

PARENT'RAP'

THE PARENT NEWSLETTER OF NIRMAL BHARTIA SCHOOL

Issue No:1 April-October 2011

Dear Community Members,

“A journey of a thousand miles begins with a single step”. We took that step today.

दिपावली आई, दिपावली आई, खुशियाँ और रोशनी है लाई

साथ अपने आप सब के लिए, यह तोहफा ले आई ।

It is with great pleasure that the PSA team of NBS brings to you the first ever newsletter...

Like all things being done for the first time, this newsletter too took time to see the light of the day; nevertheless we are excited that it has finally come out and are sure that the newsletter will evolve along the way with contributions from you.

Please do send in your contributions to psanewsletter@nirmalbhartia.org. What works, what doesn't; our views, dreams and goals....we all have a lot to write, don't we? Just share it all with us...

Happy Reading!!

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A school for my child

What does a school mean to you? How should a school help in a child's development? Do you want your child to think mechanically or creatively? These are some questions that strike every parent when their children are about to start with formal schools. With so much competition and a set system of education, do we really get what we are looking for? Do we want a school that makes robots out of our children who can academically score 100% but cannot think on their own.

I guess most parents would like their children to do well academically, but not at the cost wherein it stops their all round development. My search for a school that would understand my apprehensions and let my child think differently came to an end at NBS. We were looking for a school that would encourage our child to be different. At NBS, together with our son, we are rediscovering ourselves. The transition that we see in our son is noteworthy. From a shy and introvert child, he has grown to be a confident and responsible child. Here education is not about following what has been taught for ages; instead it's about instilling the passion to learn. Children are encouraged to speak up and ask questions. My son has a lot of creative and funny ideas about everything. He is not shy to voice his opinion, even if it is different; Thanks to the team of Nirmal Bhartia School. Had it been any other regular school, by now my son would have become like any other child. He is learning what he should be academically, but without any pressure.

We are living in an era where we can't stop admiring Steve Jobs, Bill Gates and so many self made entrepreneurs who have broken set rules and given the world a new perspective to see through. They are the people who made it big by being different and who were not afraid of thinking creatively. I am proud that my son is going to one such school which is nurturing him and teaching him to be a responsible, loving, creative and well informed child. All my worries have vanished because I know he is in the right hands.

TRIVIA

Rohit Narayan

Cricket: Some Interesting Facts

The first person to score a century for India in a One Day International match was by Kapil Dev during the 1983 World Cup league match against Zimbabwe. He scored 175 runs and remained unbeaten. He came to bat when India was 17 for 5.

In a test match in Faisalabad in 1997-98, Mushtaq Ahmed was bowling to Pat Symcox. Symcox missed the ball, which went on to knock the middle stump. However, the heat had fused together the bails and they did not fall. Symcox went on to make 81, his second highest test score..!!

Sachin Tendulkar is the first batsman to be dismissed (run out) by using the television replays by the third umpire Jonty Rhodes was the fielder. Next day, in the same test match, Jonty Rhodes was given run out by the umpire. This time the fielder was none other than Sachin Tendulkar..!!

During a County match in 1986, a batsman hit the ball and ran three runs but dropped the bat in the process. The bowler picked up the bat. When the ball was returned from the boundary, the bowler stopped it with the bat! For fielding the ball with any other substance than the person, the penalty is 5 runs. So the batsman got eight runs in that ball, the maximum runs scored in one ball.

POETIC THOUGHTS

Hasina Rohit

Mother



I was a brat fighting with
my mother for
everything.

Never listening to her and
always arguing.

When I became a mother, my kids did not heed
me either.

Seeing their mom angry....never was to them a
bother.

I now see my mom's importance and my heart
sobs.

How much I tested her patience!

Amazing is a mother's indulgence.

One day my kids will realize

What I found today...

I am sure they would recognize

A mother is always magnanimous!

“Grand Parents’ Day” at NBS

When our grandson, Prajwal told us that the school is celebrating Grand Parents Day and we are invited, for a moment we wondered what we would have to do. With this curiosity, we reached NBS....

As we entered the class, the happiness and excitement, of the children was something we never imagined.

There were different activities planned for us – like clay modeling, drawing etc. Each set of grandparents chose an activity to do with their grandchild. Amidst the noise and excitement, we never felt we were strangers. We tried our hands at various activities.

The time went by and before we realized it was time to say good-bye, which was not an easy task as we had developed a bonding with all the children. When we had entered the school, we’d felt like strangers with our fears and apprehensions but we left with memories that we will always remember. We will cherish this event and look forward to more events like this... **L.Ramani**



“Learning To Learn” at NBS



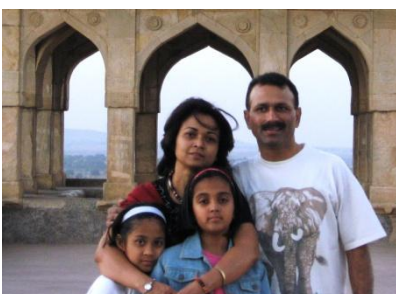
The Learning to Learn Session was a unique experience for us. It gave us an insight into creative and easier techniques/methods of making our child understand different subjects. The subject wise sessions were concise and interesting. It helped us to enhance our skills and will guide us as we teach our children at home. **R. Anand**

Tough Decision!

Deciding to move our child from one of the prestigious schools in Dwarka was very difficult, but having made the decision, now, as parents, we can confidently say that we made the right decision. We are more engaged with the school and the teachers. Community (of parents) participation is very good and is strongly encouraged. The Principal, Vice-Principal the teachers solicit candid feedback and accessing them is easy. The school Chairperson's enthusiasm, simple approach and passion, during the two interactions we had, reinforced our faith in the school. NBS is a school that is keen to promote a culture of inter-dependence where the students are encouraged and provided opportunities to pursue a path of overall development without losing focus on academics. We are happy with our decision and are keen to support NBS in its journey of evolution. We strongly believe that NBS is a school with a difference. **Tara Pillai**

A School with a Difference!

Our son joined NBS in April this year and we are very happy and satisfied with what the school has done in the last few months. Being from the Armed Forces, we have got exposure to a large number of schools but NBS is a school with a difference. Their focus is holistic and not restricted to academics alone, unlike other schools. We see a distinctive change in Ekam, our son. He is more confident, socially amiable and more inquisitive for his quest for knowledge. Though the curriculum is a little taxing in terms of time, the interest generated by innovative methods of teaching has made learning more enjoyable for him. **Mrs Nanda**



It is a great pleasure to see our daughters Anamika and Ananya blooming in the NBS environment. Each day is gifted to us with a new look in their personality and attitude. They stand tall in their performance as their potential is brought to the optimum. We are indebted to Team NBS.

Col Anamitra Samanta

The “Wooden” Rule

Legendary UCLA (University of California, Los Angeles) basketball coach John Wooden had an interesting rule for his teams. Whenever a player scored, he was to acknowledge the person on the team who had assisted. When he was coaching high school, one of his players asked "Coach, won't that take up too much time? Wooden replied, "I'm not asking you to run over there and give him a big hug. A nod will do".

To achieve victory on the basketball court, Wooden saw the importance of teaching his players that they were a team - not "just a bunch of independent operators". Each person contributed to the success of everyone else.

The above passage that I read in "Our Daily Bread" made me realize the importance of giving recognition to others, even through small nods.

As parents it is important to make our children understand that their growth is complete when they learn to appreciate others strengths, learn from them, and give a nod of recognition to them.

Inspiration from “The Monk Who Sold His Ferrari”

- Your ‘**I can**’ is more important than your ‘**IQ**’
- Investing in yourself is the best investment you will ever make. It will not only improve your life, it will improve the lives of all those around you.
- We all have the power to determine what we will think about in any given time.
- When you form the habit of searching for the positive in every circumstance, your life will move into its highest dimensions.
- The very fact that you have a desire or a dream means you have the corresponding capacity to realize it.
- Never overlook the power of simplicity.

Diwali - the festival of lights. The festival of Rama coming back to Ayodhya after killing Ravana and freeing Sita. But what is the meaning of this story? Remember, all mythology is teachings for the soul.

One popular serial on TV, asked a poignant question in their Dussehra episode. Ravana asks the character playing Rama, “Are you sure you have earned the right to kill me, because only a Rama can kill a Ravana!”

Rama is inside each of us as the Essence of our Soul and so is Ravana, as personifications of all our defects namely jealousy, pride, anger and rage, laziness and greed.

Yes, we will be lighting our homes, eating a lot of sweets, worshipping mother Lakshmi and burning some crackers.

But how about enlightening our hearts and souls this Diwali?

The Inner light can only shine if we remove the inner darkness; the ignorance because only if we kill our inner Ravnas, can we enlighten our soul and our hearts.

How can a heart filled with jealousy, greed, anger and rage celebrate Diwali? So let’s ask ourselves, have we killed our inner Ravnas?

Are you keeping grudges against brothers, sisters or friends? Or parents or teachers? Why not let go of your anger and envy and let the light of love and understanding shine in your hearts? Try it and your Diwali will be far more enlightening!



Check out these movies, the kids will love them: **Sound of Music, Annie, Chitty Chitty Bang Bang, I am for the Hippopotamus, Charlie and the Chocolate Factory, My Fair Lady, Born Free.**

Remedies to Protect Yourself in Winter



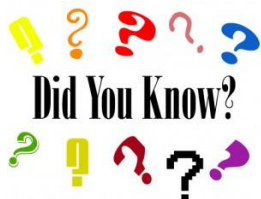
Winter is one of the most wonderful seasons of the year with so many festivals, holidays and so many tasty things to eat, but along with all these nice things we are at risk of infections and ailments like cold, cough, fever, respiratory infections, flu, dry skin and allergies. We can protect ourselves from most of all these with some simple steps at home and the rest with the help of our doctors.

- 1. Warm clothes** –It is best to dress in layers. Don't forget the cap, scarf or hat which offer protection and look stylish.
- 2. Hygiene** – Take a bath every day with warm water. You can prevent infection by washing your hands and face with soap and water before food.
- 3. Balanced diet** –A nutritious and balanced diet helps boost the immune system and prevents frequent illness. Avoid junk and sugary foods.
- 4. Sun Safety-** Protection from the sun's rays is very important at this time of the year. All children should wear sunscreen when outdoors for any length of time, even if it's overcast.
- 5. Common Cold** - If you get a cold with a running nose, use disposable tissues instead of cloth handkerchiefs to avoid constantly re-infecting your own hands. Use of nasal decongestant for children is advisable only if prescribed by your paediatrician. Use of ointment such as Vicks is not advised for children below 2 years and for older children, a single application on the back is preferable.
- 6. Vomiting and Diarrhoea-** It's important to drink plenty of fluids to prevent dehydration in case of vomiting or diarrhoea. By drinking oral rehydration fluids (available from pharmacies) or simple fluids like lemonade or sugar salt solution, you can reduce the risks of dehydration.
- 7. Sore throat-** One quick and easy remedy for a sore throat is to gargle with warm salty water. It won't heal the infection, but it has anti-inflammatory properties and can have a soothing effect. Dissolve about one teaspoon table salt into 4 cups of warm water for gargling. Most kids, aged 5 or older can be taught this simple technique.
- 8. Dry Skin-** Use a mild soap or soap substitute when your child takes a bath and apply a moisturizer to avoid and treat dry skin.

EXPERTSPEAK

Wellness Tips for Children

- ✓ Eat a well balanced diet which should include 60% carbohydrates, 25% fat and 15% proteins. Intake of fruits, vegetables and nuts is essential.
- ✓ Breakfast is the most essential meal of the day and should include cereals, milk, eggs and fruits.
- ✓ Limit watching TV/computer to one hour in a day.
- ✓ Ensure at least 30 mins of outdoor physical activity daily.
- ✓ Brush teeth twice a day, especially at night.
- ✓ Hand washing before meals is good for hygiene.
- ✓ Early to bed and early to rise, with 9 hours of sleep in a day.



- Mosquitoes are attracted more to the colour blue.
- Almonds are members of the peach family.
- Grapes explode when you put them in the microwave.
- Human eyes are the same from birth but our nose and ears never stop growing.
- The Great Pyramids used to be as white as snow because they were encased in a bright limestone that has worn off over the years.
- Walt Disney had originally suggested using the name Mortimer Mouse instead of Mickey Mouse.
- A hippo can open its mouth wide enough to fit a 4 foot tall child inside.
- It is possible to lead a cow upstairs but not downstairs.
- The only letter not appearing on the Periodic Table is the letter "J".



Change What You Eat to Change You!!!

The most common problem facing today's moms is the eating habits of their children. The moment they lay the food on the table, the response from the kids' end is always something like "I am not hungry" or "I don't like this".

The habits that children form when they are young are what they will carry with them as adults and further on to last a life time. So it is important to nurture good eating habits and expose them to healthy foods in their younger days.

Establishing healthy eating patterns is important to avoid problems such as obesity and eating disorders later in life.

Ways to inculcate healthy eating habits in children

- ▲ Be a good role model : Eat a wide variety of foods yourself and eat with your children.
- ▲ Make boring food interesting : Present food attractively and offer a range of colourful foods on the plate.
- ▲ Encourage self-feeding and exploration of food from an early age.
- ▲ Serve child-size meals : They can always ask for more.
- ▲ Check the refrigerator : Children eat what they see in the refrigerator and on the shelves. Therefore it is important to store healthy foods so that they do not eat junk.
- ▲ Do not use food as a reward – Ever.
- ▲ Respect your child's appetite : If your child isn't hungry don't force food. This might ignite or reinforce a power struggle over food.
- ▲ Stick to the routine : Serve meals at about the same time every day.
- ▲ Minimize distraction : Turn off the television and keep away all the toys and books.
- ▲ Don't be a short order cook : Preparing a separate meal for your child on rejecting the original meal might promote picky or fussy eating.

With all this information, we can say that sensible and healthy food habits right from early childhood adds to the quality of life.

Try Out ... a Cocktail Sticks

A yummy recipe for your children.

1 Boiled Potato
1 Tomato (Firm)
1 Capsicum
½ Apple
¼ Cup Tinned/Fresh
Cherries
½ Tsp Salt
½ Tsp pepper

1 Lemon
Tooth picks
For cocktail masala:
2-3 Stick Cinnamon
(Dalchini)
4-5 Cloves
½ Tsp Ajwain
4-5 Cardamoms

Grind all ingredients of cocktail masala.
Remove capsicum seeds and cut into small square pieces.
Cut tomato, potato, apple into small square pieces.
Heat oil on tawa, add potato and fry till crisp.
Switch off gas, add all other vegetables and fruits one by one.
Add the masala. Mix well. Add salt and pepper.
Thread on the tooth-pick one by one. Squeeze lemon juice on it and serve.

जन्म दात्री
ममता की पवित्र मूर्ति
रक्त कणों से अभिसिंचित कर
नव पुष्प खिलाती
स्नेह निर्झर झरता

माँ की मृदु लोरी से
हर पल अंग से चिपटाए
ऊर्जा भरती प्राणों में
विकसित होती पंखुडियाँ
ममता की छाँवों में

सब कुछ न्यौछावर
उस ममता की वेदी पर
जिसके आँचल की साया में
हर सुख का सागर



The Parent School Association of NBS celebrated Teachers' Day on 5th September 2011 at the school premises. Celebrations started with rendering of the melodious 'Humko mann ki shakti dena' by the parent community, which was followed by fun games like passing the parcel and, hold your breath, a fashion show!! The teachers were treated to mouth watering snacks including papri chaat, tikki and kulfi. The PSA also gifted two microwave ovens to the teachers for their staff rooms.

Reading Suggestions for children:

2-6 yrs

Barney – Colour Train

The 10 Best things about my Dad by Christine Loomis

I am generous by David Parker

6-9 yrs

The Princess Knight by Conella Funke

Dreamland's Character Building Stories for Children

Children's Bedtime Treasury by Derek Hall

9-14 yrs

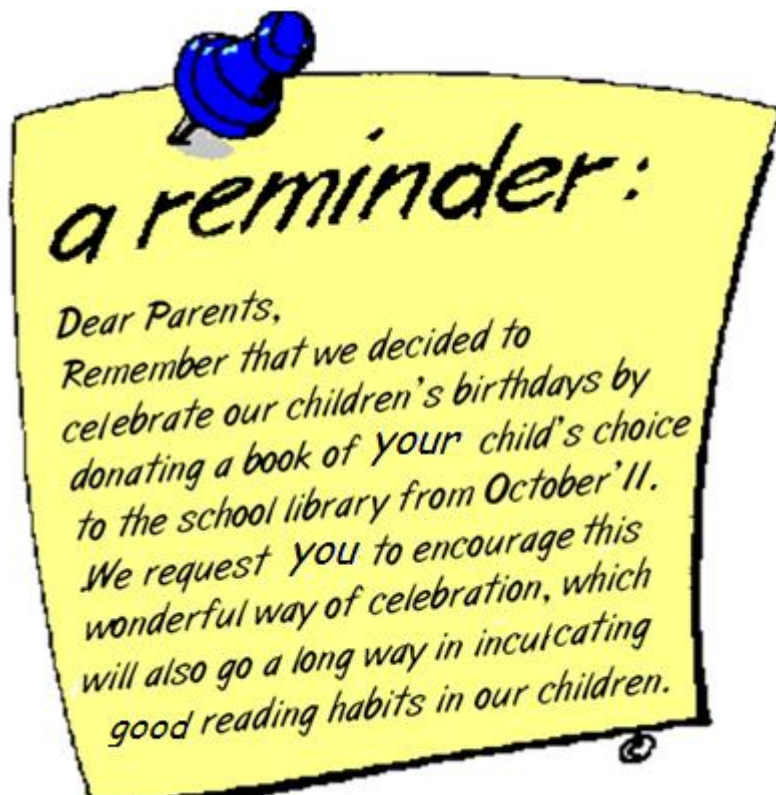
The world of Indian Stories by Cathy Spagnoliv

The Wishing Chair Again by Enid Blyton

Being your Best, Character Building for Kids by Barbara A.

PSA TEAM 2011-12

Ankur Basant	Jyotsna Dobriyal	IV	Neeraj Tripathi
Ankur Bahaar	TS Gopalakrishnan		Betsy John
Pallav Basant	Priya Dinesh	V	Jagnesh Bansal
Pallav Bahaar	Ena Tandon Nandi	VI	Dr Amit Jain
I Basant	Aradhana Venkat	VII	Monisha Rajendra
I Bahaar	Padma Anand , Poonam Chibber	VIII	Usha Shashi Kumar
II Basant	Vijay Jassal	IX	Tara Pillai
II Bahaar	Tarun Anand		Col. Rajesh Gaur
III Basant	Seena Chatterjee		
III Bahaar	Salil Nair		
Parent Managing Committee Representative – Mr. K. Balakrishnan			



Till next time...Best wishes for the festive season.

The PSA Team