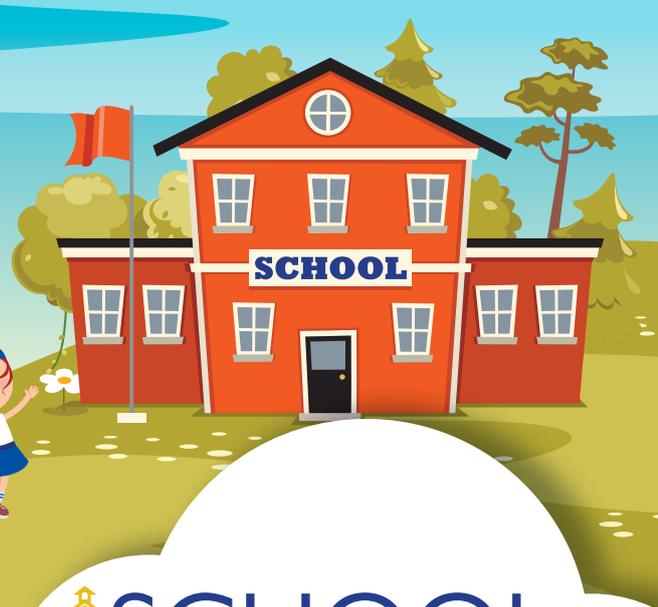




**AMANORA
SCHOOL**



SCHOOL
Connect **November 2025**
Preprimary

From the Director's Desk

Gratitude in Action

"Gratitude turns what we have into enough, and generosity turns that enough into abundance."

In a world that often highlights what we lack, gratitude reminds us to appreciate what we already have. It is not merely an emotion but a transformative practice that nurtures positivity, resilience, and overall well-being. Studies reveal that gratitude enhances mental health, strengthens relationships, and even improves physical health by reducing stress and promoting better sleep.

True gratitude goes beyond words—it becomes meaningful when expressed through action. One effective way to nurture thankfulness is through "savouring exercises," which encourage us to pause, observe, and appreciate the good around us. This mindful awareness naturally deepens our sense of appreciation and inspires generosity.

When we are thankful, we recognize the abundance in our lives and feel motivated to give back. Gratitude fosters a sense of interconnectedness, reminding us that our actions can positively impact others. This often translates into acts of kindness—volunteering, donating, or simply extending a helping hand.

The cycle of gratitude and generosity not only enriches individuals but also strengthens communities. It builds compassion, cooperation, and a shared sense of purpose. A grateful person spreads positivity, encouraging others to do the same, thereby creating a ripple effect of kindness and goodwill.

In essence, gratitude in action transforms lives. By embracing thankfulness and generosity in our daily lives, we contribute to a more empathetic and harmonious world—one where appreciation leads to action and kindness becomes a way of life.

**- Ms. Meera Nair,
Director - Principal**

Editorial Committee:

Ms. Swati Biswas - Preprimary Coordinator

Ms. Charu Mohan Srivastava

Ms. Bhawna Sharma



Quote of the month

“Gratitude is not only the greatest of virtues, but the parent of all the others.”

Cicero



ARTICLE FROM COORDINATOR



Gratitude in Action

Gratitude is a powerful force that shapes the way we view ourselves, others, and our entire community. The idea of **“Gratitude in Action”** reminds us that appreciation becomes truly meaningful when it is expressed through kindness, generosity, and thoughtful choices. Gratitude is more than saying “thank you” it is a mind-set that guides how we treat people and how we understand our place in the world. It encourages us not just to notice what we are grateful for, but also to show our appreciation in ways that make others feel good. When we turn gratitude into action, we create a ripple effect of kindness, connection, and goodwill.

One of the most inspiring qualities of gratitude is its ability to spread. A single act of appreciation can motivate others to act with kindness as well. True gratitude begins with awareness; taking time to notice the people, moments, and opportunities that enrich our lives. This could mean appreciating a friend who listens, a teacher who encourages us, a family member who supports us, or even the small, everyday moment we often take for granted. Once we recognize these blessings, gratitude encourages us to respond with meaningful actions.

These actions don’t have to be grand. They can be as simple as offering a heartfelt “thank you,” helping someone without being asked, writing a note of appreciation, or showing extra patience and understanding.

Practicing gratitude in action benefits everyone. It strengthens relationships, builds empathy, and fosters an environment of respect and kindness. It helps us maintain a positive outlook, reminding us to focus on what is good rather than on what is difficult.

When gratitude becomes part of our everyday lives, we contribute to a community where appreciation is felt, seen, and shared. Through small, thoughtful actions, we show others that their efforts matter and that kindness has the power to make our world a better place.

- Ms. Tanya Chawla,
Middle School Coordinator

ACADEMIC ACTIVITIES

Letter Jump Activity

To reinforce lowercase letter recognition in Nursery, a fun and engaging Letter Jump activity was conducted. Rings were arranged in a circle, each displaying a different lowercase letter. One child stood in the centre of the circle, and when the teacher called out a letter sound, the child eagerly jumped into the ring showing the correct letter. This interactive activity helped children connect letter sounds with their corresponding lowercase forms, while also promoting listening skills, quick recall, and gross-motor coordination. The students enjoyed the experience and participated with great enthusiasm.



Outdoor Circuit Activity

The Nursery students participated in an engaging outdoor circuit designed to build their strength, coordination, and confidence. The circuit included running, moving in a zigzag pattern around cones, jumping into rings, and walking carefully across a balance beam.



These activities helped the children improve their movement, balance, and awareness of space. They also encouraged them to stay focused and keep trying. The children had a fun and exciting time moving through the circuit.

Drive and Blend

Prep I students learned to blend CVC (Consonant-Vowel-Consonant) words by joining individual letter sounds to read simple words such as cat, tap, bun, and pen. The children practised saying each sound slowly and then blending them together to form the complete word. To make the activity more fun and engaging, they used a small toy car to 'drive' over each letter sound, helping them blend the sounds smoothly as the car moved across the word.



ACADEMIC ACTIVITIES

Swar aur Chitra

Prep I students participated in the “Swar aur Chitra” activity, where they drew pictures based on each swar. Through this activity, they connected the sound of the swar with its related object and expressed their understanding through drawing. It helped them build sound-picture associations while enjoying a fun and creative learning experience.



Exploring Living and Non-Living Things

The learners of Prep II enjoyed discovering the world around them by identifying and drawing living and non-living things. They used their creativity to illustrate animals, plants, toys, cars, and other objects. Through this hands-on activity, the children learned to recognise the differences between things that grow, move, and need food (living) and those that do not (non-living). It was a fun and engaging way for them to understand this important concept while expressing their imagination.



Sequencing of Hindi Vyanjan

Prep II students took part in an engaging activity to learn the sequencing of Hindi vyanjan (consonants). The children arranged the letters in order, identified each vyanjan aloud, and placed them correctly to complete the sequence. They also participated in small hands-on tasks, such as matching sounds to the corresponding letters and forming short sequences on their own. The learners were enthusiastic and enjoyed the interactive approach, which made understanding the order of vyanjan both fun and meaningful.



ASSEMBLY

Guru Nanak Jayanti

On Thursday, 6th November 2025, the students celebrated Guru Nanak Jayanti with a special assembly highlighting the teachings of Guru Nanak Dev Ji. The assembly began with a soulful shabad, creating a calm and peaceful atmosphere. This was followed by teachers explaining the values of Guru Nanak Dev Ji, such as kindness, honesty, humility, and helping others. The children enjoyed listening and learning about these important lessons in a simple and meaningful way.



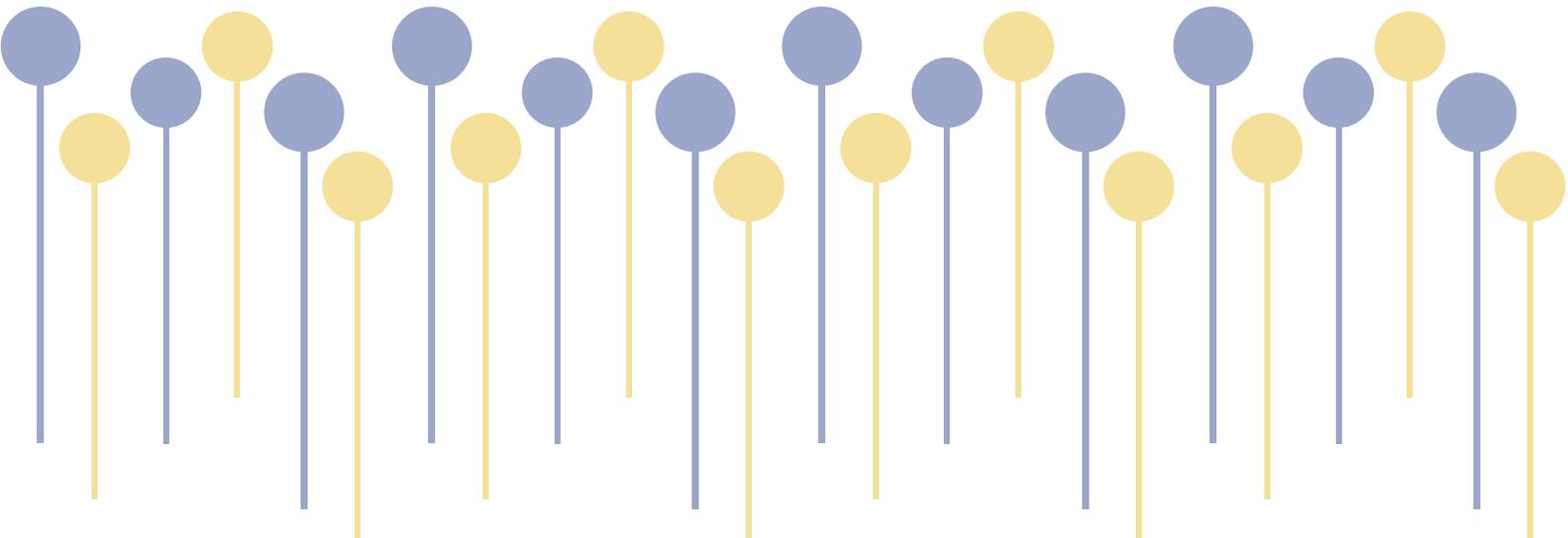
International Children's Day

The Preprimary grades celebrated International Children's Day with a joyful assembly on Thursday, 20th November 2025. The programme began with cheerful rhymes and songs, followed by a brief explanation of the importance of the day.



Teachers then presented a short skit about jungle animals, showing that although everyone is different, we can all live together in harmony. Wearing colourful masks, they delighted the children, who were excited to see their teachers perform. This was followed by a lively enactment of the "Five Little Monkeys" rhyme.

The morning was filled with laughter, excitement, and meaningful learning for the young learners.



Events

Red Day Celebration

Red Day was joyfully celebrated on Wednesday, 12th November 2025. Students and teachers came dressed in vibrant shades of red, filling the campus with colour and cheer. The celebration focused on helping children identify and recognise the colour red through fun, hands-on activities that made learning enjoyable and meaningful.

The students engaged in creative activities such as palm-printing strawberries, making cherry cards with bottle printing, and drawing various red-coloured objects. The activities made learning fun and colourful, leaving the children smiling and engaged.



SCHOOL EVENTS

Young Innovators Shine at CBSE Science Exhibition 2025-26

Amanora School, Pune, successfully hosted the CBSE Science Exhibition 2025-26 on 14th and 15th November, bringing together 138 teams from Grades VI to XI under the theme “STEM for Viksit and Atmanirbhar Bharat.”

The event began with a prayer and the traditional lamp-lighting by Chief Guest Dr. Triveni Goswami Mathur, followed by a graceful Ganesh Vandana. Dr. Mathur was introduced, and the judges appointed by CBSE were warmly felicitated. A thematic dance on environmental sustainability and a symbolic seed-sowing ceremony by Dr. Mathur highlighted the spirit of innovation. In her address, she encouraged students to nurture curiosity and explore the “Why.”

On Day 2, judges announced the winners, selecting one outstanding team per sub-theme from Category 1 (VI-VIII) and Category 2 (IX-XI)—a total of 14 teams qualifying for the national round.

Director Principal Ms. Meera Nair and the judges congratulated the participants for their creativity and scientific approach. The exhibition stood as a proud celebration of young minds shaping a Viksit and Atmanirbhar Bharat.

SCHOOL EVENTS

Lead by Example 2025

On 29th November 2025, the Lead by Example (LBE) initiative celebrated teaching innovation and excellence. Teachers showcased creative classroom strategies, sharing how they transformed learning spaces into environments where curiosity thrives. Guided by John Dewey's words, "Education is not preparation for life, education is life itself," the event highlighted teaching as a dynamic force shaping the future.



Organised annually by the Education Team, this year's regional round was graced by the esteemed judges—Ms. Sharvary Atul Govande, Dr. Neeta Vaibhav Mhavan, Ms. Megha Chandvankar, and Ms. Winifred Bhalerao—whose insights and encouragement inspired every participant.

Spanning Preprimary, Primary, Middle, and Senior School, the presentations ranged from playful early years strategies to critical thinking frameworks for senior students. The day was not just a competition but a festival of ideas, collaboration, and creativity.

Teachers left with recognition and renewed inspiration, reaffirming that excellence in education is a journey of shared wisdom, courage, and innovation.



Health, Safety and Child Protection (HSCP) Practices

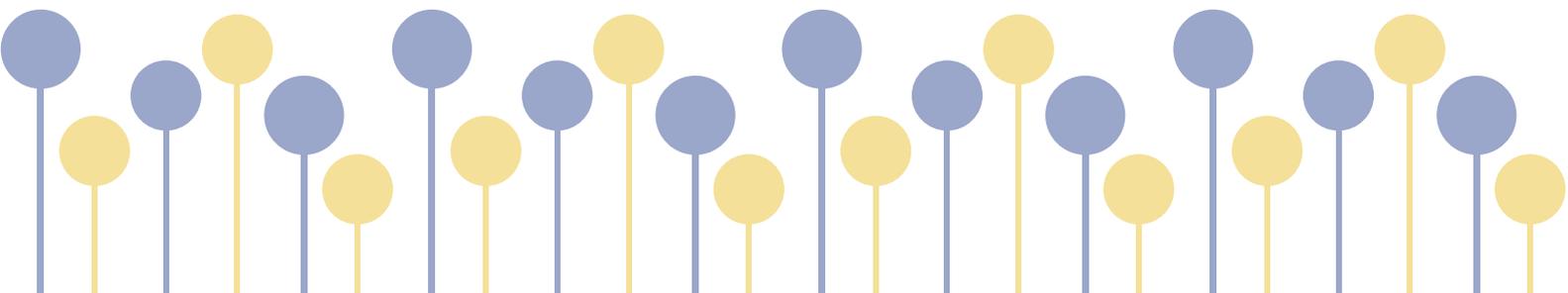


Health, Safety and Well-being Highlights

On 14th October 2025, Ms. Sharvari Gawande, Principal of a renowned school in Pune, visited Amanora School along with her trustees to gain insights into the school's health and safety protocols, infrastructure, and furniture systems. She appreciated the well-planned facilities, robust safety measures, and the transparency with which the Amanora School team shared operational best practices, making the visit a meaningful exchange of ideas.

To further strengthen transport safety, a Safe Driving Training Session was conducted on 31st October 2025 by Force Motors for school transport drivers. Mr. Vaibhav Pawar and Mr. Rahul Patole shared practical guidance on safe driving practices, time management, vehicle care, and responsible bus maintenance.

As part of child protection initiatives, a sensitisation session was conducted by Ms. Anuja Bali to equip educators and staff with the skills to support students' emotional well-being. The session focused on identifying early warning signs of emotional distress and responding with empathy, timely intervention, and open communication, reinforcing the school's commitment to a safe and nurturing environment.





Gratitude is a simple yet powerful emotion. It begins with noticing and appreciating the blessings, people, and small joys around us. Saying “thank you” opens our hearts to kindness, empathy, and positivity.

True gratitude goes beyond words—it inspires action. Helping a classmate, thanking a teacher, or sharing with a friend are all ways we can show appreciation. These thoughtful deeds strengthen bonds and create a culture of kindness.

Gratitude also encourages generosity. When we value what we have, we naturally want to share our time, attention, or encouragement with others. Small acts of kindness can inspire more, spreading warmth and happiness.

Let us make gratitude a habit, expressing it in our words and actions every day. When gratitude lives in our hearts and shows in what we do, we help others feel valued, supported, and loved.

**- Ms. Nilima Kamtikar
Teacher - Preprimary**

Upcoming Events

- Fancy Dress Competition
- Happy Feet Together
- Christmas Celebration

