 1



With the blessings of our beloved Chairperson & Founder President, Amity Vasundhara-6 launches

**VANGUARD**

- the first monthly newsletter by & for the millennial generation.



**Ms Sunila Athley (Principal, AISV6)- A Role Model**  
Principal, Amity International School, Vasundhara Sector 6, Ms Sunila Athley was felicitated with the CBSE National Teachers' Award by Hon'ble Minister MHRD , Shri Ramesh Pokhriyal Nishank and MOS MHRD , Shri Sanjay Dhotre at Pravasi Bharathiya Kendra for her valuable and commendable services rendered to the community for the cause of education as a teacher of outstanding merit.

The Scottish Band has tuned their instruments to bring glory to the school by being unbeaten at the State and Zonal levels. Their melody mesmerized the judges. They vied against the best bands from Uttarakhand, Delhi, Chhatisgarh, Haryana & Madhya Pradesh

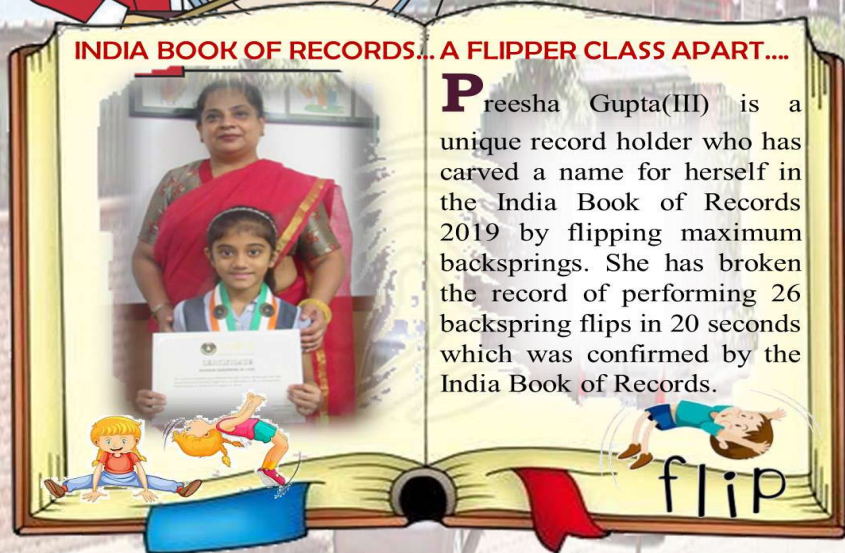


**POSTAGE DESIGN WINNER**

**V**ibhushi Aggarwal (VII) was adjudged the winner among more than 15000 entries across India for her remarkable postage stamp. The national level competition was conducted by the Department of Posts, Ministry of Communication, Govt. of India along with UNICEF. Her stamp reflecting the theme 'Child Rights' has been adapted by India Posts as the First Day Cover.

**INDIA BOOK OF RECORDS... A FLIPPER CLASS APART...**

**P**reesha Gupta(III) is a unique record holder who has carved a name for herself in the India Book of Records 2019 by flipping maximum backspings. She has broken the record of performing 26 backspring flips in 20 seconds which was confirmed by the India Book of Records.





# CBSE CHAMPIONS

The sporting arena at the CBSE Championships glistened with glorious gold and shining silver medals bringing laurels to the school as Mishel Aggrawal (VII) rolled into the finals of the skating event and Ridhisha Sharma (XI) clinched the second position in Teakwondo Under 17 category.



## An App for Sporting Fraternity

A digital platform to connect the deserving and aspiring sportspersons to the coaches, sports institutions and stadia to be able to develop a positive sports culture in the country. It also brings information about sponsorship to the players.

SPORTSPULSE

The environmentally awakened students held full stake in conserving Nature and natural bodies while resonating the same message to the community at large. A group of nine dancers presented a ballet as a Tribute to the Rivers of India & mesmerized the audience at Major Dhyan Chand Stadium. The performance was applauded by the DG, National Mission for Clean Ganga, Mr. Rajiv Ranjan Mishra.



## A Conclave of Solar Ambassadors

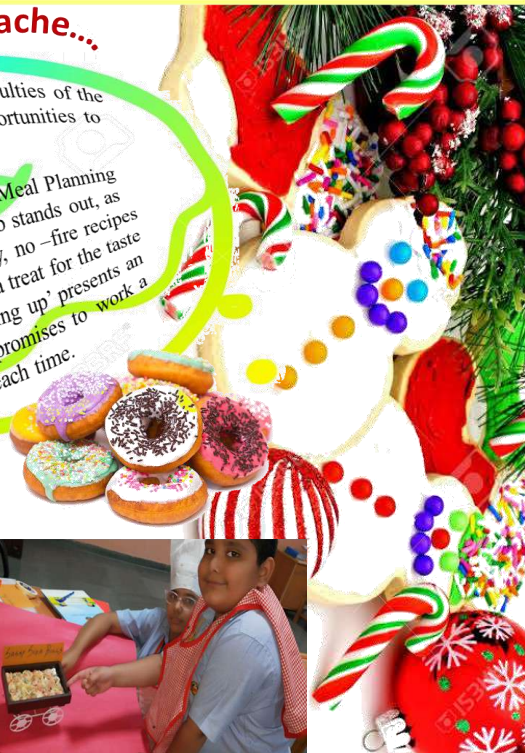


Ira Aggarwal(VI) shone brightly among the scientific contingent of 25 students & 25 astronomers to visit the Sultanate of Oman to study and conduct experiments. This unique and prestigious opportunity came her way after a rigorous selection procedure which comprised of an online MCQ based exam called Space Helio Odyssey Test.

## Planning Meals with Panache...

Work-Ex Clubs satiate the creative faculties of the students and provide them ample opportunities to further hone their skills.

Featured this month, is the unique Meal Planning Club for Classes III to V. The Club stands out, as the young students prepare healthy, no-fire recipes in just a jiffy which are not only a treat for the taste buds but also the beautiful 'plating up' presents an unmatched visual delight and promises to work a ravenous appetite each time.





**A TAPESTRY OF COLOR AND TEXTURE...A NEW ADDITION TO THE CAMPUS!**

The vibrant alyssums and pretty pansies bloom to brighten the campus. At the school entrance, is the Innovative Vertical Garden. Environmental experts opine that they not only control air pollution but also combat the Urban Heat Island (UHI) effect. The recipe of our beautifully designed Vertical Garden:

- **Golden pothos:** It is an ideal house plant which is tolerant for erratic watering and low-light conditions.
- **Dwarf Signomium:** Available in blush pink, bright green and variegated foliage varieties, these are great both indoors or outdoors.
- **Saplera:** A popular house plant that adds fun texture to the garden with its divided hand-like leaves.



We Follow the Trend

The dynamics of education is changing in leaps and bounds to provide sustainable methodology to educate aspirants. The need of the hour is Skill Based Education.

**LATEST EDUCATION TRENDS AT AMITY**

**PISA** – The Program for International Student Assessment is a worldwide study intended to evaluate young students’ reading, mathematical and scientific literacy. The new reform in the school system will help move away from the rote learning methodology towards critical thoughts and reasoning.

**‘Chalk and Talk’ replaced** – Project Based Learning activities and Flipped Classrooms have been included to learn better and improve retention.

**K 12 Education System-** The system includes a teacher-student interaction with the teacher encouraging the students with Question-Answer sessions & assignments that would promote interesting learning habits.



Degradation of the environment is the biggest threat for all. Let's just travel through concrete patches to know how to green our surrounding.



**Avoid Carbon Footprints** – It is better to use footprints instead of carbon footprints for shorter distances. Enjoy exercising and fresh air to begin the day in a green way.

**Adopt a patch** – Get friendly with the natural world and grow a garden or a class wormery on a patch of the school or society or even grow seeds in pots to connect to the Earth.

**Eco Friendly Tips**

**Green Institution** – Cut down on paper usage and go digital.



*Our students have adopted such a patch where they grow herbal plants, vegetables and medicinal plants. Beautiful Water Feeders have also been placed there to quench the thirst of the birds during the harsh summers.*



# Tantrum (CUR) Tales



From tantrumy toddlers to temperamental teens, parents have seen it all. But fret no more as Vanguard brings you your Go-to Guide to tackle temper tantrums.




**GET TO THE ROOT-**  
Most temper tantrums stem from deficits-emotional, nutritional, attention or something as primal as 'sleep'. Analyse & address the concern.



**SEE EYE TO EYE-**  
See the world through their eyes! What may seem unreasonable to you may be perfectly logical to them. Try to understand their points of view & then make them understand yours.



**KEEP IT COOL-**  
Keep your calm when responding to a tantrum. Don't complicate the problem with your own anger or frustration.



**REASSURE-**  
After the trying phase is over, praise your child for regaining composure. Tell them that you love them, no matter what.

*Teach your child to advocate for his own needs in an appropriate and gracious manner.*



Students add oodles of value to their personality by adorning the 'Value in Vogue'. Simple to summon and always grabbing the attention of those around, these values and ethical principles are here to stay. In this segment, we bring forth the 'Value of the Month' thereby strengthening not only the IQ but also the EQ of every Amitian.

## EMPATHY

The word 'empathy' is used a lot, but what does it really mean? Empathy is a concerned response to another person's feelings. It involves thinking, feeling, and even a physical reaction that our bodies have towards other people, when we relate to how they feel. To have empathy, we have to notice and understand others' feelings, but that isn't enough. We also need to care for and value them. Here are some sure-shot ways to add this weapon (read value) to your arsenal:

- ▶ Notice and reject stereotypes
- ▶ Respect and value differences
- ▶ Widen your circle of concern
- ▶ Listen closely to peers and adults
- ▶ Manage difficult feelings like sadness, anger, and frustration
- ▶ Navigate social situations ethically and fairly



# The CREATIVE CORNER

*Smile away, be positive*



It's a new day, a new beginning,  
All I'm trying to find is happiness in me,

Dark days are all in the past,  
Lives are moving on pretty fast.

I worried too much and smiled too less,  
But it's time to find laughter and cheerfulness,  
Happy times are all piling up,  
This place has truly become a positive world.

A place we always ran away from,  
A place we always frowned upon,  
Is now a place where humour heals,  
With heaven's own tinted bow of beauty.

AYANA SAHAY(X C)