



2019-20 : Edition 5

*Catch them Young
While they sing the cradle
songs,
With an honest tongue
When their worries don't
tarry long
...Catch them Young.....*



BOWL OF SPROUTS
Had your dose of crunch today?

IDEA, PROCESS, PROGRESS...

- from the desk

**Ideas won't keep!
Something must be done about them!**

We are in the middle of an academic year – the right time to pause, reflect, assess the various activities and programmes of the school; see how they have panned out and the way to take them forward.

The Sprouts you see/experience today is very different from earlier years!

The Founder-Principal, Ms. Smita Vishweshwar often touches upon the value of organic growth, need for collaborations and providing new learning avenues for children as they evolve towards becoming global citizens.

This month, apart from the sparkling, crackling sizzle that Diwali brings and the flamboyant mix of orange and black that allows one to be at their spookiest best during Halloween, has seen programmes of a more serious nature!

Everything begins with an idea or a thought, gets implemented as a process and that journey marks its progress!

The farming programme in its third year that saw a good harvest of groundnuts reaped...along the way, questions like 'Does soil have life?' discussed and debated upon.

The Red Journal, Segregation and Caring for our Community...few exciting journeys of learning for students and adults alike!

The realization of the School that it is not for children alone, but should cater to the needs and requirements of parents as well, saw the emergence of workshops with a different flavour! Enter collaboration with Parenting Matters!

The Workshops too, have undergone changes in planning and presentation! The shift in format to environment specific short, focused workshops is a classic example of an idea implemented with great success! Feedback from parents tells a tale!

Sometimes all it takes is a conversation to expose a 'Secret'... the result of which transported our children to a different time...

There's a lot that has happened this October to tinker with.....reflect on this edition of 'The Bowl of Sprouts!'



MYSTERIES OF THE TEMPLES – AN UNUSUAL ‘GOLU’

Mystery creates wonder and wonder is the basis of man's desire to understand.

-Neil Armstrong

Joy of Navarathri peaked with an unexpected, totally astonishing and immensely educative visit to the residence of Mrs. Vijaya Sridharan! What? Why?

With a tag-line that described her ‘Golu’ display as *‘Secrets of the Temples of India’*, the questions get answered!

Mrs. Vijaya Sridharan spent about 4 months researching and preparing for this ‘Golu’ display! Meticulous attention to detail was reflected in the models and its information.



? *How is freezing cold water always filled in the temples in Maharashtra?*

? *How are some temples existing in perfect conditions, without any deterioration in water for days?*

? *How did people know of the earth's tilt and build wondrous monuments in perfect alignment with the sunrise in a perfectly straight angle?*

Patently explaining and responding to queries, Sprouts will be ever-grateful to Mrs. Vijaya Sridharan for giving our students an exciting peek into our ancient past!

CLAY PLAY

– Working with Hands!

Doing something creative with your hands is healing energy!

You can squish it, poke it, punch it, roll it, pile it, mold it, shape it...and repeat all of these over and over again! Whether it's just manipulating the clay with your hands or working the clay into a structured form, there's a lot of good that goes with clay play! Students of the Upper Elementary worked with Mani Anna, a potter from Triplicane over a period of time! They experienced using the wheel, building with hands and a few moulding techniques.

Taking a lump of clay and being instrumental in giving it form as pots, jars, pen stands, mugs and decorative articles gave our students the space to feel, engage, explore, create, produce, delight as they progressed from start to finish!

You can see it in the happy pics that are featured in the slide!
You can see the intent focus and attention given when working the wheel!



JOY OF A HARVEST!

– a heap of *GROUNDNUTS!!*

? Does soil have life?

Have you even thought of such a question let alone explored it and given it due consideration? This is what the students of Early Adolescence are exploring as they study the soil and present their findings during their recent farm visit! After discussion, they are presenting that just like other living organisms, soil breathes, needs air and water to stay alive. It act as a substratum for many living organisms.

Discussion and Presentation



Experiential learning creates so much scope to venture into new avenues of thought processes. Surely this is what education is all about!!!

Can there ever be a thrill that supersedes the joy of seeing the fruition of an effort???

Students harvested a sizeable crop of groundnuts! Take a look at the pictures that show the harvesting activity at the farm!

Harvesting – Before, During, & After!



Our Very Own Crop!!

Taking the Groundnut pods out..



Fresh Groundnuts!!



WORKSHOP FOR PARENTS – TODDLER ENVIRONMENT

“A person's a person, no matter how small.”

- Dr. Seuss

Engaging Activities to Spend Time

Separation - How to deal with Anxieties on various levels??

Child: I'm going to a new place, with many new faces, new interactions!

Parent: how comfortable is my child going to be? Will he be able to communicate his needs to the adults? Will she be taken care of properly??

The workshop gave scope to present to parents some simple yet effective techniques employed in the environment:

- ✓ Speaking in the child's mother tongue, providing comfort using the sense of touch, soft conversations to help build a bond
- ✓ Singing songs and specifically designed activities that targeted building of skills along with diverting the mind from discomfort.

The workshop gave parents the space to raise questions, which made the session all the more supportive of its purpose. After all, both home and school are the main connections that give support to the little one, in his/her path of learning!



WORKSHOPS FOR PARENTS

– PRIMARY ENVIRONMENT

Behind every child who believes in himself/herself is a parent who believed in them first!

- Matthew L. Jacobson, Author / Writer

Ms. Sunitha, from *Parenting Matters* team conducted a workshop for parents of Primary on

‘Punishment Vs Positive Parenting’

Excerpts from UNICEF and research articles on how punishment in any form creates a lasting effect of fear and insecurity in children and does not benefit the child in his/her long term development and character building were discussed.

Some positive disciplining techniques:

- ✓ **Understanding the child’s needs:** A child may behave in a certain way for a particular reason. The focus should be on trying to understand the reason for that behaviour before taking remedial action.
- ✓ **Parents are role models:** For a child, parents are always the first role models. Children tend to shadow parents’ behaviours. Hence, a positive and mindful approach needs to be followed by parents.
- ✓ **Punishments don’t help in the long term:** Mainly because, they only instill fear, and do not make the child feel accountable for his/her actions.

Parents were eager to clarify their doubts and Mithran’s mother also shared with the other parents a few of the positive methods she has adopted at home to discipline her child.

It was a highly informative, valuable and satisfying workshop!

“Good thoughtful points. Can go deep on certain real life cases also.”



“Very good session. Looking forward to more such sessions. If possible, we would like one such session for the entire family, including grandparents!”



“The whole reason for coming was to understand where I was going wrong with my elder one, as the techniques I know are not working. Thank you for the session. I just hope to be a better parent.”



“Really helpful session. This workshop showed us that we must self analyse ourselves before instructing / disciplining our kids. Looking forward for more such sessions!”

WORKSHOPS FOR PARENTS – LOWER ELEMENTARY ENVIRONMENT



Geometry – A very sought after subject was addressed in the workshop conducted in the Lower Elementary!

The workshop focused on how children are always in connect with Geometry at a very sensorial level but as a subject/culture it is completely abstract.

Emphasis was laid on the three pillars of Montessori Geometry : ***Congruence, Similarity and Equivalence*** - The foundation stones that lead children to discover formulas for finding area and volume later!

Many materials that help our children to manipulate these concepts to get an hands on understanding of the basics were introduced.

The learning journey in the Lower Elementary is one that is silent and unseen as the child is working on consciously absorbing and classifying information.

Creativity and insight almost always involve an experience of acute pattern recognition: the eureka moment in which we perceive the interconnection between disparate concepts or ideas to reveal something new.



"Nothing is in the intellect that was not first in the senses!!"



THE RED JOURNAL

I can shake off everything as I write...my sorrows disappear, my courage is reborn

– Anne Frank

Every morning, people around the world participate in a ritual. Soon after waking, they curl up with a journal and pen and write about three pages.

This exercise was started by an author in 1992 and the idea spread across the globe!

For many, this exercise of **mandatory daily writing** in a journal changed their lives. People found the experience of keeping a journal soothing, therapeutic, elevating, built clarity and focus, a sense of discipline....the list of benefits goes on!

The students of the Upper Elementary and Early Adolescence are following the above practice with a Red Journal, as part of the ‘Creative Expressions’ programme.

The Rules:

- ✓ Their daily jottings should be taken by them as a sacred responsibility
- ✓ They would engage with the Red Journal in a creative way
- ✓ A drawing, a scribble, a doodle, a sketch, a picture...or a piece of writing – a poem, an anecdote, a story, a comic strip...about something or somebody or a subject or topic
- ✓ Every single page should be a process of discovery, a reflection of an experience



Such a simple, yet remarkable idea.....a process of self-discovery and learning....a rewarding habit for a lifetime... maintaining a journal!

Essential Life Skills and habits are getting nurtured in Sprouts!



THE GREEN INITIATIVE!

Use IT up, wear IT out, make IT do, or do wITHout!

Last academic year....Sprouts took a good look around and came up with simple yet responsible ideas, that saw.....saree and sweet boxes attractively and artfully decorated, replace plastic trays on the shelves.....steel tumblers and plates replace disposable paper cups and plates!

A shift in thought to consciously re-cycle / re-purpose things' n stuff and reduce the outflow of waste!

An essential and valuable habit to build, hold, nurture in oneself if we want clean and litter-free surroundings around us.

It all begins with us, the ADULTS – and the CHILD observes and follows.

In a gadget – driven present time, a new kind of waste emerges that needs to be handled with care and disposed off responsibly – E-WASTE!

With Tata Croma paying a visit to collect E-WASTE and dispose off responsibly, Sprouts waved a happy goodbye to used batteries / wires / bulbs / tube-lights and cables!



A silent, but constant awareness to keep Mother Earth and the environment in mind!

Let's all work consciously to:

- ✓ **REDUCE**
- ✓ **RE-USE**
- ✓ **RE-CYCLE**
- ✓ **RE-PURPOSE!**



DIWALI!

- Re-visited!



Celebrating light, hope and goodness around the world!

Happy Diwali!!

Diwali!!! Energy at its Exuberant Best! Whether it was creating **Dainty Diyas**, or **Radiant Rangolis**, or lip-smackingly **Delicious Snacks**...right from Toddler to Early Adolescence...our children did them all...experienced the Spirit of Diwali to the fullest! Special Thanks to Nisha Aunty (mother of Rhea, Darsh and Tanveer) for helping us make yummy snacks!!





DIWALI!

- Re-visited!



May the Supreme Light illuminate your minds, Enlighten your hearts and Strengthen the Bonds in your Homes and Communities!



Celebrations continue, with pictures that capture the work-in-progress, group work, focused attention, mirth and laughter...
Revisiting the Joy of Diwali at Sprouts!



HALLOWEEN!

Scary Ghosts and Witches, Pretty Princesses and Amazing Superheroes visited Sprouts this Halloween!

Carving out gristly pumpkins and making paper pumpkins, ghost stores, visits to friends' houses..

That's Halloween at Sprouts!!



an exciting VISITOR on HALLOWEEN!

If you think you are too small to make a difference, try sleeping with a mosquito!

- Dalai Lama

On a rainy Halloween morning, the classroom in the Lower Elementary was filled with excited chatter as the children eagerly awaited a special guest, an insect specialist known as 'Poochi Venkat'!

A planned visit by Mr. Venkat, children were encouraged from a week ahead to explore the world of insects, create drawings of their favourite insects, and of course, have their questions ready!!!

“Can you point to someone in your class who is dangerous?” is how Mr. Venkat began his session with the children!

Instantly hooked, as the children tried to find the answer to that very interesting question!



Turns out, those wearing yellow are the dangerous ones!

In the insect world, certain insects that are yellow are considered dangerous.....and this marked the beginning of a highly interactive session with the group of highly excited, voluble children!

Pictures of interesting insects made for an interesting, informative session, a natural consequence of which was numerous questions such as ‘Why is Japan called the land of the dragonflies?’ and more!



Meet Sagarika Ganeshyam

- Resource for dance 'n' movement

A student of Kokila Hariram, a leading figure of dance in the city, **Sagarika's** experience of working with children over the last decade makes her the perfect resource to engage in Dance and Movement with our children at Sprouts!

Her bubbly nature and calm confident manner was evident during her interactions with the Primary and Lower Elementary children as she prepared them for their drills on Sports Day! Delightful dances to Disney songs...energetic 'Stomping' on the field kept the spirits high!

Dancing, teaching and spreading the love for movement, dance and the arts keeps Sagarika on her feet!

A Gold medallist from FLAME (Foundation for Liberal and Management Education) where she studied Film and Television post graduating in Psychology, Sagarika is professionally trained in the dance styles of Jazz and Hip Hop. She is also a certified Zumba instructor for both adults and children.

Sprouts looks forward to beautiful creativity on stage as practice for Annual Day get underway!!

Dance and Movement occupies an important space among the various activities that children at Sprouts involve themselves in!



“It’s been a great experience working in Sprouts so far! I love interacting with the children and I believe I share a great rapport with them. I enjoy teaching dance, and it’s delightful to both dance with the children and watch them dance!!

The Environment Directresses have been very helpful, kind and a great deal of fun to engage with!”

- Sagarika Ganeshyam

WOW MOMENTS!

- from the Toddler Environment!

Our Rithvin was crying for some reason and his friend, Satvika knows his favourite rhyme and started singing “wheels on the bus” which calmed him down and got a smile on his face.



Who is the teacher...and who is the taught??

Compassion, Caring, Sharing, Togetherness & Tolerance, all displayed by our little ones!

As we wonder where we are headed both as a nation and the world at large, our little ones show that things are quite alright and their foundations for the future are getting cemented rock-solid!



Shanaya and Vedika saw their friends' bags lying on the floor unattended and they started packing up with their tiny hands.

Saakshi wanted to soothe her little friend Advait because he spilled his food on the floor. So she offered to share her snack by feeding him.

Sanvee wanted to have a presentation of her own and started presenting fruits to her friends singing “Water melon Papaya”

As a part of Festival week, the children were presented Ramzan rituals and a couple of them wanted to be dressed like their aunty.



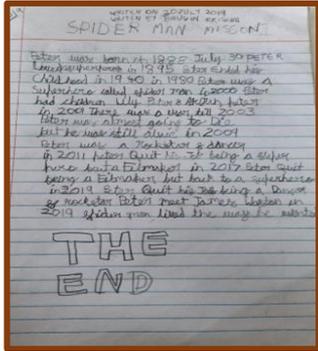
LEARNING AT SPROUTS

– Works by the Lower Elementary!

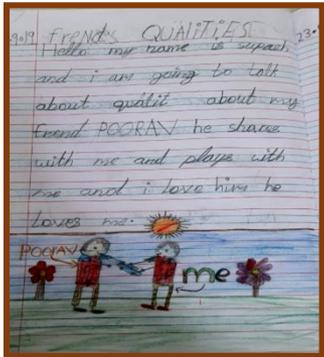
Creativity requires input, and that's what research is. You're gathering material with which to build.

- Gene Luen Yang, Cartoonist

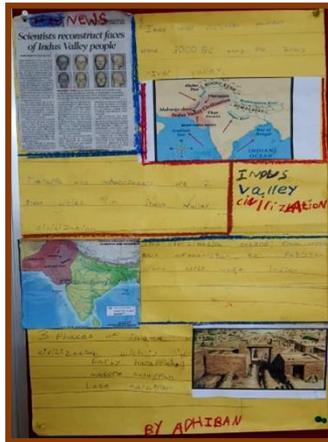
Learning is a joyful process at Sprouts!



Creative writing by Bhuvin



Creative writing by Supash



Indus Valley Civilization by Adhiban

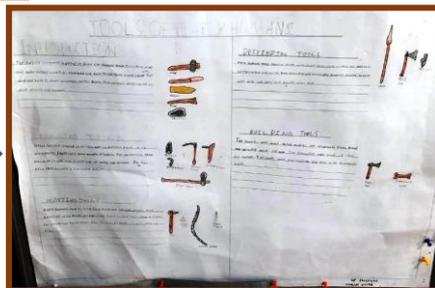


Research on Lakes by Shriyans



Using Shapes to draw plant by Tahir

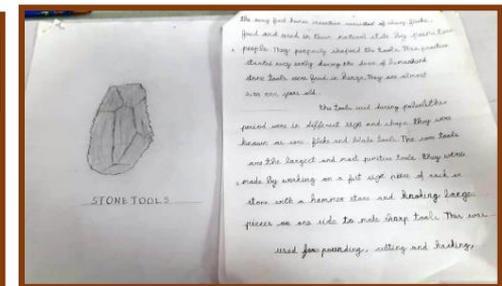
Research on Early Man's Tools



by Shriyans



by Syed



by Ashwin. V

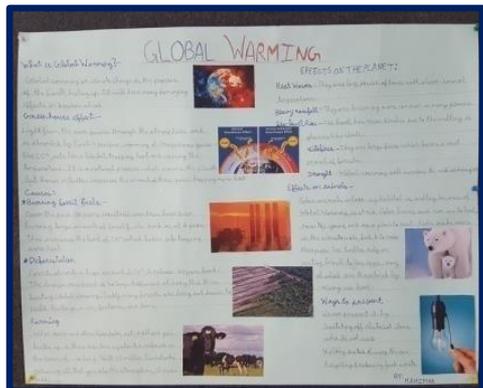
LEARNING AT SPROUTS

– Works by the Upper Elementary!

Inspiration comes DURING work, not BEFORE it!

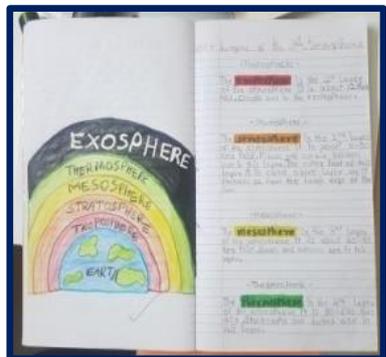
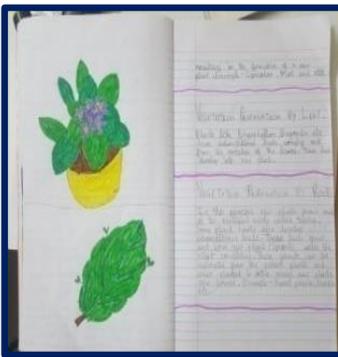


Flavours of various work by our children!

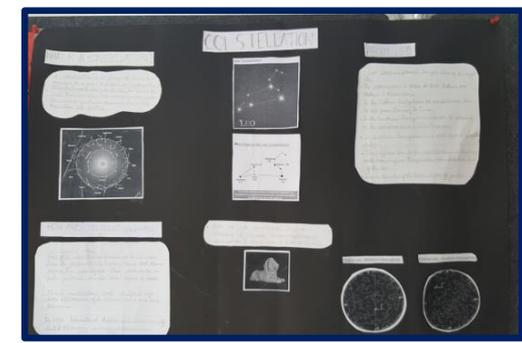


Global Warming by Mahimaa

Beautiful Illustrations of Birds by Dhruvan
Please note the attention to detail



Study of leaves, and Layers of Atmosphere by Fatema



A study on the Constellation by Maanya



LEARNING AT SPROUTS

– Works by the Early Adolescence Team!

A President Who Inspired.. continues to inspire....Dr. APJ Kalam....

“Look at the sky. we are not alone. The whole universe is friendly to us and conspires only to give the best to those who dream and work.”

Farhana, Gr 8 writes about Dr. Kalam

A Great Man...
A Great illustration...
By Aaroush, Gr 6

Soaumya, Gr 8 shares her thoughts about Dr. Kalam

DR. APJ. ABDUL KALAM
Dr. APJ Abdul Kalam is a very famous name in the whole world. He is counted among the greatest scientists of the 21st century. He was the most valued person of the country as his contribution as a scientist and as a president is beyond compare. Apart from that, his contribution to the ISRO is remarkable.
He was educated at Schwartz Higher Secondary School and was graduated at St. Joseph's college and Madras Institute of Technology. At this time the financial condition of his family was tremendously poor. From an early age he started supporting his family financially but he never gave up education. Along with supporting his family, he continued his studies and completed graduation.
He headed many projects that contributed to the society. He was also the one who helped in the development of Agni and Prithvi missiles. He was known as the "Missile Man of India" for his involvement in the Nuclear Power in India. Due to his contribution to the country, the government awarded him with the highest civilian award.
Although he was an aerospace scientist and the 11th president of India, his hobbies were completely divergent. It comprises - Art and Craft, Dance, Design, Games and surprisingly future prediction.
Every year, former President APJ. Abdul Kalam's birthday is celebrated with great joy across the country. In 2010 it was declared that October 16 will be honoured as Student's day. Dr. Kalam was extremely attached to school students, because according to him, they are the future of our country and a good future can evolve only if you give it the right amount of sunlight, water and food.
Dr. Kalam passed away owing to a heart attack while delivering an inspirational speech at the Indian Institute of Management at Shillong. Although he belonged to a humble background, his desire to contribute to society



You have to dream before your dreams can come true.

APJ. ABDUL KALAM
If you want to shine like a sun, first burn like a sun. This is a quote written by the most eminent individual of India, the "Missile Man" - Dr. A.P.J. Abdul Kalam. Avul Pakir Jainulabdeen Abdul Kalam was born on 15th October 1931, to a rural muslim family. His father was a diligent boat owner, and his mother was a sedulous housewife. He was the juvenile of his family. Abdul Kalam was a fervent boy right from the beginning. At a tender age of seven, he started vending newspapers, besides to assist his father and brace his family, after his school hours.
During the menacing world war II, he was 10 years old and walked to school daily which was a few kilometers away from his home. To get to the school he had to walk through a creek, and while doing so, he used to get drenched in water. He salvaged damp clothes would dry by the time he reached school. His dedication towards school so clearly suggests that he was keen in his studies. His favoured subjects were Mathematics and Physics.
Soon the very talented boy grew into an intrepid man. He along with Dr. Vikram Sarabhai, the father of Indian Space programme and a few colleagues called on to Thumba. Thumba is a small village prominent for the church which is placed on the magnetic equator of earth. Thumba had been a focus of many scientists including Abdul Kalam and Vikram Sarabhai. This place gained a name of beach when the opening of the first satellite launch was decided.
Undeterred by little findings and few facilities, a handful of scientists [Indian] began assembling their first rocket. But then the parts and payloads were transported in bullock carts and cycles to the launch pad. After 6 months of ceaseless hardwork and planning, India was ready to launch its first ever rocket on 21st November 1983. In spite of facing difficulties like malfunction of remote system and leak in hydraulic crane, the great minds behind the project successfully saved everything. Dynamite Abdul Kalam played a salient role in the launch, and received more than 15 exquisite awards in the field of space engineering. He was also honoured by the "Bhoodratna", the highest civilian award, by K.R. Narayanan in 1997.
He was genuinely a man of wit, he read many religious books such as "The Bhagavad Gita" and "Quran". He was also a boxer "Xena" player. He deeply believed in simplicity, in fact he was considered the symbol of simplicity across the globe. He was elected as the president of India for the year 2002-2007. He once said "My success of no use, if it does not help my country". He dedicated every minute of his life serving the country. He derived on 27th July 2015. He said "and before a holiday on my death, instead work on extra day if lose me". He was a beloved president, honest, visionary, accessible above all, a very humble human being.
- SOAUMYA

THE TEAM

Smita Vishweshwar

Isha Antony

Adah Ramona

Bhuvaneswari Murali

Tripura Gurajada

Sujatha Jaishankar

Geetha Venkat

Sarini Subramanian

S. Gayathri

Preethi Bharath