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PRINCIPAL'S INSIGHTS

Roman poet Juvenal wrote in 1st century AD that, "A healthy mind lives inside a healthy body"

And even 2100 years after nothing is more closer to truth. As young children you need to make sure that you take this maxim to heart and make healthy living a daily practice by doing the following:

1. Eat a balanced and nutritious diet keeping the junk food intake to minimum.
2. Make sure that you go out to play any sport of your choice. It will make your body fit and agile and your mind more focused and sharp.
3. Limit screen time to not more than 1 to 2 hrs per day and make sure that you are watching content that adds to your knowledge.
4. "Early to bed and early to rise, makes a student healthy and wise", so stick to a regular sleep routine getting adequate quality sleep.
5. Practice gratefulness by writing a journal at the end of the day thanking each and everyone who helped you sail through the day.
6. Last but not the least 'smile' and be happy and spread happiness around.

I wish all the best to my little Disha kiddos, and may each one of you shine bright and smile wide.



MS. RUMA CHATURVEDI, PRINCIPAL

BEHIND THE PAGES

Our school community's exciting initiatives and accomplishments are highlighted in our e-newsletter, which the editorial staff is excited to share. Our objective is to create a student-centered platform that highlights our students' skills, creativity, and accomplishments.

Through brainstorming discussions, student contributions, and creative

design, we strive to produce an engaging and instructive newsletter that embodies our school. By providing a platform for students to express themselves, discuss their achievements, and stay up to date on school news and events, our e-newsletter is a valuable resource for the entire school community.

THE WELLNESS WEB

"A HEALTHY OUTSIDE STARTS FROM INSIDE"

Through physiological and psychological processes like stress hormone reduction, neurotransmitter control, and mood-enhancing endorphins, physical activity dramatically enhances mental health. Exercise can be just as helpful as conventional therapy for mild to moderate depression, according to studies, and even short runs can reduce the chance of developing depression. Additionally, exercise raises brain-derived neurotrophic factor, which fosters resilience and attention.



MINDFUL MAVERICKS



Deepika Padukone: Bollywood actress Deepika Padukone founded the LiveLoveLaugh Foundation to raise mental health awareness and support, advocating for yoga and a balanced lifestyle. Her openness about her struggles has inspired many.



Lady Gaga: After experiencing PTSD at 19, Lady Gaga has used her art to advocate for mental health and support sexual assault survivors. Her candidness has helped destigmatize PTSD and solidified her status as a global icon.

WISDOM UNBOXED



"Fuel your body, brighten your mind." - A healthy body leads to a healthy mind. Prioritize 8 hours of sleep, balanced meals, and physical activity. Even short walks or breathing exercises can boost focus. Stay hydrated with water and fruits, and manage stress with 1-2 hour study sessions, using practice and mind maps. Small daily habits like early sleep, healthy eating, and a positive mindset lead to big changes. Replace "I can't" with "I'll try," believe in yourself, and stay consistent! -Ms. Deepti Singh Sr., Co-ordinator (Grades-1 & 2)



"In the realm of education, one timeless truth stands out : Consistency triumphs over intensity." Last-minute cramming may seem productive, but it rarely leads to meaningful understanding or long-term retention. In contrast, regular study habits help students grasp concepts more deeply, reduce stress, and build confidence. Our role as educators is to foster lifelong learning and discipline. By consistent effort, students not only perform better academically but also develop valuable skills for the future. True success lies in showing up daily with focus and determination. -Deepti Singh Jr., Co-ordinator (Grades-3 to 5)



For succeeding, there are perspectives that go beyond textbooks. We should promote inquiry, effort, and investigation and emphasize the fact that learning is a journey rather than a race. It is equally important to understand the significance of health, which includes getting enough sleep, eating a balanced diet, and engaging in fun activities. It is necessary to embrace the process of discovery which serves as a reminder of our own potential.

-Ms. Reena Pandey, Supervisor (gradeschool)

CAMPUS PULSE

A Sweet Start - Welcome to Candyland!

"Our preschoolers' journey began on the sweetest note with a magical "Welcome to Candyland" celebration! The school transformed into a colourful wonderland, where smiles sparkled brighter than sugar crystals.

Children arrived dressed as adorable candies, setting the tone for a delightful day full of imagination and fun. Our beloved Doraemon was there to welcome the little ones with open arms, adding to the joy and excitement.

From bouncing high on the trampoline to enjoying fluffy cotton candy, giggling at the magic show, and getting creative with tattoos, every moment was packed with laughter. The day ended on a cozy note with a cheerful movie screening that kept our tiny audience wide-eyed and happy."



When Trees Talk and Rivers Cry-Kids Show the Way!



The Earth Day event at NLK's Disha aimed to increase students' knowledge of environmental issues. To encourage conservation and protect green spaces, students took part in a role-play and a rhythmic dance. They also signed an oath to preserve the environment and took part in planting events. In costumes representing Earth, rain, rivers, trees, and animals, the young environmental advocates gave a performance at Kargil Park in Motijheel.

They emphasized the significance of how human activity impacts nature and the necessity of reestablishing equilibrium. The audience was left feeling uplifted and optimistic by the performance's last poem, which celebrated the planet's beauty. The performance reminded us that the future is in the hands of those who care, and is an ideal fusion of creativity, awareness, and love for the natural world.



Clash of ideas

Our students showcased their critical thinking and public speaking skills in a thrilling interhouse debate competition. Each house presented compelling arguments for and against thought-provoking topics, fostering a spirit of intellectual curiosity and healthy competition. The debate encouraged

students to think creatively, articulate their opinions, and respectfully challenge their peers.



Mothers hold our hands, But our hearts hold them forever

Mother's Day at NLK's Disha was a vibrant and joyful celebration! The atmosphere buzzed with excitement as the children eagerly participated in lively role plays, showcasing their creativity and talent through colourful costumes and expressive performances. As laughter filled the air, the kids also danced, their movements bursting with energy and joy.

In a heartfelt touch, the students devoted their time and effort to create unique handmade cards and charming photo frames for their mothers. With tiny hands, they carefully decorated each piece, pouring in their love and affection. The day was truly a mix of fun, creativity, and special memories, making it a beautiful tribute to all the amazing moms!

Kids heartfelt thanks to mom



My mother is the kindest and most beautiful woman in the world. She lovingly cares for our family and is my first teacher and best friend. -Shailvi, (Grade 4)

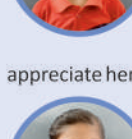
My mother prepares delicious meals for us. She spends her leisure time playing with me and my sibling. I love my mum.

-Aavya Tiwari, (Grade 4)



My mother is a loving and caring woman. She teaches me to be brave and face difficulties.

-Unnati Shukla, (Grade 4)



My mother is a shining star for me. She fulfils all my wishes that I desire for. We all appreciate her for selfless love and care. Love you Maa.

-Kartik, (Grade 5)



My mother is the most beautiful woman in the whole world. She is a dazzling star for me. She is the biggest source for my strength who teaches me how to overcome the challenges of life. I love her very much. -Shrishti Kashyap, (Grade 5)



Building Bridges Between Home and School - Orientation and Felicitation Ceremony



The cooperation between parents and teachers was highlighted at NLK's Disha's recent Preschool & Gradeschool Orientation and Felicitation Ceremony. Ms. Ruma Chaturvedi, the principal, emphasized the need for parental involvement in a child's growth as well as the necessity of controlling screen time. The preschool curriculum was provided by teachers, who focused on age-appropriate teaching strategies and classroom procedures. The occasion also honoured the accomplishments of students in Grades 1-5 in extracurricular activities, sports, the arts, and academics. The purpose of the event was to demonstrate the school's commitment to academic achievement and general development while also fostering a strong school-home collaboration. A vote of gratitude marked the end of the event, leaving everyone motivated and committed to their common goal.



LIFE BEYOND LIKES

It's great that you're thinking about how to help primary school students develop a healthier lifestyle by managing their screen time! Excessive screen time can have several negative impacts on children, affecting their physical health, sleep patterns, academic performance, behaviour, and social-emotional development. Finding a healthy balance is key. Here are some tips for you to reduce or to inculcate the habit of balancing screen time.

1. Establish Clear Rules and Guidelines.
2. Set daily or weekly screen time limits and stick to them consistently. Involve children in the rule-making process to foster a sense of ownership.

3. Determine specific times for screen use and screen-free activities (e.g., during meals, homework time, one hour before bedtime).
4. Designate screen-free zones in the house, such as bedrooms and dining areas.

Encourage Other Activities:

1. Provide a variety of engaging alternatives to screen time, such as sports equipment, art supplies, books, and board games.
2. Schedule outdoor playtime daily. Encourage activities like running, jumping, cycling, and playing in the park.
3. Support their involvement in hobbies, clubs, or sports teams.



SWEAT FOR THE PLANET



Our students showcased their creativity and environmental consciousness through a unique planting initiative. By designing and planting 'planting plugs' - eco-friendly bags filled with seeds - they promoted sustainability and greenery in our community. This hands-on project not only beautified our surroundings but also instilled a sense of responsibility and teamwork among our young eco-warriors.



STEPS TO PRESENCE

Our students are cultivating holistic well-being through mindful practices like yoga, physical fitness, and meditation. These activities promote physical fitness, mental clarity, and emotional balance, helping them develop essential life skills like focus, discipline, and self-awareness. By incorporating mindfulness into their daily routine, our students are becoming more confident, resilient, and better equipped to navigate life's challenges.



BOOKS TO BOOST YOU

Reading books is like giving your mind and body a super boost! When you read, your mind gets stronger by learning new things and imagining exciting stories. This can make you feel smarter and more creative. It's also a calm activity, like gentle exercise for your brain, which can help you feel relaxed and happy. So, grab a book and enjoy how good it makes both your mind and body feel!

FOR GRADE 1 & 2 STUDENTS:

- I Feel Happy by DK:** The book examines happiness with straightforward prose and vibrant graphics. It discusses things like cultivating happiness, self-awareness. Helps kids understand and manage their emotions in a healthy way.
- The Monster Health Book by Edward Miller:** The entertaining and captivating book "The Monster Health Book" uses monsters as characters to teach kids about mental and physical health. It addresses things like nutrition, exercise, emotional health, and personal hygiene. A fun guide to making healthy choices, covering topics like food groups and exercise.
- Find Your Happy Place:** A Book of Mindful Activities: Offers puzzles, games, exercises, advice, colouring pages and suggestions to promote mindfulness and

relaxation. "Find Your Happy Place" inspires readers to find and cultivate happiness in their lives.

-Riddhi Srivastava, (Grade 3)

FOR GRADE 3 TO 5 STUDENTS:

- The Calm Workbook:** A Kid's Activity Book for Relaxation and Mindfulness by Imogen Harrison: Features mazes, crafts, and exercises to help kids manage worries and stay calm.
- What to Do When You Worry Too Much by Dawn Huebner:** The book offers helpful coping mechanisms for excessive worry and anxiety. It encourages emotional health by using techniques like mindfulness and coping mechanisms.
- Ellie on the Mat by Danielle Marie Price:** Introduces kids to mindfulness and yoga through a fun story.
- Be by Wee Society:** A mindfulness book that encourages kids to focus on their breath, body, and surroundings.

- Vaishnavi Srivastava, (Grade 5)

