AMANORA SCHOOL

MANAGED BY RYAN EDUNATION



SCHOOL Connect

July 2026

Preprimary

From the Director's Desk

The Power of Emotional Balance

"He who conquers others is strong; he who conquers himself is truly powerful."

— Lao Tzu

Have you ever said something in anger that you later regretted? Or made a decision in fear that you wished you could undo? These moments remind us that our greatest battles are often fought within. Life is a constant interplay between what happens to us and how we respond. While we cannot control every situation, we can choose our response. Emotional balance, built on the twin pillars of emotional awareness and self-regulation, is the bridge between chaos and clarity.

Emotional awareness begins with understanding our feelings instead of being controlled by them. Recognizing emotions such as fear, frustration, or excitement helps us understand why we react the way we do. This awareness gives us the power to pause before we act.

Self-regulation transforms that awareness into wise action. It is not about hiding emotions but about expressing them with maturity and purpose. Whether it is remaining calm during an argument, accepting failure with grace, or responding thoughtfully under pressure, self-regulation enables us to turn challenges into opportunities for growth. It teaches us that true strength lies not in reacting instantly but in responding wisely.

Together, emotional awareness and self-regulation shape resilient individuals who communicate effectively, make thoughtful decisions, and build meaningful relationships. In a world filled with constant pressure and distractions, emotional balance is not a luxury—it is a necessity.

The strongest people are not those who never feel anger, fear, or disappointment, but those who understand their emotions and choose to rise above them. When we master our emotions instead of letting them master us, we unlock the power to lead, inspire, and thrive.

- Ms. Meera Nair,
Director - Principal

Editorial Committee:

Ms. Neha Khan
Ms. Bhawna Sharma



Quote of the month

"If you don't like something, change it. If you can't change it, change your attitude."

Maya Angelou

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Emotional balance begins with recognising what we feel and learning to choose how we respond.

ARTICLE FROM COORDINATOR



Think of that first day of school — little steps walking in without a mother's hand to hold. Some children begin with tears. A few make their presence loudly, unmistakably known. And then there is a quiet handful who don't utter a word at all — they simply look around, searching for a familiar face, with no eye contact and no visible expression. Yet all of these, in their own way, are children expressing their emotions. The tears, the noise, and even the silence are each a language of their own.

From our youngest learners to our seniors preparing for board exams, it is a skill that quietly shapes how well every child navigates school and life. As psychologist Daniel Goleman put it, "Self-awareness — recognising a feeling as it happens — is the keystone of emotional intelligence."

We live in a world that moves fast and compares constantly — grades, ranks, achievements, even the highlight reels children see on screens. In such a competitive environment, it is easy for a child's sense of self-worth to become tied entirely to outcomes — a score, a result, a comparison with a classmate. Emotional balance is what allows a child to chase excellence without being consumed by the pressure of it — to handle a setback without spiralling, to face competition without losing confidence, and to keep going with a clear mind rather than a crowded one. It is fast becoming as essential to a child's success as academic ability itself.

It begins with noticing and naming what we feel, as it happens. For our little ones, this might be learning to say "I feel scared of the dark." For our older students, it grows into recognising subtler feelings — "I feel stuck because this problem is hard," or "I feel nervous before my presentation." The moment a child can name a feeling, they have already taken the first step toward managing it, rather than being managed by it.

Many everyday struggles — a tantrum before school, a sudden outburst, a withdrawn mood, a loss of focus before an exam — are rarely about defiance or laziness. More often, they are unspoken emotions looking for an outlet. Recognising them early is what allows

ARTICLE FROM COORDINATOR



a child to respond thoughtfully instead of reacting impulsively — pausing before a disappointing grade, waiting their turn, staying calm in a disagreement, returning to a task after being distracted. These are not traits some children are simply born with; they are skills that grow with practice, patience, and support.

This is why it matters so much that we, as educators and parents, work hand in hand. Children need to learn to express their emotions rather than suppress them deep within — something that can happen out of fear of rejection, judgment, or simply not being understood. A child who feels safe enough to say "I am angry" or "I am hurt" is far better off than one who learns to bottle it away, only for it to surface later in harder ways. And alongside learning to express what they feel, they need to learn to regulate it — understanding which response fits which situation, and when to hold back and when to speak up.

At school, we weave in reflective activities, mindful pauses, and open conversations that give children the vocabulary and space to understand their emotions. At home, parents can reinforce this by naming emotions out loud, modelling calm responses, encouraging a pause before reacting, and celebrating effort in staying composed — not just good outcomes.

Emotional balance isn't about suppressing feelings or always staying "happy." It is about giving children the tools to understand what they feel, and to choose, with growing confidence, how they respond — so that in a world that will keep asking more of them, they can meet it standing steady, not shaken. Let us continue to walk this journey together, one mindful moment at a time.

- Ms. Pallavi Shukla,
Coordinator - Grades III & V

ACADEMIC ACTIVITIES

Big and Small – Learning Through Exploration



Our Nursery students explored the concept of Big and Small through hands-on experiences. They sorted objects and colourful pompoms, moulded clay, and hopped into the correct circles to identify the concept in different ways.



These experiences strengthened observation, listening, fine and gross motor skills while laying the foundation for early mathematical understanding.

Self-Introduction



Prep I students participated in a Self-Introduction Activity, confidently sharing their name, gender, school name and class teacher's name. The activity encouraged children to communicate clearly, enrich their vocabulary and express themselves with confidence.



It also provided opportunities to interact with classmates, learn about one another and develop a sense of belonging within the classroom community.

Fun with Pronouns – He, She & It



Prep I students explored the use of pronouns through picture cards, puppets, toys and familiar classroom objects. Through matching activities, puppet play and Circle Time conversations, they practised using He, She, and It in simple sentences.

The activities encouraged children to observe, listen and communicate confidently while building a strong foundation in everyday language use.

ACADEMIC ACTIVITIES

Number Explorers



Prep I students explored numbers through hands-on activities that included number recognition, matching numerals with quantities, counting objects using one-to-one correspondence and tracing numbers.



These experiences strengthened number recognition, counting and number formation while building confidence in early numeracy.

Hindi Vyanjan – Ka to Nga



Prep II children explored the Hindi Vyanjan from Ka to Nga through multisensory experiences. They traced letters in sand, walked along letter formations, practised writing in rice and tea powder, created letter shapes using wheat grains, and identified words beginning with each sound.

Through touch, movement and repetition, these activities strengthened letter recognition, recall, formation and early sound association.

Counting, Learning & Smiling!



Prep II students revisited numbers 1–20 through counting games, number-matching activities and hands-on experiences. They identified numerals, counted objects accurately and matched numbers with the corresponding quantities.



The activities strengthened number recognition, counting and number sense while building confidence in early mathematical learning.

All About Me

The All About Me theme provided Prep II learners with opportunities to discover and

ACADEMIC ACTIVITIES

express their unique identities. Through conversations and interactive experiences, they introduced themselves, shared their likes and dislikes, recognised their emotions and spoke about what makes them special.

These experiences strengthened communication, self-awareness and confidence while helping children appreciate their own individuality and that of their classmates.





Uses of This, That, These & Those

Prep II students explored the use of *this, that, these, and those* through real classroom objects, picture cards and the Magic Bag Game. By identifying objects placed near and far and framing simple sentences, children practised using these words in meaningful contexts.



The activities strengthened observation, speaking and communication skills while helping children apply new language concepts in everyday situations.



ASSEMBLY

Ashadhi Ekadashi

On Friday, 17th July 2026, the Nursery students of Amanora School beautifully celebrated Ashadhi Ekadashi through a heartwarming special assembly. Dressed as little Warkaris, the children recreated the spirit of the sacred Wari with a symbolic Palkhi procession, devotional chants and a graceful presentation of the values of kindness, unity, sharing and devotion. Their innocence and enthusiasm made the celebration truly memorable.



Events

Doctor's Day

Our Preprimary Section celebrated Doctor's Day on **1st July 2026** through age-appropriate experiences that introduced children to the role of doctors and the importance of healthy habits.

Nursery children enjoyed a read-aloud, explored a real stethoscope and watched a puppet role play before making a "Doctor's Promise" to follow simple healthy habits. Their thumbprints on the Doctor's Promise Tree symbolised their commitment to staying healthy. Prep I and Prep II students reinforced personal and dental hygiene through interactive activities and discussions.

The celebration helped children appreciate the role of doctors while understanding that good health begins with simple everyday habits.







Blue Day

Our Preprimary classrooms came alive in shades of blue as children celebrated **Blue Day on Wednesday, 15th July 2026** through creative and hands-on experiences.

Nursery children watched a fish magically appear through a painting activity, while Prep I students identified blue, created a tear-and-paste artwork and discussed the importance of keeping water clean. Prep II students expressed their creativity by drawing colourful underwater scenes.

Blue Day brought together creativity, observation, fine motor development and age-appropriate awareness of caring for our surroundings.





Events

Colours That Speak! – Colouring & Drawing Competition



On Friday, 24th July 2026, our young artists participated in a Colouring Competition for Nursery and Prep I, and a Drawing and Colouring Competition for Prep II.



With themes such as *My House, Garden Scene and Out in the Garden,* the children brought their ideas to life through colour and creativity. Each creation reflected imagination, originality and growing confidence in artistic expression.

Parent Orientation Programmes



The Preprimary Section welcomed parents on **25th July 2026** for three grade-specific Parent Orientation sessions for Nursery, Prep I & II, offering insights into children's learning experiences and ways to extend learning at home.

Nursery – Enhancing Fine Motor Skills & Early Reading



Parents explored how purposeful play and multisensory experiences support fine motor development, writing readiness and early reading. Hands-on activities with manipulatives, tactile materials and construction resources highlighted how everyday experiences can build essential early learning skills.

Early Reading Habits Prep I



Parents were introduced to the foundations of reading and writing, including phonemic awareness, phonics, vocabulary, fluency and comprehension. Practical strategies such as

Events

read-alouds, meaningful conversations, purposeful play and age-appropriate books were shared to nurture positive reading habits at home.



Reading Enhancement Prep II

The session provided an insight into the structured literacy journey, covering phonics, sight words, CVC words, blends, digraphs, Magic 'e', fluency, comprehension and written expression. Parents also explored practical ways to support regular reading and meaningful language experiences at home.



SCHOOL EVENTS

Awards for Student Excellence Ceremony 2025–26



The **Awards for Student Excellence (ASE) Ceremony 2025–26** celebrated students for their dedication, perseverance and achievements across academics, sports and the arts.



The ceremony opened with the ceremonial lamp lighting, followed by a captivating fusion of **Bharatanatyam and Kathak** presented by students. Confident student anchors guided the proceedings as the school community came together to celebrate achievement.



The occasion was graced by **Director–Principal Ms. Meera Nair, Headmistress (Secondary) Ms. Amrita Gangwal, and Headmistress (Primary) Ms. Sujata Rathaur,** along with coordinators, teacher leaders, faculty members, parents and students.

A total of **455 students from Grades V to IX** were recognised across categories including

SCHOOL EVENTS

Star Achievers, Super Achievers, Super Star Achievers, Math Master, Super Scientist, Sporty Soul and Astounding Artist, along with other special recognitions celebrating academic and co-curricular excellence.



The **Grade X School Toppers and Grade XII toppers from the Science, Commerce and Humanities streams** were also felicitated for their outstanding Board Examination performance. In addition, **64 subject toppers from Grade X and 15 from Grade XII** were honoured, bringing the total number of senior school academic achievers recognised to **79 students.**



The celebration recognised not only individual accomplishments but also the dedication of students, guidance of teachers and support of parents that make such achievements possible.



Investiture Ceremony 2026–27

The **Investiture Ceremony for the Academic Year 2026–27,** held on **10th July 2026,** celebrated leadership, responsibility, discipline and service.



The occasion began with the **School Song and Maharashtra State Song,** followed by the ceremonial lamp lighting and a graceful welcome dance. **Colonel G. S. Radkar,** the Chief Guest, addressed the students on the importance of discipline and expressing gratitude towards teachers.



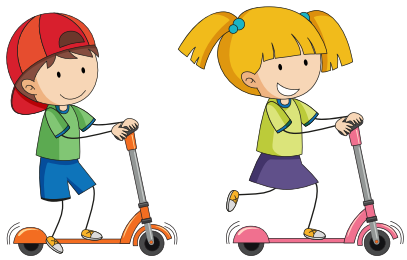
A disciplined slow march by the newly elected Student Council members reflected their commitment and unity. Thirty-five student leaders—23 from the Senior School

SCHOOL EVENTS

and 12 Junior School Cabinet members from Grade V—were conferred with their badges of office.

The School Flag was formally entrusted to **School Captain Shaurya Singh Gandhi,** while **School Vice-Captain Anisha Dhanawade** joined the newly appointed leaders. The oath of office was administered by **Director–Principal Ms. Meera Nair,** marking the formal beginning of their leadership responsibilities.

The ceremony was attended by **Secondary and Senior School Headmistress Ms. Amrita Gangwal, Primary School Headmistress Ms. Sujata Rathaur,** coordinators, house mistresses, staff members and students. The occasion concluded with the school choir performance and the National Anthem, marking the beginning of a new chapter of leadership and service.







Health, Safety and Child Protection (HSCP) Practices



Health, Safety and Well-being Highlights - July 2026

Transport Committee Meeting

A Transport Committee Meeting was held on 24th July 2026 to review student transportation safety and operations for A.Y. 2026–27. The meeting focused on GPS and CCTV monitoring, defensive driving, emergency preparedness, fire safety, HSCP and POCSO sensitisation, health check-ups and breathalyser checks for drivers.

RTO representatives reviewed compliance requirements, including valid driving licences and PSV authorisation. Key action points included driver documentation, an awareness meeting for private van users and reporting unauthorised private vans to the concerned RTO department.



TEACHER'S CORNER



Every child experiences a wide range of emotions. Happiness, excitement, curiosity, frustration, sadness, anger and nervousness are all natural parts of growing up. Learning to recognise, understand and express these feelings helps children develop a healthy sense of self and navigate everyday experiences with greater confidence.

Emotional awareness grows through the many experiences children encounter each day—playing with others, sharing, taking turns, facing small disappointments, trying something new, resolving disagreements, asking for help and expressing their needs. With guidance and reassurance, children gradually learn to pause, recognise what they are feeling and choose appropriate ways to respond.

As children become more aware of their emotions, they also begin to understand how their feelings and actions affect the people around them. They learn that it is okay to feel angry, sad or disappointed, while also discovering that emotions can be expressed in ways that are respectful and safe. With time, these experiences help children become more comfortable with themselves, more considerate towards others and better equipped to handle the ups and downs of everyday life. This growing emotional balance becomes an important foundation for empathy, resilience, positive relationships, independence and a confident approach to learning and life.

TEACHER'S CORNER



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- Ms. Paromita Apte,
Preprimary Teacher



Upcoming Events

- Green Day
- Independence Day
- Onam Celebration
- Tirangaa
- Rakshabandhan



