



From the Principal's Desk

“Christmas is the season of kindling the fire of hospitality”

The value of the month was “JOY” and we shared a lot of happiness and love with our young Ryanites this December. We celebrated Christmas with Christmas goodies, Christmas Carols and Christmas tree and we hosted our first Annual Sports Day.

“Christmas” the vibrant festival was celebrated throughout the month with fun and fervour. The entire school wore a festive look with bells, streamers and a beautifully decorated Christmas Tree. Our Ryanites decorated their campus with their handmade Christmas crafts. Children came dressed in red and white party dresses, enjoyed singing the carols, participated in the skits and danced merrily. The spirit of giving and sharing was inculcated in our tiny tots through a series of activities.

It was a delight to watch the festival spirit in every corner of the school and in each one of us.

“Champions keep playing until they do it right”

Students need an all-round exposure to achieve their full potential possible and it’s our endeavor to provide ample opportunities. One such activity was the first Annual sports day which was hosted for RIAS on the 21st December. It was an honour to have legendary players of India, Padma Shri Anju Bobby George as the Chief Guest and Mr. Ajit Witjetilekk as the guest of honour.

The entire event was hosted by our students, where all the students, teachers and the parents participated with excitement. It was very encouraging to see mothers and fathers participate in the events and win medals. We witnessed the wonderful football and badminton matches played by our young Ryanite champions. The enthralling and colourful dance performances of our students captivated the entire audience. I like to compare the holiday season with the way a child listens to their favourite story. The pleasure way of how the story begins, the anticipation of the turns it takes, the moments of suspense and the climax. All of us experienced these emotions throughout this festive month.

May the almighty shower all his blessings on our children and I wish this holiday season brings in all happiness and good health to all of us.

- Ms. Sripurna Sarma
Principal, RIA Sarjapur

Quote of the month

“Christmas is not as much about opening our presents as opening our hearts.”

- Janice Maeditere

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EVENTS AND ACTIVITIES AT SCHOOL

EVENTS

Sports Day

Our first Annual Sports Day at Ryan International Academy Sarjapur was held on December 21st, 2022. The theme for our Sports Day was Azadi Ka Amrit Mahotsav. As we celebrated the spirit of our 75th Independence Day through our energetic annual Sports Day, our students gave their best to exceed expectations and win as many laurels as possible.

We were delighted to have as our Chief Guest Padma Shri Anju Bobby George and Guest of Honour, Mr. Ajit Wijittlek, Director and Mentor, Ajit Wijitilek School of Badminton.

The programme began with the welcoming and introduction of the Guest. The parents were eagerly waiting to see their children perform. Planting a sapling and embracing the gift of greenery is a part of Ryan culture during any celebration. We had our chief guest and the guest of honour plant a sapling to thank our Mother Earth. Learning different languages are also an important part of students' lives at Ryan and to showcase that aspect, we had our students welcoming everyone on this auspicious day in five different languages, English, Hindi, Kannada, French and Spanish.

The March Past by our budding Ryanites, led by the Head Boy, Head Girl and the Captains of the four houses Ruby, Sapphire, Topaz and Emerald was a treat to the eyes for the audience. We had the lighting of the torch, followed by the relay of the torch by our students.

The sports day commenced with the flag hoisting, oath taking ceremony and the release of the mascot. The sports meet was declared open by our Guest of Honour, Mr. Ajit Wijitilek followed by the felicitation of the guest. The ground was filled with life and energy as the children performed the mass drill.

We had different races for Montessori children like the pick and run, feed the croc, blast the balloon, walk on the giant feet, fill the bucket and run and tossing the ball. The primary grades had agility run,



zig-zag hurdles, freeze and run and paint with bubbles and run. There was so much excitement and cheering in the air.

Children were thrilled to watch many sportive mothers and fathers participating in various races. There were also inter-house finals for relay race, football and badminton.

The sports day came to a close with the parachute drill by the students of grade 2, prize distribution, lowering the flag, vote of thanks, Ryan song and the National Anthem.

ACTIVITIES

National Milk Day

At RIAS, we celebrated this day by making our students understand the importance of milk and its benefits. The students were taken on a virtual tour to the dairy farm. The benefits were discussed in detail as Montessori 1 students prepared a clay dough cow. Montessori 2 drew a cow following the step-by-step procedure and coloured it. Montessori 3 students prepared a cow mask.

The primary students brought the packaging covers of milk and milk products and made a collage. Students made posters portraying the various milk brands available in their town. They also made advertisement posters of different brands of milk available in our city. Creating posters was an opportunity for children to start discussions about the nutritional value of milk and milk products. From the activity, students gained knowledge about the benefits of milk in a fun and engaging manner.

National Milk Day is created to spread awareness of the impact that a healthy dairy-filled breakfast has on a child's day. This healthy beverage contains lots of calcium and minerals that helps children keep their bones and teeth healthy and strong.

World Computer Literacy Day

To encourage and educate our students of Ryan International Academy about the need for learning to use the computer, activities were organized on the 2nd of December.

Children of grade 1 and 2 solved the puzzle about Computer related app icons. To know and understand more about computers, the students were shown a video to get a glimpse about the manufacturing of computers and its uses in our day-to-day lives. The students of grades 3, 4 and 5 prepared a Computer - CPU, Monitor, Keyboard, Mouse and accessories using old cardboard boxes.

It was a fun filled and informative day.



ACTIVITIES

Indian Navy Day

To show our respect for the Navy persons and to pay gratitude for sacrifices of brave martyrs, the students of Ryan International Academy, Sarjapur conducted various activities on Indian Navy Day. The Montessori students drew and coloured a Navy ship. While our students of grades 1 to 5 drew and coloured different kinds of naval vessels of India.



International Mountain Day

The theme of this year's International Mountain Day (IMD) on the 11th of December was 'Women Move Mountains'. Women play a key role in mountains' environmental protection and social and economic development.

This occasion was celebrated by taking our Montessori children on a virtual tour to learn about mountains. The students drew mountains and coloured them. They gained some understanding about the importance of mountains.

Primary students drew a mountain step wise and discussed the importance of the mountains to our environment.



World UNICEF day

"Hunger is not a problem. It is an obscenity. How wonderful it is that nobody needs to wait a single moment before starting to improve the world."

We at Ryan International academy celebrated 'UNICEF Day' with the grade 5 students writing about their understanding regarding 'Sharing is caring.' They expressed their views regarding how they could help children around them who need more help.

The students came up with their observations regarding how they have seen children suffering all over the world and also came up with small things they could do to help them. It was encouraging to observe the students showing empathy towards the needs of other children.



ACTIVITIES

World Energy Conservation Day

National Energy Conservation Day is celebrated on December 14th in India to raise awareness among people about global warming, climate change and promote ways of saving energy resources.

To create an awareness about the mindful use of the energy resources around us, the students were made aware of the efficient use of resources. Teachers brainstormed a discussion on how things can be reused. The students then listed out the things that they have at home and could be reused and recycled.

National Farmers Day

The backbone of India's economy and a significant contributor to rural prosperity are Farmers. To honour and appreciate all the responsible farmers for their contributions to society, National Farmers' Day is celebrated every year on the 23rd of December. The day is observed to commemorate the birth anniversary of Mr. Choudhary Charan Singh, India's fifth Prime Minister. To raise awareness among people to ensure farmers' social and economic well-being. The day is used to focus on providing farmers with the most up-to-date agricultural knowledge, to increase their yield.

The students at RIAS expressed their ideas by writing about 'If I were a farmer, what would I grow.....!'

The children also drew the different food items grown by our Indian farmers like pulses, grains, fruits and mentioned the regions where these crops are grown.



ACADEMICS

Social Science Activity – Grade 3

The students of grade 3 had an opportunity to explore a large map together in relation to the topic they learnt in Social Studies 'Continents and Oceans'.

The children were made aware that the Earth's surface is covered with both land and water. The students discussed the positions of the continents on the earth. They explored the different countries in each continent and the location of the different oceans that cover the earth. The students got in-depth knowledge of the location of continents, different countries and oceans.

Math Week

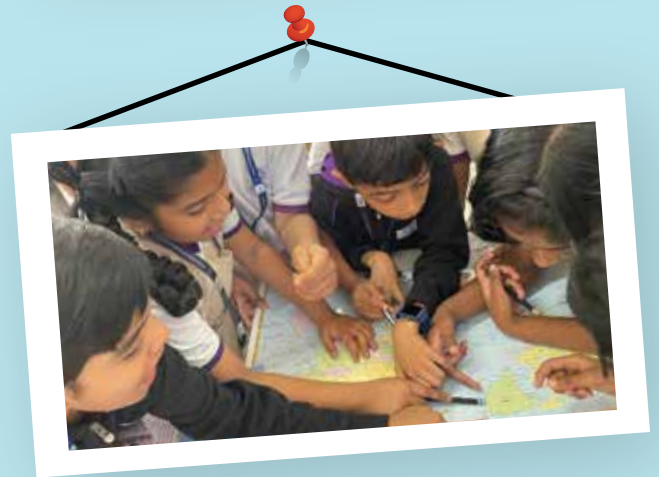
To recognize his contributions to mathematics, the students at RIAS had math related activities for a week. The math week began with the students learning more about Srinivas Ramanujan and his inspirational life history by watching a documentary.

The students of grade 1 and 2 created a poster by using acronyms of the letters M A T H to show their positive feelings towards mathematics. The students of grades 3 to 5 participated in the housewise competition to solve Sudoku puzzles.

The students of Grade 1 measured the height of plants near the school premises by using a hand span to understand the importance of units of measurements.

Then the students of grade 4 and 5 arranged the shuffled cards of equivalent fractions and created a fraction flower and caterpillar. The grade 3 students shuffled cards of like and unlike fractions in order and created a flower.

Lastly, the students of grades 3 to 5 created a mock market by selling and buying products like fruits and vegetables to understand the concept of mass and basic units of mass. The students used dummy



ACADEMICS

notes to understand the uses of money in the market and the arithmetic operation of money.

White Day

"White is the most wonderful and important colour because within it you can see all colours of the rainbow" - Richard Meier.

At RIA, our Mont children celebrated WHITE DAY on 12th December, 2022 with much enthusiasm. Teachers all across Mont classes have explained the significance and importance of White colour.

Mont1 celebrated White Day with an activity of sticking cotton on the picture of Polar Bear.

Mont 2 children were engaged in sticking of cotton ball activity on the outline of a smiling Tooth.

Whereas, our Mont 3 children were involved in the brushing of teeth activity. Teachers spoke about the enhancement and development of their daily activities and practical life skill as well. Students have coloured the picture of the tooth, white with white toothpaste using a brush.

The activities across Mont classes were enjoyed to the fullest and these group activities help in developing social competence in children and teach them to work together in a team.

Innovation Academy

The Montessori 3 students participated in the activity 'My body parts and sense organs' made of LEDs. They created a model of the human anatomy and learnt its functions. By forming the basic connections between LED and Battery, the students explored the sense organs and their functions. Students developed the ability to design a model. The students of grade 1 worked on the activities 'House with fan and light' and 'Buzzer with switch'. Using basic electrical components, the students learnt to establish simple connections by completing these activities. They built a model of a house and installed a light and a fan. The students



ACADEMICS

were able to understand how a buzzer operates when attached to a battery and connected to a switch.

The students of grade 2 have completed the activity 'Bubble Machine'. They gained knowledge about constructing a bubble machine model and connect it to a battery, motor, and propeller. They gained an understanding about the idea of surface tension and the spherical bubble shape. The students of grades 3 and 4 are completed the activity 'Introduction to general electrical connection'. This activity has two parts wherein the first one is connecting a light bulb with and without switch and the second one being Buzzer with switch. Through the activity, the students gained knowledge about connecting fundamental electrical components in parallel and in series. The students learnt about the features and applications of a buzzer. The students worked on 'Motorized Robotic Cart'. The students are familiar with fundamentals of robotics. They learnt to utilize mechanical tools to create the model. The students gained knowledge regarding the usage of motors, manual remote controls and connections. The students gained the skills such as engineering, measuring, and designing.

Passion Building

The Passion Building clubs are meant to develop innate passion that children have towards the environment, home science or art. In the environment club, the students explored ways to rebuild and recycle waste materials. Recycling is one of the best and the most popular methods for non-biodegradable waste management. The students from grades 3 to 5 brought old and unused glass bottles to school to be recycled. They made beautiful flower vases and show-pieces, by painting the bottles, which could be used as perfect gifts for their family and friends. The students enjoyed working on the activity and had fun recycling the bottles.

In the home science club, the students learnt to soak different pulses like bengal gram, green gram and peanuts to make sprouts. Later, they added cut



vegetables like carrots, cucumber and tomatoes and herbs such as coriander leaves to make a colourful sprout salad. Sprout salad is a healthy and gluten-free which is rich in fiber and power packed with proteins and other nutrients. The students had a great time making the salad and also eating it.

COMPETITIONS

Christmas Carol

Christmas Carol Competition was held on the 16th of December 2022. It's the most wonderful time of the year! It's the season of cheer, joy and giving. One of the many favorite activities during Christmas is singing Christmas carols. The children sang together to win together. The students were dressed in red and with red Santa caps. The Montessori children sang "We Wish you a merry Christmas", "Santa is Coming" and "Jingle Bells". The primary students sang "Silent Night" "Feliz Navidad". Children put in all their effort and were filled with the Christmas spirit. We had Mr. Luke, the Regional Manager at Furtado School of Music, as the judge to decide the winners.



CELEBRATIONS

Christmas Celebrations

Christmas day Activities were held on 19th, 20th, and the 21st of December. Christmas activities in Ryan was totally magical. The creativity of the children was seen in full bloom when they participated in Christmas day activities. On 20th of December the Mont children drew the Santa Claus, made flying reindeers, and made paper baubles using old paper plates and craft paper. The teachers were equally enthusiastic filled with the festive mood was seen in all as they did the planning and preparation for the activities. The primary students made hanging snowman, Santa's reindeers, and stars. The children had activities to solve puzzles linked to Santa Claus.

The Christmas day activities continued as the children were excited in drawing a Holly leaf, children used fingerprints to make candy canes, Children cut an outline of their own palms on card papers and decorated it with season's flowers and leaves. Children wrote letters to Santa Claus, and solved Christmas word scramble puzzles. The classrooms were filled with joy and excitement. The Mont students made cute reindeer hats, and played matching games. The primary children made Christmas tree from carved pencil shavings.

The Christmas Day celebration was held on December 22nd, before the winter vacation.



HEALTH SAFETY CHILD PROTECTION

FIRST AID TRAINING

The Manipal Hospital team Bangalore, conducted a first aid training for the teachers of our school on the 15th of December 2022. The objective of this session was to ensure safety measures to our children when in need.

We believe a trained teacher is more reliable, confident, and in control of themselves when a medical emergency arises and are capable of providing first aid immediately. First Aid ensures immediate attention and also makes recovery faster. The hospital team taught the teachers and staff how to provide CPR (cardiopulmonary resuscitation) and first response care to an individual who has sustained an injury or has become unwell.



EVACUATION MOCK DRILL ON EARTHQUAKE

We conducted a mock drill on earthquake on for the students and teachers on the measures to be taken specially on evacuation during an earthquake on the 15th of December 2022. This drill prepared the students on what to do if an earthquake should occur during the school time. At this time, teachers to evacuate from the classroom to the field ASSEMBLY AREA (Football ground), via the assigned evacuation route

During evacuation:

- The students need to leave the buildings in an orderly fashion and in line.
- Students should leave their belongings in the classroom.
- Students should line up in the hallway and remain there quietly until the teacher is ready to leave.
- The teacher should lead the students in a line quietly out of the building.
- The teacher should lead the students in a line quietly all the way to Assembly Area (Football ground).
- All the doors should be unlocked.
- Lift should be locked
- The students understood the importance of getting in line, staying in line and walking out to the Assembly Area as quietly as possible.
- The students were reminded students that both the drill should be taken with the same seriousness as the real event times as the preparedness for such natural disasters/calamity is very important. This ensures safety of all us.

CHRISTMAS ART CORNER

To celebrate joy of Christmas various Art and Craft activities were organized for Students of all Grades.



STUDENT'S CORNER

The Joy of Christmas

Christmas is a festival to celebrate the birth of Jesus Christ. It is celebrated every year on 25th of December. During Christmas, we decorate the Christmas tree with joy and love together with all family and friends. We get Christmas holidays and we get to visit all our loved ones during this time. It is festival season and this calls for giving and receiving gifts which needs to be done from our hearts. We should be more loving and giving towards others willingly.

Christmas is a festival filled with joy. People sing, dance and enjoy themselves during this festive season. In schools, teachers dress up as Santa Clause and give all the children goodies. There is so much delight and exultation everywhere.

The reason for the Christmas tree becoming popular is because of Prince Albert. He made the tree popular by decorating it with lights and putting beautiful ornaments related to the celebration on it. The Christmas season feels magical because everything feels new and exciting. The colorful decorations, the carol songs and the tasty cakes adds to the magical atmosphere. This season reminds us the importance of giving and sharing with friends and family and also being kind towards others.

- Shrinika Hubli,
Grade 5





Importance of children's mental health

"You don't have to control your thoughts. You just have to stop letting them control you."

- Dan Millman

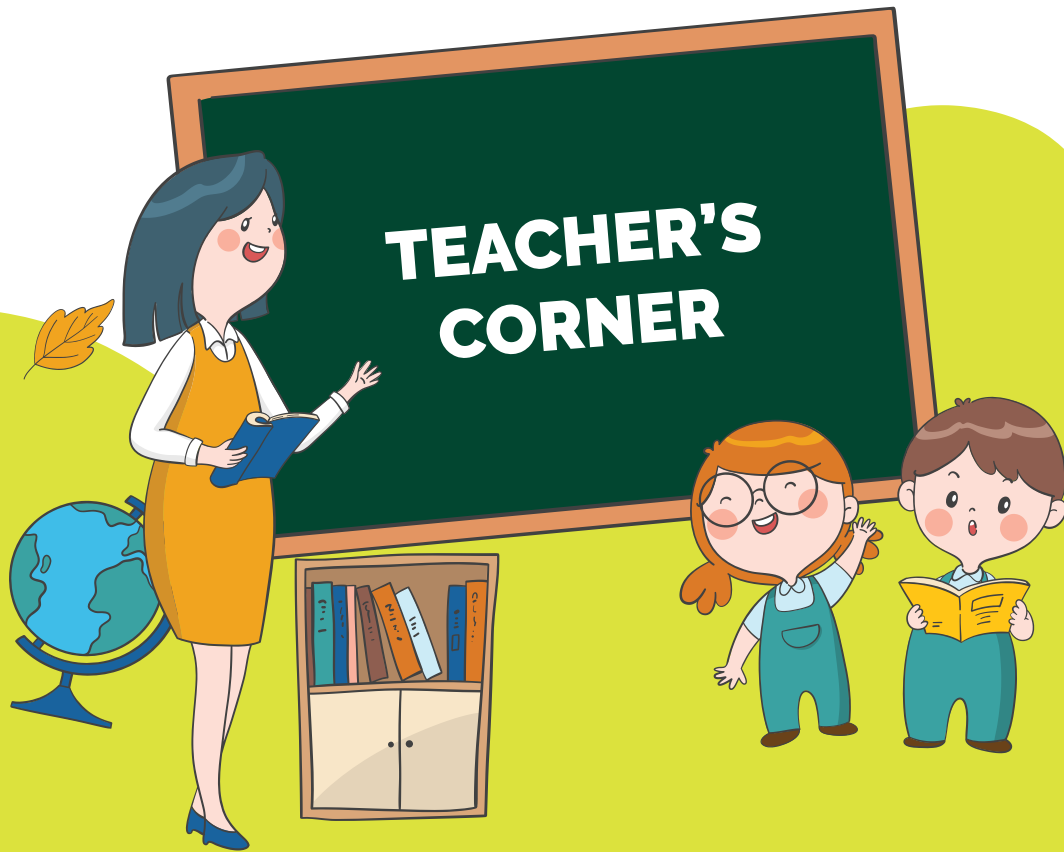
Childhood and adolescence are critical stages of life for mental health. This is a time when rapid growth and development take place in the brain. Children and adolescents acquire cognitive and social-emotional skills that shape their future mental health and are important for assuming adult roles in society.

Raising healthy, happy children is challenging in our fast-paced, technology-driven world. Everyday uncertainties like inadequate access to basic needs or school safety are just two examples of real problems faced by today's youth. Oftentimes ill-equipped young people find it difficult to express their emotions. This is in part due to normal development, but also because of a lack of positive adult role modeling.

Mental health—an essential part of children's overall health - has a complex interactive relationship with their physical health and their ability to succeed in school, at work, and in society. Both physical and mental health affect how we think, feel, and act on the inside and outside. Mental health is important throughout childhood—from prenatal considerations through transitions to adulthood. Symptoms and signs of mental illness in children.

Symptoms of mental disorders in children change over time as the child grows. However, some mental disorders may develop symptoms that you can pay attention to. These are:

- Constant poor performance at school
- Aggressive behavior



- Avoiding or missing school
- Persistent sadness
- Sleeping issues like interrupted sleeping, nightmares, or sleepwalking
- Frequent complaints of physical symptoms like headache or stomach ache
- Loss of weight
- Any drastic change in mood, behavior, or personality
- Excessive worrying or anxiety

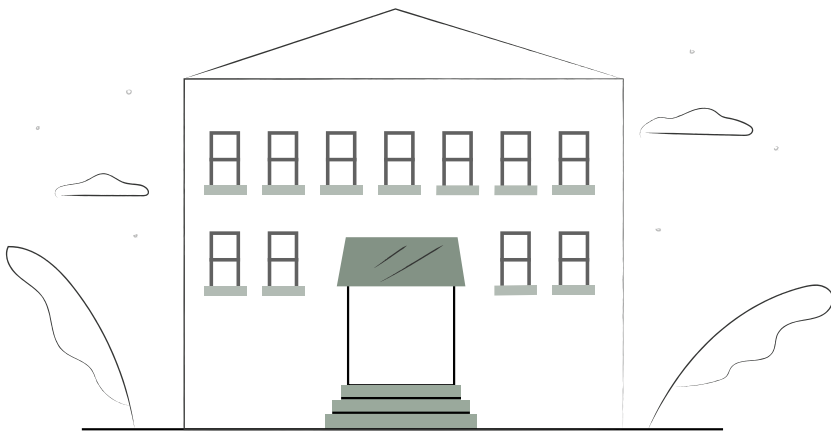
- Loss of interest in friends or social interaction

Parenting plays a major role in a child's good health.

- You can help your child to overcome issues to live a better life. Tell your child that you love them, no matter what.
- Use a positive, constructive and consistent approach to guide your child's behavior.
- Make time each day to talk and listen to your child.
- Have regular family meals. Eating together can strengthen your relationship with your child, give your child a sense of stability and connectedness and have a positive effect on their development. It might also encourage your child to eat well too.
- Enjoy time with your child doing activities they like reading together, kicking a ball, drawing, playing board games and so on.

So, let your child know you will always be there for them!

- Ms. Sonali Gosh,
Class Teacher – Mont 1 'A'



PARENT'S CORNER

Raising a Happy Child

Raising a happy, healthy child is one of the most challenging jobs a parent can have - and also one of the most rewarding.

The 6 principles of good parenting are -

Firstly, what you do matters. Whether it's your health behaviors or the way you treat other people, your children are learning from what you do.

Secondly, you cannot be too loving. "It is simply not possible to spoil a child with love," Steinberg writes. "What we often think of as the product of spoiling a child is never the result of showing a child too much love. It is usually the consequence of giving a child thing in place of love - things like leniency, lowered expectations, or material possessions."

Thirdly, be involved in your child's life. "Being an involved parent takes time and is hard work, and it often means rethinking and rearranging your priorities. It frequently means "Be there mentally as well as physically."

Adapt your parenting to fit your child. Keep pace with your child's development. Your child is growing up. Consider how age is affecting the child's behavior.

Establish and set rules. "If you don't manage your child's behavior when he is young, he will have a hard time learning how to manage himself when he is older and you aren't around. Any time of the day or night, you should always be able to answer these three questions: Where is my child? Who is with my child? What is my child doing? Lastly, treat your child with respect. "The best way to get respectful treatment from your child is to treat him respectfully," Steinberg writes. "You should give your child the same courtesy you would give to anyone else. Speak to him politely. Respect his opinion. Pay attention when he is speaking to you. Treat him kindly. Try to please him when you can. Children treat others the way their parents treat them. Your relationship with your child is the foundation for her relationships with others."

**- Ms. Marine Modi,
Parent of Nairit Modi of Grade 2**

Upcoming Events

- Lead by example for Teachers
- Republic Day Celebration

