



## From the Principal's Desk

It gives me great pleasure to express my thoughts at the start of this new academic year. The children are back to school and the school is happy to welcome them and groom them through this New Year yet again.

This year we will focus on transport, discipline both inside and outside classrooms, effectiveness in academic delivery, Sports training, notebook checking, Homework uploads and checking and establishing a strong parent connection.

The school is working with Happiness in transit and the buses have started reaching the school before 8:25 am. Children have been spoken to by the class teachers and the counsellor regularly to maintain order both inside and outside classrooms.

We have a tie up with Da one sports academy and they will manage the inside and outside school sports activities. Two block periods have been given for all grades to practise the offered sports.

The paid clubs, Abacus/Vedic Math and Taekwondo have been introduced from this year. External teachers will run these programmes for us.

Academic delivery will be closely monitored with observations and feedback from the principal, HM and Coordinators. Note books will be checked periodically and HW uploads will be monitored by the team.

This year we will work very closely with the parents by setting up a strong PTA and engaging with them in various activities throughout the year. All activities of the school will be monitored by the school cabinet.

**- Ms. Mamatha Rao,**  
**Principal**

## Student Cabinet:



We welcome the new cabinet, the elected and nominated student members. I am sure they will keep the school flying high and bring laurels to our esteemed institution.

**Head Boy:** Adhwaya A Padaki

**Head Girl:** Kanasu K Nadiga

**Junior Head Boy:** Ayushman Thakur

**Junior Head Girl:** Ishanvi S Upadyaya

**Sports Captain:** Jeevith Kumar M

**Sports Vice-Captain:** Dipankar Sing

**Blue House Captain:** Tenzin Thoesam

**Vice-Captain:** Niharika G N

**Green House Captain:** Namit Rajgopal

**Vice-Captain:** Lakshya

**Red House Captain:** Prabudh R

**Vice-Captain:** Chethana S

**Yellow House Captain:** Jeevanmai V Achyutha

**Vice-Captain:** Chethan Gowda A R

**HSCP Captain:** Yashica Uttappa

**Vice-Captain:** Naga Phalguni

**Anti-Bullying Committee Captain:**

Navaneetha Yadav C

**Vice-Captain:** Akash C M

**Discipline Captain:** Pavani Hegde

**Vice-Captain:** Hasini Girish

**Members:** Panchami Aditri B, Avyukth Rappan, Preksha Gowda, Harshith Kumar, Vansh Mehat, Charvi R Gowda, Sanjana R Gowda, Tanush Akansh, Yashmitha, Samanyu Hullur, Mayukha, Anushree, Vehaan A, Prakruthi Shivanagi



## New Staff:



Each year brings positive change. This includes a few additions to our staff. We are delighted to welcome the following staff members:

- 01. Ms. Rekha G - Pre-primary Teacher
- 02. Ms. Koushalya Gowda - Primary Teacher
- 03. Ms. Limonlisha Manoranjan Khatua - Primary Teacher
- 04. Ms. Soniya P - Primary Teacher
- 05. Ms. Vilasini P Kumar - Primary Teacher
- 06. Mr. Jagannath - Trained Graduate Teacher
- 07. Ms. Usha Rani - Trained Graduate Teacher
- 08. Mr. Jinto Jose - Trained Graduate Teacher
- 09. Ms. Sweta Barik - Trained Graduate Teacher
- 10. Ms. Ananya Bandyopadhyay - Post Graduate Teacher
- 11. Mr. Kiran Kumar C - Post Graduate Teacher
- 12. Ms. Shruti Rao - Assistant Teacher

13. Mr. Arogya Swamy - Co-Scholastic Teacher - Fine Arts

14. Ms. Divya B - Executive - Front Office

15. Ms. Suchithra S - Manager Admissions

16. Ms. Anithashri M N - Executive-Infirmery

Together, I know we will make this school year one of growth and achievement for all children.

Warmest Regards,  
Principal  
Tattva School





## Editorial Team

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### Chief Editors :

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Ms. Mamatha Rao (Principal),  
Ms. Shwethashree (Head Mistress),  
Ms. Priya Sahu (Academic & HSCP Coordinator)

### Editors :

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Ms. Ananya Bandyopadhyay,  
Ms. Usha Rani,  
Ms. Savitha M B,  
Ms. Suchithra S



### Quote of the month

“Work performed with higher knowledge or skill,  
capacity or ambition, usually brings a  
correspondingly higher reward.”

– Sir Mokshagundam Visvesvaraya



## Pre-primary Events and Activities



### Teachers Engagement Program

On the first day of school, Tattva School organized a team lunch for the teachers.

### Teachers Orientation Program

The teacher orientation program was a delight! It was a fantastic opportunity for new teachers to learn about our school, meet our wonderful team, and hear about our teaching philosophy. We are thrilled to have such a brilliant and enthusiastic group of instructors on board! The teacher orientation program was a fun and informative event in which instructors learned about our school's principles, curriculum, and resources. They also had the opportunity to network with their fellow instructors and become enthusiastic about the upcoming school year. It was an excellent way to begin a prosperous academic career!

### Parents Orientation Program

An orientation session was organized for the parents of the newly admitted students. The main objective of this event was to reiterate the basic guidelines regarding the functioning, assessment, and support facilities available for varied exposures to the students. The session commenced by invoking the blessings of the Almighty through a Prayer by Choir group.

A well-planned & transparent curriculum, designed & practiced in Tattva was explained by our Principal Ms. Mamatha Rao. The new initiatives and tie ups with Dance academy- ASDA, School's association with DA-one sports and Academic scholarship initiatives of academic year 2023-24 were announced by our Principal.





## Activities @ School



Followed by Head Mistress, Ms. Shwethashree shared the plan of action for this academic year 2023-24:

- Hands-on practices while teaching Science like Yardstick for grades I to VIII
- ELEP program to enhance the English language
- Innovation Lab to improve critical thinking.
- 15 Book Campaign to instill reading habits.
- The Tests & Exams schedule & evaluation criteria followed at Tattva.

The HSCP coordinator Ms. Priya Sahu took the parents through the Health Safety & Child Protection practices followed at Tattva. Parents were made aware of the digital support school provides with Never Skip communication app, which enables parent to access fee payment details and all important circulars/ communication are shared in this portal which parents can access anytime.

Ryan OS provides details of assignments for Nursery to grade X and Oxford Advantage, an online learning programme designed to cater to age and curriculum-specific learning requirements for Nursery to grade V.

All in all, the session was an interesting and interactive event. The parents applauded and shared their feedback.



## Activities @ School



### School Cabinet Committee Elections at Tattva School

India is a democratic country and the government is formed by the people representatives who cast votes to elect their leaders. In order to create awareness on the democratic election process and the need to vote for the best performing leaders, Tattva School conducted the school cabinet committee elections on 3rd June, Saturday. The students who nominated themselves for various positions visited all the classes, shared the work they would do for the school and asked for votes. The teachers supported the students in holding fair elections. On the scheduled day, students cast their votes to elect their favourite leaders. Students shared their joy by voting for the leader of their choice. They also realized that it is their responsibility to vote for the leaders who would do the best for the school. They enjoyed the entire experience and had their take away from the activity. A team lunch was organized for the teachers.

### Moms Plus One – Parent Engagement Activity

"The word "mom" encompasses much more than just a simple word or name. It represents a figure of trust, hope, and unwavering love. At Tattva School, this profound sentiment was beautifully expressed through an event called "Mom plus One." This joyous occasion was filled with amusement and excitement as mothers and their loved ones came together to celebrate the remarkable bond they share. Under the guidance of Principal Ms. Mamatha Rao, the event showcased various activities that highlighted the strength, creativity, and balance that mothers bring to their lives.



## Activities @ School



The Mom plus One event was a delightful affair, featuring an array of engaging activities that brought mothers and their loved ones closer. Here are some of the event highlights:

**Look-Alike Contest:** Mothers and their buddies participated in a fun-filled look-alike contest. This activity celebrated the unique resemblances and shared features between the mothers and their loved ones. It brought laughter and a sense of unity among all the participants.

**Cooking Without Fire:** In a display of culinary creativity, the moms prepared delicious dishes without the use of fire. Within a time limit of 15 minutes, they showcased their cooking skills, innovation, and ability to whip up delectable treats without traditional cooking methods.

**Balancing with Balloons:** The event featured a captivating activity where moms showcased their balance and agility by gracefully maneuvering with balloons. It was a testament to their ability to maintain equilibrium in their lives and find harmony amidst challenges.

**Balancing with a Buddy:** Through a delightful fold-by-fold paper dance, moms and their buddies displayed their synchronized coordination and balance.

**Three legged race:** The moms and their loved ones ran together with tied legs, they exemplified the strength of their bond and the unity that exists between them.

**Recognition and Awards:** The entire event was judged by a panel of esteemed individuals, including Headmistress Ms. Shwethashree, Coordinator Ms. Priya Sahu, Senior Faculty





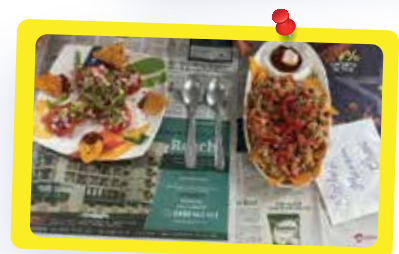
## Activities @ School



Member Vilasini, and Administrator Jagadeesh R. Winners and runners-up of each activity were awarded certificates and medals, recognizing their exceptional performances in different categories. The recognition served as a token of appreciation for their enthusiastic participation and the joy they brought to the event. The Mom plus One event at Tattva School was a heart-warming celebration of the spirit of motherhood. It provided an opportunity for mothers and their loved ones to bond, create lasting memories, and showcase their talents. Under the guidance of Principal Ms. Mamatha Rao and with the efforts of a remarkable teacher's team, the event successfully conveyed the importance of mothers in our lives and the profound impact they have on our happiness. Through engaging activities such as look-alike contests, cooking without fire, balancing with balloons, and more, the event truly captured the essence of the remarkable relationship between a mother and her loved ones. The joy and excitement shared by all the participants made it a truly memorable occasion."

## Sports Mania

The Tattva School proudly hosted the inaugural ceremony of its world-class athletic track, marking the beginning of an exciting event called SPORTS MANIA. This highly anticipated inter-school track and field competition brought together various esteemed institutions from the region. Distinguished guests, including the renowned Olympian Ms. Anju Bobby George, IPS, DIG CBI, ACB of Bengaluru, Madam Jayalakshmi.R, Rang Foundation President, Dr. Nirmala Gupta, Tattva School Chairman Mr. Shravan Gupta and the Trustee Ms. Shalini Gupta graced the ceremony with their presence.



## Activities @ School



The celebration commenced with a symbolic gesture of planting saplings, led by the esteemed chief guest. As the saplings took root in the earth, the school choir filled the air with their melodious voices, singing a beautiful plantation song to invoke blessings upon nature and emphasize the importance of environmental stewardship.

With the athletic track officially inaugurated by the chief guest, the atmosphere was charged with excitement. A captivating invocation song resonated through the venue, followed by the ceremonial lighting of the lamp, symbolizing the illumination of knowledge and the pursuit of excellence.

During this momentous occasion, Mr. Shravan Gupta, the trustee of Tattva School, took the opportunity to announce a scholarship program aimed at identifying, motivating, and nurturing young talent. Recognizing the significance of balancing academics with sports, the scholarship initiative encouraged students to embrace sports as an integral part of their lives. This endeavor sought to provide opportunities for the youth to break away from their busy schedules and engage in physical activities, fostering holistic development. The sports events were skillfully organized by the dedicated team from DAONE, ensuring a seamless and competitive experience for all participants. The thrilling competitions included the 100m, 200m, and 400m sprint races, as well as the highly anticipated 4x100m relay race. The athletes showcased their speed, agility, and determination, captivating the audience with their remarkable performances.

While the spirit of sportsmanship prevailed throughout the event, it was in the field of Athletics that the medals were



## Activities @ School



shared among all participating schools, highlighting the collective talent and dedication of the young athletes. Moreover, Tattva School emerged triumphant, securing the U12 girls' Football and U16 Cricket Winners trophies, showcasing their prowess in multiple sporting disciplines. The U14 Cricket trophy was claimed by TCS, while Ryan International School Bannerghatta, CBSE, and Ryan International School Yelahanka, ICSE, triumphed in the U14 and U16 Football categories, respectively.

The Tattva School is immensely proud of the successful and memorable inaugural ceremony and Sports Mania event. The school's dedicated coaches are committed to harnessing the potential of their students and ensuring the optimum utilization of the newly established athletic track. With a focus on holistic development and fostering a love for sports, Tattva School aims to create a generation of well-rounded individuals who excel both in the classroom and on the field.

### Circle Time

Circle time provides many advantages. It is a comprehensive technique that teaches children the concept of taking turns, as well as speaking and listening abilities. It boosts their confidence and helps them function as a team.

### Clay Modelling

Clay modelling provides numerous educational benefits for children. Activities involving clay increase a child's hand-eye coordination, motor abilities, dexterity, creativity, and attention span.





# Activities @ School



## Button frame Activity

Button frame activity helps in the development of a child's coordination, sense of order, and concentration. You may also note that assisting a youngster in mastering self-care skills such as buttoning their own garments.

## Brain Gym

These activities improve concentration, memory, and attention.

## Water Play

Playing in the water improves sensory exploration and motor skills. Lifting the balls helps kids develop their gross motor skills, coordination, and physical fitness.

## Sorting 3D Shapes

Students were able to become more in tune with their surroundings and identify the links between things and 3D shapes, which they were able to categorize and classify.

## Brain Development Activity

Solving maze puzzles is an enjoyable task for children, and it can assist to improve their focus and attention.

## Feed The Hungry Monster Using Sight Words

Students learned to identify, recognize, and read sight words in a fun and engaging manner. This practice encourages children to concentrate on the application of psychomotor, cognitive, and affective skills.





# Activities @ School



## Sorting Pom-Poms

The purpose of the pom-pom sorting activity is to help the child learn the qualities of numerous items around them, such as colours, shapes, and textures.

## Sorting Colours

Develop fine motor skills-As the child holds the object to sort it, the pincer grasp forms naturally.

- Improve your hand-eye coordination and movement control.
- Improve your memory and attention.
- Language development is promoted by the use of colour names, object names, size, and form.

## Punch Me And Say The Sight Words

A useful goal is for students to learn sight words and recognize them while reading. This practice assisted children in learning through their visual systems and reading proficiency.

## Sort and Match the colours

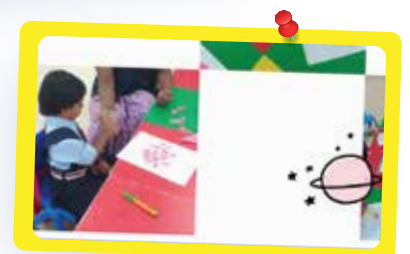
Students could identify, recognize, and sort the colours. This practice teaches children fine motor abilities as well as how to perceive their surroundings.

## Paper Collage Activity

Collage is a basic craft that entails pasting bits of paper onto a sheet of paper. Making a collage assists your youngster in developing fine motor abilities. It's also a great technique to help your toddler learn about colour and texture. It also aids with their development in language.

## Dabbing and Hand Print Activity

It helps in the development of fine motor skills and colour recognition in children.



# Activities @ School



## Pink Tower

The Pink Tower helps a child's development of visual discrimination, introduces them to mathematical concepts, and assists in the development of fine motor abilities.



## Creating Prewriting Patterns

Develop fine motor skills, stroke identification, colour, attention, and prewriting abilities.



## Build The House With Shapes

Students will be able to identify specific characteristics of fundamental shapes. It improves the child's fine-motor abilities and teaches them how to count the number of sides on a triangle, rectangle, square, and circle.



## Pairing And Grouping 'An' Family Of Words

Students were able to team up, recognise, and read family words collectively. The vocabulary, comprehension, and reading abilities of the children can all be improved with this practise.



## Spindle Box

The spindle box helps children learn the basics of counting as well as the relationship between quantity and the numbers 0 through 9. It is significant because it teaches the idea of zero. The kid counts the corresponding number of tactile wooden spindles in each of the 10 numbered sections of the wooden box.



## Hand Print Activity

It helps in the development of fine motor skills and colour recognition in children.



# Special Assembly



## Back to School

Tattva School welcomes students for the new Academic Session 2023-24. Every new academic year brings in fresh aspirations. Students were welcomed with open arms by the School Principal, Head mistress, Coordinators, Teachers, and Administrative team. Every teacher was elated to receive the kids back into the portals of the school.

The school reopened on 15th May for grades IX and X, 22nd May for grades I to VIII and 1st June for Pre Primary classes.

The teachers presented the special assembly with a prayer followed by the National Anthem and narrated the pledge. There was a selfie zone to capture the kids on their first day at school and various engaging activities were conducted inside the classroom. The tiny tots took away paper baskets as a takeaway.

## World Environment Day

Every year on 5th June, there are events to help the environment as part of World Environment Day. Pre-primary students took part in the global platform and communed with nature to raise public awareness about saving trees through slogans and skits. It motivated people to take action to stop the planet's mounting stress.

## Father's Day

Father's Day is a day dedicated to honoring fathers and celebrating fatherhood, parental ties, and fathers' influence in their children's lives. Tattva School honored the special assembly on 15th June in their own unique way, encouraging





## Special Assembly



children to respect their fathers as heroes by dressing up like them and sharing their emotions with the school. The emotions of young kids are untouched by these unprecedented times, as evidenced by the manner they celebrated Father's Day, displaying their eternal love and thanks for their fathers.

## International Yoga Day

Yoga helps children control their anxiety by increasing their self-esteem and improving their regulation. Asanas were performed by the children. Yoga improves children's attention and memory.

## Red Day

The "Red Day" celebration was a superb educational exercise that strengthened cognitive abilities while teaching kids how to sort and categorise objects based on colour. It was a brilliant day, with innocent faces shining and reflecting joy, happiness, and love.

Learning Outcome: The children are aware of the significance of the colour red and like being surrounded by a lively hue.







## Mastering Time Management: A Student's Guide to Success

Time management is a crucial skill for students to cultivate as they navigate through their academic journey. Balancing classes, assignments, extracurricular activities, and personal life can be challenging, but with effective time management strategies, students can not only reduce stress but also excel in their studies. In this blog, we'll explore practical tips and techniques that students can implement to make the most of their time and achieve academic success.

### Set Clear Goals:

Begin by defining your short-term and long-term goals. Having a clear sense of what you want to achieve will help you prioritize tasks and allocate time accordingly. Break down larger goals into smaller, manageable steps.

### Create a Schedule:

Develop a daily or weekly schedule that outlines your classes, study sessions, and other commitments. Utilize tools like planners, calendars, or digital apps to keep track of deadlines and important dates.

### Prioritize Tasks:

Identify tasks based on their urgency and importance. The Eisenhower Matrix is a helpful tool that categorizes tasks into four quadrants: urgent and important, important but not urgent, urgent but not important, and neither urgent nor important.

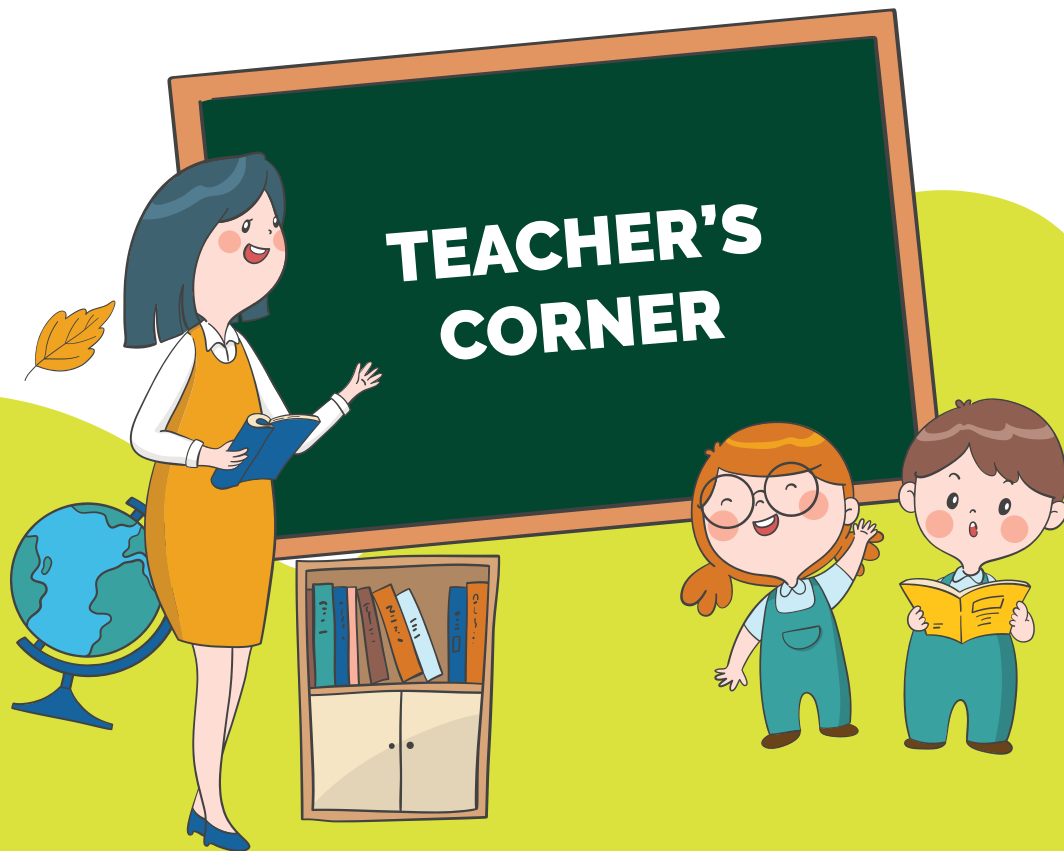
### Use Time-Blocking:

Allocate specific blocks of time for focused studying, breaks, and other activities. By segmenting your day, you'll avoid multitasking and maintain better concentration.

### Eliminate Procrastination:

Procrastination is a common challenge for students. Combat it by setting a timer for short bursts of focused work (e.g., Pomodoro technique), breaking tasks into smaller steps, and creating a conducive study environment.





### **Avoid Overcommitting:**

While it's important to engage in extracurricular activities, be mindful of how much you take on. Overcommitting can lead to burnout and compromise your time management efforts.

### **Limit Distractions:**

Minimize distractions during study sessions by turning off notifications, finding a quiet place to work, and using website blockers if needed.

### **Practice Self-Care:**

Taking care of your physical and mental well-being is vital for effective time management. Prioritize sleep, exercise, and healthy eating to ensure you're at your best.

### **Review and Adjust:**

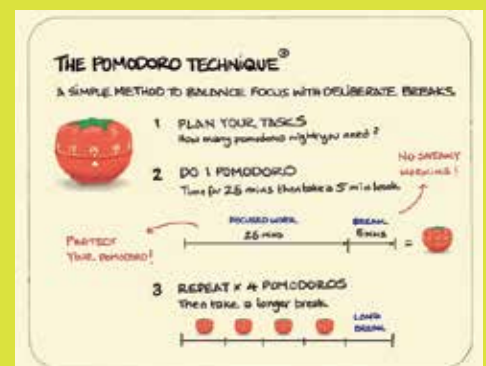
Regularly assess your time management strategies to see what's working and what needs improvement. Adjust your schedule and techniques as needed to achieve better results.

### **Seek Support:**

Don't hesitate to reach out for help when needed. Teachers, mentors, or academic advisors can provide guidance and resources to enhance your time management skills.

### **Conclusion:**

Mastering time management is an ongoing process that requires dedication and practice. By implementing these strategies, students can create a structured and efficient approach to their studies, reducing stress and maximizing their academic potential. Remember, effective time management isn't just about getting more done—it's about finding the right balance to lead a fulfilling and successful student life.



- Ms. Priya S,  
Academic & HSCP Coordinator



## PARENT FEEDBACK

I am very happy to have chosen Tattva School for our children. Not only does the school provide a great curriculum, it also gives every child the platform to showcase and enhance their talent.

Tattva provides a safe and secured environment to children. Right from the GPS tracking system in the bus which helps us track our children's route, to the secured watch system at school premises, children have a safe environment.

Also the teachers and support staff are very approachable. Parents have the freedom to provide suggestions and feedbacks to the school, which is accepted in a positive way by the management and necessary steps are taken to enhance the student teacher relationship. This gives the parent and the child a sense of security and confidence in the school.

Moreover the school takes additional care of children's health and timely alerts of various prevailing illnesses are shared at various platforms which enables us to stay alert.

As a parent I feel every school needs to follow this transparency to ensure child safety.

**- Ms. Adhithi Manikanth,**  
**Parent of Anika Kadri, Grade - IV 'A'**

## STUDENT'S CORNER

### Sports facilities at Tattva School

Sports include any physical activity or game. Tattva thinks that sports should be used to use, maintain, and improve physical ability or skill while also offering enjoyment to the participants. Tattva School Bangalore, founded in 2011, is located in Kumalgodu on Mysore Road and features green surroundings, a building with world-class facilities, and an international-standard athletic track. In addition to the track, there is a cricket pitch, a football field, a long jump pit, and a large outdoor basketball court. The school hosts a variety of inter and intra-school sporting events and contests. Tattva provides the best sports equipment and facilities for its students. Shikhar Dhawan's institution, 'Da One Sports,' also plays an important role in the training of the kids. 'Sports Mania,' one of Tattva's events on 24th June, was a proud and cheerful occasion of the year 2023. The Tattva School's World Class Athletic Track was inaugurated on the day of Sports Mania. During the ceremony, many schools were present to share our excitement. During the event, there was an inter-school cricket and football game, a relay race, and 100, 200, and 400 meter running competitions. It was a new opportunity for all of the sports enthusiasts at the school to participate in sports alongside other schools and their teams. Overall, the school respects the students' sports preferences and permits them to participate in numerous inter-school contests. Tattva School is thus the top school with excellent sports facilities.

- Ms. Naga Phalguni N,  
Grade - IX 'B'





## Star Of The Week



Star of the Week is one of the best ways to get to know our students on a more personal level. Students feel distinct for a full week, which encourages classroom community.

Star of the week is a week in the year when a student is recognized. They are given a unique treat every day. After the week is through, we feel more connected, and the students feel loved.

Star student parents should come to school at 9am on Fridays with the star of the week chart to share information about their child's uniqueness and individuality.

- Advith Ratheesh – Prep II
- Akshaj – Prep II
- Amarthya R H – Prep I



## Upcoming Events

- Investiture Ceremony
- ASE Awards
- Doctors Day
- Cartoons Day
- Drawing Competition

