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Thought Log

Yet another summer vacation went past you. Of course, it has been a while since you returned to school after your summer vacation. But still, the question can persist: What did you do this summer?

Obviously, you must have had experiences – some pleasant and some not-so-pleasant. You may have made newer friends. You may have gone to newer places. You may have started on a new hobby. Each one of the above adds to your learning. A new person

you met could have changed the way you look at relationships. A new place can change your outlook. For example, if you travelled to eastern part of our country, you would look at Bengalis and Oriyas in an entirely new light, simply because you went there and had a taste of their culture.

Experiencing a new situation is exciting. But how that new situation impacted you is more important. And it can be a great thing if you can bring to book your thoughts and feelings as you went through that situation.

For example, if you went to Rajasthan, how it felt when you walked through the palaces in Udaipur. You

marvel at the architecture and painting styles of the good old days. How the people there showed great character in times of war. You go to Jaisalmer and visualize how the fort was defended by the local people. You wonder how people stayed inside the fort for several years just to keep the enemy away? How could they manage to get food supplies into the fort? Surely, these kind of questions keep coming back. Right?

Write down these thoughts that come to you. Make a note of your feelings when you go through unusual experiences. Keep a small and personal book where you can make notes. You may or may not wish to share with others. Remember, it is not a diary we are talking out. A diary is a day's writing about day's happenings and your next day's plans. Sometimes, it may not exceed a page. Whereas your thought log can be as long as you can write. Let's say you went to Hampi. You visualize the grandeur of the empire and the city. Try to capture that in your words. Try it. It is challenging, no doubt. But it can greatly help you.

By making a habit of making notes of your experiences, you are internally learning to structure your thoughts and presenting them on paper with a style that you are comfortable with. You will appreciate that there is a world of difference between reading and writing. We are used to reading the thoughts penned by renowned authors and writers. But when we start to convey our ideas on paper, we experience handicaps in our writing. By making a beginning, we slowly get over this and acquire confidence in our communication ability.

So, get a small note book exclusively for this and call it **Thought Log**. Write how you feel about your new experiences. Make it a habit to do this regularly. You will soon observe how you have grown in your approach to communication. You will make huge strides.

All the best!



Inside

Principal's Desk

Welcome to the Academic Year 2017-18. Summer vacation is a good time to refresh and recharge yourself. All the students have relaxed and are ready for the next academic year ahead. The students come to school with an open mind to receive the new information and activity. So welcome to an exciting academic year ahead.

The Importance of Prayer in Student's Life

Prayer to God helps the students to gain concentration and also confidence in all the activities they do throughout the day. Prayer keeps the mind calm, and helps to learn with readiness and to do an activity completely without any stress.

Anuradha K, Principal

Health Benefits

Health benefits of eating papaya:

Papaya is a perfect food. It has the following benefits:

- The enzymes present in papaya help in digestion by breaking down the proteins.
- It is great source of vitamins A,B,C and K. It is known as an excellent immunity booster.
- It also contains other effective enzymes that help reduce inflammation and promote healing of burn.
- It is rich with anti-oxidants which protect the body from possible heart diseases and cancer.



Orientation Programme

The Orientation Programme for the teachers was arranged during 11th to 20th May 2017 on various aspects to enhance their skills in teaching learning process.

Welcoming New Buds to MEC Garden

For many children, the home is the first nurturing environment and parents are the first educators. One of the biggest parts of the transition to kindergarten can be moving from this familiar and safe learning environment to a new school environment.

For both parents and children, the transition to kindergarten means a transition to a new place and new people. Most important is the school welcoming the kindergarten children. It establishes positive relationships between



children, parents and school staff.

To feel homely in this new environment, the nursery teachers welcomed all children with smiling faces. Our classes were decorated with toys, dolls and colourful pictures. Children were engaged with drawing, coloring,

singing songs, reciting rhymes, telling stories, watching smart board and dancing. While going home we gave them chocolates and take-aways {paper dolls}.

Environment Day Celebration

On Monday, 5th June 2017, our school celebrated World Environment Day very enthusiastically. During assembly, students of MEC ICSE School presented many activities. As a part of this program, our principal, Mrs. Anuradha K, who sowed the seeds for a greener future. Students displayed many slogans on environmental issues, what we are facing in day to day life. Students from Classes I to VIII presented skits, songs and speech on this topic. The theme resolute for the world Environment Day 2017 is "Connecting People to Nature".



To mark the day, the school organized a 'nature walk' and rally for the students who were enthusiastic to plant more trees in their surroundings. To add more colour to the day students performed skits on different environmental issues.

The Indian Monsoon

Monsoon comes to India after the heat and dust of summer. It brings with it rain, thunder and lightning. The earth cools down with the rain. The time is right for farming - you can see small plants coming out of wet earth with their tiny, bright green leaves. Everywhere, it is green - many different shades of green.

Baby birds hatch, and you can hear them chirping if you listen carefully standing under the birds nests. They keep chirping for their mothers to bring them food.

Monsoon is the time for colours, music, flowers and festivals.

Dimpu I U, VII Std



Trees

Trees are very important to life. Without trees, life cannot exist. They release Oxygen (O_2) which is the basic element of life. Trees have thick roots, which prevent soil erosion. Trees provide food in the form of vegetables and fruits. They attract clouds and thus bring rain.

Every year, 5th June is celebrated as 'World Environment Day', growing more plants is promoted. The theme for few years is – Save Trees, Save Earth.

Arpitha, VII Std

Maths Corner

Test your mental ability:

Marks: 5 - Outstanding, 4 - Excellent, 3 - Good, <3 - Work Hard.

- 1) A, B and C are natural numbers, A is twice of B and B is thrice of C, If $B = 9$, find the value of $A + B + C$
(a) 13 (b) 30 (c) 45 (d) 54
- 2) By how much is the smallest 5-digit number which is divisible by 7 greater than the smallest 5-digit number?
(a) 0 (b) 1 (c) 2 (d) 3
- 3) Complete the series 2, 16, 128, 1024, _____
(a) 8273 (b) 8192 (c) 9875 (d) 7168
- 4) If $B = 5$, $O = 10$ and $K = 7$ then sum of all the alphabets of BOOK will be
(a) 132 (b) 32 (c) 8 (d) 13
- 5) $P = 8/9 \div 4/3$, $N = 2/4 - 1/2$ and $M = 6/8$ then find the value of $P \times M + N$
(a) $1/2$ (b) 1 (c) 2 (d) 3

Answers: 1(b) 2(d) 3(b) 4(b) 5(a)

Collected by

S. Vijayakumari (Maths teacher)

Environment Day



On 5th June, all Scouts and Guides students of our school went to GVK to celebrate World Environment Day. In GVK campus, the students were given green shirt and cap. They all wore it. We had our breakfast and went inside the planetarium. There were more than 11 schools and nearly 1,000

children. Function started at 10.00

am. The chief guest of this function was Chief Minister Mr. Siddaramaiah, who inaugurated the function. All the guests delivered speeches about Environment Day. Mr. Siddaramaiah said we should not destroy our nature and forest. He informed all of us to keep 2 dustbins of green and

blue colours for wet waste and dry waste. Next Hejje Naadha group performed dance on nature. We all enjoyed the dance. We came back at around 2.30 pm.

World Day against Child Labour

On 12th June, all Scouts and Guides students of our school went to Vidhana Soudha to celebrate World Day against Child Labour. At Vidhana Soudha, they gave each of us snacks, cap and badge. We went inside the hall. Invited guests included Mr. Ramalinga Reddy, Mrs Padmavathi, Mr Santhosh L, Ms Chitra and Ms Neelam Shandesh.

We all took oath that if we see any child labour, we will inform the parents and convince them to send them to school instead of working.





I have come to accept
the bumpy roads of life; they seem to
LEAD TO THE BEST PLACES.

Steve Maraboli

SYMPHONY OF LOVE
Photo by antriksh



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