

Let's Build A Community
Of Lifelong Learners



THE LEARNERS HIVE



Gratitude: The Highest Human Emotion

With the ever-changing and evolving state of the world, few things remain as consistent as the effect and feeling of gratitude for others. Gratitude is an emotion that forms some of the most potent and pure bonds between people; defined quite simply as being thankful and showing appreciation to others and uplifting others, revitalising the soul.



<https://www.canvashealth.org/>

As expressed beautifully by a humanitarian, Albert Schweitzer:

“At times, our light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”

This quote shows the healing and mending power of gratitude between individuals. Along with the personal records of countless people, there have been cases of scientific studies on the effect of gratitude on the brain.

In one such study, which was conducted in a controlled group of nearly 300 participants, it was apparent that the subgroup writing a set of gratitude letters to each other demonstrated improvement in mental health after writing the letters using more positive words and fewer negative ones.

Another fascinating part of this study was that the mental health improvement was visible just by writing such letters, even if people from the focus group did not send them.

Gratitude also helps us to grow as a person. After the above study was concluded, the following result was also seen after doing an MRI scan on the individuals:

This indicates that simply expressing gratitude may have lasting effects on the brain. While not conclusive, this finding suggests that practising gratitude may help train the brain to be more sensitive to the experience of gratitude down the line, and this could contribute to improved mental health over time.

Gratitude may very well be one of the most “human” emotions that one can show, and it leaves a lasting impact. There are many ways to increase gratitude within yourself.

- Firstly, practice it in daily life and be thankful for any action, big or small, that may affect your life; this also means expressing the same gratitude to the people who have helped you, practising the “pay it forward mentality”.
- Secondly is to appreciate yourself and your actions, as one can only give appreciation once their basket or cup is full!
- Other activities that can help cultivate gratitude are journaling, volunteering for work greater than that of one individual, meditation, and being more in touch with your feelings.

At Learners, holistic well-being is central to our LEEP model. Recently our learners across the grades learned different ways of expressing gratitude, from making gratitude wreaths, journaling and creating gratitude bands for their friends.



Gratitude also affects physical health as it helps us to be more mindful and thus makes us aware of what we may be feeling, allowing us to deal with them before any physical symptoms show.

Practising gratitude is an everyday task, which becomes second nature over time!
Let us keep it up and uplift others around us!



Manisha Trivedi
Head of Middle School

(Thanks to Divyaksh Trivedi for compilation and research on the above piece)



References:

www.healthline.com/health/benefits-of-gratitude-practice#getting-started
www.greatergood.berkeley.edu/article/item/how_gratitude_changes_you_and_your_brain



Celebrating Grand – Parents Day

“What a bargain grandchildren are! I give them my loose change, and they give me a million dollars’ worth of pleasure.”

— Gene Perret

Grandparents Day honours the adorable bond between the grandparents and their grandchildren. The relationship between grandparents and grandchildren is lovely and memorable. They are the ones who become our best friends, right from bedtime stories to all the pranks that we play, protecting us at every step.

At Learners International School we celebrated Grandparents Day for a week. It started on 9th September. Grandparents of our learners were invited to take up the circle time. It was during this time that grandparents shared their childhood stories with the learners. It unfolded the rich culture, traditions and good practices that grandparents exemplify. Learners enjoyed the stories and had a lot of curious questions to ask. The classrooms reverberated with laughter and warmth as the learners bonded with the older generation oblivious to the fact whether the visitors were their own grandparents or that of their peers. After the session, learners had breakfast with their grandparents. Learners had prepared ‘Thank you’ cards for their grandparents which they handed to them before bidding adieu to their beloved guest.

Grandparents are a family’s treasure and a strong foundation. Through their special love and care, grandparents keep a family close at heart. It has been truly said that “The simplest toy, one which even the youngest child can operate, is called a grandparent.”

— Sam Levenson

Ms Chandrani Roy
PYP Coordinator



Montessori

Learners explored the bugs in the backyard and observed their movements. They carefully identified them and went on spotting them in the school backyard with Ms. Nandini where they identified the bugs and their movements. Learners exhibited patience as they didn't want to scare them away.

Montessori learners also practised a gratitude song during the circle time. They practised gratitude in different ways in their day-to-day life. They expressed gratitude towards nature as they enjoyed the weather outside. They also showed gratitude towards their everyday work as they further reflected upon what they liked and how someone helped them. Together they spent time reading and connecting with peers. They read value stories and tried to apply their learnings in real life.



Montessori Learners
enjoying the reading team.



Montessori Learners
celebrating Grandparents Day.



Montessori Learners
exploring natural resources.



Montessori Learners
spying bugs in the backyard.

Nursery

Ganesh Chaturthi

Together we performed Ganesh Vandana. Our nursery learners created beautiful Ganesh faces using the leaf painting and stamping.



Hindi Diwas

Nursery learners recited Hindi rhymes like – ‘Chanda Mama gol matol’, ‘Machhali Jal ki Raani hai’ to celebrate the essence of Hindi language.



Grandparents Day

Samar Singh's grandmother visited grade Nursery- for the Grandparents' Day. All the learners were very excited and welcomed her with a big smile. They got involved in the childhood stories of Samar's grandmother. Nursery learners enthusiastically recited rhymes and songs for her. As a token of love, they gifted her a wreath made of their hand impressions with a thank you note on it.



Joy Box – Thanking Class Didi

Nursery learners collected various items like dry ration, hygiene products to create a 'Joy Box' for their class didi as a token of their 'gratitude' towards her. This collaborative activity helped them to understand their relationship with class didi.



Kindergarten

Learners of Kindergarten made the face of Lord Ganesha on Ganesh Chaturthi.

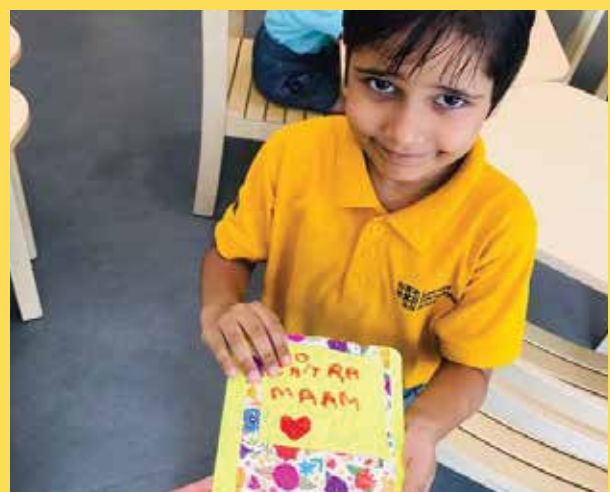


Kindergarten Learners reciting poems to celebrate Hindi Diwas.





Learners celebrated Teachers Day by making wonderful cards.



Our Kindergarten learners made cards to make Teachers Day memorable and significant.

Wellbeing Session

Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. Being grateful also helps people to connect with something larger than themselves as individuals. Gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel positive and develop strong emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. Thankful people are usually more optimistic. When we teach our children to appreciate what they have, and what others do for them, we are helping them to become happier and healthier.

Our learners this month explored ways of expressing their gratitude. They have learnt to be mindful in expressing gratitude with a big smile and a chirpy 'Thank you' to the people who do things for them.

Creating gratitude bands and colourful gratitude wreaths was a fun experience too!

Learners understood how gratitude journaling can be calming and is a healthy habit to maintain happiness. Talking to learners about gestures that express gratitude helps them find deeper contentment and makes them kinder.

As adults let our children know that they are special and loved, let us appreciate and express our gratitude to them for being the rainbow in our clouds!



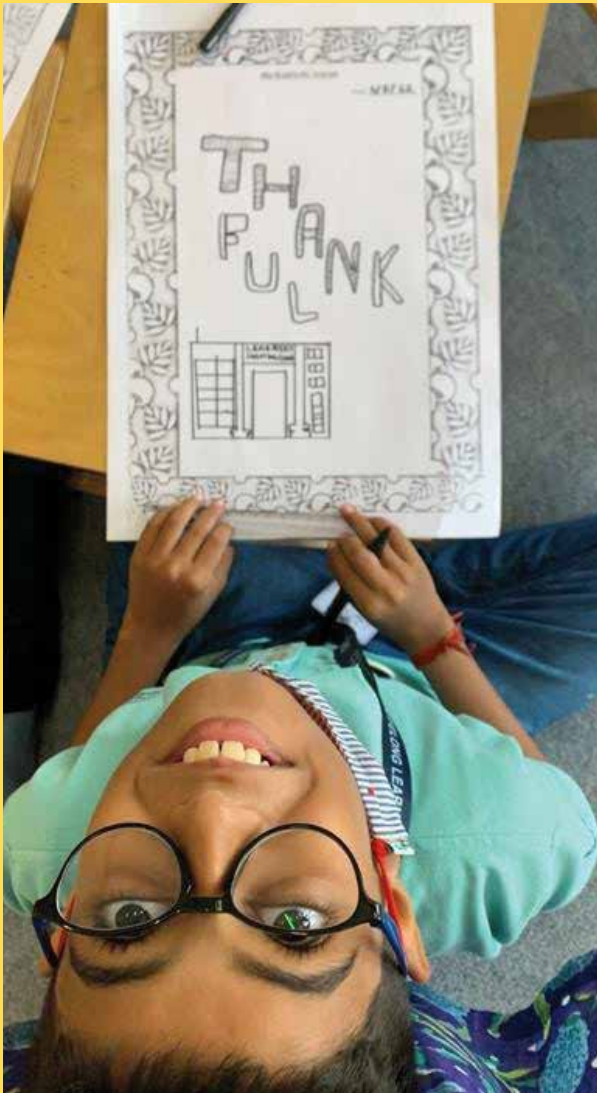
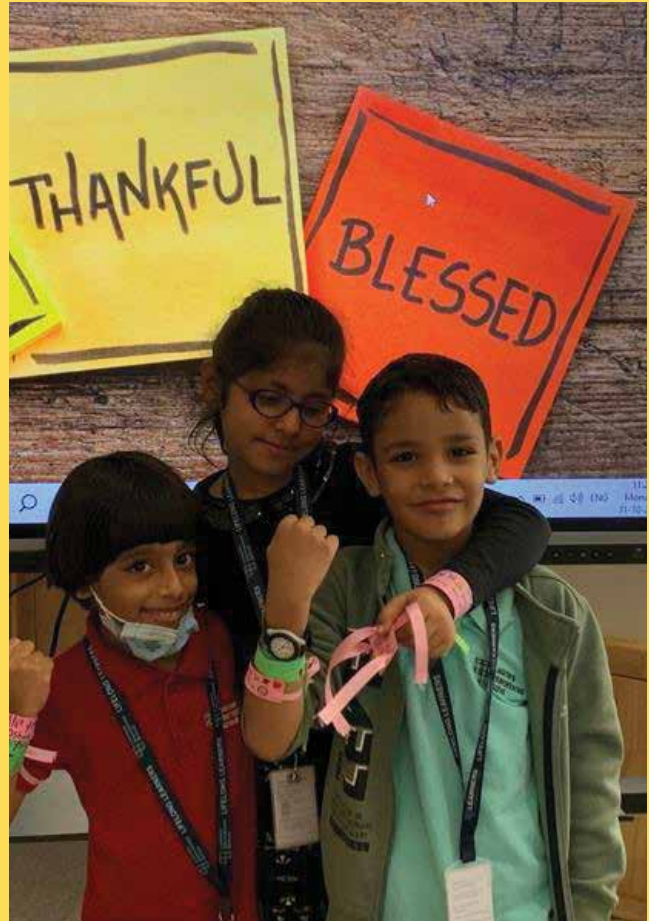
Grade 2 Learners
exchanging gratitude bands.



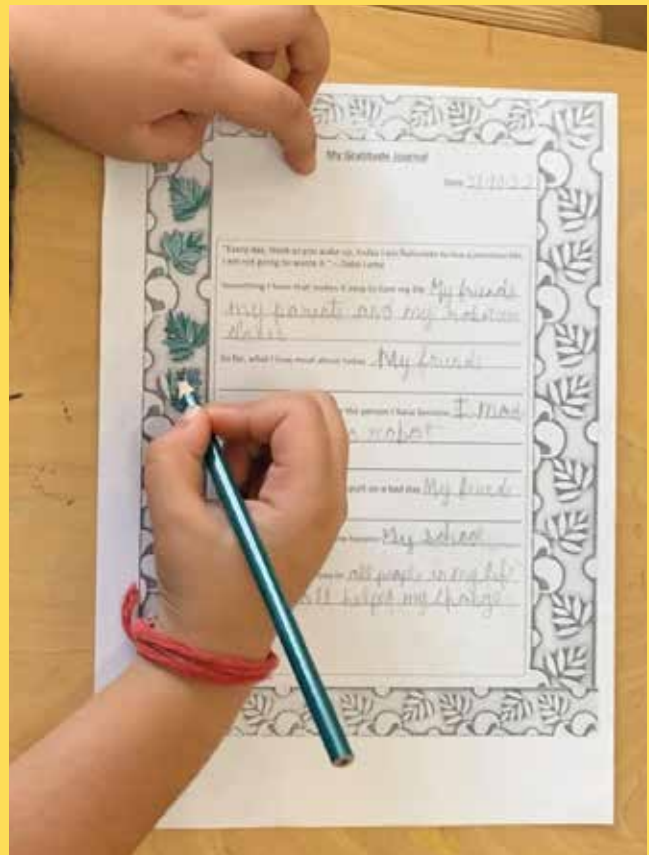
Grade 2 Learners
expressing gratitude by making bands.



Grade 3 Learners
expressing gratitude.



Grade 4 Learners
doodling and creating their journal.



Learners
creating a journal on gratitude.

Grade 1

What children need most are the essentials that grandparents provide in abundance. They give unconditional love, kindness, patience, humour, comfort, and lessons in life. A child needs a grandparent to grow a little more securely into an unfamiliar world.”

With its strong belief in the overall and holistic development of the learner, we celebrated Grandparents week in the month of September.

The grandparents narrated a story to the learners from their time and gave them a sneak peek into the times back then and how different it is now.



Learners of Grade 4 and 5 had a wonderful time listening to the stories of Vaanya’s grandmother. She is an educationist and has specialized in Chemistry.



In conversation with
Vaanya’s grandmother.



“Love is the greatest gift that one generation can leave to another.”

— Richard Garnett

Across the world, one gets to experience the magic of the unique bond between the grandparents and their grandchildren. Grandparents offer acceptance, love, patience, wisdom, fun and a lot of support to their grandchildren. Grandparents have endless stories and experiences from their own lives and are always eager to share these with their grandchildren. This gives an opportunity to the grandkids to not only associate with their cultural heritage and family history but to also broaden views of the past and present.

To nurture a close connection with the grandparents, our Learners celebrated ‘Grandparents Week’ this month. This gave all the learners greater opportunity to connect and bond not only with their own grandparents but to their peer’s grandparents as well! The positive influence that grandparents had on our learners has been profound, as they continue to happily imbibe on the values passed on to them.

Learners creating gratitude wreath by expressing their feelings.



Student Led Presentations On Facilitator Parent Meeting - 30th September



Water is the most precious gift of nature. It is an essential component of life and is vital for sustenance. Without water nothing can live, thus water conservation has become a need of hour. To spread this message of saving water, the learners of grade 1 gave an engaging presentation on the impact of human activities on water and how we can curb the water pollution.

The learners made a small model of the beach side and how it looks after getting affected. They highlighted the facts which are responsible for the increasing demand of water and discussed its uses and importance. Some simple methods for saving water like collecting rainwater for various purposes, cutting off shower time etc. were suggested by the learners. The presentation concluded with a pledge by the learners to 'save water and never waste it' and a motivation for the audience to join the mission.



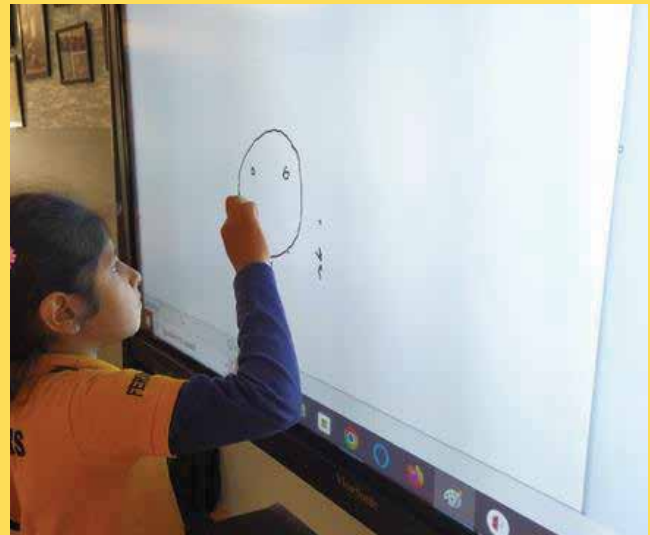
The learners made 'The Grateful Turkeys' to show their gratitude towards people who are a part of their life.

Around the school – Performing Arts

Music



Grade 4 & 5 - Learners lead the FPM and showcased their learning in music during the term. They showcased it through some musical performances as well as they also talked about different concepts and skills they have learnt during the term for instance: musical elements, musical genres, diverse range of songs.



Grade 1, 2 & 3 - Learners learnt about the moods of music. They understood that through music we can express different emotions and it also could be a language for us. They developed their listening and observation skills by listening to different musical pieces and identifying the mood of that music, further showing it through drawing it on the board and letting the other learners understand and predict what emotion it is.



KG and Nursery - Learners took their learning to the next level by learning songs with little difficult lyrics like "Sunday morning" and "School is number one". They focused on improving their diction while singing the lyrics, maintaining the proper expressions and tonal quality while singing. They also played beats through tambourines and shakers along the song while singing.



My World Of Dance

Dance is said to be the mother of arts as it's the best way to communicate ideas, emotions and awareness. Learners of grade 1 expressed their thankfulness for mother nature through a dance video presentation on the song 'DEEP DEEP DEEP'. They spread awareness to save water as it not only fulfils human needs but also is a source of living for plants and animals.



Learners of grade 2, 3 and 4 actively participated in the presentation during FPM. They confidently spoke about the diverse culture of our country and presented different folk dances of India like 'Koli' dance from 'Goa', and 'Dandiya' from 'Gujrat'. Parents highly appreciated the efforts made by learners and gave positive feedback on the feedback wall.

Sun-Moon-Stars

Our Kindergarten learners explored a new way of remembering steps by watching images, making shapes through hand movements accordingly and putting those steps on the song 'Sun-Moon-Stars'. They were able to make a connection between the surroundings and dance. They enjoyed this activity as it made dancing easier and more fun for them.



Its Stretching Time

KG learners amazed us with their flexibility skills during warm up time before the dance class. They have adapted the habit to spend time in stretching exercises before every class which makes their body open, and they are able to explore different ranges of movements.



Aaliya's Miniature World

Aaliya of Grade 3 is an artistic genius. Not only does she have dexterity in drawing and painting skills but she's overall a creatively inclined individual.

Her knack for crafting miniature things was first noticed during the Unit- Waste management, where she tried to create interesting items like a miniature house with bits of paper, insects with pom poms and shells and many more. She keeps crafting these miniature objects during her free time at school and at home. With practice, she has achieved fine skills in doing this at a very young age. To our surprise, she also has her own Instagram page which showcases all her work.




Reflections

2/11/2022 Seerat
My Reflection
Three things I liked about the unit.

- 1 I enjoyed doing the role play because I love acting.
- 2 I enjoyed doing playing Kahoot on I Pad.
- 3 I enjoyed doing miming.

Joshua My Reflection
3 things I liked about the unit:
1 I enjoyed doing the roleplay
2 I enjoyed making the comics
3 I enjoyed doing miming
These activities were fun because they created my knowledge about stories.



3.11.2022 My Reflection Vidan
3 things I liked about the unit

1. I enjoyed creating stories for the role play
2. I learnt hieroglyphics
3. I enjoyed playing Kahoot on Ipad it was something new.

Aparna My Reflection
3 things I liked about the unit

- 1 I liked the role play because I had fun being.
- 2 I enjoyed making a Diwali comic.
- 3 I enjoyed playing Kahoot quiz.

Physical Education

Learners across the grades learnt the importance of fitness and developing physical fitness by doing various activities.



“Every winner was once a beginner.”



“Be cool...Play in School!!!”



“Playing together is FUN.”



“If you don't take care of your body, where will you live?”



“When you have confidence, you can have a lot of fun. And when you have fun, you can do amazing things.”

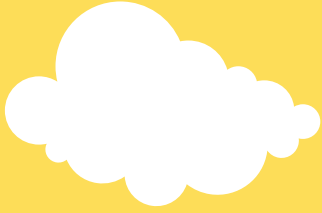


“Champions keep playing until they get it right.”

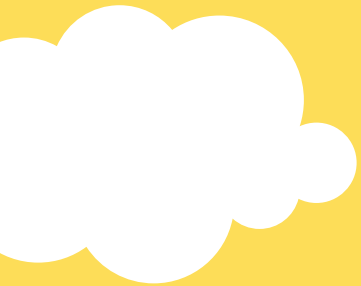
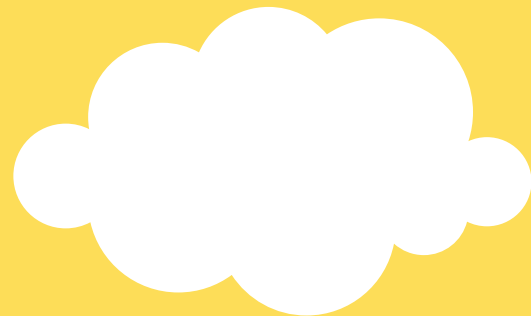


“Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong.”





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