

ARMY PUBLIC SCHOOL BOLARUM

SPARK - VOLUME IV

A FORTNIGHTLY NEWSLETTER, JULY 3rd, 2022 EDITION



IN THIS ISSUE

- In-house Service Training**
- 21st Century Training for Modern Day Teachers**
- Health and Nutrition**
- Inclusive Education**
- Super Woman Role Award**
- 2022: Yoga for Humanity**
- Ethics Bowl**
- Sports Camp**
- Van Mahotsav**
- Students Editorial**

PREFACE

As we reboot and restart the academic session 2022-23 after the summer break, the entire school system is ready to embark on the journey with much enthusiasm, renewed energy and positive outlook with a new quest for learning. There is a great transformation happening in the scene of education in our country and this makes the journey of school education new and exciting.

National Education Policy 2020 (NEP) has marked an epoch development in the educational landscape of India. The policy envisions an India centred education system compatible to transform India to a vibrant knowledge society. Under the National Education Policy (NEP 2020), education will be compulsory for children between the age of 3 and 18 years. With this the initial 5 years of education for children is in focus. It is now understood that the course correction should happen in the Primary level and hence this age group is receiving a lot of attention.

This policy is a game changer in terms of recognising parent's role in the education system, promoting student wellness, a system with no stiff separation between arts and sciences, between curricular and extra curricular activities, between vocational and academic streams. The policy states that child with disabilities will be able to attend regular school from the foundation stage to higher education, with support of educators with cross-disability training and technology-based tools tailored to suit their needs. APSB is gearing itself to embrace, adapt and scale new heights of education that is vibrant, caring and inclusive.



INHOUSE SERVICE TRAINING



In-house Service Training session began with the welcome note from Principal Mrs Smitha Govind. The Wellness and Yoga Session was conducted by Mrs Aparna Gadre and Mrs Mona. The core focus of this event was aimed at spreading the message of health and wellness. The session on Transformational Yoga was conducted by Mrs Jayashree Parakkatil (HM) and Mrs Bindhiya Viju. The learnings for effective teaching from Puducherry's Sri Aurobindo Society (SAS) were conveyed in this event.

S.T.R.I.V.E

Study
Train
Respect
Initiative
Values
Excellence

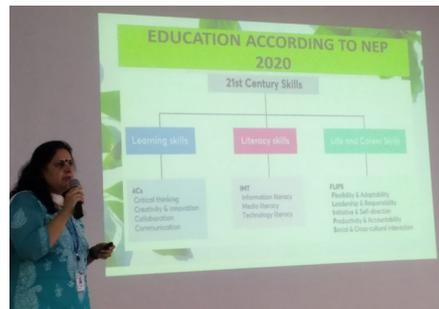


**ARMY PUBLIC SCHOOL BOLARUM
SPARK**

INHOUSE TEACHERS' TRAININGS



21st Century Skills for Modern Day Teachers: Conducted by our counsellors Mrs R Sriranjani and Mrs Swati Nautiyal. The session aimed at reiterating the skills required to address the challenges faced in everyday classroom due to post-covid situation. Activities and topics were based on the 'skill of collaboration' in finding innovative solutions to problems and led to an introduction to the VAK Questionnaire to find & understand the "learning styles" of learners.



Health and Nutrition topic was conducted by Mrs Sunita Abraham. The session aimed at spreading awareness of nutrition & eating an healthy diet. All aspects of everyday diet and the nutritional value was told to the teachers. It included an preparation activity, where healthy and nutritious meals with low calories were demonstrated & the teachers got to taste the dish as well.



Inclusive Education : On the basis of UNICEF Agenda, Government of India Guidelines and CBSE Directives., a workshop on Inclusive Education was conducted by Special Educator, Mrs G Sunita.

The agenda included Advocacy, Awareness Raising, Capacity Building and Implementation support, among other topics. APS Bolaram has regularly been taking various steps to address the inclusivity in classes effectively. The team of APSB counsellors guide the teachers and students alike for effective and yet inclusive classroom experience.



Super Woman Role Model Award :

SUPER WOMAN AWARDS 2021 was awarded to Mrs Surekha Jaanu Mishra (PRT) for her untiring efforts in the field of education.

A senior teacher, Mrs Mishra has been a great role model for the APSB fraternity for many years.



NEP:

- ◆ FOUNDATIONAL LITERACY
- ◆ EXAM REFORMS
- ◆ EARLY CHILD HOOD CARE
- ◆ INNOVATIVE PEDAGOGY
- ◆ FOCUS ON 21 ST CENTURY SKILLS.



Live
out of
your
Imagination

Not
your past

SCHOOL IS FUN

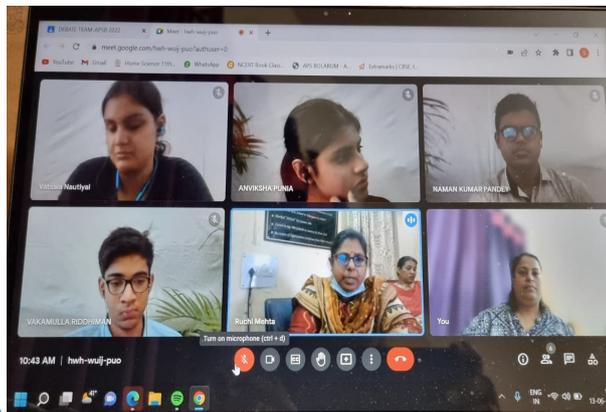


2022 Theme: Yoga for humanity

The essence of yoga is balance - not just balance within the body or that between the mind and the body, but also balance in the human relationship with the world. Yoga emphasizes the values of mindfulness, moderation, discipline and perseverance. When applied to communities and societies, Yoga offers a path for sustainable living. The students of APS BOLARUM celebrated the thought of well being of mind ,body and soul through various programmes during the morning assembly and exercises!!! Yoga sessions were conducted with equal enthusiasm in Primary , Secondary and Senior Secondary wings. Youngest of students of class 1 spread awareness about yoga through placards. Principal Mrs Smitha Govind encouraged the students to make yoga as a way of life as it helps to manage stress and health.

ETHICS BOWL

Ethics Bowl is a new format of healthy debating initiated by AWWA wherein the teams analyse various ethical dilemmas which are presented in the form of case studies. This collaborative and competitive event was held in two stages for the four schools under the Southern Command on 14th and 16th June respectively. APS Bolaram won the first round against APS Chennai and went on to compete the Cluster Level Final against APS Golconda.



**ARMY PUBLIC SCHOOL BOLARUM
SPARK**

SPORTS CAMP



A
Winner
is a
Dreamer
who
never
gives up



APSB cheers !!! On 30th April 2022 the skating rolling competition was held in Pragati Nagar skating rink and we got total 13 medals with 7 gold 2 silver and 4 bronze.



Summer coaching was conducted from 13th to 21st June, to build various sports teams for upcoming competitions. The mornings were well spent by the students in sports trainings of Football, basketball, Yoga, Athletics and Volleyball. Around 200 students enjoyed coming to school to attend coaching by PE staff of APSB.



S
P
O
R
T
S

S
U
M
M
E
R

F
U
N



VAN MAHOTSAV WEEK CELEBRATION



The students of Army Public School Bolarum inaugurated the annual week long 'festival of trees' known as Van Mahotsav on 1st of July with much fervour and exuberance with 'Go Green' theme. A special assembly at Primary and Senior level was organised to emphasize the need for planting and tending trees to prevent global warming and reduce pollution.

In the Primary wing, Mrs. Jayashree Parakkatil (HM) initiated the proceedings by watering the first planted sapling. The primary section activities were highlighted through Green pledge, Green song, Green skit, Green dance, Speech on tribes of India and worshipping nature, Role play on different trees, and an Insight on medicinal plants. Meanwhile in the Secondary wing, to commemorate the Van Mahotsav Week 'Poster Making' and 'Slogan Writing' competitions were also conducted.

A special guest of honour Mr Suryanarayana Mallajyosula, a Swach Bharath Brand Ambassador and twice National Award Winner Boduppall Municipality oriented 'APSB Green Agers' with a workshop on taking care of green nature and compost making.



The
Courage
to
Continue
is the
sure path
to
Success



**ARMY PUBLIC SCHOOL BOLARUM
SPARK**

VAN MAHOTSAV WEEK CELEBRATION

While the Primary students had a campaign on stopping the use of package water, the Secondary students took part in a plantation drive of planting medicinal and fruit bearing saplings in school premises.

Mrs Aruna Dommati, the Vice Principal of school encouraged the young minds to support tree planting, tending and retreating the trees for conservation of natural resources.



STUDENTS' EDITORIAL

Around the world and back again

Summer break for APSB students was a little more than a month and a half and yet it seemed as though an eternity had passed when we finally returned. This return was undoubtedly filled with mixed emotions; a sliver of regret of the time we might've wasted in our holidays just lying around the house or perhaps some sadness about having to wake up at 6 am again. But the feeling that always reigned supreme over these afterthoughts was the excitement to return to the beautiful monument of education we call home from 7:30 in the morning till 2 hours past noon. Like the bird that travels well and far but always back to its nest, we all crave to explore and travel but always come back to the comforts of home, the comforts of APSB.

V Riddhiman

Summer vacation is no less than a student's dream come true. However, the transition from excessive amounts of free time back to monotonous schedules and procedures is a necessary occurrence. While there is excitement, there is also nervousness mixed with a little sadness that the summer is over, witnessed by many on the first day of reopening. From checking if our uniforms still fit us to finding a pair of grey socks, we have done it all. The happiness that students face around the campus after meeting their friends after one and a half months is just a cherry on the top. Everyone has started to look forward to eating lunch at their favourite spots around the campus once again! The transition might be tough for many but aren't these small precious moments the one that we cherish and makes this transition a smooth sail?

Nitya Verma



Write
something
worth
Reading

or

Do
something
worth
Writing