

INDIAN LANGUAGE SCHOOL,  
LAGOS.



NEWSLETTER

JULY 2020

## JULY EVENTS

# LOCKDOWN DIARIES

- Meeting of the Principal and Teachers with the Student Committee Heads.
- The Principal's online meeting with the staff on Project Based Learning Methodology.
- Mental Health Awareness Session.
- July Self-Assessment Paper Discussion Session
- Career Counselling Session.
- Online Mental Health & Wellness Workshop with Mrs Jhunjhunwala.
- Lifestyle Diseases and Oral Health Session
- ILS Webinar- Navigating New Normal With Strengthened Bonds
- Meditation Session with Ms. Priti Shah.
- Parents' Orientation on Digital Education in the New Normal.

Dear Parents

The building gates are closed, but SCHOOL IS OPEN. ILS believes in making each day a masterpiece by embracing change and looking forward. We are here to thrive and leave an imprint in the sands of time. We live in the present as the past is a place of reference, not a place of residence.

The Principal & Teachers in-charge had an introduction session with the Student Heads of the committees. Students were apprised of their roles and responsibilities.



### MEETING OF STUDENT COMMITTEES WITH PRINCIPAL AND TEACHERS-IN-CHARGE



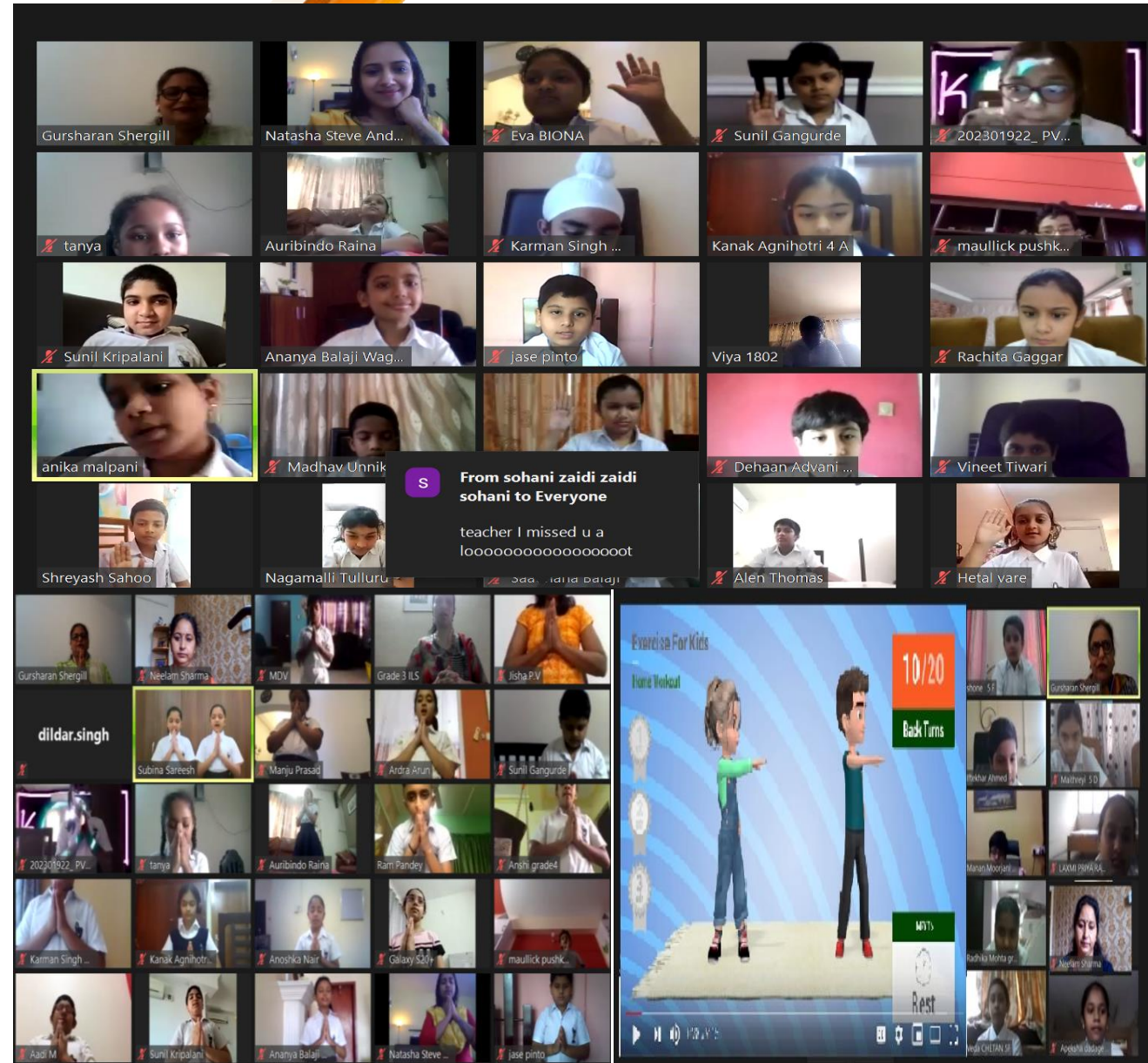
# THE LEARNING NEVER STOPS!!

The Honourable Principal organized an online meeting with the staff on Project Based Learning Methodology which paved way for better implementation of competency based learning. The motive was to accentuate the concept of Learn, Unlearn and Relearn and to impart education in such a way that Students Learn to Learn.




# ONLINE ASSEMBLIES

ILS initiated the Online Assemblies for students across LKG to Grade XII. This was organized to develop a feeling of unity and belongingness towards the school. It fulfilled the purpose and helped the students feel connected.



# SESSION WITH MS. AAANCHAL VASHISTHA, CEO AND FOUNDER OF REACH OUT TOGETHER.

 **Indian Language School**

## MENTAL HEALTH AWARENESS

CONDUCTED BY AANCHAL VASHISTHA,  
CEO AND FOUNDER OF  
REACH OUT TOGETHER.

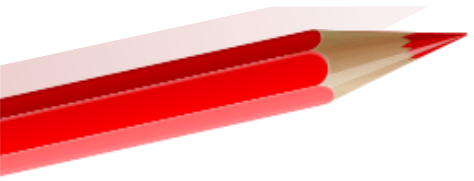
JULY 4TH 2020, 5:00 PM,  
WESTERN AFRICAN TIME

ORGANIZED BY MENTAL HEALTH AND  
WELLNESS COMMITTEE

A Webinar on raising Mental Health Awareness was organized for the students. It was successfully conducted by our Alumni Ms. Aanchal Vashishta, who is also the bestselling author of the book 'Success Strategies'. This webinar spoke about reducing the stigma related to mental illness and emphasized to promote emotional well - being and help seeking behaviours. This informative session was an eye opener and was co-hosted by Ms Nishita Anand and Ms Sanjana Lokur.



MS. AANCHAL VASHISTHA



# PROMOTING MENTAL HEALTH AWARENESS

# JULY SELF-ASSESSMENT PAPER DISCUSSION SESSIONS

The Online Self-Assessments were followed by a series of interactive doubt clearing sessions wherein all queries pertaining to the the subjects were attended to by the teachers.





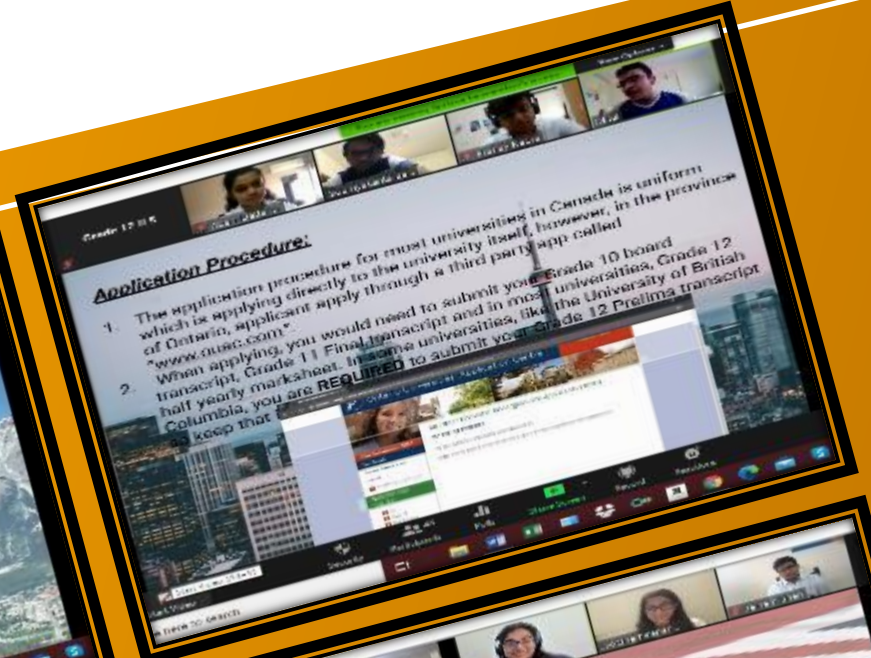
# ONLINE MENTAL HEALTH & WELLNESS WORKSHOP WITH MRS. JHUNJHUNWALA.

In the present scenario, endorsement and inculcation of Emotional Intelligence is of utmost priority. ILS organized an online workshop with Mrs. Jhunjhunwala to sensitize students to decode the messages embedded in their feelings and help them learn to assess beyond educational boundaries.



# CAREER COUNSELLING

An interactive session aimed at informing students about the admission procedures in the US, UK, Canada and Singapore was organized. The key points of the session were highlighting the new visa rules, language proficiency test requirements and other admission issues.

A screenshot of a Zoom meeting window. The main content is a presentation slide with a table of deadlines for various stages of the application process. The table has three columns: the stage name, the "Early Deadline", and the "Late Deadline". The Zoom interface shows several participants in small video windows at the top.

	Early Deadline	Late Deadline
Research Courses	June + July	June + July
Start Brainstorming	Start of August	Throughout August
Complete 1 <sup>st</sup> Draft	Mid-August	Early September
Complete Final Draft	End of August	Late September
Expert Checks	Mid-September	Early-October
Submit to School	Late September	Late-October
Submit to UCAS	Before 15 <sup>th</sup> October	Before 15 <sup>th</sup> January



# LIFESTYLE DISEASES AND ORAL HEALTH

During this alarming and terrifying pandemic, the health status of the people is of utmost importance. Taking an initiative to spread the necessary awareness, The Rotary Club of Lagos, Palmgrove estate, held a session with two esteemed doctors, Dr. Latha Ravikumar and Dr. Sharmila Anandaraj to educate on the lifestyle related ailments, its prevention and the importance of oral health and its effects on the overall health status of an individual.

**HYPERTENSION**  
A Silent killer

Environment: Inactivity, Stress, Obesity, Tobacco, Age, Salt, Alcohol

Genes

Gene/Environment Interactions

Hypertension

Participants: Na Osa, Prasan Kumar, Dr. Sharmila, Ranjana's iPhone, Latha Ravikumar, K RTI SUDHA..., Sicily Jacob, Kate Wilke, Yarkey Verg, Payal Sharda, Victoria Kuteyi, AG Victoria K., Princess Ade..., Prasanna Raj..., anand kumar, durahaj moh..., Lenovo TAB4 8, Suredha Mohan, Anuj M, Tarun Sangha..., KOLE JAGUN, dinkar, Saloni Khule..., Jayarajnamper..., Deepam Dibyajy...

**FIRST EVER WEBINAR  
ORGANISED BY ILS**

**NAVIGATING NEW  
NORMAL WITH  
STRENGTHENED  
BONDS**



**INDIAN LANGUAGE SCHOOL LAGOS, NIGERIA  
INVITES YOU FOR A EXCLUSIVE WEBINAR FOR THE PARENTS  
WITH THE RENOWNED PANELISTS**



Dr. Priyadarshan Bajpayi  
Triple Board- Certified  
Psychiatrist, Extensively  
Trained in Psychotherapy  
and Psychopharmacology  
based in New York.



Dr Sanjana Seth,  
MA, PhD  
Assessment &  
Therapeutic  
Intervention for  
Children, Adolescents &  
Adults.



Dr. Nitin Saraswat  
International Mind  
Trainer, Counselor,  
Motivator & Parenting  
Expert



Dr. Harinder Sandhu ,  
M.A , PhD, working as an  
Associate Professor in  
Delhi University



MODERATOR  
MRS. GEETANJALI BAJAJ  
M.A. PSYCHOLOGY  
SCHOOL COUNSELOR  
ILS

**TOPIC : Navigating New Normal with Strengthened Bonds**

**ZOOM MEETING  
ID: 929 1994 1143**

**Sunday 19th July, 2020  
Time: 4: 30 pm (WAT)**

**JOIN THE PANELISTS ON ZOOM :**

<https://zoom.us/j/92919941143?pwd=aEtYTFRSRTJxVlhJV3lBbGVwRVowZz09>

**JOIN ON YOUTUBE:**

<https://www.youtube.com/watch?v=dslwIEoDwr0>

## NAVIGATING THE NEW NORMAL WITH STRENGTHENED BONDS

The Webinar had around 500 viewers!!

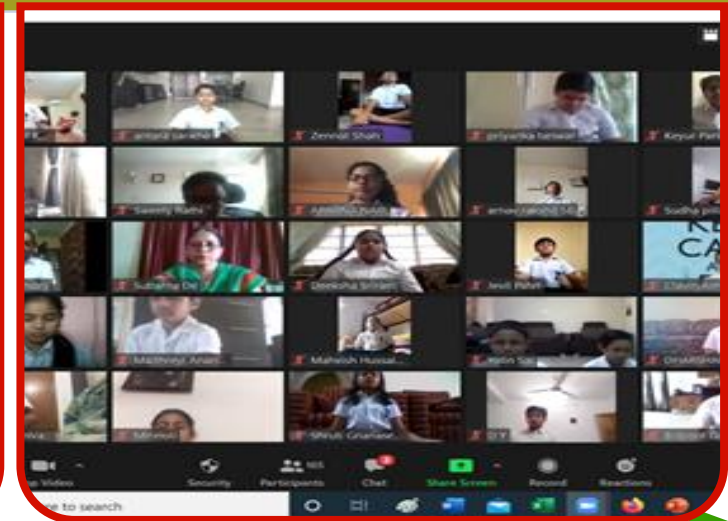
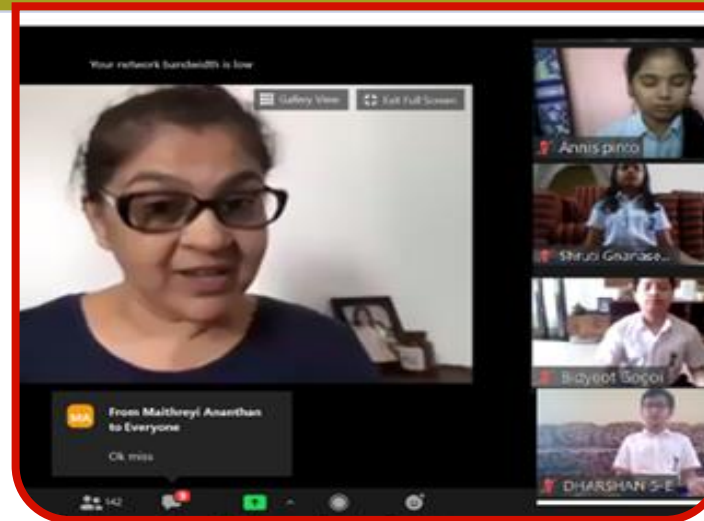
Strong family bonds encourage better behavior in children, improve academic performance, strengthen parent-child communication and teach a child how to be a good friend. Parents play a key role in cultivating and protecting these family bonds. But, building strong family connections doesn't always happen naturally. ILS, organized a webinar and eminent speakers who graced the panel and shared their wisdom on the current scenario were Dr. Sanjana Seth, Dr. Nitin Saraswat, Dr. Harinder Sandhu and Dr. Priyadarshan Bajpai. The event was moderated by our school counsellor Mrs. Geetanjali Bajaj.

# NAVIGATING THE NEW NORMAL WITH STRENGTHENED BONDS




## MEDITATION SESSIONS ACROSS VARIOUS GRADES

Online Meditation sessions were organized and were successfully conducted by Ms. Preeti Shah to ensure that students are emotionally resilient and balanced at this difficult time, where some are facing their worst fears.



Ms. Shah has a Masters' Degree in Education and holds diplomas from various universities in Early Child Care and Education.



## ORIENTATION OF PARENTS ON DIGITAL EDUCATION IN THE NEW NORMAL.

Competency based learning is tailored to meet different learning abilities and can lead to more efficient student outcomes. The parents across various grades were invited for interactive zoom sessions and were introduced to different aspects of learning such as Joyful, Activity based, Sports integrated, Art integrated, Enquiry based, Experiential learning, Project-based learning and Assessment as learning which is being imparted digitally by the teachers of Indian Language School.



# ORIENTATION OF PARENTS ON DIGITAL EDUCATION IN THE NEW NORMAL.

### ART INTEGRATION IN LEARNING

Principal ES

TRANS-DISCIPLINARY  
AVAILABLE RESOURCES  
ECO-FRIENDLY  
DOABLE  
ENJOYABLE

**GOALS**  
21<sup>ST</sup> CENTURY SKILLS  
CREATIVITY  
REAL LIFE EXPERIENCE  
SELF DIRECTED

MANDATORY – GR I TO GR XII  
PART OF ASSESSMENTS  
EVIDENCES NEEDED FOR ISSUING OF BOARD EXAM ADMIT CARDS

**VISUAL ART EXAMPLES**  
Three dimensional creations  
Clay modelling, pottery, carving & sculpture, crafts, constructions, basket weaving, metal art textile making.

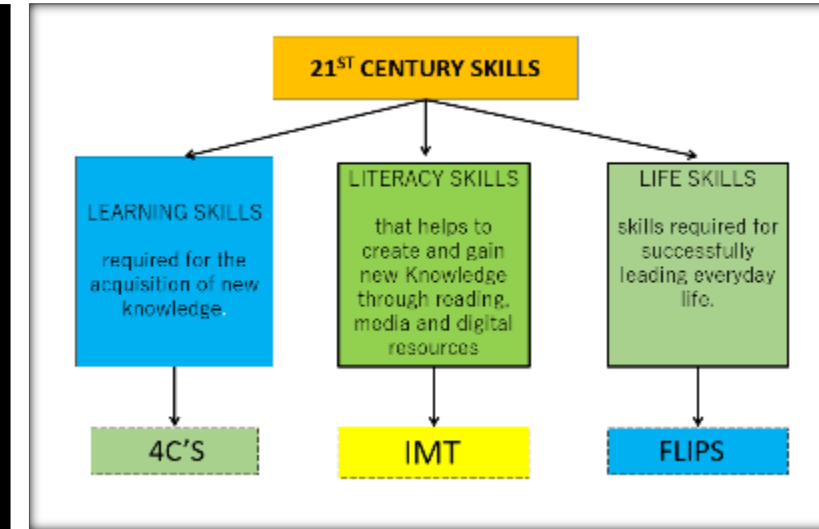
**VISUAL ART**  
DRAMA  
DANCE & MOVEMENT  
CULINARY  
MUSIC

**CULINARY ART EXAMPLES**  
Teaching reversible and irreversible changes by demonstrating frying of an egg, melting of butter & ice. Transfer of thermal energy in popping corn.

**Competency based education (OBE) is a process that involves the restructuring of**

- curriculum,
- assessment
- reporting practices

in education to reflect the achievement of **High Order Learning** and mastery rather than the accumulation of marks .



### Orientation in Digital Education in the new normal

Principal ES

	<b>TRADITIONAL Instruction</b>	<b>COMPETENCY-BASED Instruction</b>
Structure	Time-based	Learner-centered
Teaching mode	Group learning	Individualized
Assessment Method	Summative, high stakes	Mastery learning, performance-based
Pace	Faculty-paced	Self-paced
Program completion	Finish when required courses are passed	Finish when mastery of courses is demonstrated



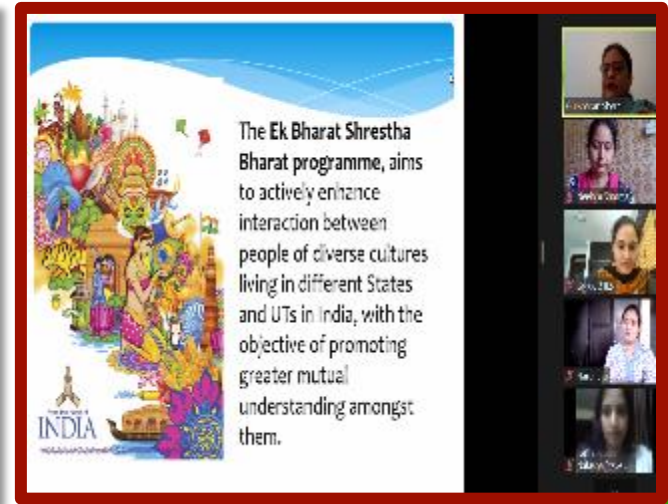
Principal ES

The Board (FOR CLASS X) will put all the passed students in a rank order and will award the grades as follows:

- A-1 Top 1/8th of the passed candidates
- A-2 Next 1/8th of the passed candidates
- B-1 Next 1/8th of the passed candidates
- B-2 Next 1/8th of the passed candidates
- C-1 Next 1/8th of the passed candidates
- C-2 Next 1/8th of the passed candidates
- D-1 Next 1/8th of the passed candidates
- D-2 Next 1/8th of the passed candidates
- E Failed candidates

Subject	Marks	Grade
ABC	88	A1
XYZ	92	A2

# ORIENTATION OF PARENTS ON DIGITAL EDUCATION IN THE NEW NORMAL.



# JOYFUL LEARNING



KG



KG



I & II



I & II

# EXPERIENTIAL LEARNING



A grid with letters A-Z and numbers 1-26. Below the grid, the text "GRADE X ECONOMICS" is written in red. Below that, it says "LOCK 5 needs you to convert the answer back to a number!!!!". At the bottom, there is a blue box with a magnifying glass icon and the text "Law implemented in 2015" and "Move the magnifying glass over the empty". To the right of the grid is a vertical stack of puzzle pieces with various images and text, including a crab, a cow, and the words "primary" and "tertiary".

	<i>Bowl 1</i>	<i>Bowl 2</i>	<i>Bowl 3</i>
Are the seeds getting air?			
Are the seeds getting water?			
What changes did you see?			
Have the seeds sprouted?			

# ALTERNATIVE ACADEMIC CURRICULUM



## EVS

**INTER-DISCIPLINARY BETWEEN SCIENCE & MATHS**

**MICROGREENS**

**ART INTEGRATION**

**BOOKMARK**

**DRAMA INTEGRATION BETWEEN SCIENCE AND ART**

**QUIZ**

## Maths

Maths Y5 Equivalent Fractions - 2

Name: \_\_\_\_\_

Q1- Put the correct fraction into the box and fill in the answers below.

3) 

$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$

 $\frac{1}{2} = \frac{\square}{4}$

4) 

$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$

 $\frac{1}{2} = \frac{\square}{6}$

5) 

$\frac{1}{3}$	$\frac{1}{3}$	$\frac{1}{3}$	$\frac{1}{3}$

 $\frac{1}{3} = \frac{\square}{6}$

6) 

$\frac{1}{4}$	$\frac{1}{4}$	$\frac{1}{4}$	$\frac{1}{4}$

 $\frac{1}{4} = \frac{\square}{8}$

Live worksheet



3D Project

5. Which of these is an irregular polygon? \*

Pentagon

Square

Triangle

Rhombus

Online Quiz

Videos created by students on Achievements of Napoleon

<https://drive.google.com/file/d/1USOnzH8j9UWZQxDgamvzIX3x0kc8cnSy/view>

<https://drive.google.com/file/d/1zFsa3iaSBBPLogeeYlyCCDoQjaJ8eSxn/view>

## THE CARBON POEM

Carbon is an element full of mystery  
It's the basic component in Organic Chemistry.

Chemists call it "The duct tape of life"  
Diamond is the hardest, cannot be cut by a knife

Organic compounds sometimes form chains,  
Single bonds give us alkanes

Carbon is six, Silicon is fourteen  
When the bonds are two you get Alkene

Carbon's mass is 14, with C as its sign  
Compound with three bonds is alkyne

12 grams of carbon equals 1 mol,  
With a Hydroxyl ion forms alcohol.

Alkyl group with a halogen gives alkyl halides,  
While functional group -CHO gives aldehydes

Benzene is colourless and bright,  
Increase its temperature and you'll see its migh

Because it'll be burning really bright.  
It consists of Hydrogen and carbon,  
So calling it hydrocarbon is also right.

Its bonded to either ends of the carbon chain,  
With double bonded O and single bond  
hydrogen,  
Carboxylic Acid is it's name.

BY

NIRJHAR DATTA,  
MITANSH PALA AND  
VAIBHAV OJHA

## The French Revolution ACTIVITY-3

Compare the manifesto of The Declaration of the Rights of Woman and Citizens drafted by Olympe de Gouges with The Declaration of Rights of Man and Citizen.

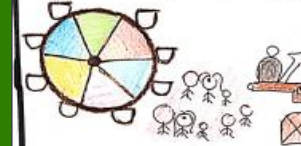
The Declaration of the Rights of Woman & Citizens drafted by Olympe de Gouges	The Declaration of Rights of Man & Citizens
<p><b>46 Causes</b></p> <ul style="list-style-type: none"> <li>• Woman is born free and remains equal to man in rights.</li> <li>• The goal of all political association is the preservation of the natural rights of woman and man. These rights are Liberty, property, security, and above all, resistance to oppression.</li> <li>• The source of all sovereignty resides in the nation, which is nothing but the union of woman and man.</li> <li>• The law should be the expression of the general will; all female and male citizens should have a say in their representation; it should be the same for all.</li> <li>• All female and male citizens are equally entitled to all honours and public employment according to their abilities and without any other distinction than that of their talents.</li> <li>• No woman is an exception; she is accused, arrested and detained in cases determined by the law. Women like men, obey this rigorous law.</li> </ul>	<ul style="list-style-type: none"> <li>• Men are born free and remain free and equal in rights.</li> <li>• The aim of every political association is the preservation of the natural and inalienable rights of man; these are liberty, property, security and resistance to oppression.</li> <li>• The source of all sovereignty resides in the nation; no group or individual may exercise authority that does not come from the people.</li> <li>• Liberty consists of the power to do whatever is not injurious to others.</li> <li>• The law has the right to forbid only actions that are injurious to society.</li> <li>• Law is the expression of the general will; no citizen has the right to deny (oppose) in its formation, personally or through their representatives. All citizens are equal before it.</li> </ul>

## Nationalism in India

Passing of the Rowlatt Act in 1919



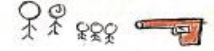
Police fired upon a peaceful procession.



The khilafat committee was formed in Bombay in March 1919.



The hartal started on 6th April 1919



The Jallianwala Bagh Massacre took place on 13th April 1919.



In Nagpur session in December 1920, a compromise was worked out and Non cooperation movement was adopted.

### 13th April 1919:

- Jallianwala Bagh massacre
- General Dyer opened fire on the citizens to create a sense of fear among the satyagrahis.
- Thousands of people were killed and injured.

### Rowlatt Act (1919) Study Material



### September 1920:

- Gandhi ji convinced other leaders to start a Non cooperation movements for swaraj as well as khilafat.

### April 1919:

- Nationwide satyagraha was launched against the Rowlatt Act.
- Hartal started on 6 April.



### March 1919:

- Khilafat committee was formed at Bombay to defend khilafat's temporal powers



# ART INTEGRATED ACTIVITIES

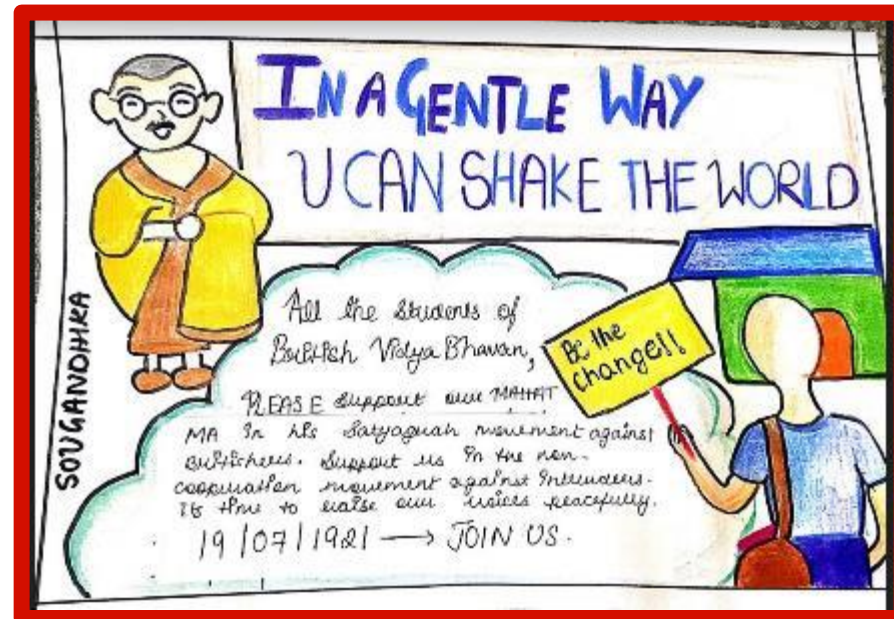
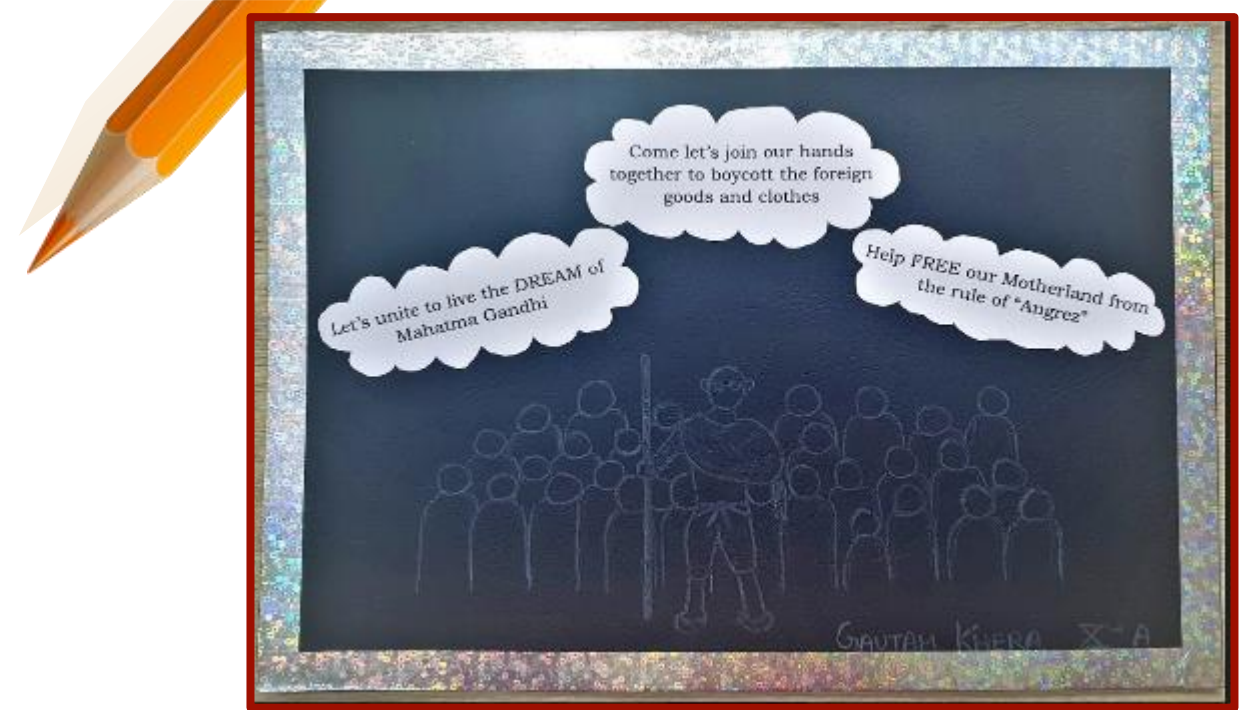


Amidst this pandemic Yoga aids in reinforcing trust in life and self even when managing difficult situations. Ramyashree Rajendra's Yogasana Performance portrays a great sense of self-discipline and self-awareness.

<https://www.youtube.com/watch?v=sCS2TrLoJI4>

# ART INTEGRATED ACTIVITIES

## RANGOLI MAKING USING SEEDS







Thank You!

