



BLUE BELLS MODEL SCHOOL

*E-Newsletter
January- March 2023*

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Message

“If you hear a voice within you say ‘you cannot paint,’ then by all means paint, and that voice will be silenced.” – Vincent Van Gogh

Dear readers

Each morning comes with a new opportunity; an opportunity to explore, excel and be empowered. The session is over and the academic results are out. Each one of us becomes contemplative and that is the best thing to do. Those who did well are excited to perform even better and those who are not satisfied gear up to strive with renewed rigour. Each year we go through this transient feeling of improvement, Introspection and rejuvenation. At times we get slow paced whereas at other moments we are quick to jump into new arenas and challenges. Have you ever thought why these reactions are different? Why are a few always willing to accept failure, defeat, loss without being defeated and others give up without even trying their best.

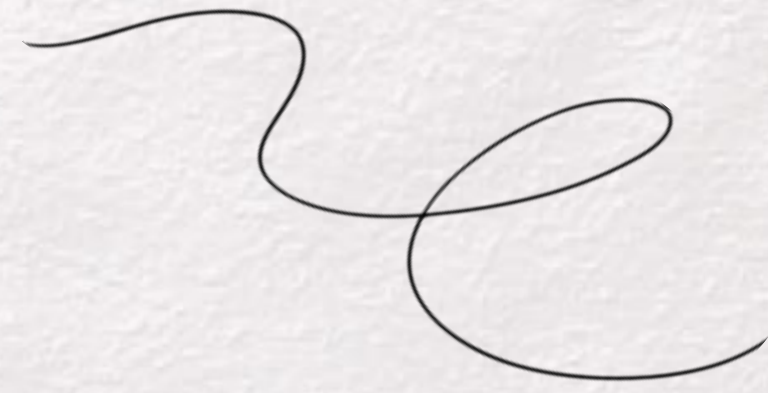
Acceptance, awareness and acknowledgement of our support system makes us move ahead. During each journey our support system gives us the strength to keep moving forward. Each word of kindness, optimism, understanding, humour, care along with time to listen and counsel weaves an armour of steel around us. We are guarded, protected and become confident to explore a lot more than what we are capable off. Whenever a negative thought brings you down your support system pulls you up again. To keep this support system of family, friends, guides & mentors strong invest... Time, energy and emotions. Strengthen this bond through sharing of ideas, feelings and issues that bother. No way can a negative thought pull you down when you have this armour. You can conquer the world. The recent event UNWRAPPING LEARNING PACKAGES -Chapter 2022-23 is a testimony to this support system extended by our parents, teachers, peers and mentors. The level of enthusiasm exhibited through activities and projects was impeccable. I congratulate the entire team along with parents and students for silencing any voice of apprehension and putting forth their true potential. The event showcased learning progression across grades 3-5 and true learnings of teamwork, practical skills, leadership and event management came to the forefront.

Have a wonderful life of striving for success with a strong support system; discover, find or create one.

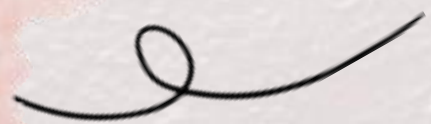
Warm regards

Soumya Gulati
Deputy Director -Academic Development & Innovation
Blue Bells Group of Schools





ACHIEVEMENTS





BLUE BELLS MODEL SCHOOL, GURUGRAM

STUDENT ACHIEVEMENT

SESSION 2022-23



Ahana Gulati of Class IV

Bagged Fourth Position in MPL 35th National Girls Chess
Championship



BLUE BELLS MODEL SCHOOL, GURUGRAM
STUDENT ACHIEVEMENT
SESSION 2022-23



Harman Sachdeva of Class XB

Bagged Third Position in All India Schools Golf Championship
Salwan Cup 2023 held at Classic Golf and Country Club
Gurugram



BLUE BELLS MODEL SCHOOL, GURUGRAM

STUDENT'S ACHIEVEMENT

2022-23



Ishani Sharma and Talish Bajaj - V; Adhya Sharma - VIII

Clinched the Third Position in Technotoon & Second Prize
in Creative Hive simultaneously in IGNITE, organized by GD
Goenka Public School, Sector 9, Rohini, New Delhi




BLUE BELLS MODEL SCHOOL, GURUGRAM
STUDENT ACHIEVEMENT
SESSION 2022-23



Armaan Sareen (Class X), Karan Lakhani (Class IX) and Parth Narula (Class XI)

Bagged Certificate of Appreciation for winning the 'Special Mention' and displaying exemplary skills of research, diplomacy and leadership in Resonance MUN organized by New Era Public School, Mayapuri, New Delhi



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EVENTS

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January 8-12, 2023

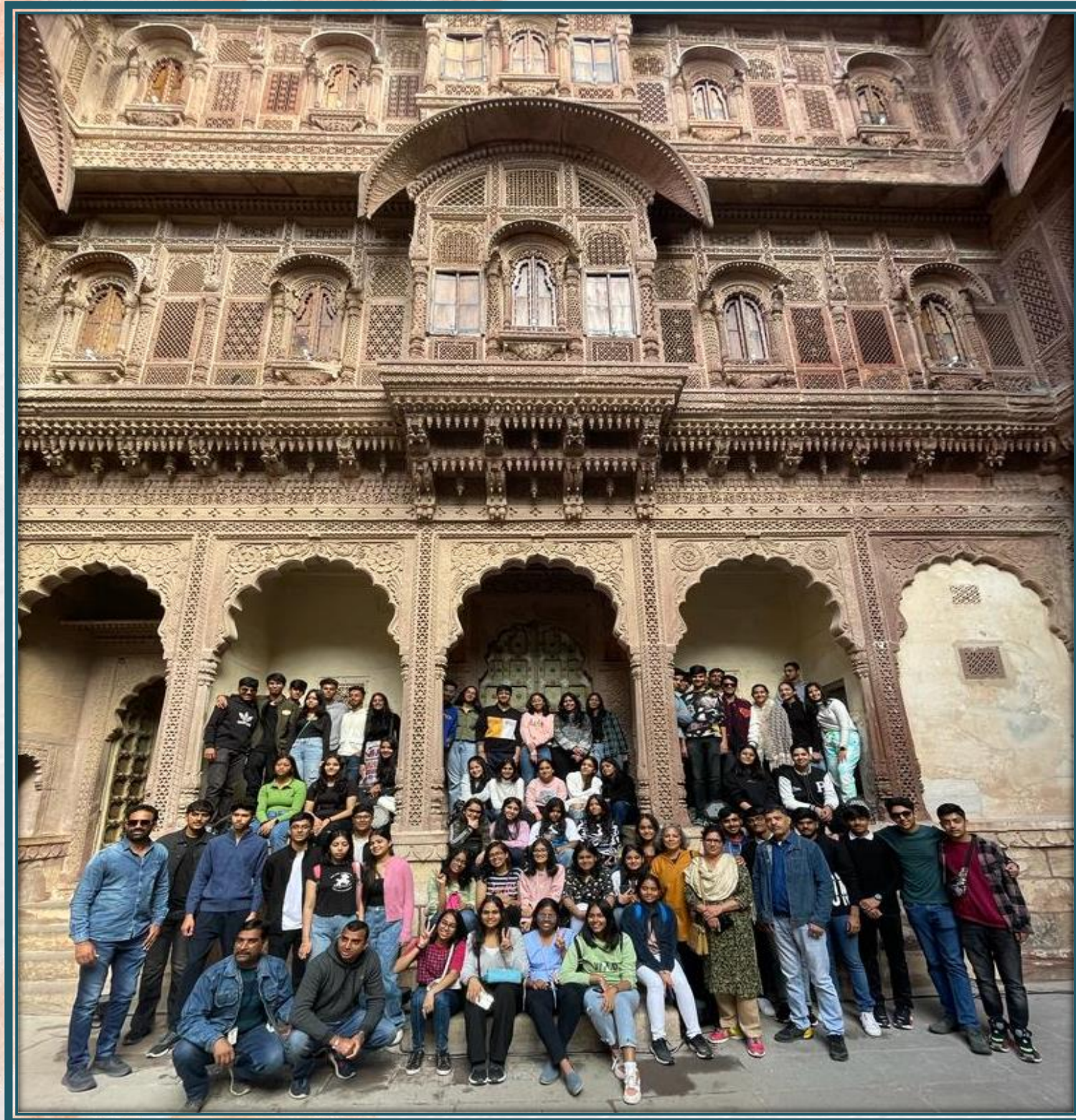
Trip to Udaipur- VI-VIII



“Travel opens your heart, broadens your mind, and fills your life with stories to tell.”

January 8-13, 2023

Trip to Jodhpur & Jaisalmer



“Travel makes you realize that no matter how much you know, there’s always more to learn.”

January 11, 2023

Literature Fest for Child Authors

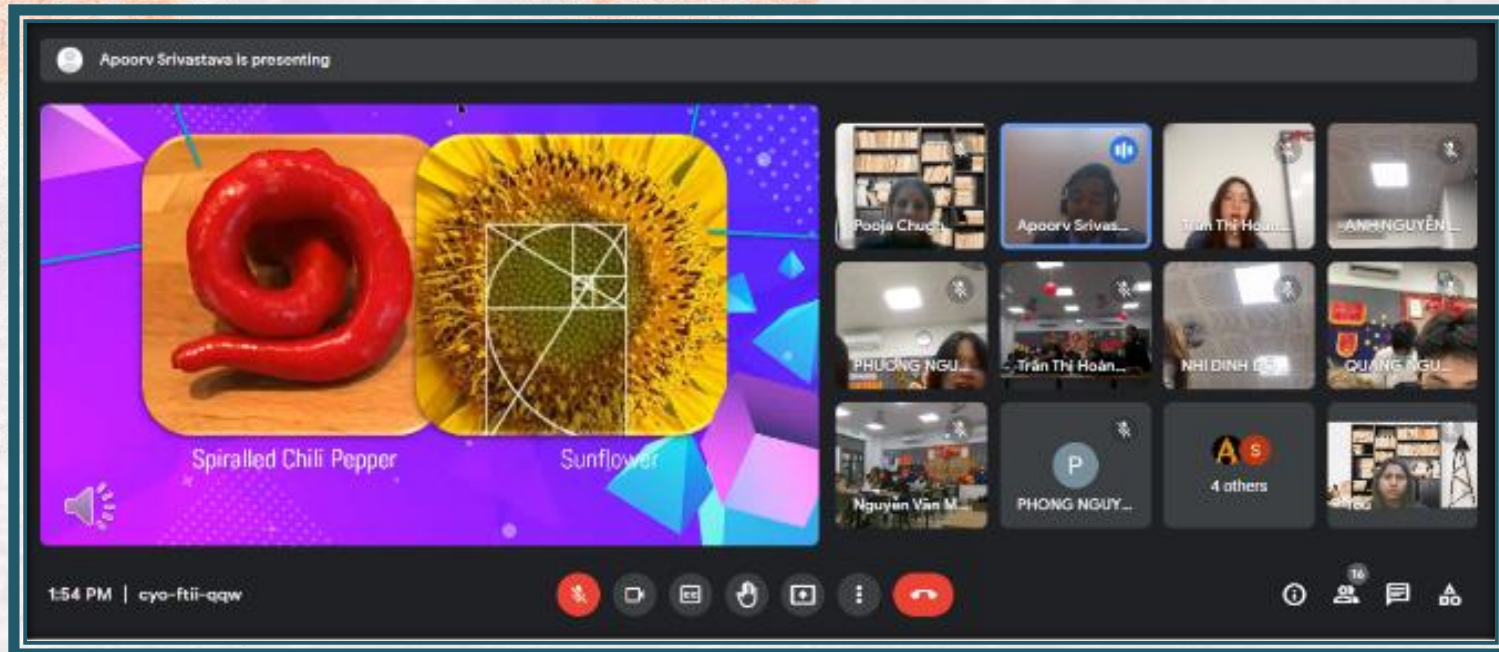


“Literature is the mirror of society. It is important to provide child authors the right environment and upbringing to promote literature.”

January 16, 2023

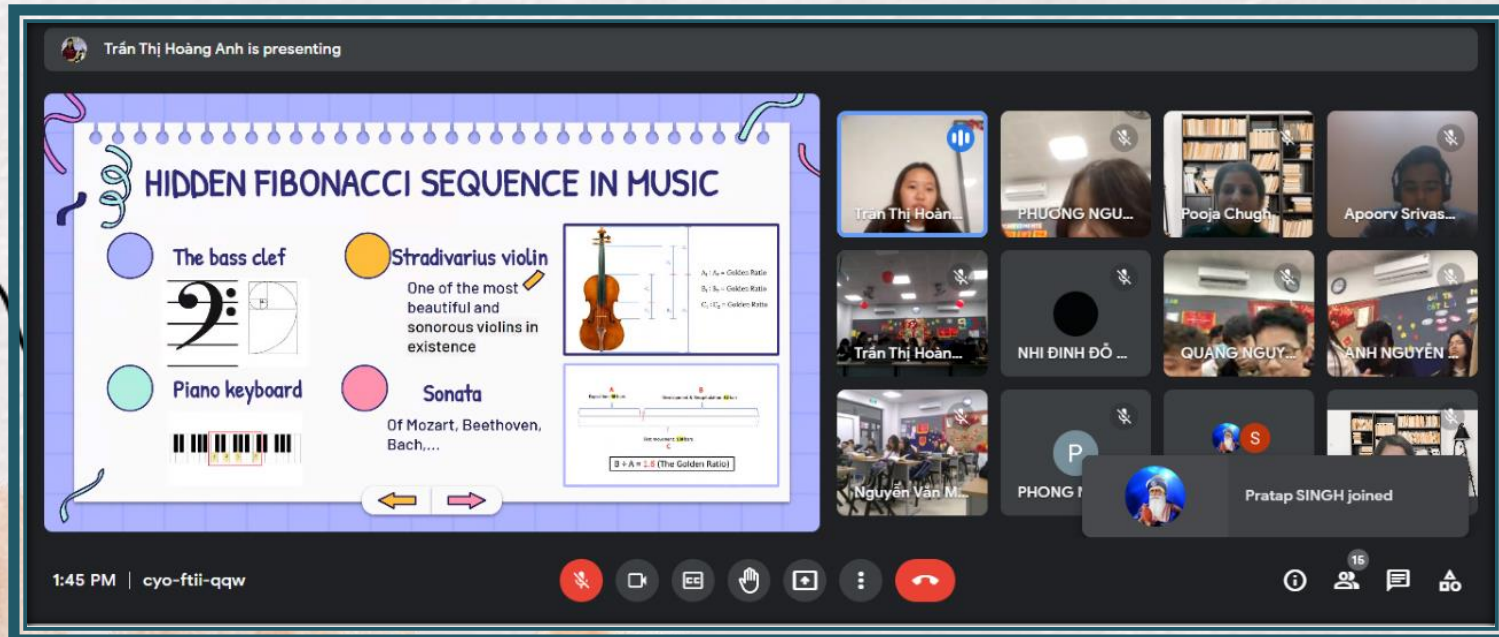
International Connect With Vin School Imperia, Vin School Ocean Park On The Topic “Fibonacci Sequence - Golden Ratio And Their Applications”

Apoorv Srivastava is presenting



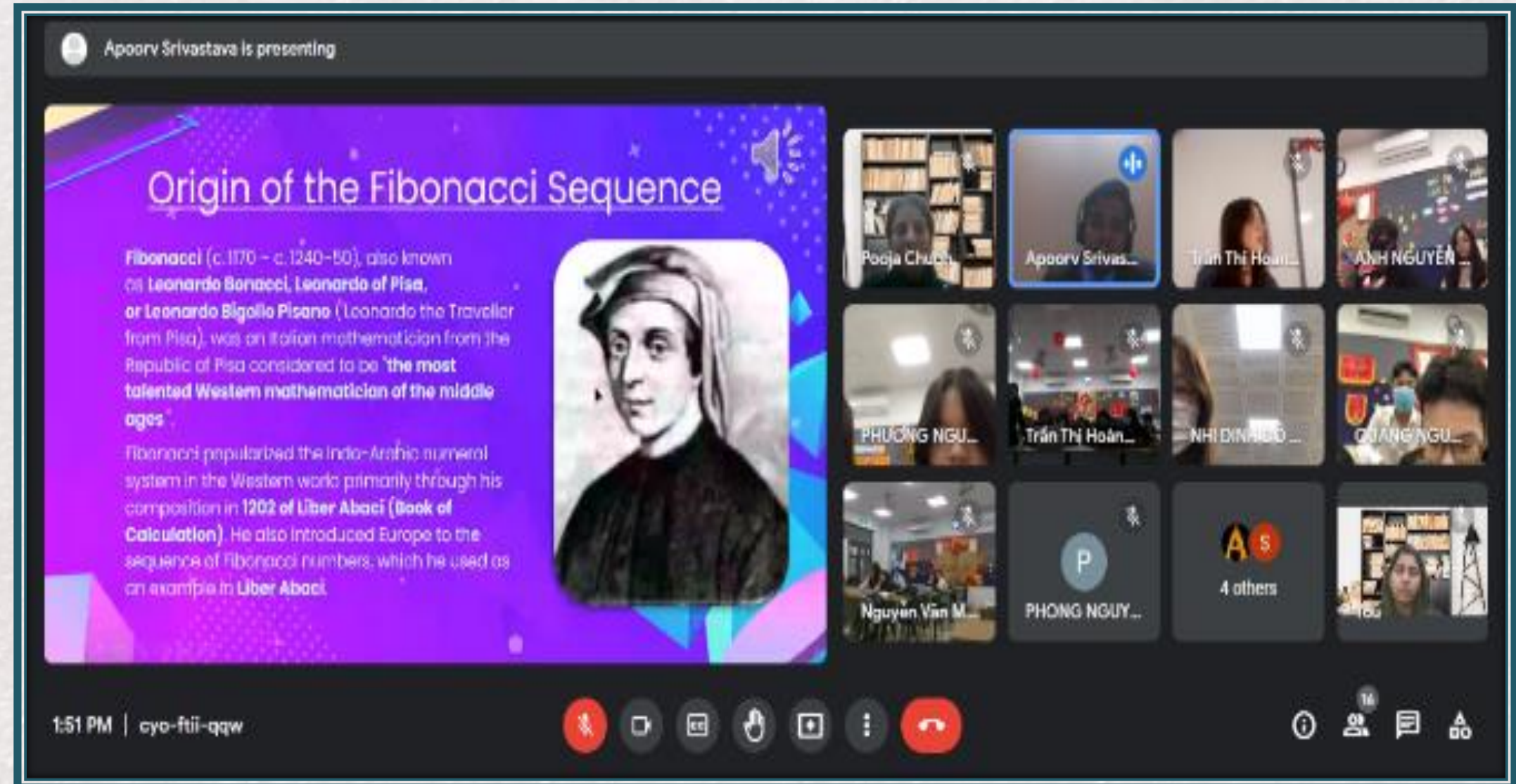
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Trần Thị Hoàng Anh is presenting



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Apoorv Srivastava is presenting



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"Every experience is an opportunity to learn and grow."

January 25, 2023

Saraswati Puja Celebration



May Goddess Saraswati, the Goddess of education, bless us with knowledge and wisdom as embark on our journey of learning!

January 25, 2023

Republic Day Celebration

74th REPUBLIC DAY CELEBRATION



'On the occasion of Republic Day, let's all promise our motherland that we will do our utmost to enrich and preserve our inheritance, our ethos, and our treasure.'

January 28, 2023

PM National Cadet Corps Rally 2023



"NCC is just not just an organization, but it is a life, which transforms you to a totally different person."

January 30, 2023

Interfaith Prayer at Rajghat, New Delhi



No matter in what language one chooses to speak, in what setting one chooses to worship, or with whom one chooses to surround themselves during prayer, all our prayers, somehow, reach the same place.

January 30, 2023

Magic Show



AbraKadabra... these words have been thrilling us and making us feel nostalgic.

February 10, 2023

Hawan Ceremony for the Students of Grades X and XII



Dear God, lead me to hope, faith, and trust. Lead me towards eternal truth. Allow eternal peace and tranquility to fill my heart, my mind, my life, and my world.

February 10, 2023

Session on Entrepreneurship



"All our dreams can come true, if we have the courage to pursue them." Walt Disney

March 5, 2023

Academic Carnival



'Unwrapping Learning Packages Chapter 2022-23' 'A community that learns together excels together.'

March 6, 2023

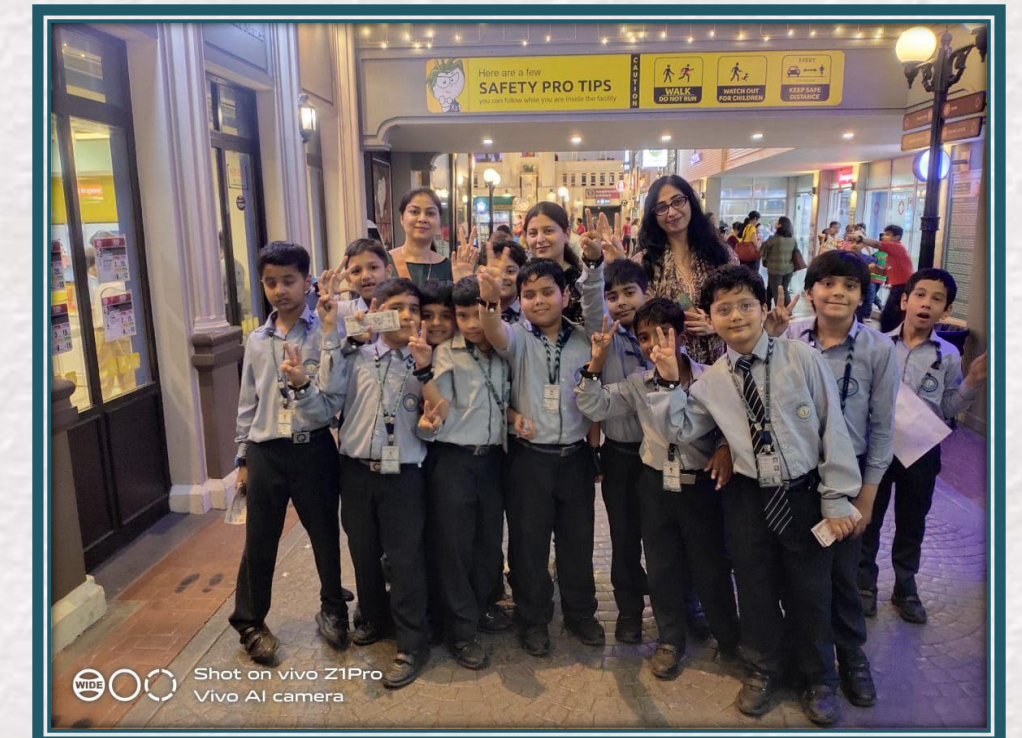
Career Counselling Session for Stream Selection And New Age Career



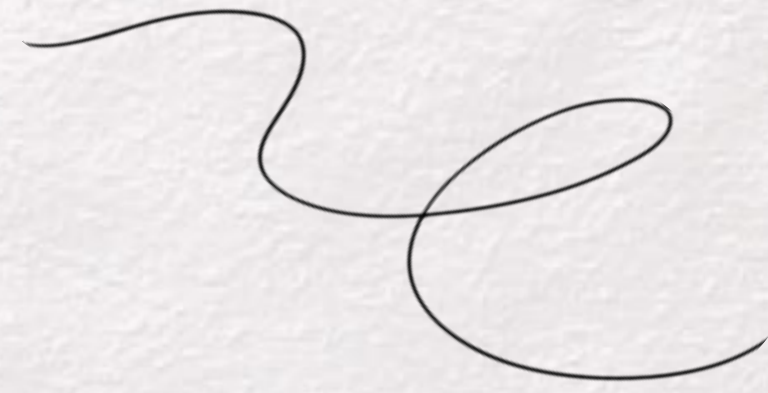
"The best way to predict the future is to create it." - Abraham Lincoln

March 17, 2023

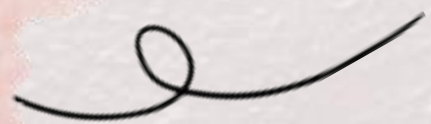
Kidzania Trip



“What we learn with pleasure, we never forget.”



HEALTH & WELLNESS



“Your body hears everything your mind says.” – Naomi Judd

The Health and Wellness Programme was introduced and implemented in Blue Bells Group of Schools in the year 2009 under the able guidance of Dr. Alka Saxena, (Deputy Director) Health and Wellness, Blue Bells Group of Schools, an avid advocate of the socioemotional well-being of children. In the year 2015, Health & Wellness Resource Centre, a unique initiative, was established with the sole aim of catering to the needs and demands of Blue Bells Group of Schools as well as other schools. The center’s main focus is to create modules, workshops and policies for the students, teachers and parents.

Health & Wellness Programme is a well-established programme which has been working to provide awareness, sensitization, and skill enhancement to all stakeholders of institutes for over 12 years. **ADEPT** – A Programme for Enhancing Life Skills was conceptualized and established to provide support in the form of preventive measures and focus on solution-based approaches in training. Specialized Training Sessions are curated for the students and parents. **ADEPT**, a specialized initiative, was developed to hone Life Skills in all stakeholders for imparting holistic wellbeing.

With the objective of reaching out to a large audience of youngsters and adults alike and sharing her vast knowledge and experiences on life skills, health & wellbeing, Dr Alka launched her blog www.wellnesswise.in. Ma’am’s vast knowledge and rich experience as an educationist form the background of her varied write-ups in her blog. The topics chosen are very relevant in today’s context and appeal to all age groups.

Over the years, Dr Saxena has groomed a full-fledged team of Doctors, Nurses, Counsellors and Life Skill Facilitators in carrying – on her vision of empowering students.

Events Organized Under The Health & Wellness Programme

Distress To De-stress: Handling Examination Stress

During examinations, it is important for the students to be in a calm state of mind and to deal with any emotion which may be causing distress. To address the feelings and concerns of students and to help them manage their emotions; The Health & Wellness Resource Centre team under the guidance of Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS, prepared an interactive module on dealing with Examination Stress for the students.

An interactive session to deal with Examination Stress was conducted for the students of Classes IX and XI on January 16 and 17, 2023 respectively, and classes VI to VIII from January 24 to February 3, 2023.

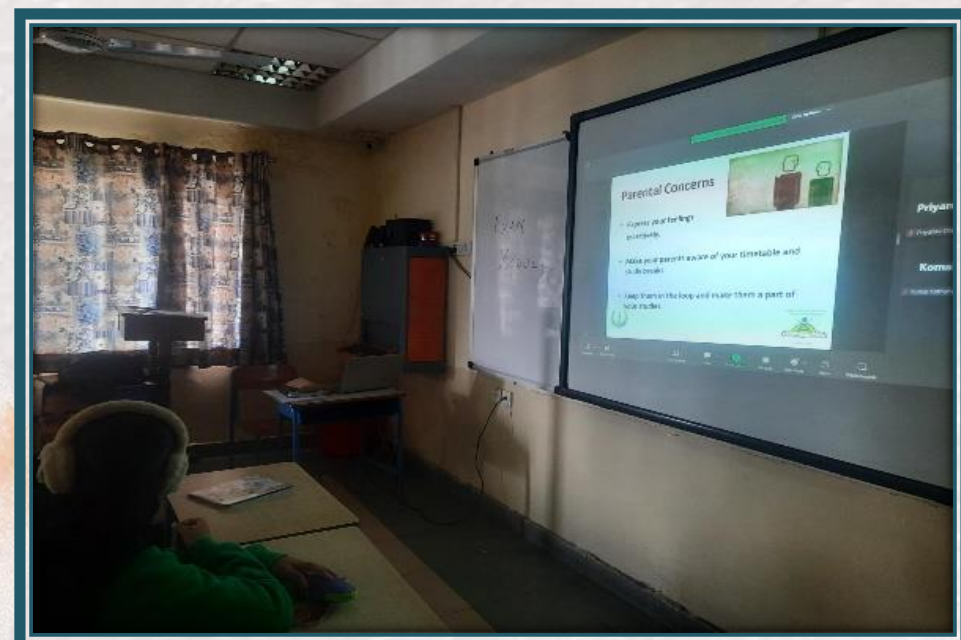
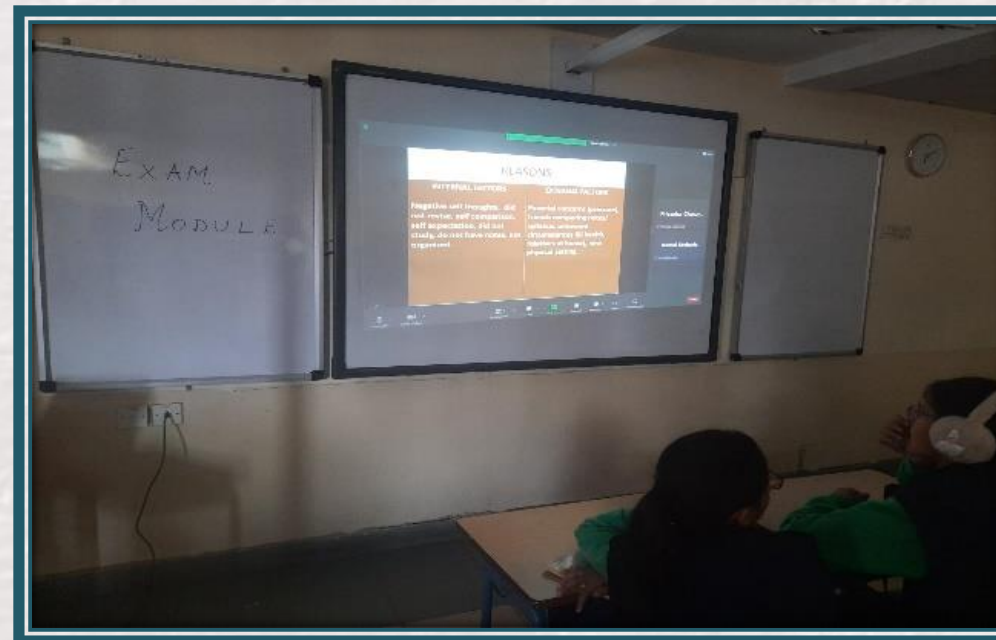
The session included:

- Various signs and symptoms of stress
- Internal and external factors that lead to stress during examinations
- Identifying and dealing with automatic negative thoughts
- Managing time effectively through prioritizing and making SMART Time Table
- Being aware of obstacles to time management and how to handle it
- Tips to increase productivity
- Identifying and incorporating different learning styles

In order to improve the concentration span, a few concentration exercises were conducted which were appreciated by the students. These exercises were followed by a short progressive muscular relaxation and guided imagery.

Students enjoyed the healthy lifestyle walk, where the importance of a healthy lifestyle was presented in a creative manner. The healthy lifestyle walk emphasized on balanced diet, regular exercise and good sleeping habits.

The session concluded on a positive note where it was shared with the students that they can connect individually with the Resource Center Team as well as the Life Skills facilitators for any further support.

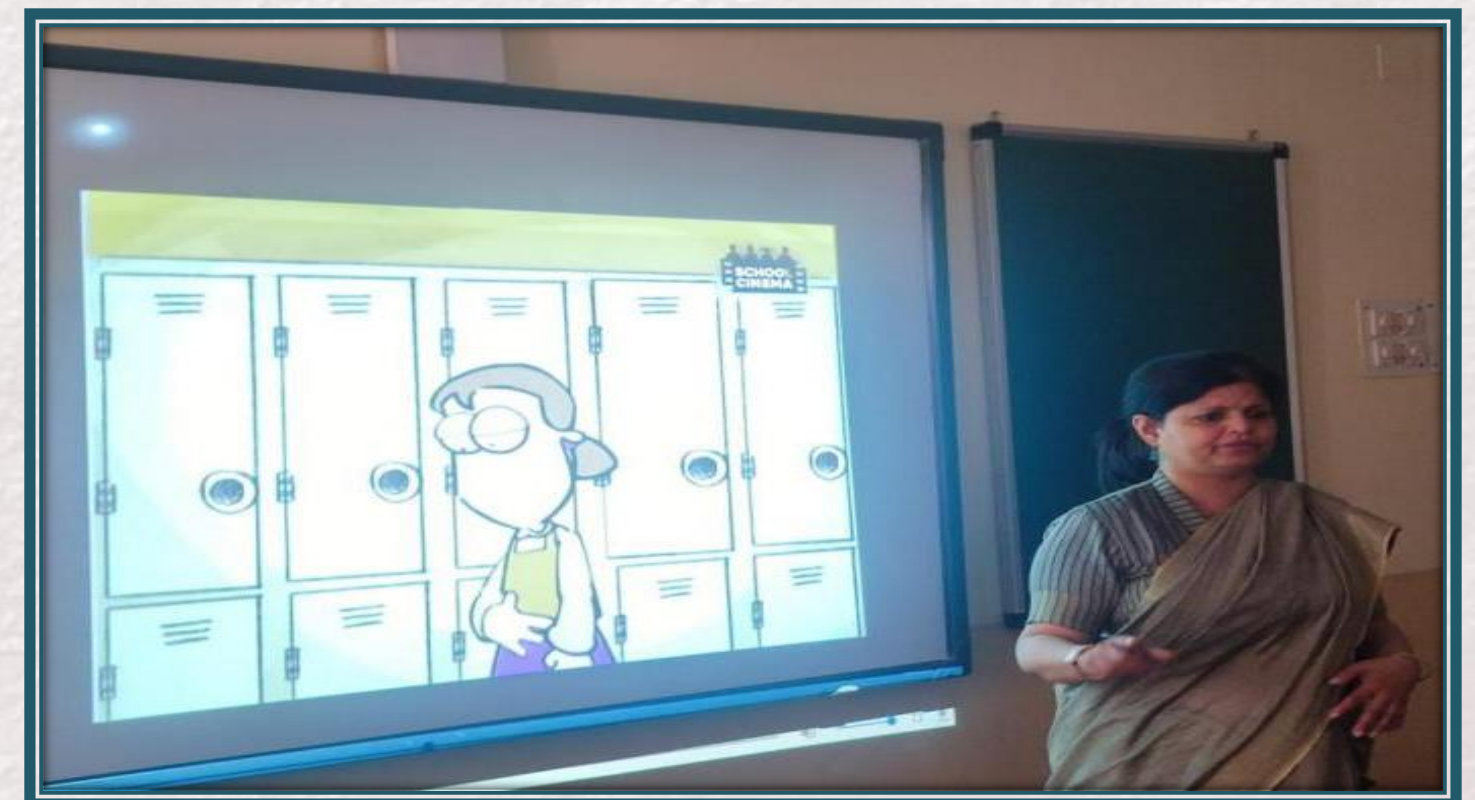


Let's Talk Puberty- A Session For Class V Girls

"Change is the pathway to growth."

Puberty is a transition where both boys and girls experience changes physically, cognitively, emotionally and socially. During this period of change, the confusion and concerns of children need to be addressed. In sync with this, an interactive session was organized on February 16 and February 23, 2023, for the girl students of Class V under the skillful guidance of Dr. Alka Saxena, Deputy Director (Health & Wellness), Blue Bells Group of Schools. The session was conducted by Ms. Sapna Sinha, Content Developer and Life Skills Facilitator, a member of the Health & Wellness Resource Center team, Ms. Purna Karkhanis, School Counsellor, Ms. Rita Kakkar, School Doctor.

Through the School Cinema movie 'Let's Talk Puberty' along with an interactive session, the girls came to know about physical, emotional, hormonal, and social changes that occur during Puberty. They were able to understand the changes they would experience in the coming years and how to manage them with proper sleep, diet, and hygiene. The meaning of puberty was well grasped by the students. Mood changes and variations in energy levels were explained. The students understood the importance of a balanced diet, drinking plenty of water, taking proper sound sleep, participating in outdoor games, and maintaining cleanliness and hygiene for staying healthy and fit. An insight was provided into the useful ways in which they can look after themselves at this time so they can cope with the changes effectively. Students shared their concerns, doubts, and feelings with the facilitator without any inhibition and felt empowered.



Learning Unbound

Elixir – Find Your Essence

The Health & Wellness team under the inspirational guidance of Dr. Alka Saxena, Deputy Director, Health & Wellness, Blue Bells Group of Schools created a soulful corner Elixir: 'Find Your Essence'. The corner added a Midas touch to the event 'Unwrapping Learning packages', imparting a thoughtful outlook to the parents. An overview of the Health & Wellness Programme was displayed which peeped into the kaleidoscopic glimpse of various activities and events for students, parents and teachers under the Health & Wellness programme conceptualized by ADEPT- A Program for Enhancing Skills, powered by Wellnesswise.in. Primary Wing students apprised the parents about the blog, Wellnesswise by Dr. Alka. Students, through the Mascots of School Cinema Movies, helped parents to understand the importance of acknowledging different values, life skills, and emotions in order to have a holistic approach. Inspirational Movies by School Cinema was screened during the program, which showcased the Value-based learning inculcated in students during their values education classes. Students welcomed the parents and engaged them in interesting and thought-provoking energizers and activities related to the movies. The parents experienced hands-on activities like 'Tongue Twisters', 'Newspaper Gift Wrapping', and 'Mark Your State' with full zeal and vigour and appreciated the students' performance. These activities reflected in-house teaching methodologies which make learning fun-filled and impactful.



Reinforcement Of Ground Rules To Create A Positive Learning Space

ADEPT- A Program for Enhancing Life Skills is a specialized initiative under the Health & Wellness Programme of Blue Bells Group of Schools. The Program has been developed to enhance psychosocial competencies and interpersonal skills in all stakeholders to make informed decisions,

Health & Wellness Programme has always believed in the ideology that every child is born to blossom. When children flourish with positive values, they are more likely to listen to their conscience.

To prepare students to believe in their own ability and to take positive steps for their benefit, Team ADEPT, under the leadership of Dr Alka Saxena, Deputy Director (Health & Wellness) Blue Bells Group of schools conducted a two-day group work session with each section of grade V students in Blue Bells Model School.

Through different strategies and activities, the impact of usage of bad language, and its implication on each one was taken up during the first session. Students were asked to recall some ground rules and further discussion was taken up on why these rules were established by them and what consequences one can face when rules are not followed. The session concluded with some sharing by students on ways and methods they could follow to remember and reinforce ground rules. Each one displayed their ground rules on beautiful flowers and butterfly cut outs.

The session was indeed very lively and compressible. Each student was made to feel comfortable, safe, and respected during the sessions. The strategies discussed helped each one to create a positive learning space.



Wellness Wise By Dr. Alka

AUTHOR PROFILE



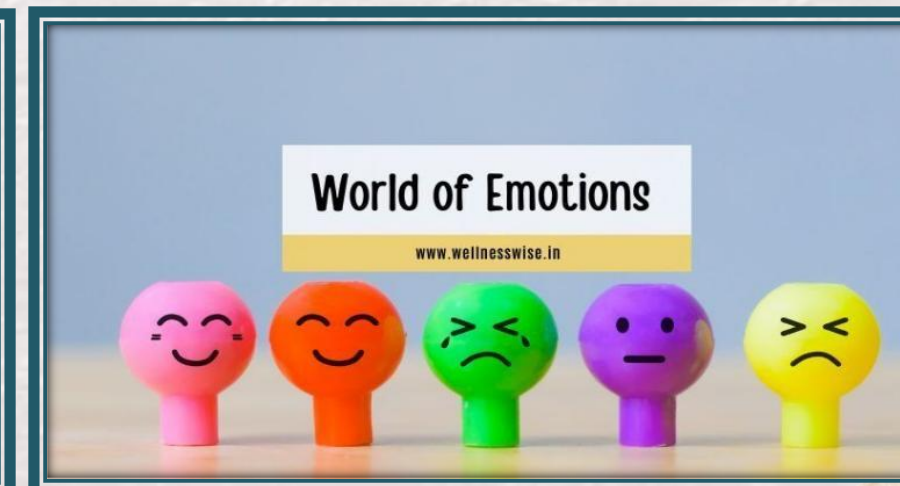
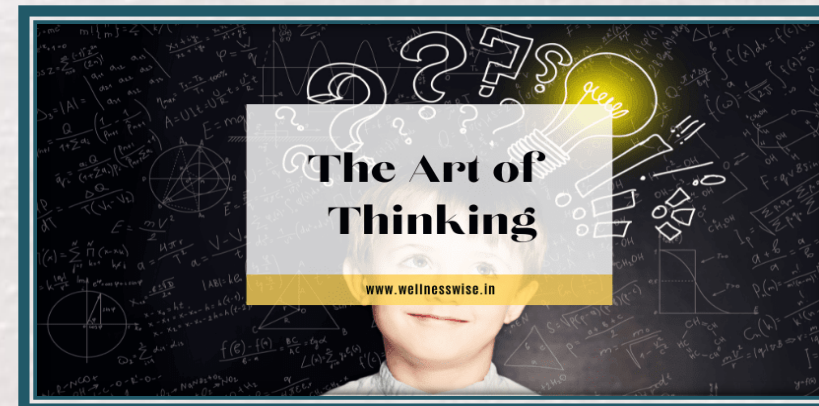
Dr. Alka Saxena

Dr. Alka Saxena is an avid advocate of the socioemotional well-being of children. She earned her MBBS from the prestigious...

It is so important to take time for yourself and find clarity. The most important relationship is the one you have with yourself. - Diane Von Furstenberg.

A healthy mind dwells in a healthy body. Keeping this in mind, Dr. Alka Saxena created her blog, Wellness Wise by Dr. Alka. The purpose was to reach out to a broad audience with the aim of sharing her vast knowledge and practises on life skills, health, and wellbeing. Her blog postings based on her experiential knowledge as an educator covers a wide range of topics which connects and relates to both the young and the old alike.

Dr Alka's blogs published during the months of January to March 2023 has been a source of inspiration to all her followers. It has helped readers to reconnect with life and find solace. Some of the contents published in her blogs have been shared below which majorly focuses on healthy living and emotional wellbeing. Her writings can be explored on www.wellnesswise.in



Message from the Editor

Dear Readers

The life in front of you is far more important than the one behind you. This is the lesson we have learnt this year. Put on your thinking caps and navigate your own path. Focus, aim and strike!

We welcome you to an exciting year ahead.

Stay Healthy! Stay Safe!

Regards

Editorial Team
Blue Bells Model School