



Appollo National Public School

(Affiliated to CISCE, KA-o83)

DATE :14/6/24 Stay aware, show your care, POCSO'S there.
SURAKSH (POCSO)



In an effort to strengthen the understanding and implementation of child protection laws and policies, our Chief Happiness officer- Dr. Vedavathi B.A and Happiness officers Ms. Rakshitha and Ms. Vaishnavi conducted a comprehensive workshop for community leaders. The focus was on the Protection of Children from Sexual Offences (POCSO) Act and the issues surrounding corporal punishment. This workshop aimed to equip community leaders with the knowledge and tools to safeguard children's rights and foster a safer environment for their growth and development.

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DATE: 15/6/24 "PTM delight, Know your teacher right!"

KNOW YOUR TEACHER

The "Know Your Teacher" Parent-Teacher Meet was an enlightening event aimed at fostering a stronger connection between parents and teachers. Understanding the pivotal role of parental involvement in a child's education, the event was designed to create an open, communicative environment where parents could gain insights into their child's learning journey and the educators who guide them. "Know Your Teacher" Parent-Teacher Meet was an effective step to bridge the gap between home and school. By providing a platform for meaningful interaction, the event scored the importance of partnership in education.



DATE :19/6/2024 Take the lead, investiture creed



Elevatio' Investiture Day is a momentous occasion that scores the values of leadership, responsibility, and service. It empowers students to take charge, make positive contributions to our school community, and inspire their peers. Through this event, our school nurtures future leaders who are ready to take on challenges and drive meaningful change.



Elevatio' Investiture Day, a significant event in our ANPS calendar, graced by the Chief guest Mr. H N Indukumar, Inspector of Excise Ramnagar District to mark the formal recognition and induction of the new student council and various House leaders. This day symbolizes the transfer of responsibilities and the beginning of a new chapter for student leaders who will represent and lead their peers throughout the academic year. To count a few in the Council, Tanuj Sai, Grade 10 and Arnav Mishra, Grade 9 were entrusted with the portfolio of School Captain and Vice-Captain respectively for the year 2024-25. Similarly, Sports Captain and Vice-Captain were entrusted to Krishna K, Grade 10 and Kuber Venkat, Grade 9 respectively.

DATE: 20/6/24 Strength of mind, men's mental health refined

MEN'S MENTAL HEALTH – Team time

Students of class 10 'A' presented a skit demonstrating the sequences where men's emotions and mental wellbeing are not given much importance and gave insight on how men equally need focus on their emotional wellbeing by people around them.



DATE:21/6/24

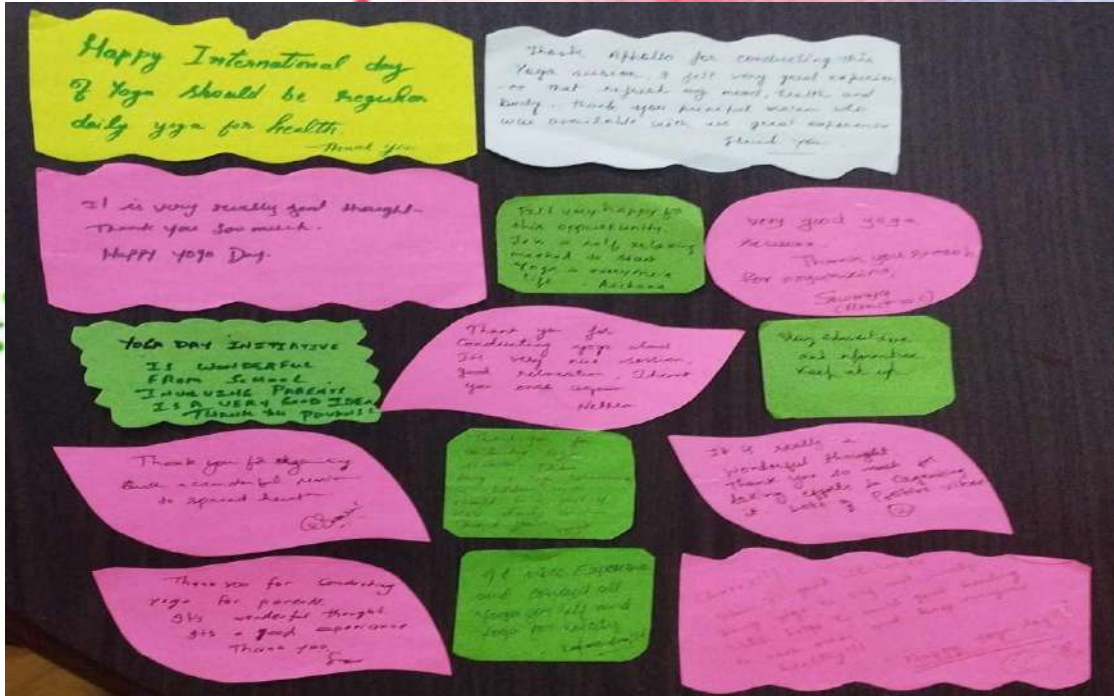
Pose, Peace and Power –International Yoga hour



INTERNATIONAL DAY OF YOGA

Our school celebrated International Day of Yoga with enthusiasm, promoting the physical, mental, and spiritual benefits of yoga. This event saw active participation from our vice chairperson Ms. Aishwarya DKS Hegde, our principal Dr. Vedavathi B A., students, teachers, and parents, fostering a sense of community and well-being.

The International Day of Yoga celebration was a resounding success, highlighting the importance of integrating wellness practices into daily life. The involvement of parents alongside students and teachers created a shared experience that underscored the school's commitment to holistic education. We look forward to organizing more such events to promote health and unity within our school community. The feed forward received from parents was truly motivational for us to bring more such events at our school.



DATE:21/6/24 where notes entwine and hearts align, world music day shines divine

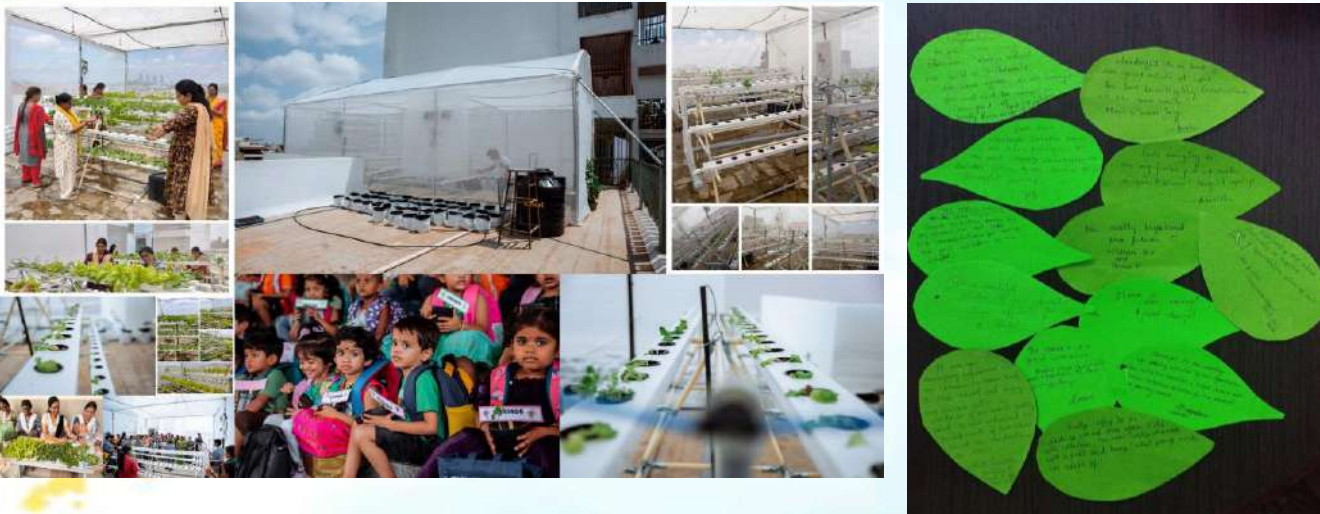
WORLD MUSIC DAY

On 21st June, our ANPS family celebrated World Music Day with great enthusiasm and joy, turning the campus into a vibrant hub of melodies and rhythms. This special day, dedicated to the universal language of music, brought together students, teachers, and parents in a harmonious celebration of diverse musical traditions and talents.

World Music Day at our ANPS family was a resounding success, filled with joy, learning, and togetherness. It highlighted the power of music to bring people together and create lasting memories. As we look forward to future celebrations, this event has undoubtedly enriched our school's cultural fabric and inspired a greater love for music among all participants.



Date: 28/06/24 "From field to feast, Harvest time release."
Reaping (First Harvest) of Horticulture



On 28th June our first, special harvest was done by science department at hortico haven. Plants like coriander, celery and lettuce were planted and it was harvested. All the teachers of our school purchased the leaves and made delicious foods out of it and the amount collected from harvest was used for sowing the seeds again for next cultivation.


DATE :29/6/24

**'Mellow and still, let joy be your thrill.'
CHILL WILL HAPPY PILL**

A Recreational retreat for teachers

The English and Math Departments hosted a delightful event titled "CHILL WILL HAPPY PILL," designed to provide a much-needed break and recreational experience for the entire school staff. This event aimed to promote relaxation, camaraderie, and a joyful atmosphere amidst the demanding academic schedule. We look forward from other departments to organize such events in the future to continue promoting a healthy and happy school environment.



 **Teachers' Recreational Saturday:**
Relaxation, games, Zumba, and delicious treats!



Date:10/7/24 Where teachers' voices blend, round table thoughts transcend

Reflection Roundtable



On 10th July a review meeting was conducted at our ANPS by our Pricipal Dr.Vedavathi Bysani , at AV room which was attended by our honourable Chief Guest Ms. Pratiksha, Trustee of Soundarya Group, our Vice chairperson Ms. Aisshwarya DKS Hegde, Principal of NHVPS RR Nagar, Principal of NHVPS 2 BSK and the academic coordinators of ANPS, NHVPS RR Nagar & BSK and the CODs of all the three schools.

This meeting was conducted by our principal to throw light on all the new ideas that has been implemented this academic year, and gist of events planned for this year in our school. It was appreciated by all the guests.

DATE:22/7/24 "In the realm of thought, World Brain Day is sought."

WORLD BRAIN DAY



On the 22nd of July, our ANPS family celebrated World Brain Day with great enthusiasm and participation from students and faculty alike. This year's theme focused on "Brain Health for All," emphasizing the importance of maintaining a healthy brain through various lifestyle choices and educational activities.

The event was a grand success, leaving students with a deeper understanding of the importance of brain health and the steps they can take to improve their cognitive well-being. Overall, the celebration was not just educational but also a memorable experience that emphasized the value of nurturing our brains for a brighter and healthier future.

DATE: 25/7/24 Where tradition meets technique - SQAY

The inaugural ceremony, held on 25/7/24 was graced by esteemed guests, who shared their insights on the importance of martial arts in holistic education. Inauguration of Sqay Martial Arts in Our School was done by our Vice chairman Ms. Aishwarya DKS Hegde Ma'am. We are thrilled to announce the inauguration of the Sqay Martial Arts program at our school, marking a significant milestone in our commitment to promoting physical fitness, mental discipline, and cultural heritage among our students.

Distinguished guest, Mr. Mohammed Ali, Joint Secretary of the SQAY Federation of India, Ms. Sania Subhash, International gold medalist, and Ms. Divya Bai PN, Director of SQAY Association of Karnataka and our dear parents and Alumni graced the event.



Sqay, a traditional martial art from Kashmir, combines agility, precision, and strength, offering a unique and enriching experience for all participants.

The event commenced with an inspiring speech by our Principal, Dr. Vedavathi B.A who emphasized the benefits of integrating Sqay into our school curriculum, highlighting its role in enhancing students' physical and mental well-being.

Date: 27/07/24 “Embark on a journey of words- Language Nest now unfolds.” Inauguration of Language nest



Language nest is where communication takes flight. Our community leaders are levelling up their skills, connecting culture and embracing the power of words. To spread the joy of language together the classes are to be conducted for the community helpers of our school.

Date:31/07/24

Uncover Global Traditions - Visit to the Indian Institute of World Culture



Stepping into the history, our grade 6 and 7 students had an incredible visit to the Indian Institute of World Culture, exploring life and legacy of Prince Jaya Chamraj Wadiyar. They had an enriching experience filled with inspiration and learning.

Date:03/08/24 Child first workshop by Mr Chetan Jaiswal - Founder and CEO at My Peegu

A workshop was conducted by Mr. Chetan Jaiswal, Founder of My peegu for teachers of ANPS about prioritising and understanding children's emotional needs. The interactive session involved different case studies to understand how a teacher's approach to certain situations can trigger different emotions and long-term modifications in a child's behavioral and perception pattern. Mr. Chetan also took us through different acronyms like S.E.A.T and F+I+R+S + T that focus on actively promoting being compassion and empathy towards the students to increase their emotional quotient and promote positive emotional development in them.



Date:03/08/24 Set-Save-Secure, Money Maverick

Executives from UNION Bank of India visited our school to provide fascinating insights into how banks work and why they are so important. Having a child's own bank account is a great way to learn about managing money and building financial responsibility. Queries were answered and helped them understand more about how and why banks are useful.



Date:05/08/24

A showcase of dreams, a talent's gleam- Fancy dress

Talent extravaganza, as part of intra school competition fancy dress was conducted for the students from grade 1 to 8. Participants are encouraged to dress up on different criteria given grade wise and talk few sentences about the characters dressed up.



Date:15/08/24

Marking freedom's triumph - Independence Day celebrations

Independence Day Celebration at ANPS School. The 78th Independence Day was celebrated with great enthusiasm and patriotic fervor at ANPS School on August 15, 2024. The event commenced with the hoisting of the national flag by our Principal Dr. Vedavathi B A.



PINNACLE EVENTS

“Brush Right, Shine Bright” Brushing teeth activity 🦷 ✨

Brushing teeth activity 🦷 ✨

Our Playgroup students had a blast participating in a fun brushing teeth activity! They learned why brushing is important and the right way to do it. Great job, little dental champs!



A Showcase of Brilliance-Display Day

PG2 & PG3 students proudly exhibited their knowledge on plants, demonstrating how they grow, parts of a plant and the numerous benefits and uses they provide.



Where fun meets energy - RUMBLE TUMBLE

playing with friends and indulging in delicious snacks.

It was a day filled with fun and laughter!"



Park Adventures-A day of discovery and delight- Field trips to a park



Date: 29/8/24 Grade 1&2 Venue: Banashankari Nandana Udyanavana

Provided hands-on experiences, allowing children to see, touch, and explore various plants in their natural environment helping them enhance their understanding of plant life, growth, and the ecosystem, making learning more engaging and memorable for children.

Sit-Smile-Find a Buddy

Buddy bench Conversation: The Buddy Bench is a special place where students can go when they want someone to talk to or play with. It's a way to make new friends, show kindness, and include everyone in school activities. The Buddy Bench is here to help everyone feel included. Sometimes, we all feel a little lonely or unsure about who to talk with. By sitting on the bench, you're letting others know you'd like some company.



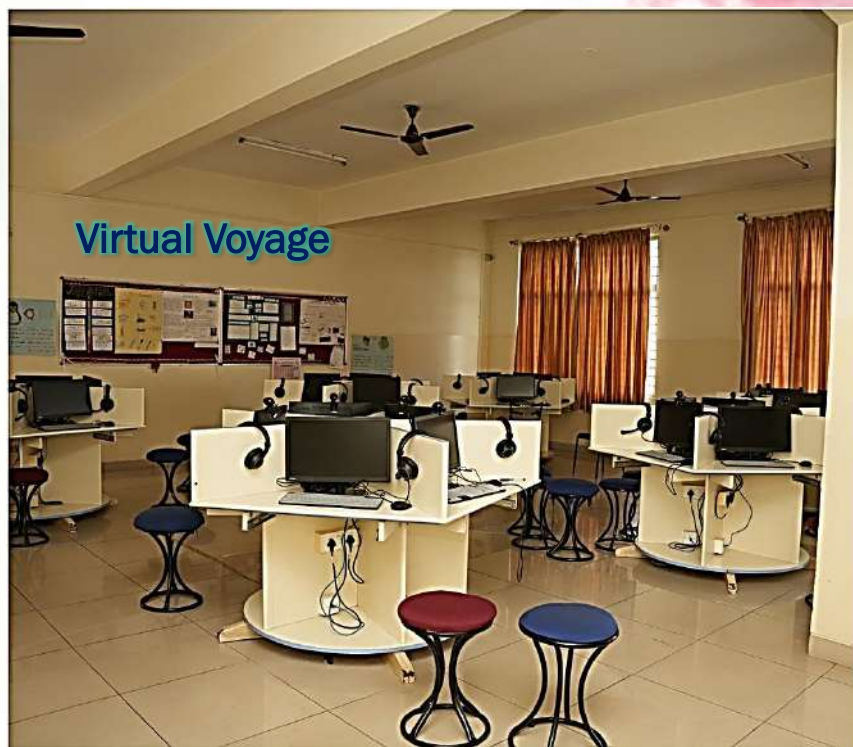
Bubble Time- your moment to connect

Bubble time is a unique opportunity designed to strengthen the bond between students and teachers. During the special session, students can choose a teacher they feel comfortable with and engage in open, honest conversations. Whether it's about academic challenges, personal growth or simply sharing thoughts. Bubble time encourages a safe space for meaningful dialogue.



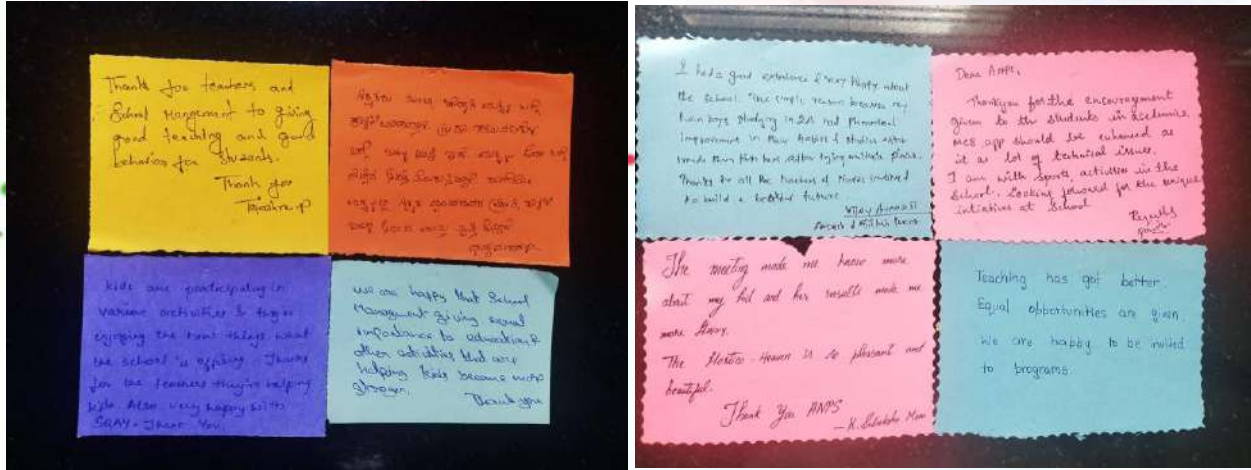
“Each floor, a new journey – walk the path of inspiration.”

Branding of floors - Branding of school floors with themed names provides a unique identity to each part of our school premises. This approach was initiated to create a rich and inspiring atmosphere that supports the school's educational mission and values. Through thoughtful design and community involvement, themed floor names have become a powerful tool in making the school a memorable and inspiring place for all.



Parent-mentor-interaction

In the vibrant ecosystem Appollo National Public School, one of the most essential relationships between parents and mentors. This connection is the cornerstone of a students' academic and personal development ensuring that both home and school environments work in harmony to nurture our young learners.



Team time- Where Unity Sparks Success



Appollo National Public School, believe in nurturing not just academic excellence but also the spirit of team work. Our Team- time embodies this ethos, creating a vibrant platform for Students to enhance team -building skills and foster a sense of community among students.

Expanding Horizons Beyond Class Room- Enrichment hour

We are committed to providing students with a well- rounded education that extends beyond curriculum. “Enrichment Hour” is a dedicated time for students to explore their interests, develop new skills and engage in activities that foster personal growth and creativity. The activities like badminton, sqay, basketball and karate training is given to the students to excel is those sports in these enrichments hour.



Learning beyond the script - Theatre in Education

TIE is a dynamic and engaging educational approach that combines the power of drama and performance with the principles of pedagogy. This method leverages the immersive nature of theatre to enhance learning and foster emotional and social development in students of all ages.



Zenith Achievement - Celebrating swimming success



We are thrilled to celebrate Kanishk S.A of Grade 9 on his phenomenal Performance at the KISA Swimming competition. He has bagged gold and silver medals in the 200m butterfly, 400m freestyle and 800m freestyle. Your success is an inspiration to all of us and we wish you continued success in your swimming journey.

Abhay DJ of Grade 6 made our school proud at the Aletheia Interschool Cultural and Sports Festival, hosted by Candor International School. His remarkable performances in swimming earned him a 1st place finish in both the 25m Butterfly and 25m Backstroke, along with a 2nd place finish in the 25m Freestyle.

Naksh 8B - A well-deserved win in the badminton tournament - achieving Dronacharya Academy award for 2nd place under 13 boys (singles)

Day of Joy, devotion, and divine Play at ANPS - Krishna Janmashtami celebration



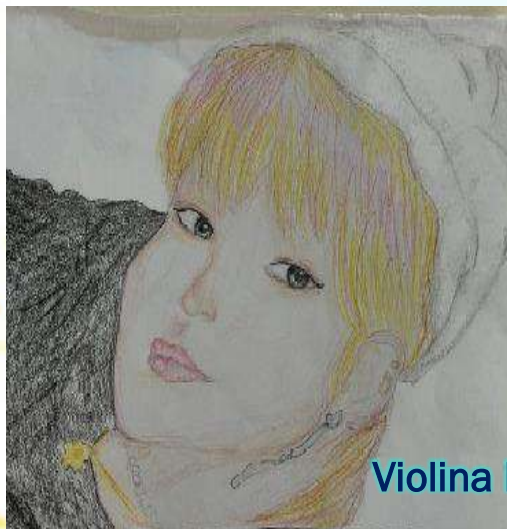
Our ANPS celebrated the Joyous Festival of Krishna Janmashtami with great enthusiasm and devotion. The entire school came alive with the spirit of festivity as students, teachers, staff, and community leaders gathered to honour the birth of lord Krishna.

Brush stroke of Brilliance: A glimpse into the Artistic and Poetic Talent of our Students

Students' Corner



This month, the Students' Corner comes alive with the vibrant talents of our students, who have beautifully exhibited their skills in drawing, artwork, and poetry. Our young artists and poets have poured their imagination and passion into their creations, and we are excited to share them with you.



Forming a healthy bubble

I often talk with my students about the importance of setting and keeping healthy boundaries. As we discuss it, we realise that many of us either don't fully understand what boundaries are or worry that they might seem mean or hurtful to others. This article is here to help explain what boundaries are and why it's important for everyone to set healthy boundaries.

Simply put, boundaries are about knowing and clearly saying what you're okay with and what you expect from the people around you. They're the limits that show what feels right for you, both physically and emotionally, in your relationships with others. Setting healthy boundaries can be done in a way that is kind and respectful to both yourself and others.

Having healthy boundaries might look like:

- Speaking up when something bothers you.
- Listening to what you need and taking care of yourself.
- Saying no when you need to, without feeling bad about it.
- Owning up when you make a mistake.
- Feeling safe to share your feelings with others.
- Helping others without forgetting to take care of yourself.

There is a quote that says, "The stronger your boundaries, the more kind and understanding you can be toward others." Sometimes we worry that having boundaries will make us seem distant or less caring. But clear boundaries help everyone understand what is okay and what is not, which leads to happier friendships and less conflict.



Vaishnavi C – Happiness Officer

Orchestrating Academic Excellence by our Academic Co-Ordinator

We, at ANPS, take immense pride in being an extraordinary community where people matter, performance counts, and where a passion for excellence drives all endeavors.

As the Academic Coordinator of this inspired, pragmatic and progressive Institution, I am fully committed to continuing the legacy of success through teamwork, collaboration, and a strong community partnership.

Some of our new academic initiatives, designed to support student success are

- **Retention Corner:** A dedicated space for personalized guidance and resources.
- **Support Classes:** Supplemental instruction for added clarity and equity learning.
- **Unique Approach:** Innovative teaching methods to engage and inspire.

These initiatives aim to foster a supportive learning environment, catering to diverse needs and abilities.

We, at ANPS, strive to create lifelong learners who view learning as an instrument for the all-inclusive development of an individual, and not just as a means to attain academic goals. We take our children beyond the four walls of our classrooms, giving our students a world of infinite possibilities to learn, discover, and grow. Happiness is the mantra that revolves the school, Goodness is the feeling that spreads across the classes to the campus. Every child is groomed to the best of his/her ability to be productive and constructive, with his/her own ideas. At every possible phase in school life, the vision of the school is to create, mould and transform students into outstanding Global citizens upholding Indian values and culture.



Suchitra Srikanth – Academic Co-Ordinator



Leading with Vision- Principal's insights

The Education imparted at ANPS develops the spiritual, intellectual, social, aesthetic and physical abilities of students so they can become mature adults who will contribute their talents and skills to the welfare of their fellow human beings.

At Appollo we encourage and promote a perfect harmony of Academic, Social and Emotional Learning which is the key for the holistic development of children specifically their academic skills, ability to make good choices and providing total education for the students to make them assertive and well-prepared to face the future and take up leadership positions in the world. Leadership traits such as self-awareness, self-management, social-awareness, relationship skills, and responsible decision-making are instilled in our students from a very young age.

At ANPS, we believe that education is not merely the accumulation of facts; it is the training of young minds to think critically, empathize, and become responsible citizens. Our commitment to excellence extends beyond academics. We focus on character development, moral values, and holistic growth.

Let us also remember to celebrate and acknowledge the accomplishments of our students. By recognizing their achievements, we reinforce their positive impact and motivate them to continue making a difference. Each milestone they reach is a testament to their growth and dedication.

ANPS offers a variety of challenging and successful curricular opportunities, athletic programmes, performing arts and musical programmes with various clubs and activities.

As we look ahead to the coming months, I encourage everyone to stay focused, keep working hard, and continue to support one another. I am excited to see what the future holds for our school community



Dr Vedavathi B.A - Principal