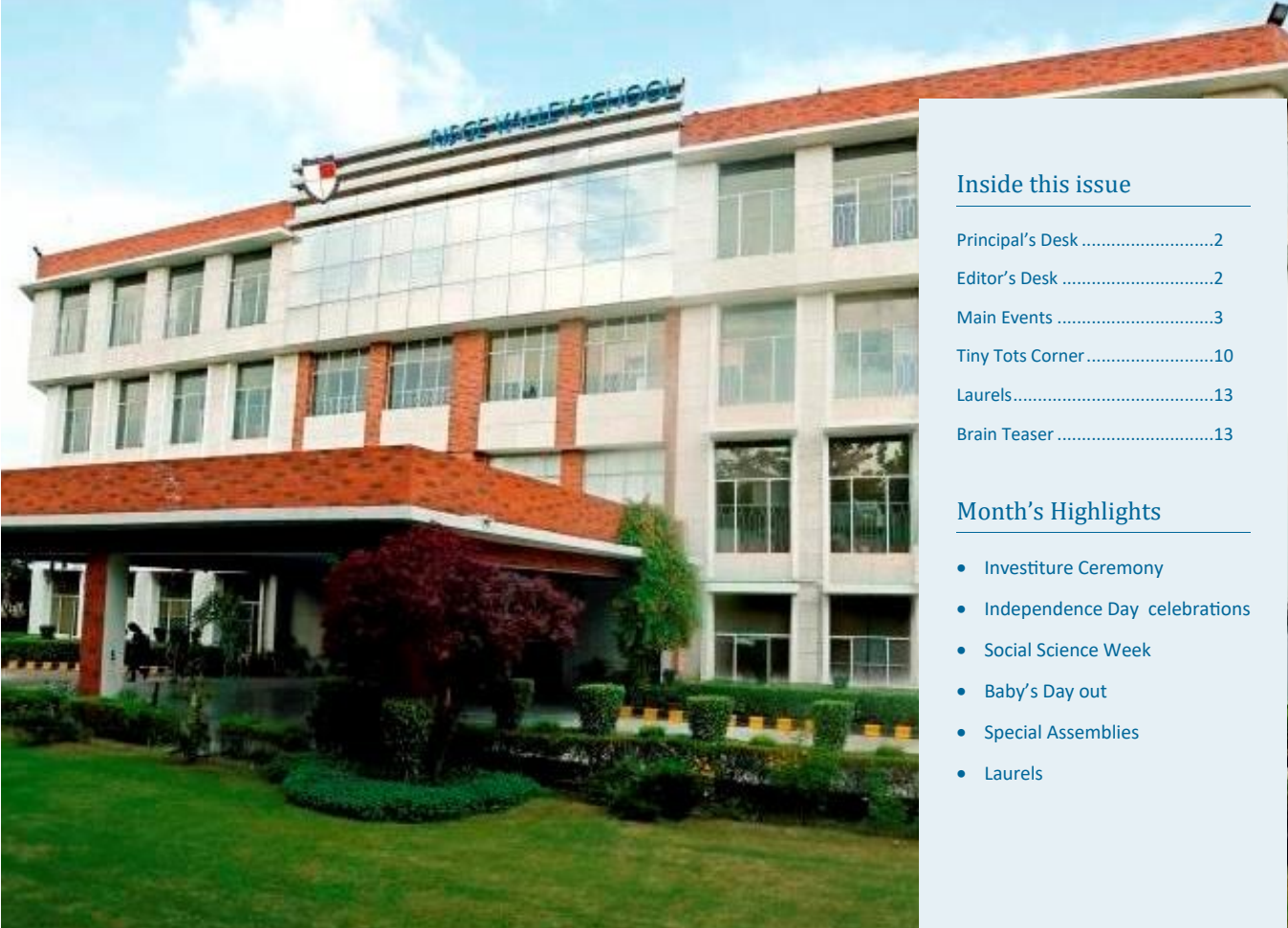


AUGUST 2021
Volume 1, Issue 3



OVER THE RIDGE

Ridge Valley School Monthly Newsletter



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From The Principal's Desk



Ms. Nidhi Tewari

Principal

Greetings!

Taking over as a principal of any school is a daunting challenge in its first year. As a principal, I want to find a balance in making changes, building relationships, and figuring out what everyone is already doing well. It takes a keen sense of observation and a significant investment of time.

The staff of Ridge Valley School, parent community and students have warmly welcomed me and I feel all charged and energised to take the lead. We are gearing up to welcome our students back to school. We feel excited and can't wait to see them bringing back life to the school which is just a building without them. The school has a lot of planning to do right, fixing of specific entry and exit gates, appointing staff and materials for thermal checking and sanitisation and seating arrangements to monitor students for social distancing. These challenges are over and above our academic commitments. We also aim to engage communities productively and build the trust needed to design and implement effective reopening.

I would like to enlighten you about the change in management. Change can be overwhelming, however, being positive and moving forward is the key.

I am also very excited about the significant efforts taken for introducing new mini golf facility. We will soon be able to provide a complete and enjoyable golf experience to our students.

Looking forward for an exciting month with our students.

Thank you.

*"Keep reading. It's one of the most marvelous adventures that anyone can have."
– Lloyd Alexander*

From The Editor's Desk



We are pleased to bring you the third issue of newsletter for the year 2021. August has been a busy month here at RVS, packed to the brim with events and competitions. This issue is an attempt to capture the essence of this energy that has been embodied by each one of our students in these weeks. This energy was perhaps most palpable during our Social Science Week. This week was a true celebration of our students' untiring energy, their achievements and accomplishments, a testament to the fact that they excel in any field of learning they aspire to. This issue is dedicated to the spirit of these young achievers. The sheer scale of participation, and the scope of discussion witnessed on different kinds of Tribal Art covered during the social science week was unprecedented and extraordinarily productive. This issue also covers the main highlights from across the spectrum of activities in the school. We hope this infectious energy translates off the pages, and on to our readers.

Happy Reading!

Events



Investiture Ceremony—August 13th, 2021

The ceremony began with the lighting of lamp by the school Principal accompanied by the parent fraternity. The Amphitheater reverberated with the melodious rendition which inspired students to overcome their challenges and never give up whatever the situation may be.

This was followed by the badging for Junior Council Members 2021-22 by the school Academic Coordinator, Mrs. Kamalpreet Bhullar. The school Principal awarded the badges for Senior Student Council for the session 2021-22. She congratulated each one of them and apprised them with their duties and led the newly elected prefects for the Oath taking ceremony.

Student Council Members

Junior School Council:

- School Captain - VAISHNAVI SAHAY
- School Vice-Captain - YASHI SINGH
- Sports Captain - LAVAN SARIN
- President Cultural Committee - HARSH MISRA
- President Editorial Board - ISHAVNI GOEL
- President Environment Committee - DHRITI DHALL
- Captain Amazon House - DEVANSH SHARMA
- Captain Ganges House - MEHUL MISHRA
- Captain Nile House - VIVAAN MATHEWS
- Captain Thames House - JIANNA BINDRA
- Member Editorial Board - REYANSH GOEL
- Member Cultural Committee - SAISHA TRIPATHY



Senior School Council

- School Captain - Arpita Sondhi
- School Captain - Samay Gupta
- Sports Captain - Devansh R. Kapoor
- President Tech Committee - Rohan J. Hopper
- President Tech Committee - Sohan TP
- President Wellness Committee - Pahul. K. Lalia
- President Cultural Committee - Gauri Rawat
- President Cultural Committee - Shreya Sarkar
- President Environment Committee - Sanjana Giridhar

Flag Hoisting



Flag Hoisting & 75th Independence Day Celebration on Campus—August 15th, 2021

RVS celebrated the 75th Independence Day with a lot of zeal and enthusiasm. Flag hoisting was conducted on the School Campus. Principal, Team Admin, Early Years Mentor, HOD Computer Science and Activity In charge with the support staff hoisted the flag and let the Indian Flag flying high!

This was then followed by the release of Indian Independence Day Productions wherein students participated sharing the story of a brave heart of Indian soil who was a martyr in the 1975 India-Pakistan War – Captain MN Mulla.

The story revolved around his courageous martyrdom and his determination to stay with his fellow ship mates till it sank.

The students were inspired by conducting themselves and adopting his fine features of determination, courage etc.

The video was released on 15th August 2021 on YouTube.



SST Week



Social Science Week- “TRIBES OF INDIA- An Exemplary Contribution” August 2nd to August 6th, 2021

S.No	Activity	Grades
1	Show and tell	Pre-Nur- II
2	Know your Tribe activity	VI
3	Tribal folk dance	KG
4	North East tribal art work	III-IV
5	Group Discussion -" The Forgotten Folk Movements of Freedom Struggle"	IX
6	'Warli art (Pre Nur-II)	Pre Nur - II
7	Tribal clay Art of North East Region (Vertical Learning)	IV- V
8	Little chef activity	Pre Nur-II
9	Ad Mad	XI-XII
10	Quiz on tribes of India	VI-VII
11	Highlights of social science week. – Tribal Utsav	VI-VIII

Well Being Workshop - Respecting Personal Space and Boundaries - August 18th, 2021



Communication is key!

'NO' is a beautiful word.

Know where you stand before you take a stand

What is personal space ?

Personal Space



My Social Circle

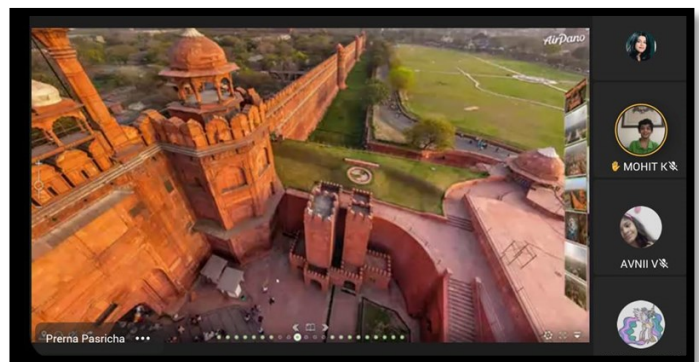
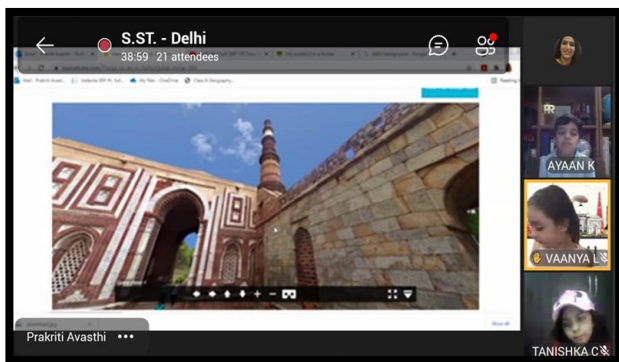


Well-being workshops were conducted for Grades III-V and VI-VIII by the Wellness team of the school on 'respecting personal space' and 'respecting personal boundaries' respectively. The workshops aimed to guide students on respecting and establishing physical, social and emotional boundaries. They were further empowered to reach out and share their experiences. Students enthusiastically took part in the workshops and shared their insights.

"Education is the passport to the future, for tomorrow belongs to those who prepare for it today." - Malcolm X

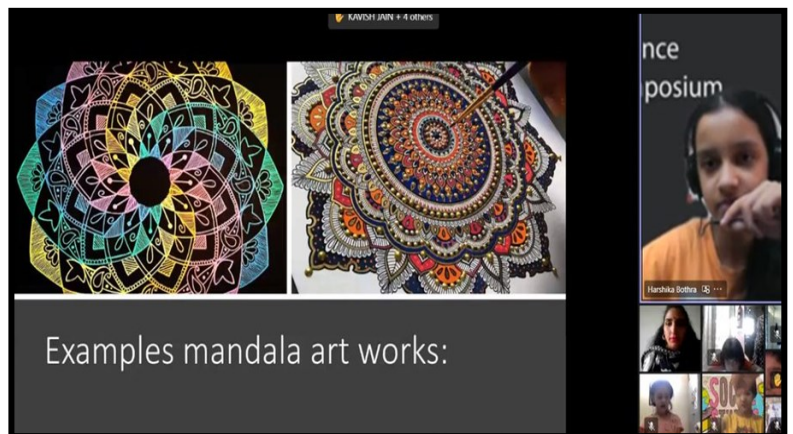
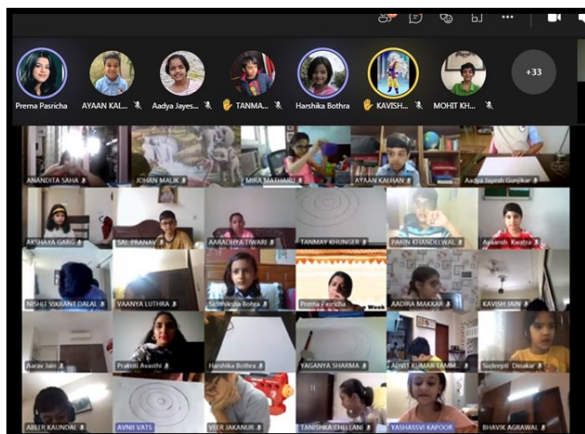
Delhi Darshan —August 17th & August 18th, 2021

To maximize learning opportunities and improve the efficiency of online learning, Virtual Trip to Delhi was organized for Grade III on August 17 & August 18, 2021. The students were all set with their caps on, snacks by their side and questions in their minds. The online journey began with briefing the students about Delhi and its history by their respective tour guides of the day – their teachers. The students hopped from one monument to the other and with a 360 degree view of the same, it was a learning journey by walking through these monuments. Places of tourist attraction visited included the Red Fort, Rail Museum, Qutub Minar , Gurudwara Bangla Sahib, Cannaught Place , Jama Masjid , Jantar Mantar ,Spice market and many more.

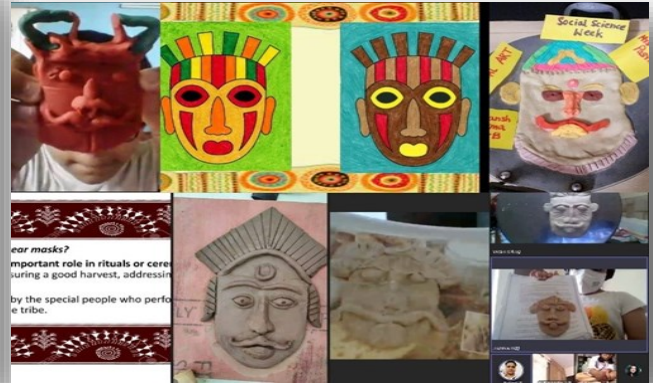


Mandala Art Activity- August 5, 2021

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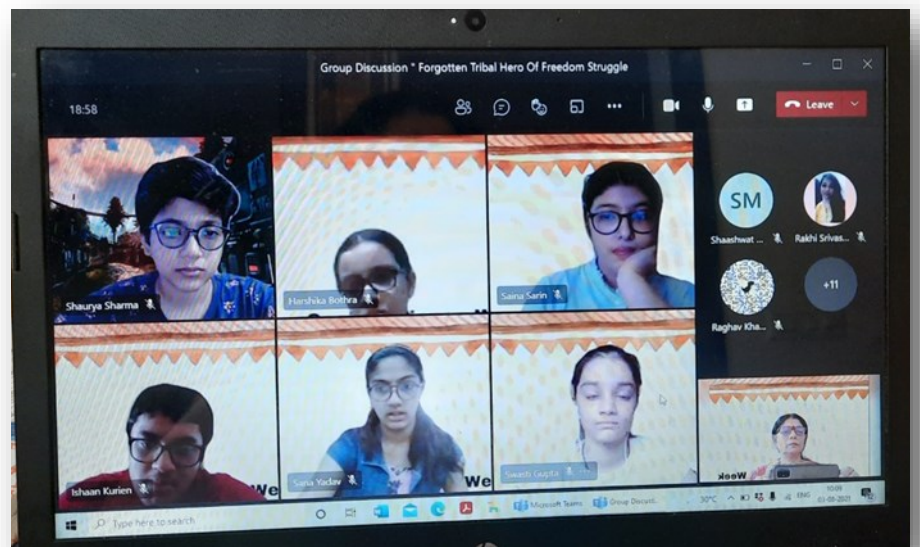
Tribal Clay Art - August 4th, 2021



Indian Tribals have rich culture of music, dance and crafts forms. Students of Grade V tried their hands on clay to show artistic flair during social science week and understand the shapes and patterns on a face mask .

“ Forgotten Tribal Heroes in the Freedom Struggle Of India “- August 4th, 2021

Students of Grade 9 were divided into 4 groups. They prepared a Presentation through PPT/Video and explained the leader ,his background, the Movement he participated in and his role in the Freedom Struggle.



*“No one is perfect, that’s why pencils have erasers. “
– Wolfgang Riebe*

Know Your Tribe - August 2nd, 2021

“Research is creating new Knowledge.”

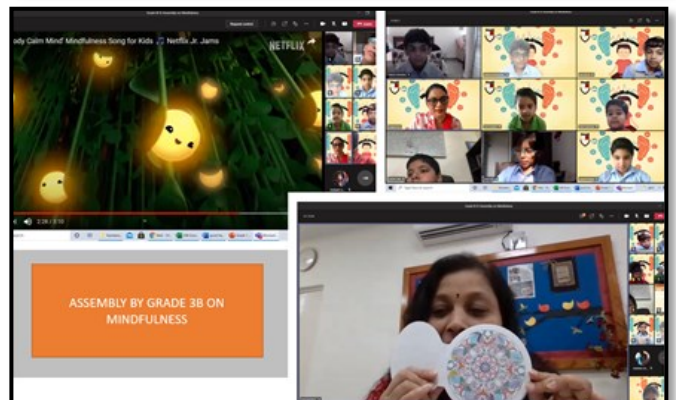
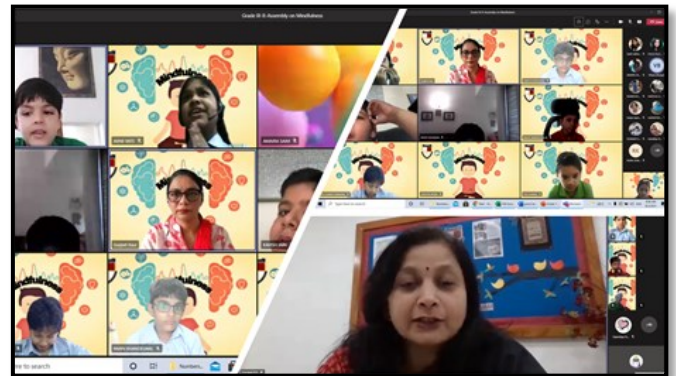
Agreeing with these words of Albert Einstein, Social Science Department assigned Research Work to students of Grades VI on 'Know Your Tribe' as a celebration of Social Science Week. Preservation of culture is essential for our identity. Tribal culture shows the unique identity of the tribal population in the world. The students were divided in groups and assigned a tribe each from the Masai Tribe, the Maori Tribe, the Asaro tribe and the Sentinelese Tribe. The students did commendable research work on the tribes assigned to them covering the origin, clothes, languages, threats they face etc. and presented their work to the class.



Special Assembly- Mindfulness - August 3rd, 2021

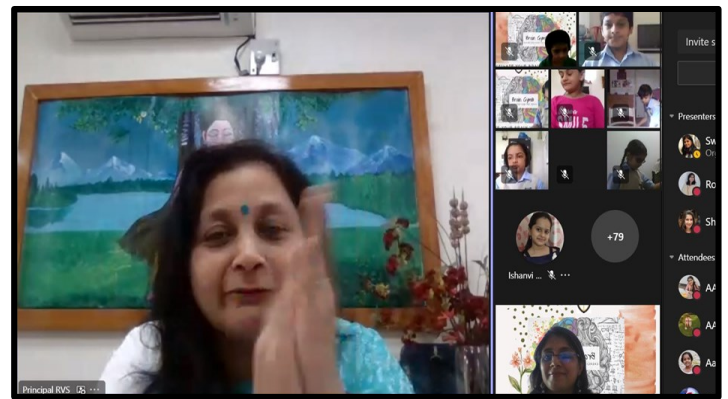
Grade III B children presented the assembly on the topic - Mindfulness and talked about the importance and advantages of being in the present moment rather than rehashing the past or imagining the future. Principal Maam appreciated the assembly and urged the students to adopt 'Mindful Listening, Mindful Eating and Mindful Coloring' practices. She asked them to say 3 things three times a day: I am Good, I am Happy and I am positive. Ms. Swati Saberwal, Mentor, Primary Years also explained the benefits of Mindfulness to students. At the end, The students enjoyed singing a melodious song on Mindfulness along with their peers in the assembly.

Our Principal Ms. Nidhi Tiwari congratulated the participants of the Junior student council and motivated them to perform their duties with honesty and dedication.



Brain Gym- Special Assembly - August 17th, 2021

'The key to a healthy life is having a healthy mind'. Grade V children presented the assembly on the topic -Brain Gym and talked about the importance of activating the brain and advantages of these exercises. They highlighted that these exercises contain several movements which help with a child's ears, eyes, head, limbs, and overall body coordination by waking up the mind/body system, and bringing it to learning readiness. Ms Shaira Kohli conducted an interesting session with the students on Brain gym which energised them. Principal Ms Nidhi Tewari appreciated the assembly and emphasized the importance of complete functioning of both the hemispheres of the brain. She also demonstrated three exercises which the children can do in between their classes to activate their brain. The children enjoyed doing these interesting exercises along with the Principal.



Independence Day (Special Assembly) - August 10th, 2021

" Freedom in mind, Faith in words, Pride in our souls"

The above quote resonated at RVS when Grade VA presented their assembly on India's 75th Independence Day. Importance of this day was highlighted through a thought "May we think of the Freedom, not as the right to do as we please, but as the opportunity to do what is right".

Students showcased their patriotic fervor through speech, poem, instrumental and vocal music.



Principal Ms Nidhi Tewari congratulated the students for their excellent performance. She explained to the students that it is a day of celebration of Independence-Independence of thought, Independence of work, Independence of becoming successful. She urged them all to adopt this in their lives.

Tiny Tots Corner

Little Chef Activity - August 6th, 2021

Donning their chef hats little Ridgeans got ready to stir and mix ingredients and come up with simple recipes that support healthy eating. There was integration with ongoing topics of fruits and vegetables and with 'Country Corner' regional cuisine as students presented a colorful and tasty variety of dishes to savor!



“The greatest thing in life is to keep your mind young.” - Henry Ford

Show & Tell—Tribes of India

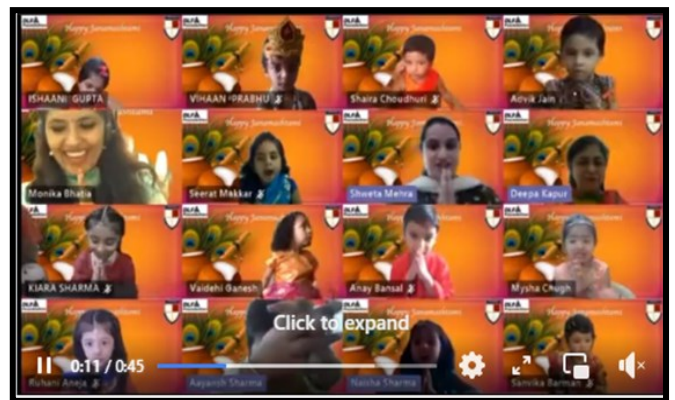
The tribes of India reflect a very unique and colourful picture of the Indian culture that is a contrast to the modern trend. To highlight and reinforce the rich culture and diversity, the little Ridgeans dressed up to give a glimpse of the tribes of India on Day 1 of the Social science week. The students enthusiastically spoke about the language, culture, dance forms and heritage of the Indian tribes. They enjoyed learning and sharing their knowledge of the Tribes of India during the Show and Tell activity.



Janmashtami- Special Assembly

Grade Pre-Nursery and Nursery B presented the assembly on 'Janmashtami'. They dressed up as little Gopals and Gopis, dancing and bringing alive the spirit of Janmashtami. They understood the significance of the festival and promised to follow the teachings of Lord Krishna.

Principal Mrs. Nidhi Tiwari, appreciated the students for organizing a colorful and vibrant Assembly. She motivated the students to become strong and healthy like Lord Krishna and consume food which has high nutritional value such as milk and curd. Her encouraging words brightened up the little faces.



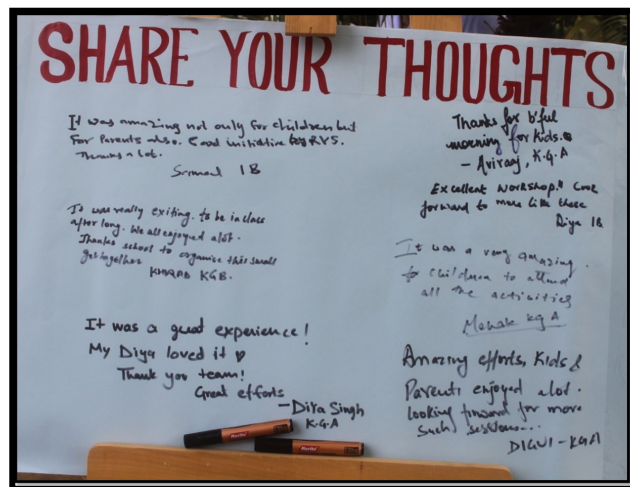
All About Continents—Special Assembly

The little Ridgeans of KG-B presented the Special Assembly on 'Continents', where each student spoke briefly yet confidently. They conveyed in a precise way, how the continents were formed and a special feature of each continent on our 'Blue Planet'. Appreciating their effort, our Mentor, Ms. Ritu Singh motivated the audience to find out more about the countries on the continents and widen their awareness about people and places



Baby's Day Out —August 19, 2021

The Campus brightened up as the little ones walked in holding hands with their moms and dads. The Principal welcomed everyone and assured them of safety and security measures taken up by the school. The excitement was high as the students moved from one station to another following the Covid protocols. They engaged themselves in various activity stations and had fun with art, pottery, drama, singing and sport. Their presence amplified by their enthusiasm to meet teachers, peers and walk through the green school grounds made the atmosphere come alive. As they left, their happy faces asking when to come again, was a boost to the idea to have more such interesting interactions.



"Education is a progressive discovery of our own ignorance." - Will Durant

Laurels

Science Olympiad Foundation (SOF)

Our intelligenial Ridgean exhibited proficiency in language, science and math by winning medals in “SOF IEO,IMO and NSO” conducted Online by the SOF in Session 2020-21. We feel proud to announce that Lavan Sarin of grade 5 has been awarded with Gold medal for achieving the 1st International Rank in IEO and IMO and 6th international Rank in NSO. Saanvi Pandey of grade 4 has achieved 6th International rank in NSO and 8th International rank in . We congratulate our achievers and wish them all the best for the IEO second round.



Brain Teaser

- What has a face and two hands but no arms or legs?
- With pointed fangs I sit and wait; with piercing force I crunch out fate; grabbing victims, proclaiming might; physically joining with a single bite. What am I?
- A word I know, six letters it contains, remove one letter and 12 remains, what is it?
- I turn once, what is out will not get in. I turn again, what is in will not get out. What am I?

Answers: a. A clock, b. A stapler, c. Dozens, d. A key