



## New Year Resolutions

Wish you all a Happy and Successful New Year 2019!

As we enter the New Year, you must have seen and heard people making New Year resolutions (and breaking them too!). Some of you may be wondering ...

- What are resolutions
- Why do they make resolutions in New Year time
- What kind of resolutions do people make

### What are resolutions?

A resolution is a firm decision to start a new good habit or break a bad habit in order to make a positive change.

Let's say a person is overweight. To reduce weight, one must do two things: eat less and work out. So, the person can make a resolution to eat one time meal a day only henceforth. There could be an additional resolution of spending at least one hour a day for workout. This way, a resolution helps you to be determined to set you on your path towards something desirable.

The first step for making a resolution is to know what areas need improvement. The resolution can be either to acquire a new good habit or kick a bad habit. Example of a good habit can be waking up early. Example of a bad habit can be laziness.

### Why do people make resolutions on New Year Day?

We all look for some particular and easy-to-remember dates to start something new. Since there is lot of enthusiasm on a New Year's Day, we bring hope for a better future in our lives. That is why people make resolutions on New Year's Day.

We are not saying that you have to start something good only on New Year's Day. Like the old saying goes, "Any day is good to catch a thief." But if this New Year, you are

committed to make a few good changes, we suggest go ahead and make them.

### What kind of resolutions can I as a student make?

The answer is largely dependent on a person-to-person basis. But every student needs to make a few basic resolutions:

**1. Take responsibility for your learning:** We go to school not because the teacher teaches us. But it is because the teacher and the school help us learn. Remember, the journey is yours. They are only helping you travel better.

**2. Fix an everyday time for studies:** One must give time for studies every day. Yes, every day. You decide how many hours. It could be 2 hours or 4 hours. But once you make up your mind, you must stick to it. In this time, allot some time for homework. And in the balance time, do active reading and even prepare for the next class.

**3. Take care of fitness:** Swamy Vivekananda said, "A healthy mind resides in a healthy body." Engage in physical activities and active sport. Plan a sport and pursue it seriously. One must sweat it out on a daily basis. With a fit body, you are better prepared for future challenges.

**4. Time for prayer:** Prayer gives us the necessary silence inside to understand ourselves better and connect with the Almighty. Prayer gives us the strength and the wisdom to differentiate between the right and the wrong.

Finally, make fewer resolutions so that you are able to strictly enforce them in your day-to-day life. Give yourself a few months with these new habits. You can experience a remarkable change in yourself! You will get immense confidence that you too can achieve something great, if only you apply yourself.

So, go ahead with your resolutions today.

All the best!



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## Principal's Desk

Parents are always supportive of their children. But parents must understand that there lies a fine line between doing everything for the children and being supportive parents. If parents keep on doing everything for their children the children will take it for granted and they will keep on expecting more from their parents. Most of the parents try to help their children by utilizing their own experiences of life which can ultimately make the child dependent on his or her parents. Find here some of the best tips to help a child become an independent one.

- Making List of Works
- Prioritizing the Work
- Value of Money
- Having Faith
- Supervision of Work

**Anuradha K, Principal**





There Is Something  
We Can't Buy,  
One Such Thing Is  
Childhood Days.  
And That You Will Realize  
Only When You Grow Old

### Happy Children's Day

Children are like buds in a garden and should be carefully and lovingly nurtured, as they are the future of the nation and the citizens of tomorrow. Only through right education can a better order of society be built.

**- Jawaharlal Nehru**

### Dr APJ Abdul Kalam Quotes

-  You have to dream before your dreams can come true. To succeed in your mission, you must have single-minded devotion to you goal.
-  God, our creator, has stored within our minds and personalities, great potential strength and ability. Prayer helps us tap and develop these powers.
-  Creativity is the key to success in the future and primary education is where teachers can bring creativity in children at all levels.
-  End is not the end. In fact **e. n. d.** means "effort never dies"!

### Celebration of Children's Day

Every child is a gift of nature. Give the children their today, give them time to play, and make way for their future. Children's Day was celebrated on 14<sup>th</sup> November. Various competitions like fancy dress competition and quiz competition were conducted. Students were dressed up colourfully.

Children's Day is celebrated in India every year on

14<sup>th</sup> November by the teachers and students in schools and colleges with great passion and excitement. It is the birth anniversary of Pandit Jawaharlal Nehru, who was the first Indian Prime Minister of Independent India. The children loved and respected him and called him Chacha Nehru.



He wanted to be among children to talk to them and play with them. He had a great love for children.

**Anjali Deepak Phadate,**  
Asst. Teacher



### Kannada Rajyotsava



Kannada Rajyotsava was celebrated in our school on 1<sup>st</sup> November, the day which marks the formation of the state of Karnataka in 1956, by bringing together the Kannada speaking language speaking regions of South India were merged to form the state of Karnataka, known for its

vibrancy, as the red and yellow flags are displayed at various places across the whole state. Celebration in our school started with the hoisting of the official Karnataka flag and a speech by our Chief Guest. Many cultural programmes were also conducted by our students. It was the day to hold our head high and salute our state of Karnataka. Kannada Rajyotsava was celebrated with great pomp and show. We worshipped Goddess Bhuvaneshwari Devi. The Chief Guest of the day was Mr. Kalburgi, who is well known for his poetry and received many awards.



In **Rangotsav** celebration, organized for National Level Art Competition for National Level Colouring' Handwriting, Collage and Cartoon Making, we are glad to inform the following students received the awards:

- ◆ Gagana V got second prize in handwriting competition.



◆ Keerthi N, Rithvik S, E.V Kishori got gold medal in handwriting competition

◆ Sudarshan S, Omkar Patil, Sindhu M Birader, Harshith Prakash, V Asritha, Shreyas Shinde, Vishal Jadhav & Rahul G received gold medals in colouring competition.

◆ Disha P, Shravya Kerur, Prashanth Jadhav & Navya M got gold medals in collage competition.

◆ Punya Niharika RV, Yadunandan K S & Chiraag Badiger won gold medals for cartoon making.



## Cultural Fest



A cultural fest was organized during 1-3 November. Several competitions were held. These included memory test, spell bee, poem writing, drawing sloka chanting, greeting card making, batch making, glass painting, story telling and essay writing. Students were fully charged, enthusiastic and full of zeal, creating an

exciting atmosphere on a very large scale.



## Annual Sports Day



The much awaited Annual Sports Day was held on 23<sup>rd</sup> November 2018, with great zeal, excitement. The programme began with the Principal, Mrs. Anuradha K and Vice Principal

Sushama Nair welcoming the esteemed gathering and emphasizing the importance of sports in a child's life. Students of Classes 1-9 competed in events including relays, skipping race, umbrella race and shot put. The Overall Champion's Trophy was awarded to the Yellow House.

9<sup>th</sup> IEO (1<sup>st</sup> Level) Exam was held on 4<sup>th</sup> October, 11<sup>th</sup> October and 23<sup>rd</sup> October 2018 in our school premises. Many students appeared for IEO. We are happy to announce candidates who successfully qualified in the Level 1 exam are eligible for the Level 2 exam. They are:

Times Newspaper in Education (Times NIE), Talent Hunt provides a unique competitive platform to identify the young geniuses and create a talent pool for the future. Students of Classes 5-9 appeared in this test. We are happy to announce Akshata Myageri and Shreyas have qualified for the second round.

## Learning is Fun

Countable and Uncountable Nouns

Activity type: Group, timed

Materials required: Flash cards with pictures of countable and uncountable nouns.

- Form a semicircle. The leader may stand in the centre facing her/his friends with flash cards.
- Show one flash card to all the friends for few seconds and put it down. For example: chocolate
- Let the friends say what it is. After this, ask them to take one step forward if it is a countable noun and two steps back if it's an uncountable noun.
- So, every time you show them a flash card, the friends either move forward or backward according to the noun.
- Give points for every correct answer. Those who answer incorrectly are out of the game.
- To make it exciting. You can ask about things that are both countable and uncountable. For example: In a box of chocolates the chocolates are countable and you can take one whereas when you have a bar of chocolate the chocolate is uncountable and you can take some.

## Famous Personality

### Srinivasa Ramanujan

(22 December 1887 – 26 April 1920)



Coming from a humble Tamil Brahmin Iyengar family and without any formal training in pure mathematics, Srinivasa Ramanujan grew up to become a mathematics genius. He made incredible contributions to mathematical analysis, number theory, infinite series and continued fractions. Srinivasa Ramanujan's

birth anniversary on December 22 is celebrated as National Mathematics Day every year.

Though he had almost no formal training in pure mathematics, he made substantial contributions to mathematical analysis, number theory, infinite series, and continued fractions, including solutions to mathematical problems considered to be unsolvable.



## Celebration of Grandparents' Day

Grandparents are a family's greatest treasure, the founders of a loving legacy, the greatest storytellers, the keepers of traditions. Grandparents are the family's source of strong foundation. Through their special love and care, grandparents keep a family close at heart. To honour them, MEC Public School celebrated **Grandparents Day** on 17<sup>th</sup> November 2018. The function began by welcoming the grandparents. The nursery kids beautifully sang a song. We had a game in which grandparents participated with great zeal. The winners were greeted with gifts by the Principal. The Principal and staff interacted on a one-to-one basis with the guests. It was a successful event indeed.

