

NEWS WAVES

I.C.F S.J. NURSERY & PRIMARY SCHOOL

SCHOOL COMMITTEE MEMBERS

Chairman
Shri D.P. DASH, CEGE/ICF

Secretary
Shri R. AAVU Dy. CPO/ICF

Manager & Correspondent
Shri V. SELVARAJ XEN/ICF

Headmistress
Ms. V. VIDYULLATHA

KG students collect money for cancer patients

The staff and students of I.C.F. Silver Jubilee and Primary School celebrated graduation day by initiating a donation drive in their respective neighbourhoods, to help terminally ill poor cancer patients. A cheque of Rs. 1 lakh was handed over to Dr V. Shanta, chairman, Cancer Institute, who was the guest of honour at the event.

She distributed certificates to students who collected more than Rs. 1,000 and interacted with them. In her speech, she asked students to always speak the truth. Usha bhaskaran, teacher trainer, was the chief guest and presented certificates. ICF Schools chairman Debiprasad Dash handed over the cheque for Rs. 1 lakh. Nearly 11 students collected above Rs. 1,000.

"For nearly 15 days, after school,



Debiprasad hands over the cheque to V. Shanta

my daughter would go around the colony and ask her relatives and friends to contribute," says B.R.

Jayaprakash Narayan, parent of Nirupama Shree, a class I student who collected Rs. 2,000.

EDITORIAL

MESSAGE FROM HEADMISTRESS

Dear Children,

Wish you all good health, cheer and concentration in your school work and activities. In this article, I like to share with you an important topic "CHARACTER".

As a poet has said, 'It is no use growing like a tree. Trees grow, we too grow up. We may be intelligent and successful but we must have character. Character is one thing by which man is "JUDGED". All that we do or say or think must reflect our character. The instructions given below will surely be of help in the formation of a good character.

- ☞ First comes respect to elders and to the learned.
- ☞ In your action and speech you must show politeness.
- ☞ Pay attention to your department and carriage.
- ☞ Be careful in your dress.
- ☞ Be ready to lend a helping hand if occasion needs it.

Your teacher you elders and your books will tell you as to what real character ought to be. Character in short is purity of "THOUGHT" "WORD" and "DEED" Test all your actions by this crucible read what Disraeli says :

"Circumstances are beyond the control of a man; but his conduct lies within his own power".

Mrs. V. VIDYULLATHA
Headmistress

- Life is like a Camera !
Focus on what's important
Capture the good items
Develop from the Negatives and
If things don't workout
Take another Shot !!
- Don't forget to smile
Happiness is a choice, not a result
Nothing will make you happy
until you choose to be happy !!!
- Never think you are Nothing....
Never think you are Everthing.....
But always think you are something.....
who can **ACHIEVE ANYTHING !!!**

SCIENCE FACTS

- 1) It is impossible for most people to lick their own enblow (Try it)
- 2) Like fingerprints, everyone's tongue prints are different
- 3) A Crocodile cannot stick its tongue out
- 4) An Ostrich's eye is bigger than its brain
- 5) Antibiotics are only effective against bacteria, they won't help in fighting off a virus.

J. PANKAJAM
Class Teacher I 'B'

• Do you know the actual full form of these words?

- ★ AIM : **Ambition In Mind**
- ★ BYE : **Be with You Everytime**
- ★ CHESS : **Chariot, Horse, Elephant, Soldiers**
- ★ COLD : **Chronic Obstructive Lung Disease**
- ★ DATE : **Day And Time Evolution**
- ★ EAT : **Energy And Taste**
- ★ JOKE : **Joy Of Kids Entertainment**
- ★ NEWSPAPER : **North, East, West, South, Past And Present Events Report**
- ★ PEN : **Power Enriched in Nile**
- ★ SMILE : **Sweet Memories In Lip Expression**
- ★ TEA : **Taste and Energy Assured**

Mrs. SUDHA .S
Asst. Headmistress

VIRTUES OF LIFE

Friendship is electricity
Don't waste it.
Affection is a battery
Charge it.
Hardworking is a fruit
Taste it.
Confidence is a Medicine
Have it.
Good Character is a goal
Reach it.
Courage is a Muscle
Strengthen it.
Life is a game
Play it.

Mrs. K. DEVASENA
Class Teacher III

CANCER

The American Doctors Association has given out answers for the causes of **CANCER**

- 1) Do not take tea in Plastic Cups
- 2) Do not eat anything hot in a plastic bag(eg) Chips
- 3) Do not heat food stuffs in a Microwave using plastic material

“REMEMBER” When plastic gets into contact with heat, it produces chemicals which may cause 52 types of Cancer.

Mrs. R. VIJAYALAKSHMI
Class Teacher IV B

HIGHLIGHTS OF OUR SPECIAL OCCASION TO REMEMBER

- ★ **REPUBLIC DAY** was celebrated with full enthusiasm and interest on 26th January of this year. Chief Guest Shri D.P. Dash, Chairman of ICF Schools hoisted our National Flag and released the 1st Edition of our newsletter named “NEWS WAVES” in the presence of our Manager & Correspondent Shri V. Selvaraj and the First copy was received by a parent.
- ★ **SEED SOWING PROGRAMME** was organised in our school on 11-2-15 to impart the importance of “PLANTS” as they form the back bone of all life on Earth and an essential resource for human well being.
- ★ Today’s education is an all round development of a child. In this respect “GAMES AND SPORTS” Plays a significant role. With this back drop our school organised our **45th ANNUAL SPORTS DAY** on 25-2-15. Students exhibited their talents in March Past, Drill and also entertained with cultural programmes. Prizes were distributed to the winners by our honourable Chief Guest Shri V. Loganathan.
- ★ **CLASS DAY FUNCTION** was celebrated on 12th & 13th March with full enthusiasm by the students from I to V. Chief Guests praised the children whole heartedly and offered gifts.
- ★ Trees were planted on **21st MARCH “WORLD FOREST DAY”** in our premises along with Mr. Mohan (Forest Officer)
- ★ **A State level seminar on “Continuous & comprehensive evaluation : Issues & challenges”** was conducted on 27th March 2015 at Meston College of Education our school Asst. Headmistress and two teachers actively participated in the seminar. On 27th March Students of Std III, IV & V were taken for a field trip to Birla Planetarium Chennai to experience about the wonders of the night sky. This helped them to correlate the planets in the solar system which they have learnt in their syllabus (Text book).
- ★ **K.G. GRADUATION DAY** was celebrated on 11th April & Ms. Usha Bhaskar Teacher Trainer distributed the certificates & Dr. V. Shantha Chairman Cancer Institute Adyar (AIW) was the Guest of Honour who showered her blessings on our tiny tots which was accompanied by cultural programmes.

EVENTS AND ACHIEVEMENTS OF STUDENTS

JANUARY

Srinivasa Young Men Association (SYMA) Conducted Drawing and Fancy Dress Competition for Std UKG to 5th Std. On January 24th, 25th about 20 students participated Fathima Subbana won 1st Prize in Drawing

MARCH

Shraddha an NGO Organisation conducted Story telling Competition for LKG, UKG, 1st and 2nd Std. and Eloquation Competition for Std. 3rd, 4th, 5th Std and the theme was “My India Clean India” on 1st March About 15 students Participated in it. Young Men’s Club of Annanagar conducted Interschool Drawing Competition on 1st March . 3 Students participated.

Patangali College of Yoga and Research Centre conducted Yoga, Karate and Dance Competition on March 1st at ICF Silver Jubilee Higher Secondary School.

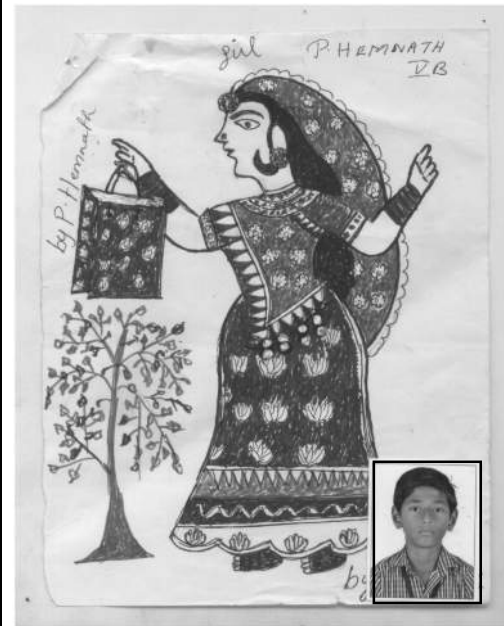
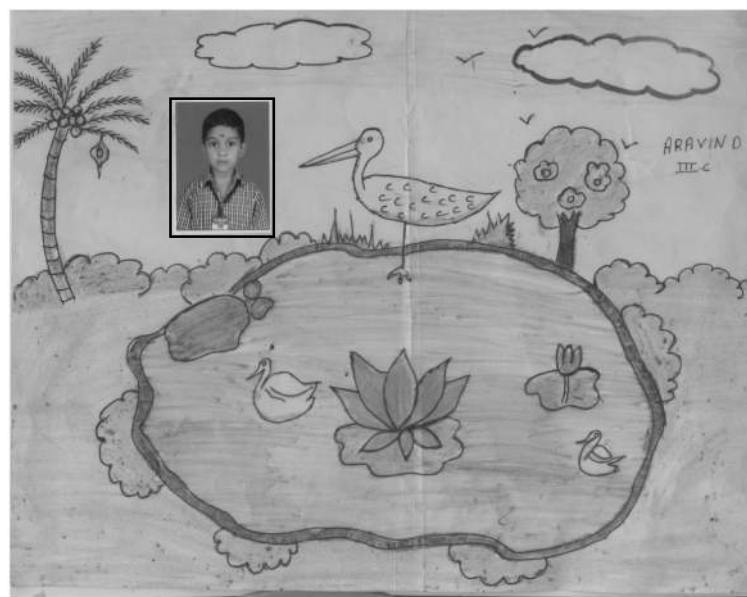
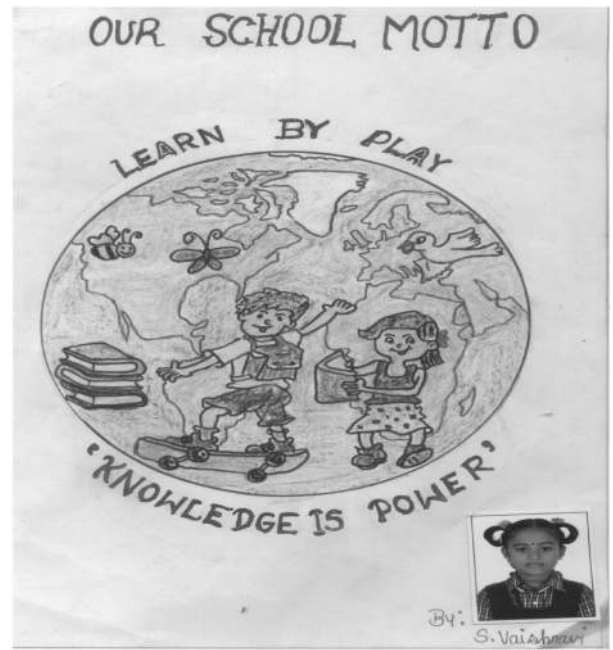
Siddharth Kannan won 1st Place in Karate (9-10) yrs Kata boys and 1st Place in Kunitai (9-10) yrs category. S.I. Kanimozhi won 2nd Place in Bharathanatyam.

S. No.	Name of the Student	Name of the Competition	Date	Organised by	Prizes Won
1.	FATHIMA SUBBAN - UKG	DRAWING	24.01.15	Srinivasa Youngmen Association	Encouragement Prize
2.	SIDDARTH KANNAN - STD V	KARATE	01.03.15	Patangali College of Yoga and Research	I Prize
3.	S.T. KANIMOZHI - STD II	DANCE	01.03.15	Patangali College of Yoga and Research	II Prize

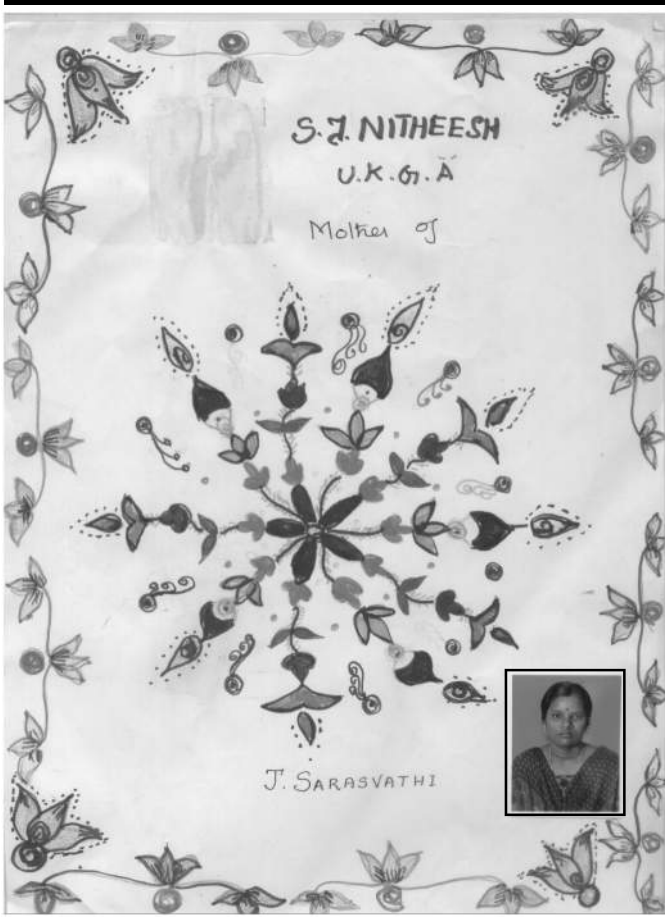
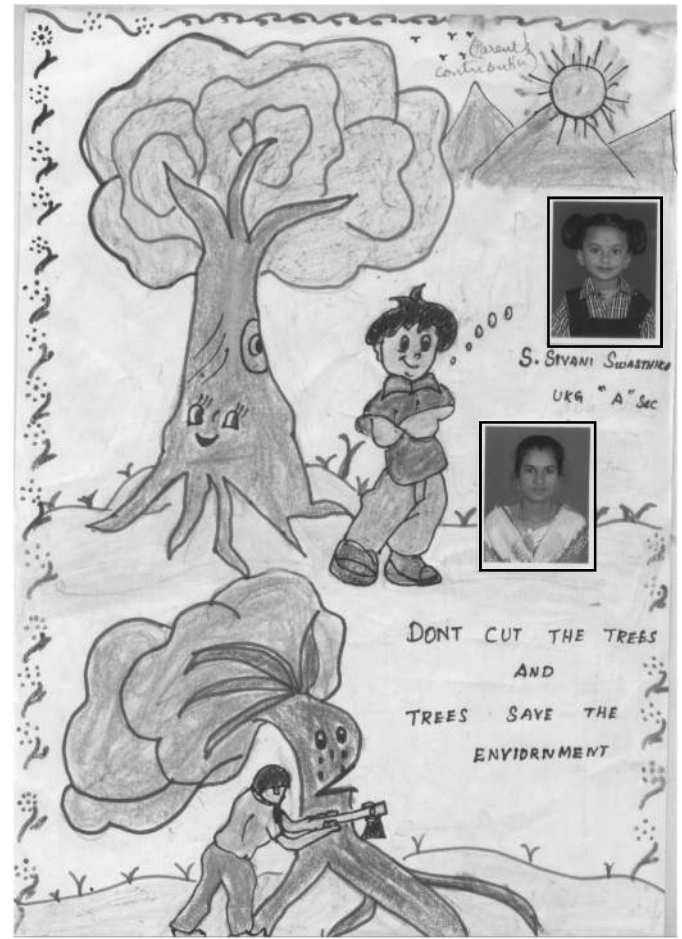
OUR SCHOOL MOTTO
LEARN BY PLAY

The motto of our school "LEARN BY PLAY" teaches us, "It is easy for anyone to get educated" if he or she has an interests to learn. Learning process begins when we start playing any game which involves us to calculate, reasoning method, tactical knowledge and so on.

by
S. Vaishnavi



STUDENT'S CORNER



PARENT'S CORNER

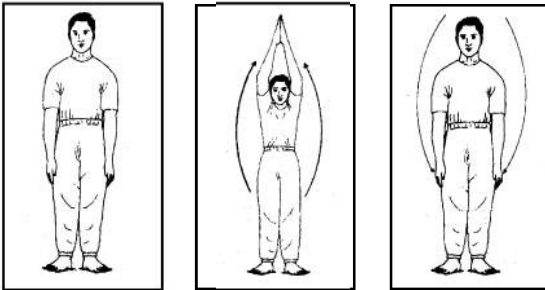
YOGA - The Health way to life

Yoga infuses sweetness to mind and body as well as body and soul.

In today's hectic life style, yoga is very essential as it gives Solace to our mind and body. Information about some very simple and effective yogic exercises which are suitable for men, women and children alike are given below :

- 1) From 8 years to 80 years all can do these exercises.
- 2) Always wear loose fitting cotton dress
- 3) It is deal to do early morning
- 4) The exercises are not to be done on bare foot. Always use some mat (Yoga mat (or) Bedsheet)
- 5) Clean and airy places are essential
- 6) Persons undergone any kind of surgery should do the exercises only after six months.
- 7) Pregnant Ladies and Chronic Heart Patients cand do selectively

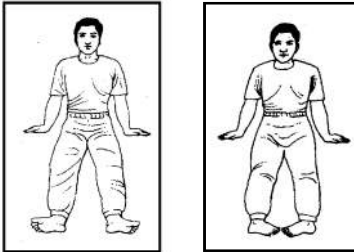
HAND EXERCISES



BENEFITS

- 1) Circulation of blood, heat, air and life force in hands and arms become normal and regular.
- 2) Hands and shoulders are strengthened.
- 3) Arthritis and conditions where the limbs become numb during rest, are reduced and possibly cured.
- 4) Pains in shoulder joints and knee joints are cured.
- 5) Trembling of hands and pain in finger joints are cured.

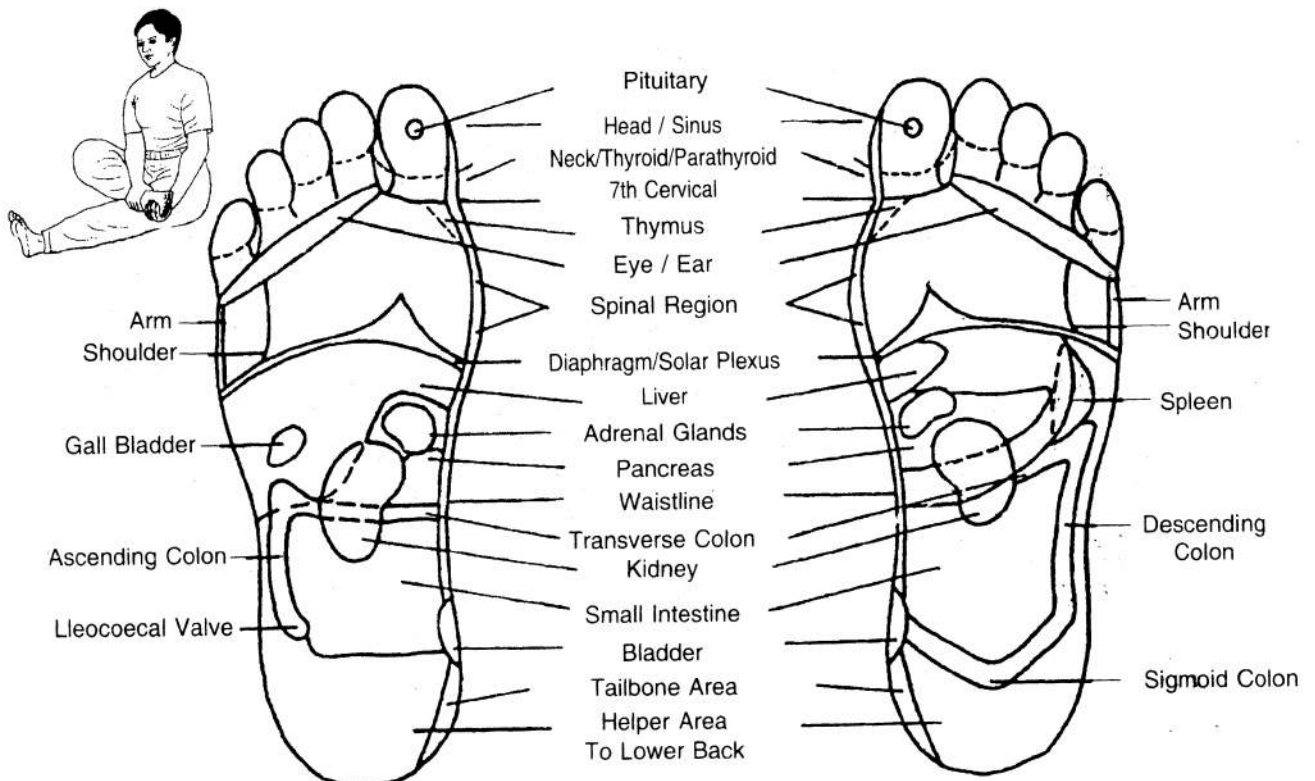
LEG EXERCISES



BENEFITS

- 1) Legs are strengthened
- 2) Blood circulation gets regulated in all parts of the abdomen.
- 3) This exercise is curative, and preventive for sciatica and arthritis.
- 4) By pressing and massaging the sole and the toes, important organs in the body such as heart, lungs, intestines and brain are activated.

FOOT REFLEXOLOGY



PRESS COVERAGE



విద్యార్థుల కరగాటం



కవితలు

తల్లిదండ్రుల ప్రోత్సాహం అవసరం

విధివాక్యం, మ్యానీటల్: ఏ రంగంలో రాజీంకాలన్నా తల్లిదండ్రుల సహాయ సహకారాలు అవసరమని అంతర్జాతీయ పవర్ బిస్టర్ లోకనాథన్ పేర్కొన్నారు. ముఖ్యంగా క్రీడల్లో వారి ప్రోత్సాహం మెండుగా ఉండాలని ఆకాంక్షించారు. చీఫ్ ఎగ్జిక్యూటివ్ ఆఫీసర్ సర్టికే అండ్ సైమరీ పాఠశాల 45వ క్రీడా దినోత్సవం ముదవారం కనుల పండువగా నిర్వహించారు. ముఖ్య అతిథిగా లోకనాథన్ మాట్లాడుతూ విద్యార్థులకు కొన్ని సూచనలిచ్చారు. విద్యలోపాలు ఇప్పటి నుంచే క్రీడలు అలవద్యుకోవాలని హితవు పలికారు. క్రీడలు శరీరాకోశ్శానికే కాకుండా అభివృద్ధికి దారి చూపిస్తాయని చెప్పారు. ప్రస్తుతం క్రీడలకు మంచి ఆదరణ ఉందని గుర్తు చేశారు. చీఫ్ ఎగ్జిక్యూటివ్ క్రీడా కార్యకర్త తగిన వనరులున్నాయని తెలిపారు. పీటన్సియంటి సర్టిఫికేషన్ గాం చేసుకుని ముందుకు సాగాలన్నారు. పాఠశాల ప్రధానోపాధ్యాయురాలు విద్యార్థుల అతిథి గురించి పరిచయం చేశారు. ఈ సందర్భంగా విద్యార్థుల



బహుమతి ప్రధానం చేస్తున్న లోకనాథన్

విద్యార్థులు అభ్యుదయించేలా సాంస్కృతిక కార్యక్రమాలు కనుమిండు చేశాయి. పలు సోటీల్లో విజేతలైన విద్యార్థులకు బహుమతులు ప్రధానం చేశారు. ముఖ్యఅతిథి లోకనాథన్ను విద్యార్థులు మనంగా సవాసిం చారు. ప్రార్థనాకాలంలో ప్రారంభమైన సోన్స్ మీట్లో విద్యార్థుల కవితలు అక్షయకుండ్లి సహాయ ప్రధానోపాధ్యాయురాలు సుధ, ఉపాధ్యాయులు, విద్యార్థుల తల్లిదండ్రులు తదితరులు పాల్గొన్నారు.



విద్యార్థులు

School releases newsletter



The newsletter is brought out twice a year

News Waves, the newsletter of I.C.F. Silver Jubilee Nursery and Primary School, was released recently. It has articles written by teachers and students. The works of kindergarten children including drawings, paintings and short stories are also featured. The newsletter is released twice a year.

ICF school sows seeds in used plastic bags



ICF Silver Jubilee Nursery and Primary School, ICF, organised a seed sowing programme recently. Tree Bank Enviro team founder G. Mullaiyanam interacted with parents and students and explained to them how kitchen waste could be recycled. Students collected plastic bags and filled them with sand to sow seeds. Headmistress Vidyullatha, assistant headmistress Sudha, PET assistant and Tree Bank Enviro Team volunteers participated.