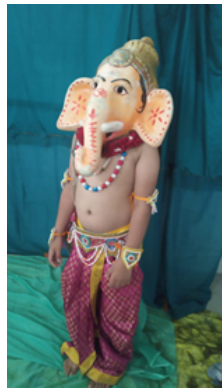


RIPPLES SEP 21



CONTENTS OF THIS ISSUE

KRISHNA JANMASTAMI & GANESHA FESTIVAL CELEBRATIONS

Shiksha's tiny tots

Celebrated Krishna

Janmastami and Ganesha chaturthi .They dressed up like Krishna and participated in fun events.



ACTIVITIES ON SUBJECTS MATH AND EVS

Various subject activities on Math,EVS and others were conducted for students to understand concepts clearly and in detail.

CRICKET AT SHIKSHA



SPORTS CORNER

In this issue we have brought you the benefits of cricket and chess

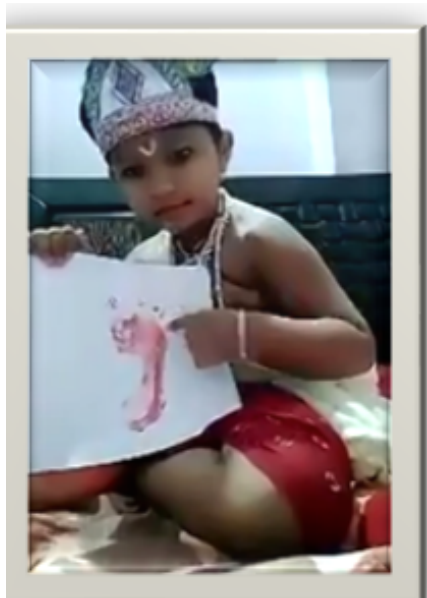
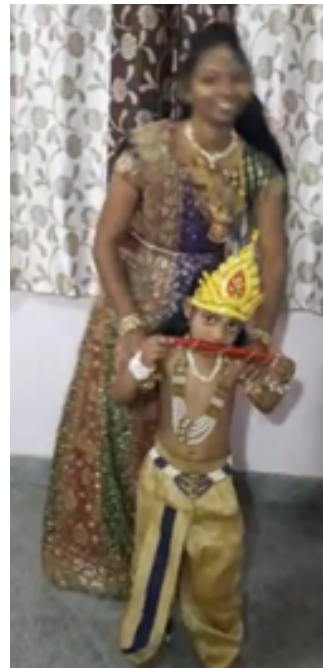
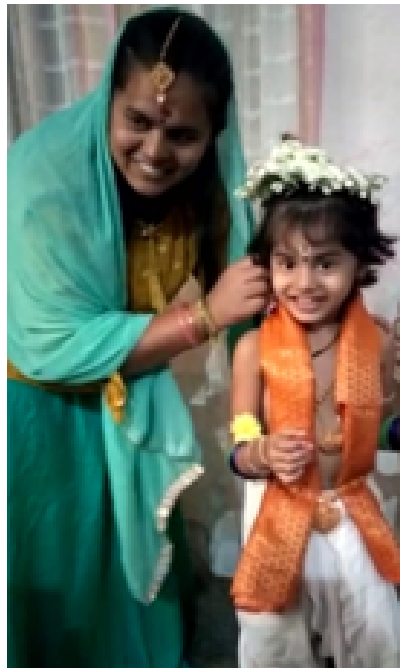
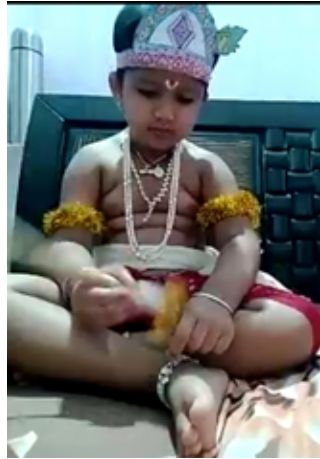
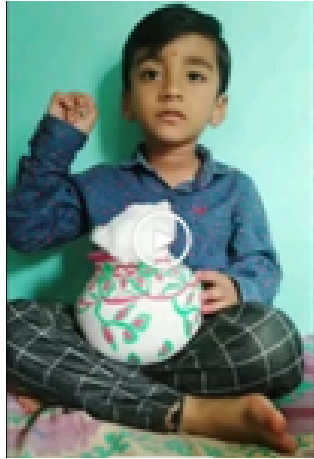
CHESS



PARENT'S CORNER

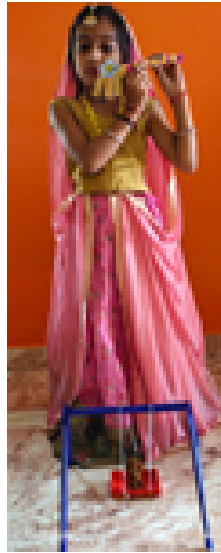
The importance of a Parent's role in encouraging their children in sports is discussed in detail in this issue.

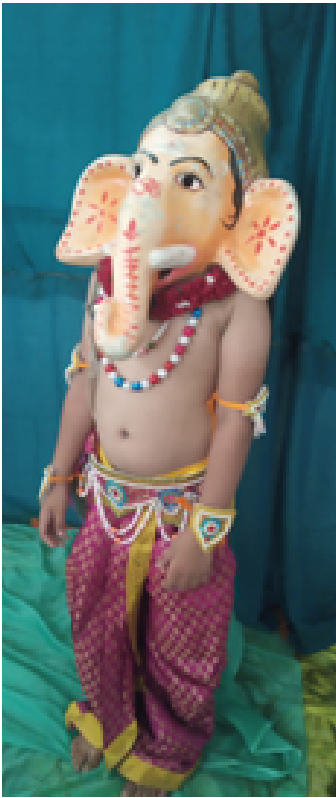
**KRISHNA JANMASTAMI
CELEBRATED BY THE TINY TOTS OF PRE KG**



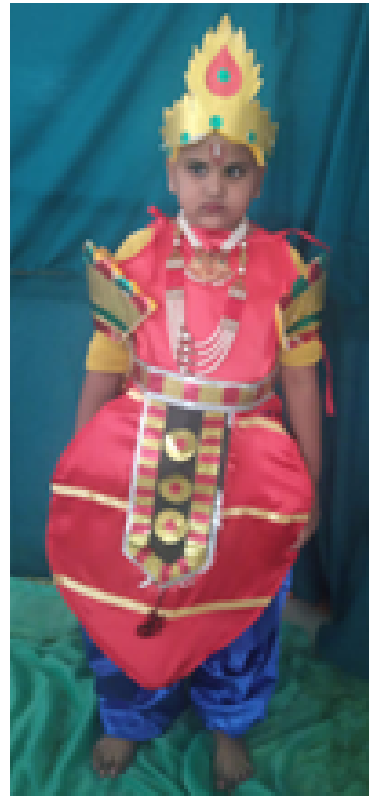
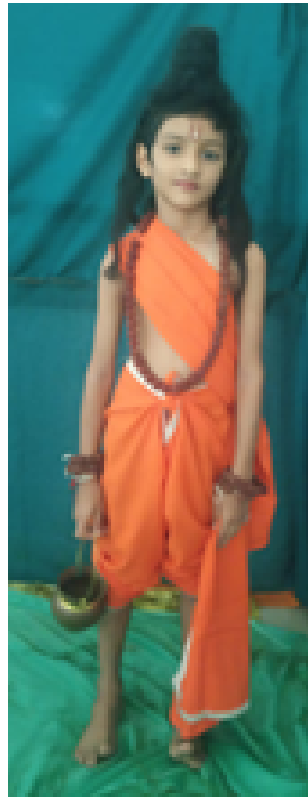


Janmastami Craft by grade 2 children

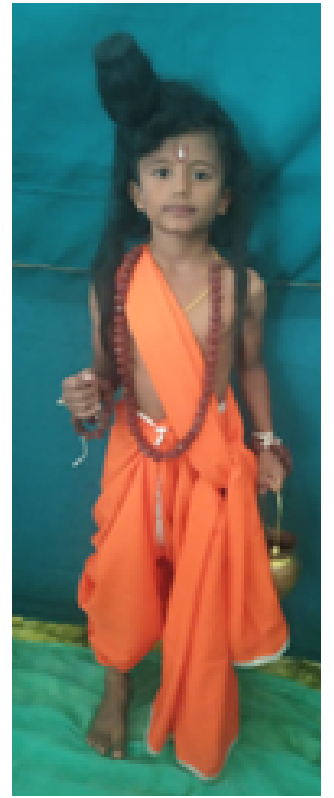




Pranav Bhat



Yashika

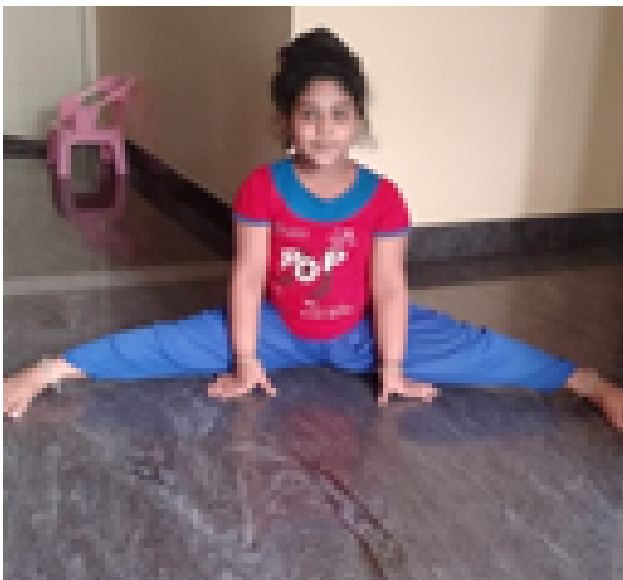


**Ganesh Festival celebrated by
Grade 1 and Grade 2 children**

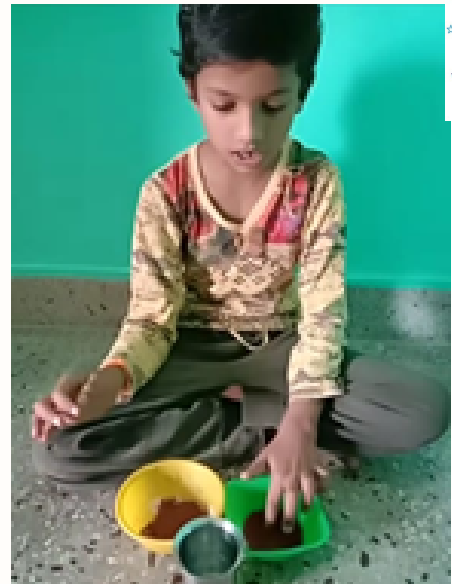
EVS ACTIVITY- GRADE 2



Children were taught the different parts of a bus along with their functions through an interesting activity which was both creative and informative.



The students learned about the good habits they must follow by participating in a fun class activity that encouraged them to understand its importance.



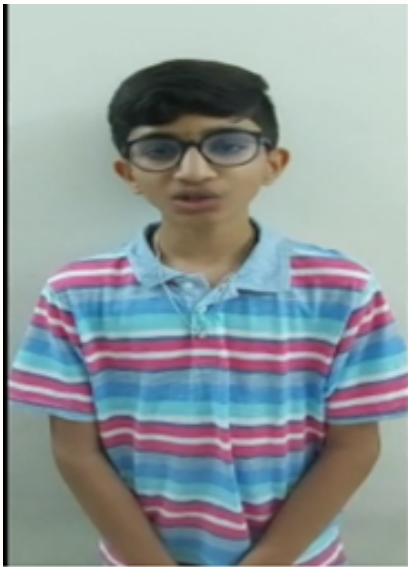
Grade 1 students participated in an hands on activity using wheat flour, sand, glue and water to understand the difference between pucca roads and kuchcha roads..

MATH ACTIVITY



Number bond activity done by grade 1 children

NATURAL AND MAN MADE RESOURCES- GRADE 8



AYUSH EXPLAINING NATURAL RESOURCES



**KRISHA TALKING ABOUT HOW THE
RESOURCES ARE BEING CLASSIFIED**

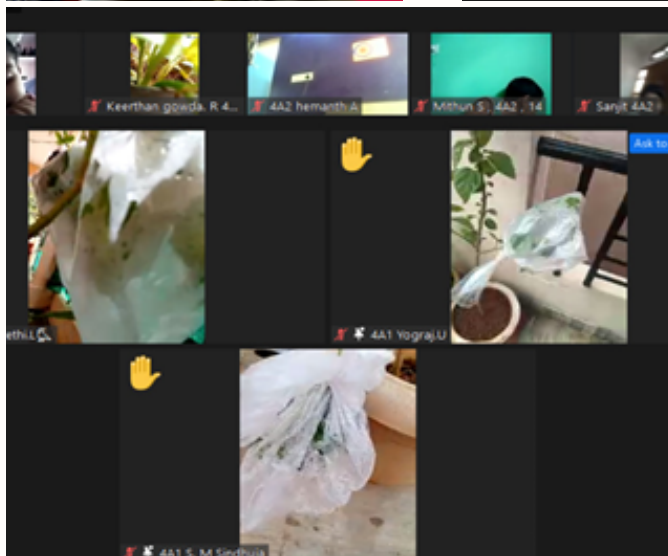
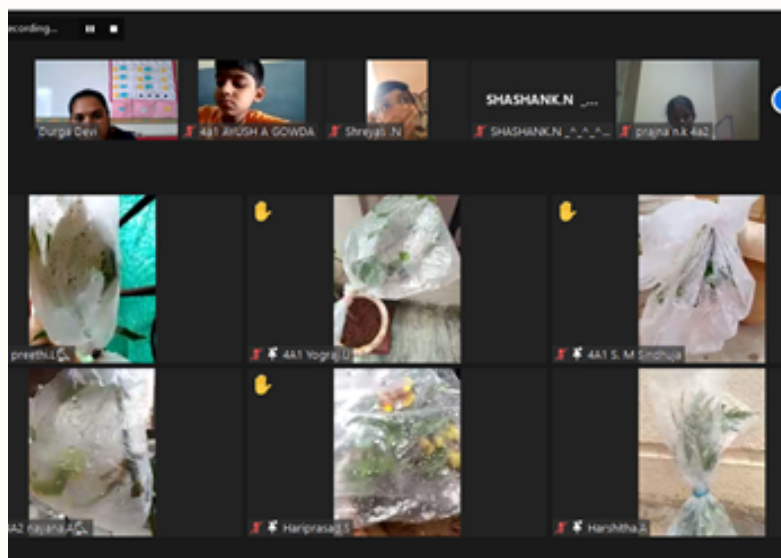


VARUN TALKING ON MAN MADE RESOURCES



Students displayed their artistic talents in various cultural events during the Hindi Divas celebrations which left everyone mesmerized and wanting more.



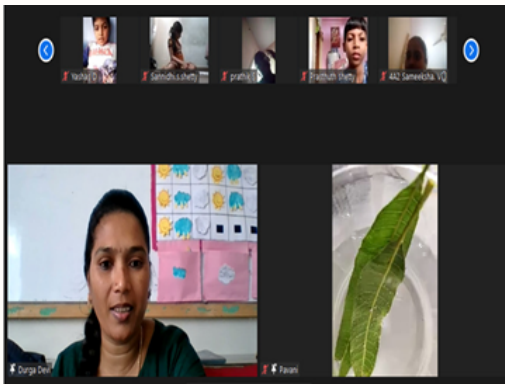


In order to understand science concepts like Transpiration, students were asked to conduct experiments at home to observe the result and later were encouraged to ponder the reasons for their observation.

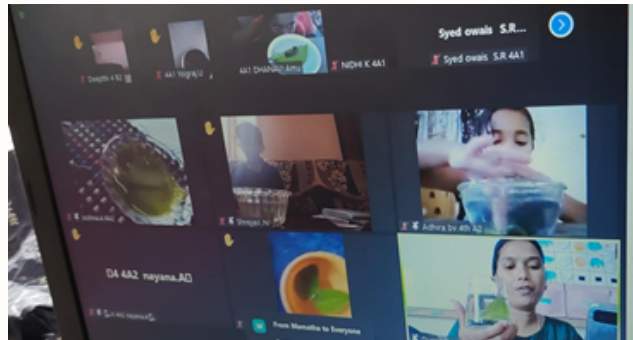


An activity to understand germination was conducted, where students were asked to observe the seeds and the changes in them over a period of time. Simultaneously, in order to understand the requirements for germination, the seeds were left to grow in different types of conditions.

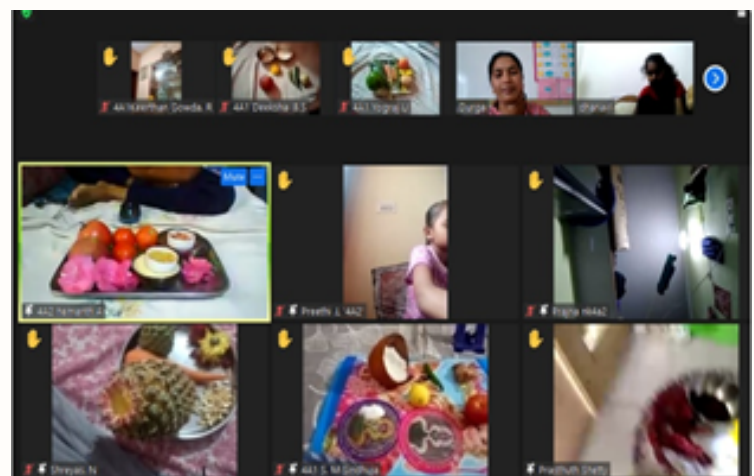
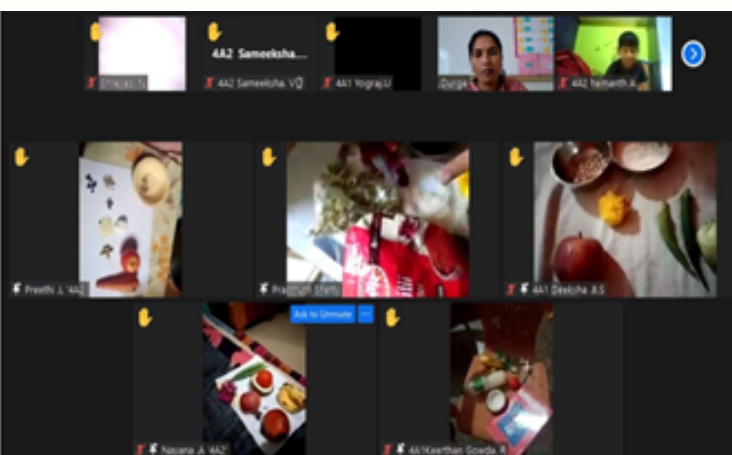
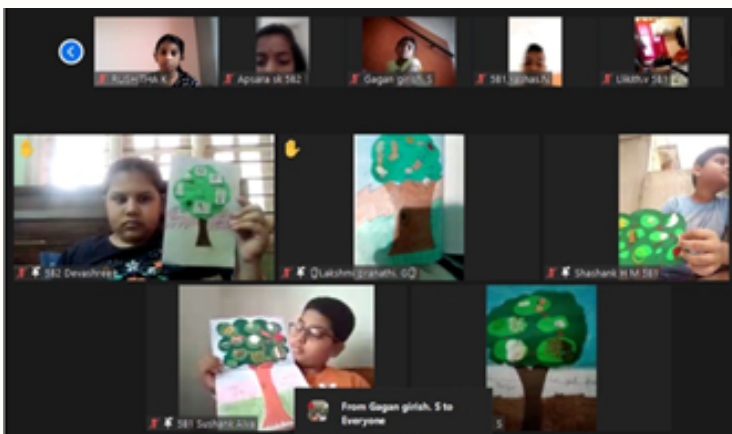




Another activity was performed in class to teach kinds of respiration, by making students observe and reach a conclusion



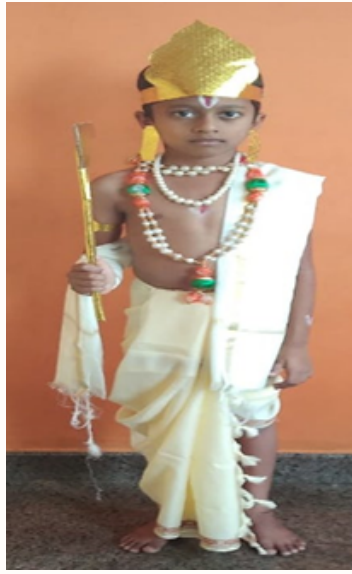
In order to understand plants and their uses, a class activity was conducted followed by a discussion, which helped students observe, analyse and make inferences.





Students of Grade 5 participated in the skit "The sighting of the moon is prohibited on Ganesh Chaturthi"





Grade 4 children showed the enactment on "Natkat Krishna"



Shiksha Sports

CRICKET AT SHIKSHA



Children Playing Practice match at Invictus Cricket Academy on a Turf Pitch
The Practice matches are organised for two to three days every month

At Shiksha we have two teams. Under 14 and Under 16, Players are trained and sent for KSCA state selections

CHESS AT SHIKSHA



The 9 Best Benefits of Playing Chess

- **Develops perspective.**
- **Improves memory.**
- **Deepens focus.**
- **Elevates creativity.**
- **Boosts planning skills.**
- **Increases self-awareness.**
- **Protects against dementia.**
- **Helps ADHD.**

Benefits of Playing Cricket



- 1.Increased Stamina and Endurance:** the constant running across the field helps to increase stamina.
- 2.Balance:** balance is also something one can improve through this sport because of the utmost concentration required while playing cricket.
- 3.Flexibility:** learning to move freely is something that comes with practice in cricket, thus improving on flexibility of an individual.
- 4.Coordination:** when catching or throwing the ball, a cricket player improves his hand eye coordination
- 5.Cardio:** Cricket includes a lot of throwing and sprinting across the field, which is a great cardiovascular activity.
- 6.Improved Motor Skills:** Bowling, batting and catching the ball require gross motor skills. These are such activities that make the large body muscles to work.
- 7.Social Skills:** it's a great way to interact with people and its also a great way to learn to cope with winning or losing. Cricket matches can last several hours, and within that time one must work with the team in a cooperative manner to develop and initiate game strategies and win the match.
- 8.Muscle Toning:** like any other sport, cricket also helps with gaining and toning your muscles.
- 9.Physical Fitness:** all the sprinting and bowling requires you to be constantly up and running, which increases your physical activity level.
- 10.Team Building:** it is a team sport. Eleven players must work together for several hours on the field, utilizing strategies to defeat the other team. Children playing cricket learn cooperation and other social skills, while building a sense of pride and accomplishment when their team wins. Even adults can enjoy the opportunity to foster friendships outside of the office. Victory is all the sweeter when shared

ROLE OF PARENTS IN SPORT



Parents as models for their kids

Family is the basic element of a kid's successful professional life or sports path. The parents can very specifically contribute to the fulfilment of the meaningful learning needs of their kid. Parents act as a behaviour role model and as an idol to be imitated and followed. They are the natural authority for their kids. They have a great impact on their kids' attitude to movement and sport. Undoubtedly, parents comprise a major contributing factor in children's sport.

Movement is a biological need of children, which decreases along with age. This may often be caused by an inappropriate parent model. In the best case, parents can teach their kids positive habits and attitudes important in life. One of these areas is definitely a healthy lifestyle, nutrition and physical activity. If parents are not used to spending their free time actively and doing sport, it is very likely for their kid to have the same lifestyle in future. Parents are recognised for their important role in providing the necessary financial and logistical support to enable sporting opportunities for their kids.

It is generally known that parents should go for walks with their kids, ride a bike, ski, swim or hike. Even if we are not talking about a top sports performance here, the result is very similar in the area of the kid's development. When did you last go cross-country skiing or build a snowman with your kids?

Parental commitment to their child's sport

Parents are often the primary socializing agents for getting children involved, often teaching the first steps referring to sports skills, and many young elite athletes emphasize the supportive influence of their parents during their career. Parents who are or have been active athletes themselves may initially act as the child's first coach, and are highly committed to their children's careers. They invest money, time, and emotional support into their kids.

Too much or too little interest?

The parental involvement in their child's sport ranges from under involvement through moderate attitude to over involvement. Whereas moderate involvement seems to facilitate a sport career, both under involved, disinterested parents and, at the opposite extreme, overly engaged parents, may play a disruptive role.

As youth athletes with disinterested parents may lack the necessary instrumental and emotional support at home that would enable them to pursue a sport career, they are more likely to drop out from sport and need more support from other authorities, such as teachers or coaches.

EVENTS PLANNED IN **NOVEMBER 21**



- **Cricket**

1. **Tournament matches -Two matches at Ground:-
Game play**
2. **Two Practice matches at Invictes Play ground**

- **Volley Bal(Girls and Boys)**

1. **Tournament matches at St.Clarets School**
2. **Practice Matches at School Ground**

- **Chess**

1. **Restart of Chess at School**

- **Throw Ball (Boys & Girls)**

1. **Tournament matches at St.Clarets School**
2. **Practice Matches at School Ground**

- **Tug of war selection for state representation**

- **Badminton and Table tennis will be started shortly**

THANK
YOU