



NAFL

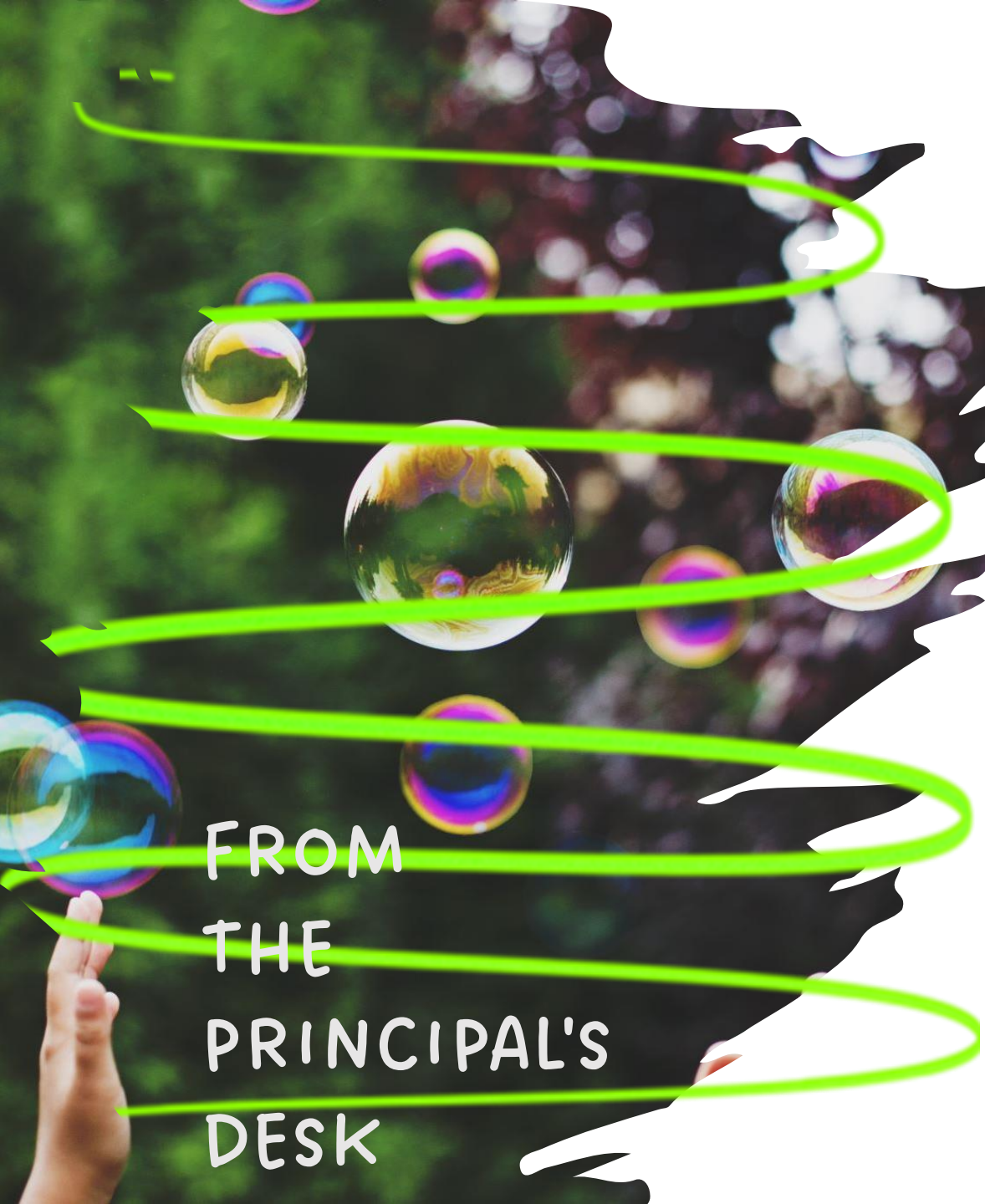
TERM 1 NEWSLETTER

2023 - 2024

GRADE 4

ONE LITTLE SPARK...
IMAGINATION!





FROM
THE
PRINCIPAL'S
DESK

Hello Parents!

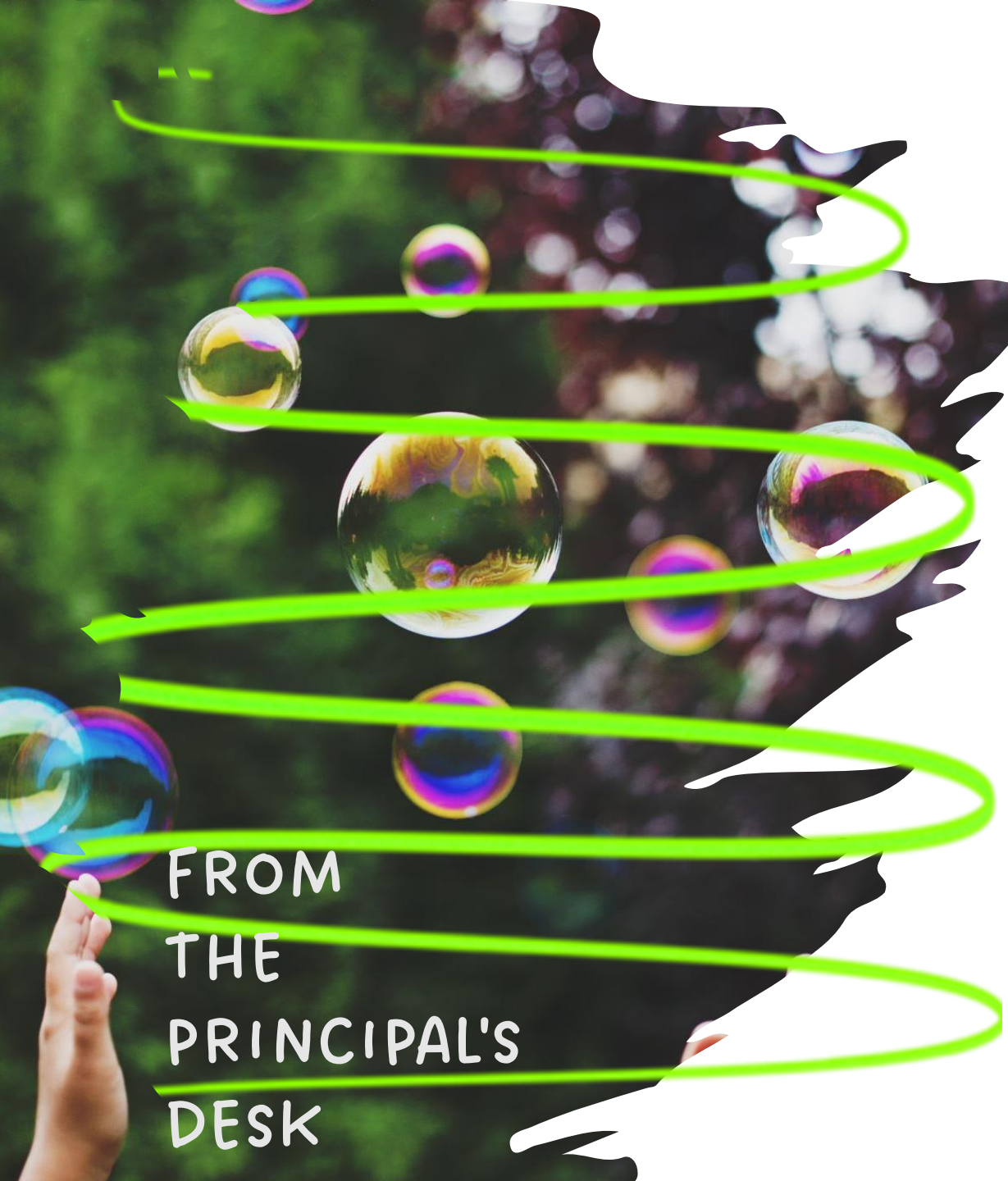
Happy NAFL Year 2023-24! School is a place of colour, light and laughter. Our theme for this year,

*'One little spark...
IMAGINATION...
Imagine what you will,
Will what you imagine!'*

has us exploring work practices, and attitudes with freshness of perspective and curiosity.

At the heart of individual imagination nestles a precious space for ideas that are unique to each of us. We aspire that every NAFLER is engaged and challenged enough to tap into that space and weave one-off spirals of thinking and creating that sparks new learning and doing!

How do we make that imaginative learning visible? How do we anchor flights of fancy against method and structure? We trained ourselves in May 2023 on the expectations and needs for the new school year and introduced *Note Taking*, *the Question Formulation Technique* and *Journal Writing* as a whole school endeavour.

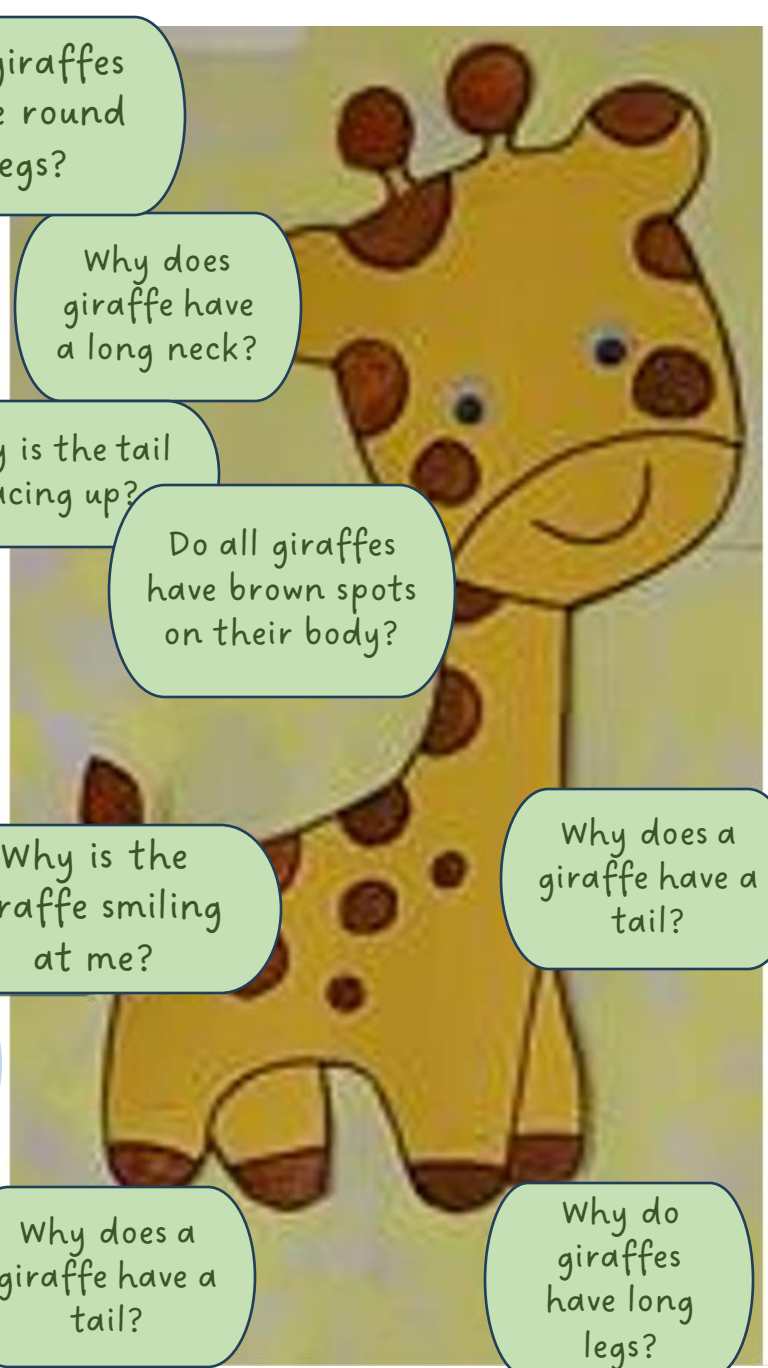
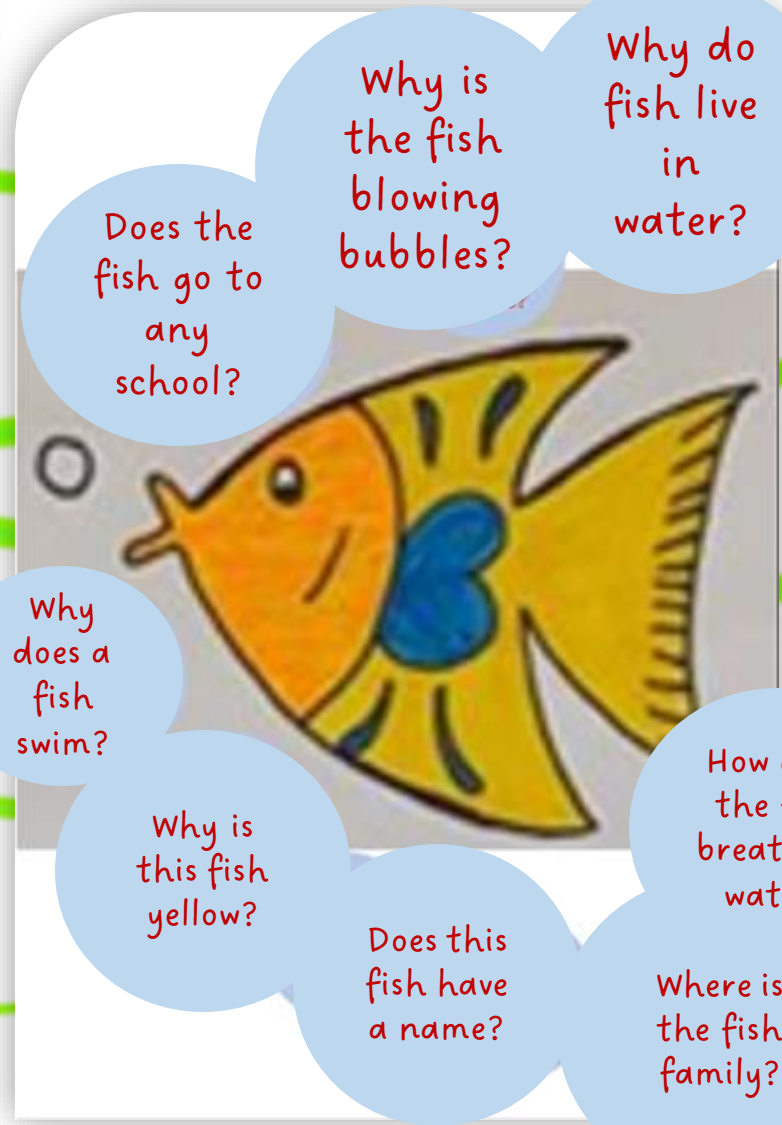


FROM
THE
PRINCIPAL'S
DESK

Training children to think by asking more questions, sets them up to critically challenge the world around them. It set off the 4 Cs, **Creativity, Critical thinking, Communication, and Collaboration.**

Our Montessori children's responses when pictures were presented to them (and questions encouraged), tell their own story of QFT in action! (Wait for the next page!)

(Sometimes, thinking like a child is good for all of us!)



What is under the tree?

Why is the trunk connected to the root?

Why are the leaves green?

Why are there no flowers or fruits?

Why is the trunk brown?

Why do trees grow slowly?

What are roots?

What are roots?

Does the fish go to any school?

Why is the fish blowing bubbles?

Why do fish live in water?

Why does a fish swim?

Why is this fish yellow?

Does this fish have a name?

How does the fish breathe in water?

Where is the fish family?

Do giraffes have round legs?

Why does giraffe have a long neck?

Why is the tail facing up?

Do all giraffes have brown spots on their body?

Why is the giraffe smiling at me?

Why does a giraffe have a tail?

Why does a giraffe have a tail?

Why do giraffes have long legs?

FROM THE PRINCIPAL'S DESK



The school year also sees us working on our heartbeat...our Kindness Quotient...our Good Vibe. We will announce **Kindness Awards** at the end of Grade 5 and Grade 10. We hope it raises the bar on good conduct, personal integrity, and sense of community.

Positive connections and strong supportive relationships in school and with family, develop a **Sense of Belonging** (Love), a **Sense of Mattering** (Self-Esteem) and **Self-Actualisation** (Autonomy).

May the new school year take NAFL places!

Warm regards
Indira Jayakrishnan
Principal



FROM
THE
PRINCIPAL'S
DESK

Teachers Speak

We, as teachers, inspire hope, ignite imagination and instill a love of learning.

All kids need is a little help, a little hope, a little kindness and someone who believes in them.

Excited to introduce Global Perspective this year! Opening classroom thinking to the diversity of human experience and feelings is wonderful!

Happy to welcome new experiences and looking forward to a successful school year ahead!

Love rolling and falling on the turf!

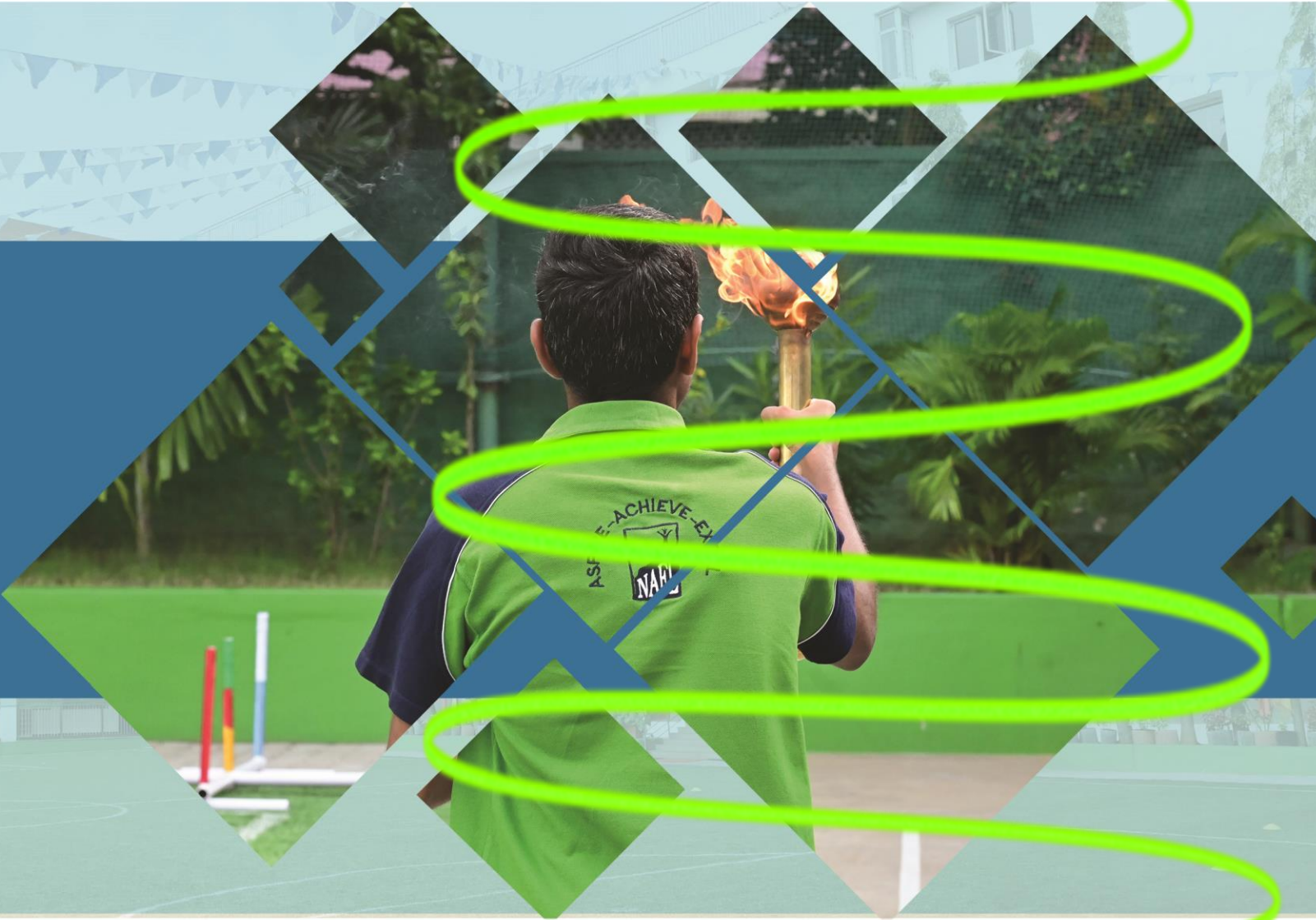
It was a pleasant surprise to see the turf and we absolutely love it!

The green turf makes us more excited about PE!

The turf has a superpower because it doesn't hurt much when we fall unlike the sand!

Students Speak

Events @ NAFL



ONE LITTLE SPARK...
IMAGINATION



Back to school..

School roared back to life with the return of our young sparks from grades 9-12. Breathing bristling energy back into the waiting hallways, our students celebrated their **Back-To-School Assembly** with music, dance and an exciting **Treasure Hunt!**

Fête de la Musique - 21st June

Our incredibly talented Senior School Choir serenaded us in perfectly balanced harmony, right on theme for the Summer Solstice!

Parent Orientation

In May 2023, our school hosted a comprehensive Parent Orientation for Grades 1 to 5 newcomers and parents. School events, essential protocols, the academic calendar, and student expectations were covered in detail providing students and parents a clear roadmap for the year ahead. The event culminated in an engaging Q&A session, allowing parents to address concerns and seek clarifications. It set the tone to a warm and gracious partnership between the school and parents for a successful academic year ahead.



International Yoga Day

In keeping with our multidisciplinary theme, our **Primary students** celebrated IYD with Origami in Art class and a yoga story. Replete with songs and rich imagination, they enjoyed 'going to the forest' with a paper animal friend and a bobbing, 'breathing', paper boat!

The **Middle Schoolers** combined dance motifs with yoga postures to create stunning formations on IYD.

Our **High Schoolers** breathed to Yoga Nidra, a deeply restorative practice that got them visualising happy memories from the summer holidays! Post the practice, they worked on art, poetry or story narratives to visualise their experience!



NAFL Annual Prize Day

Celebrating 2022-23



Annual Prize Day

NAFL's Annual Prize Day had a new format this year! Academic and Co-Curricular prizes were awarded during Special Assemblies in June, followed by a special Prize Day Ceremony on June 24, 2023, to felicitate the Board Achievers. The newly appointed Council Members took their solemn oath of office led by our Principal, Ms. Indira Jayakrishnan, in a brief, yet meaningful ceremony.



HEAD GIRL Ananya Seth

HEAD BOY Samarth S Rao

SPORTS CAPTAINS Vibha S Vivek & Abhay A Kharge

KAMAL

Captains B.T. Nidhi Gowda & Abhay Sethi

NIHAL

Captains Ritu R Bharamaraddi & Govind Vedante

VISHAL

Captains Ananya Moolamane & Ayush K.C

NAFL EDITORIAL

Navya Yogesh Mokashi , Ananya Narayan , Sadhana Prakash, Manya Bhanti

NAFL GREEN

Tamanna Goel, Adya Shigehalli

NAFL CHOIR

Ishthara Kiran, Mukund Arun



NAFL ART & CULTURE

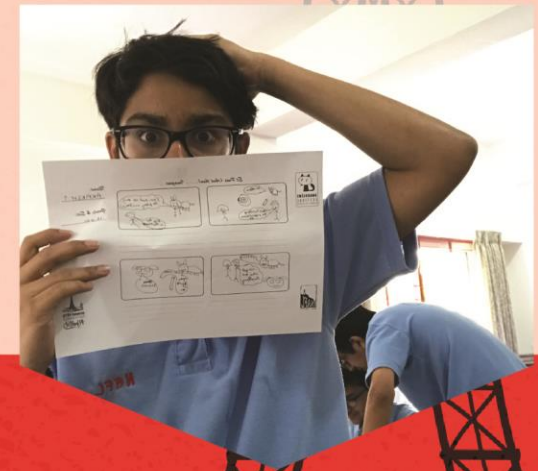
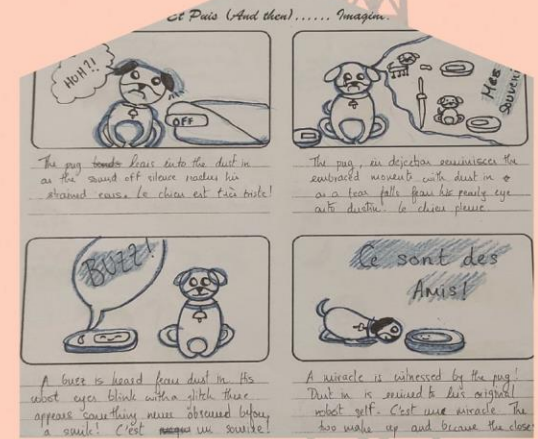
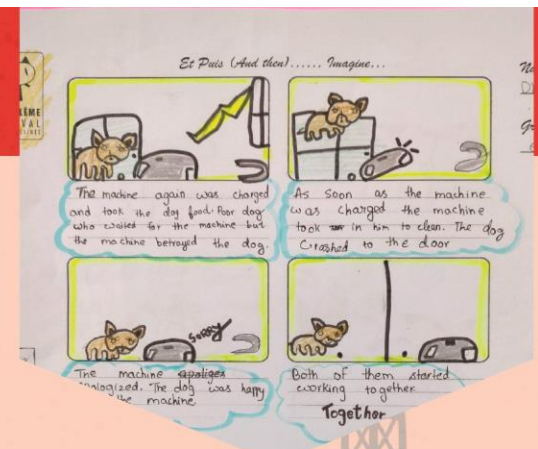
Sara Pole, Aadhya Satnur, Abhirami Iyer

C'est notre imagination...



The French Day festivities included a celebration of comic strips, inspired by the Festival de la Bande Dessinée d'Angoulême! Imagination was challenged to complete the end of a French cartoon film students watched (only up to the halfway point) featuring Dustin, a lovable pup, and a home robot.

Dreams soared with a self-crafted anthem by Middle and Senior School French students, titled 'One Little Spark'!





World Tiger Day

NAFLers across grades donned tiger stripes and roared in support of our tigers for World Tiger Day! Our brilliant Art Department made Tiger-stripe sponge stencils and went from class to class, spreading stripes and transforming our hallways into a vibrant jungle.

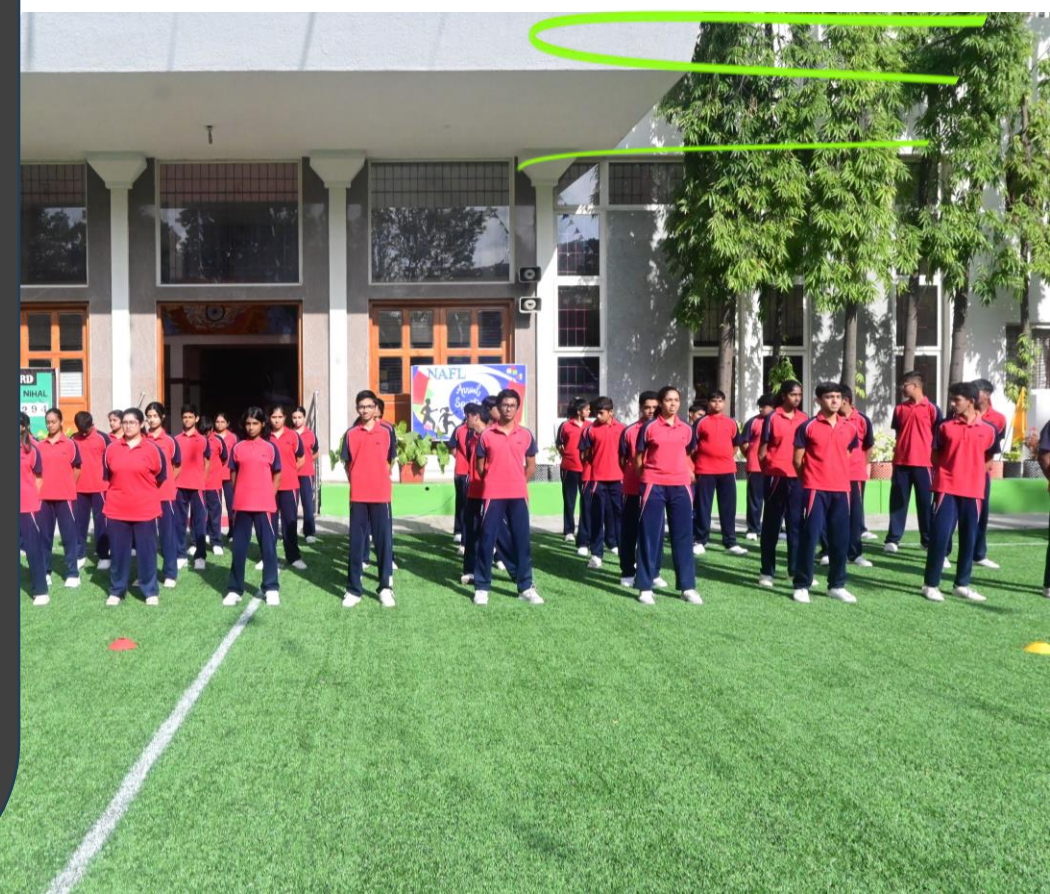
Team NAFL came together to honour tigers and learn about the importance of tiger conservation.



Annual Sports Day 2023-24



Annual Sports Day 2023-24



Sports Day began as a thrilling span of three days filled with athletic competitions and qualifiers. Our athletes converged at a stadium close to school for the first time ever! Students of the three Houses vied to crack their prowess at the many running events as also at High Jump and Long Jump, buoyed by spirited cheers and the seamless coordination of our Physical Education Department and NAFLTY!

It all culminated in a grand celebration on our school grounds on Saturday, 5 August with Grades 6 to 12 and their parents. The colourful school parade, a brilliant display by the Grade 8 School Band, thrilling relay races and a drill display by Grades 6 and 7 mesmerised the crowd. The Senior School Choir raised NAFL's spirits with a rousing rendition of the sports anthem, 'Aspire, Achieve, Excel'. A friendly football match between the alumni and the parents got the crowd on their feet and cheering! A brand-new event this year was the Poster Relay, where students raced, in turns, to best represent Kamal, Nihal and Vishal in an imaginative poster making competition - blending art and sport in signature NAFL style!

Independence Day Special Assembly

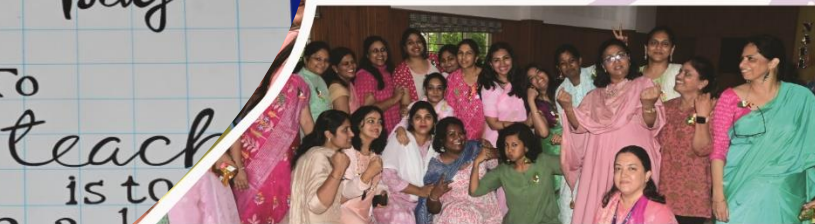
NAFLERs celebrated 76 years of Independence with music, dance, and a sprinkle of whimsy! After the hoisting of the flag and the Opening Address by Principal Ms. Indira, the three Houses, Kamal, Vishal and Nihal competed to create the most innovative Indian recipe for **The Great Indian Imaginative Dessert Challenge!** After hitting the sweet spot with mangoes in all forms, the School Band put up an incredible display, followed by a classic **Street Play** in Hindi that navigated the themes of identity and Indianness.

Our **PY SaPa Choir** of over 58 members then went on to perform a delightful medley of patriotic songs to stunning effect! The Grade 6 and 7 students enthralled the audience with a beautifully choreographed **Drill Display**. Concluding the upbeat event was talented **Grade 2 flautist, Guruguha**, who captivated the entire school with his heart-stopping rendition of the National Anthem!



Teachers' Day was a day-long celebration of beloved NAFLTY by our very talented NAFLERS! The Primary students cheered loudly as their teachers ran races and played games. Students of grade 8 surprised the school with a festive Flash Mob and had the entire school dancing to their tunes! The Senior School students took to the stage for their first Interhouse Cultural Fest, PlayACT Fantasia, and gifted their teachers thrilling, action-packed performances!

All NAFLTY then came together for a Teachers Day After-party in the evening, featuring resident rappers - Ms. Indira and her Coordinators! Charged from the performance, and the sugar cupcakes, the teachers then participated in a highly competitive Treasure Hunt organised by the students of Grade 8. A day for the memory books, for sure!



NAFL PlayACT-Fantasia!

In the spirit of artistic flair and camaraderie that thrives at NAFL, our Senior School students showcased talent and passion at our very first intra-House NAFL PlayACT Fantasia.!

Members of Nihal, Kamal, and Vishal, poured talent, ideas and creativity into their three musicals - *Beauty and the Beast*, *Tangled* and *The Sultan's Daughter*.

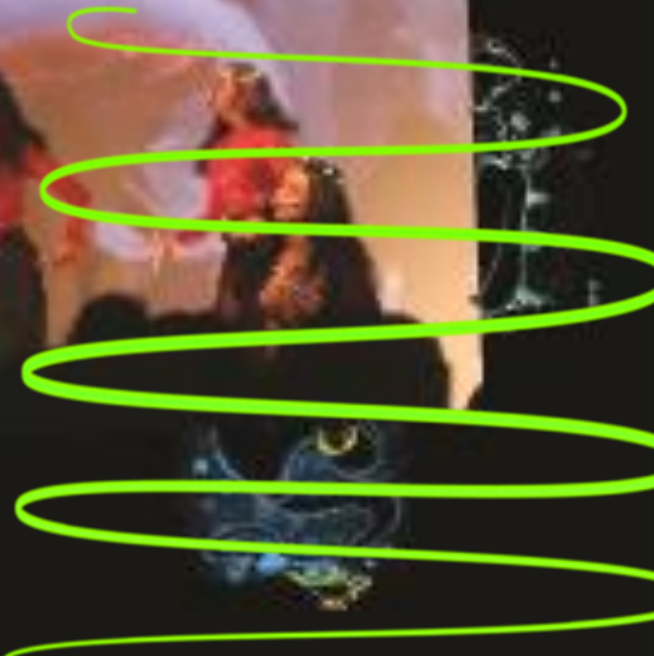
The plots of their productions revolved around charming Disney stories with a twist of unique imagination that made it their own distinct production! All the Houses captivated with their stellar performances!

Kamal House were declared the Winners bagging the coveted first time trophy!





NAFL PlayACT
Fantasia

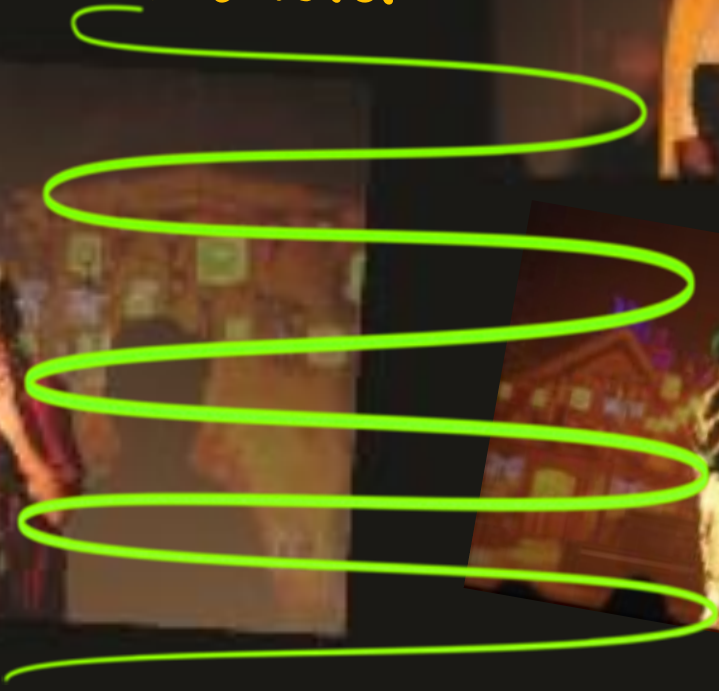
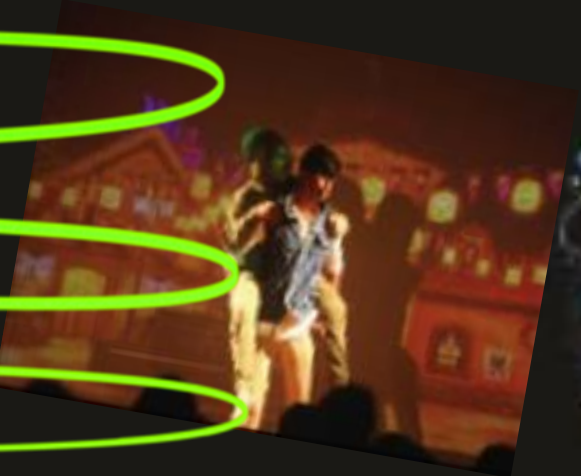




NAFL PlayACT
Fantasia



NAFL PlayACT Fantasia

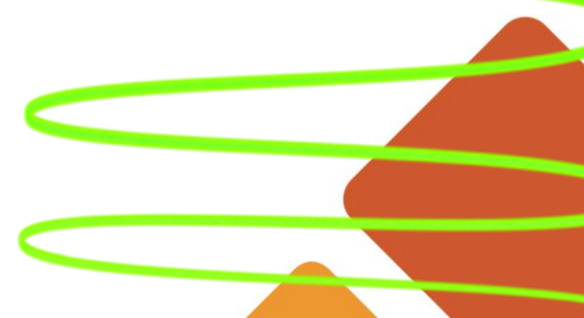


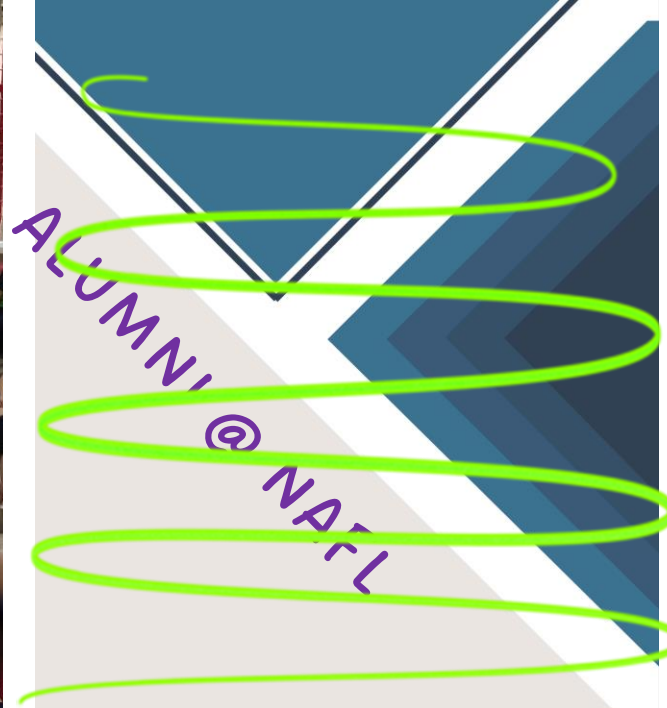
ZERO SHADOW DAY

Ever felt like your shadow's playing hide and seek with you? Well, on **August 18th** in Bengaluru, something fascinating happened - the shadows decided to take a day off!

It's called **Zero Shadow Day**, and no, it's not a new superhero movie! It's a celestial event where the sun is directly overhead with no shadows, a phenomenon observed by ancient civilizations. Sundials go on strike, and buildings that usually cast long, dramatic shadows suddenly become ... less dramatic.

Here, at **NAFL Bengaluru**, we didn't miss the chance to participate in this astronomical marvel. What an amazing cosmic event!





It was heartwarming to see NAFL Alumni back in school ready to give tips on acing Board papers, tips on building portfolios and essays for Grades 11 & 12 for their admissions to Indian, U.S & U.K. universities.

Arnav Mayur, Naman Shah & Sristi Sridhara also pitched in as Student Mentors to teach Math to students of Grades 8 and 9.

We hope for more and MORE COLLABORATIONS!

ALUMNI @ NAFL

"The session was honestly great! We can have debates on the ethics of Media Writing next time!"
-Manya Bhanti(AL)



"The sessions highlighted areas that we had not considered earlier, which were helpful!"
-Gahan Kashyap (AL)

"It as a very useful session! They made it easy to understand how to structure answers for 20 marks questions."
-Abhay Sethi(AL)

The graphic features a white background with a silver laptop keyboard in the top right corner and a black stethoscope in the bottom right corner. Four circular portraits of guest speakers are arranged in a cluster. The text is written in a white, cursive font.

NAFL GUEST SPEAKER SERIES 2023-24



A new initiative we have launched this year is to have experienced professionals join us at school and address the students. Several NAFL parents have spoken to the students in Term 1.

On Doctor's Day, the EY had Dr Pooja talk to them about the sleep cycle, dental hygiene and a healthy diet.

The MY students had Dr. Uma talk about the influence of gadgets and the importance of sleep.

The SY and SSY students had a host of parent experts address them on various business practices that brought textbook learning alive!

NAFL Guest Lecture Series 2023-24

Senior School, enjoyed visits from the parents through a series of Guest Speaker sessions on topics under study. They shared life experiences and professional journeys to bring textbooks alive for them!

Students learned how to pitch an extraordinary business idea and gained insight into what makes an entrepreneur. They explored key stages of the business cycle, such as growth, boom, recession, and slump. They were also exposed to environmental concerns and ethical issues, which pose opportunities and constraints to businesses. The concept of globalization and the reasons behind it, as well as the opportunities and threats it poses to businesses, were discussed. Students took away key strategies for making investment decisions from the sessions.

A warm salute to NAFL Parents for their dedication to educate!



Major Deepshika Gupta (Retd.), an experienced psychologist and motivational speaker, shared her valuable insights with the Middle School parents and students of Grades 6 and 7 on meaningful family time as well as policing our digital wanderings!

The biggest insights happened when the children were asked what they would like to do with their parents on a No-Gadget Sunday. Their responses:

- *I'd like us to 'eat together'.*
- *It would be fun to play a board game together.*
- *I want to play cricket, badminton, go swimming, enjoy a camping trip with my family!*
- *I'd love to draw and paint with my mother.*
- *I want to 'just have a conversation' with my mother!*

The key take aways were sent to parents from sessions, so we stay connected on online challenges and how we can collectively navigate the slippery digital landscape!

NAFL GUEST LECTURE SERIES 2023-24

'A DIGITAL DETOX'

Speaker: Major Deepshika Gupta (Retd.)

An Interactive Session for MY Parents & Students



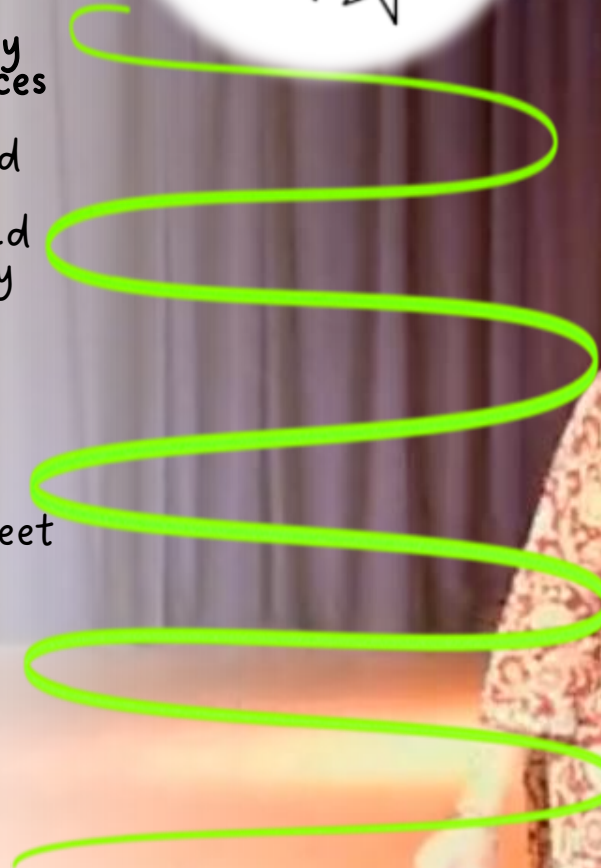
NAFL GUEST LECTURE
23 September 2023

NAFL GUEST SPEAKER SERIES

Gadgets & the Sleep Cycle

We were delighted to host Dr. Uma M Krishnaswamy from St. John's National Academy of Health Sciences to address our Senior School students on the eve of Doctors' Day. Speaking on the importance of a good sleep routine and gadgets that keep us from it, she offered crucial insights on how diet, screen time and dopamine spikes from Social Media come in the way of a good night's sleep.

With her simple and accessible solutions, she set us thinking how best we could put enough distance between our many 'screens' well before bedtime, to implement a calm, no-scroll agenda before bed. Sweet dreams are made of these!





- *Why have we 'woken up' to the importance of sleep?*
- Our lifestyle is antagonistic to cultivating good sleep habits respecting the light-dark/day-night cycle designed by nature. Sleep has been relegated to an as-needed practice from a much needed one. Some of the causes for this paradigm shift in perceiving sleep as an essential biological activity are:
 - 24/7 lifestyle with availability of light, social life, and gadgets.
 - Working across time zones is becoming a norm for most professions.
- *Is sleep more important in adolescents? If yes, why?*
- Adolescence (10-24 years of age) is a period of intense physical and mental growth. This is also the period when academic, peer and social pressures are at their zenith, creating a conflict between basic needs and nice-to-have needs.

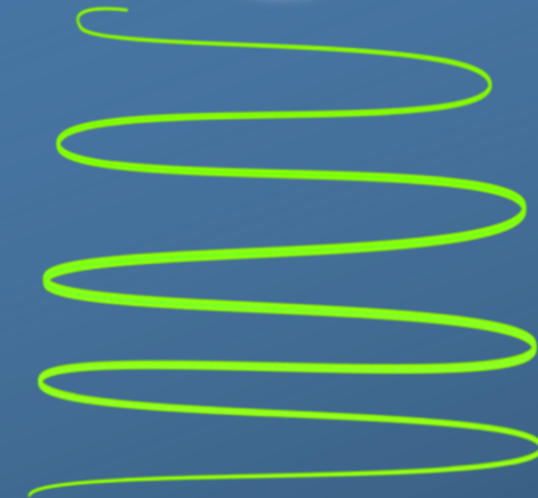
ADOLESCENCE: THE NATURE - NURTURE CONUNDRUM



Brain maturation
Hormonal changes
Growth spurt
Delayed sleep onset
Short sleep cycles

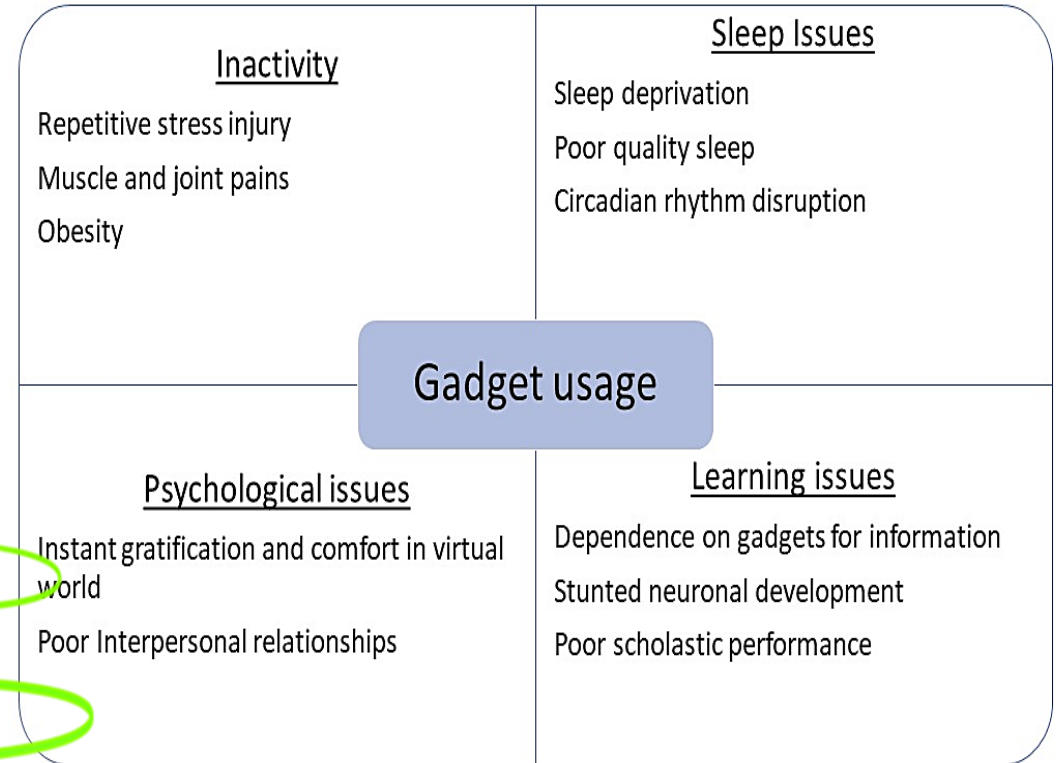
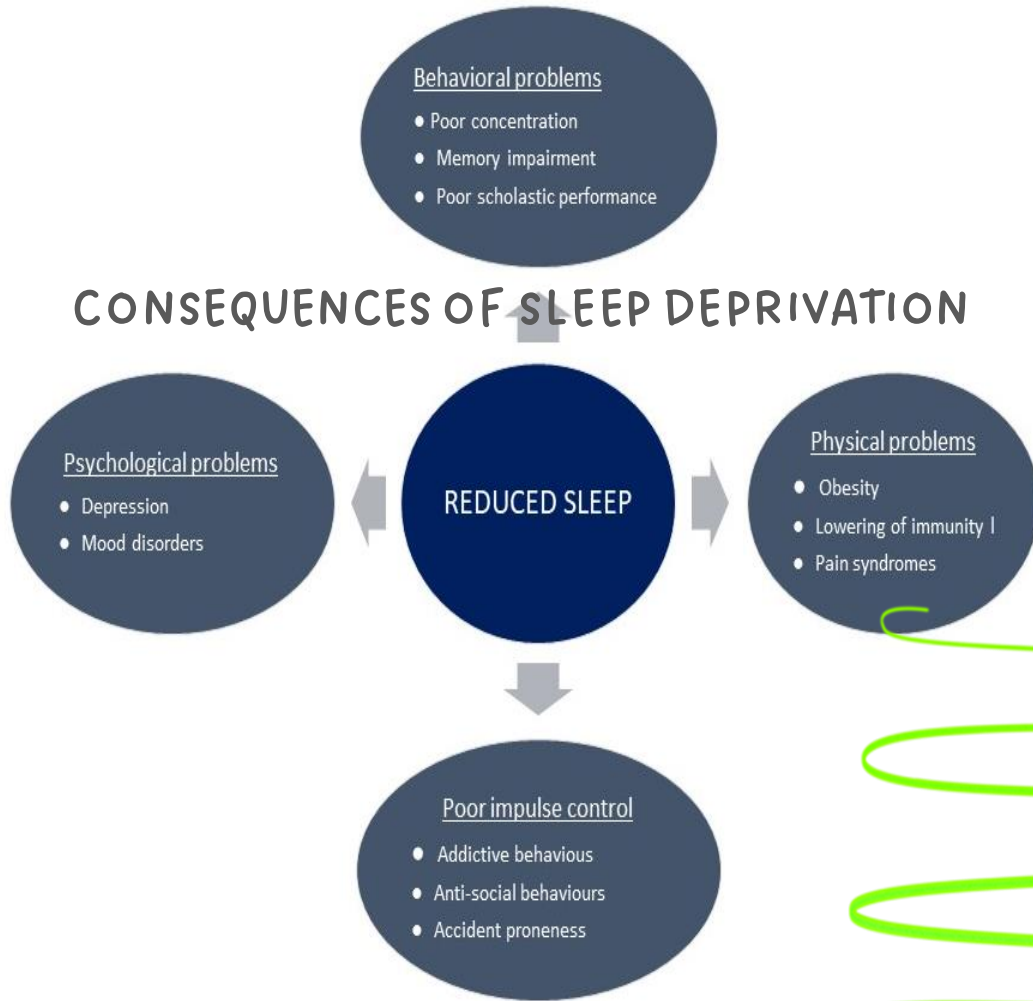


Academic pressures
Social life
Gadgets
Habits- caffeinated drinks
addictions



ISSUES WITH GADGET ADDICTION

CONSEQUENCES OF SLEEP DEPRIVATION



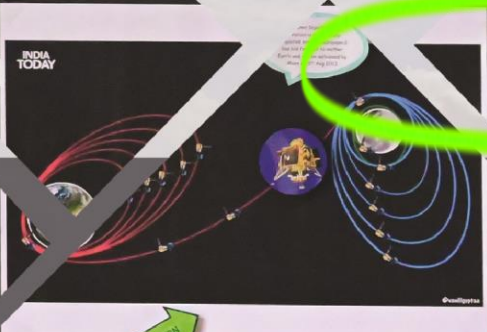
REMEDIAL MEASURES FOR SLEEP ISSUES AND GADGET OVERUSE

- Enforcing gadget-free family time
- Interacting with the real world instead of the virtual one.
- Winding down rituals for good sleep: early evening exercise, light meals at night, no caffeine for at least 6 hours prior to bedtime, warm bath before bedtime, reduce light exposure close to bedtime by using dimmers, switch off gadgets/laptops at least an hour before bedtime.
- Identify your chronotype [owl/lark-morning/evening person?] and schedule studies accordingly
- Never lose sleep before an exam



Hope this was a useful read!

Thank you, Dr. Uma!



Chandrayaan-3 ready to break Earth's gravitational pull Here's what will happen on August 1

Chandrayaan-3 Mission: What is the Trans-Lunar Injection (TLI) phase?

Chandrayaan-3 Mission: What is the Trans-Lunar Injection (TLI) phase?

The TLI phase is the first critical step in the mission to send the lander and rover to the Moon's surface. It involves a series of orbital maneuvers that will take the spacecraft from its current Earth orbit to a trajectory that will allow it to enter the Moon's orbit.



INDIA TODAY

Chandrayaan-3 is set to launch on August 1, 2023. The mission aims to demonstrate the capability of India to send a spacecraft to the Moon's surface and return it to Earth.

900 kg

South polar region

CHANDRAYAAN-3'S THIRD DATE TO THE MOON

Chandrayaan-3's third mission to the Moon is set for August 1, 2023. The mission aims to demonstrate the capability of India to send a spacecraft to the Moon's surface and return it to Earth.

2 Chandrayaan-3's payload will be similar to Chandrayaan-1's. It will have a lander, rover, and a propulsion module. The lander will be used to carry out scientific experiments on the Moon's surface.

4 The lander will be used to carry out scientific experiments on the Moon's surface. It will be used to study the Moon's geology, mineralogy, and soil composition.

Gearing up for moon

- Chandrayaan-3 consists of an indigenous lander module, a propulsion module, and a rover.
- The lander and the rover will have scientific payloads to carry out experiments.
- The mission aims to demonstrate safe and soft landing on the lunar surface, and have the rover conduct experiments.

The rover will be inside

Chandrayaan

Buzz in school

Field Trip To Sriharikota - Chandrayaan-3 Launch

Our Science students of Grades 11 and 12 visited the Satish Dhawan Space Centre, Sriharikota on 14 July 2023 to witness the launch of Chandrayaan -3. It was a thrilling experience to see a live rocket launch among thousands of people. The trip strengthened our patriotic fervour and showed us how ISRO is a symbol and an inspiration to every single youth of our country.



CHANDRAYAAN-3

T-0750
DAYS HOURS MINS

CHANDRAYAAN-3
FACTS AND FIGURES

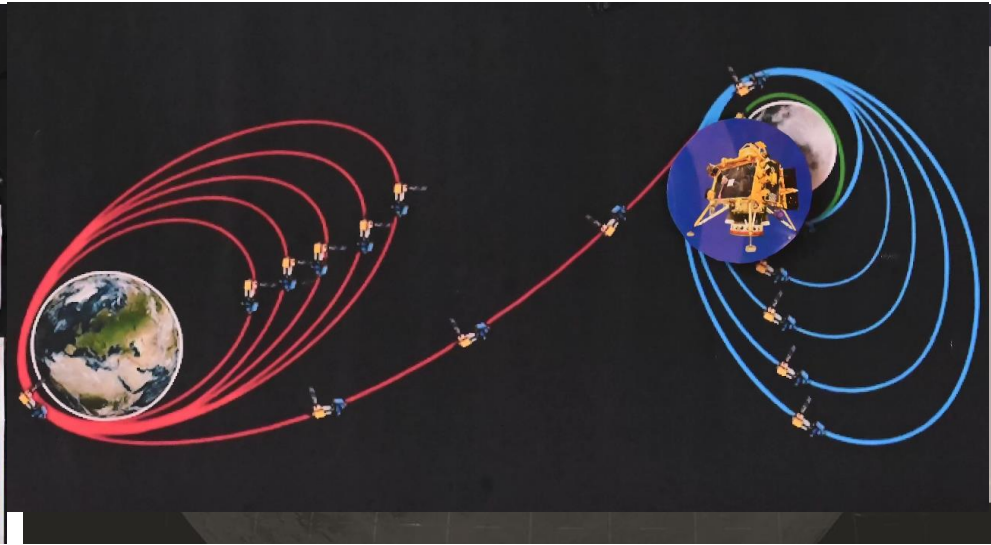
- 3rd Indian lunar mission
- 3900 kg
- 3rd Indian lunar mission

INDIA'S THIRD DATE WITH THE MOON

1. Launch
2. Descent
3. Ascent

Gearing up for moon mission

ISRO is preparing for the Chandrayaan-3 mission with various components and systems.



GOOD LUCK, ISRO!

A student in a blue NAFL uniform is working on a poster. The poster features the text "GOOD LUCK, ISRO!" and "TEAM NAFL". It includes various drawings and text related to the Chandrayaan-3 mission.

A young girl is holding a poster that says "KEEP MAKING INDIA PROUD". The poster also features a map of India and the text "world shall see India BLOOM".

GOOD LUCK, ISRO!

A girl in a green and blue NAFL uniform is working on a poster. The poster features the text "GOOD LUCK, ISRO!" and "TEAM NAFL". It includes various drawings and text related to the Chandrayaan-3 mission.

GOOD LUCK, ISRO!

A girl in a white and blue NAFL uniform is working on a poster. The poster features the text "GOOD LUCK, ISRO!" and "TEAM NAFL". It includes various drawings and text related to the Chandrayaan-3 mission.

GOOD LUCK, ISRO!

A girl in a yellow and blue NAFL uniform is working on a poster. The poster features the text "GOOD LUCK, ISRO!" and "TEAM NAFL". It includes various drawings and text related to the Chandrayaan-3 mission.



We never let the excitement go down at school!

Our students created a Vision Board in the school lobby with a magnetic model of Chandrayaan 3. They tracked its trajectory to the Moon painstakingly for a whole month!

The whole school cheered ISRO and India forward with a signature campaign and joyous celebrations!

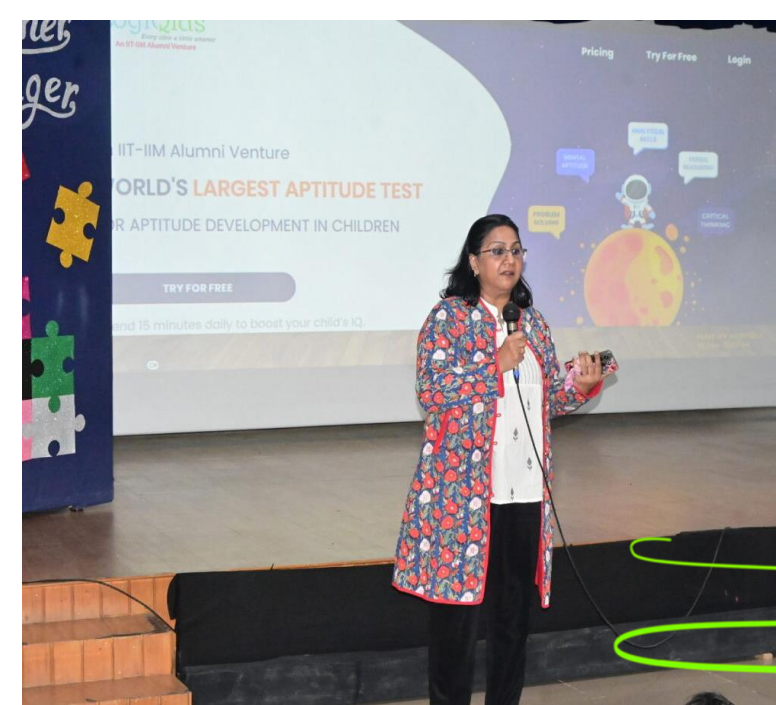
We also set up MS Teams Meetings in the evening of the BID GAY and teachers and students and parents watched the live touchdown together! "JAI HIND!"

Our Computer Science students from grades 11 flew to Singapore for an exciting AI Bootcamp conducted by the prestigious National University of Singapore between August 27- September 3, 2023. Immersing themselves in the world of AI at NUS the students gained exposure to cutting edge technologies in the AI domain. They also explored the delights of the city, making some precious memories!



Students AI Bootcamp at

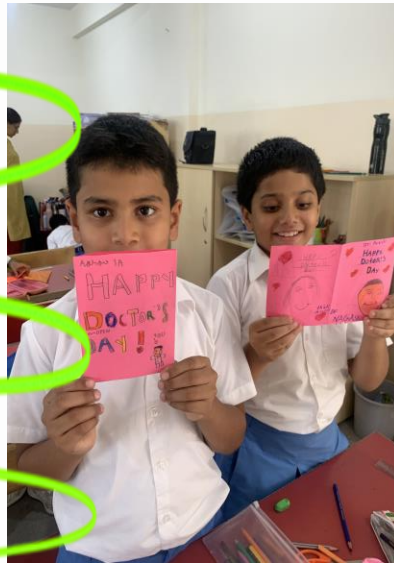
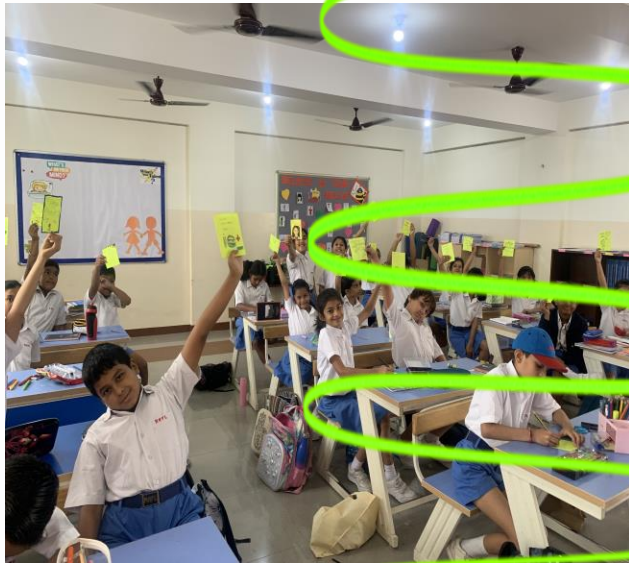
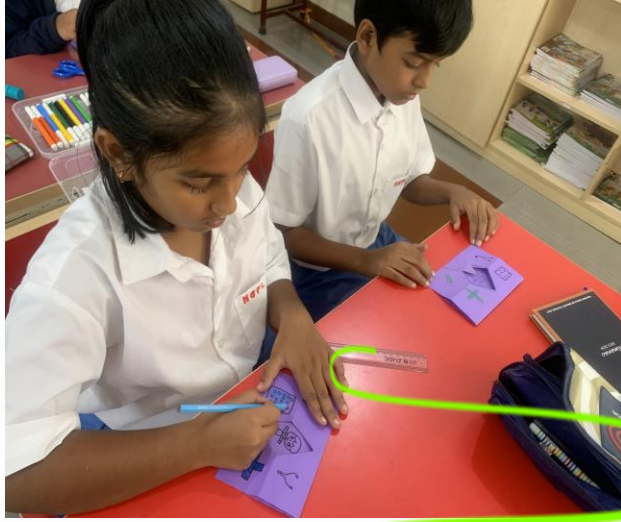
Singapore



A LogIQids quiz was organised to test logic and reasoning skills of our Grades 1 to 5. The questions pushed critical thinking and analysis! We hope our children register for the training by LogIQids, so they excel in competitive exams. (<https://www.logiqids.com>)



LogIQids
Every time a little smarter.
An IIT-IIM Alumni Venture



Doctor's Day

Doctors are the unsung heroes of our nation, serving on a different frontline, battling everyday health crises to save lives or enhance life expectancy.

In a heartwarming gesture, our PY students crafted special greeting cards for their beloved paediatricians!

More strength and power to our doctor community!

NPS-NAFL - Swimming Competition

Our students made us proud, winning several accolades at this year's NAFL-NPS Sporting events.



Smriti Nagesh (11 ISC)

Third Position in 50m Butterfly stroke

Tanav S Sidd (9 ICSE B)

First Position in 50m Backstroke, Second in 50m Breaststroke, Third in 100m Freestyle

Kashvi Sreenivas (7A)

Third Position in 50m Backstroke

Siri Sundeep Kadanur (5C)

Second Position in 50m Freestyle, 50m Backstroke and 50m Breaststroke

Avani Viroopaksha Sajjanshettar (5C)

Second Position in 50m Butterfly stroke, Third in 50m Freestyle and 50m Backstroke

Parth Gururaj (5B)

Third in 50m Freestyle and 50m Backstroke

Shaurya Shekar Ss (4C)

Second in 50m Freestyle and 50m Backstroke

Professional Development @ NAFL



Dr. K. P. Gopalkrishna
Founder & Chairman
NAFL, GMC, NPSI
& NPS Group of Schools



Dr. Santhamma
Dean
NAFL, GMC, NPSI
& NPS Group of Schools



Dr. Bindu Hari
Vice Chairperson
NAFL, GMC, NPSI
& NPS Group of Schools

"We are a data-driven, strategy-led, outcome-focused, reflective school."

Dr. Bindu Hari, 2023



Professional Development @ NAFL

Teachers at NAFL are constantly on their toes, working towards their mandated **50 hours of professional training** for the academic year. The training can be in-house at NAFL, through the TTA, as well as with Cambridge, CISCE and KISA, and outside professionals.

- The **TISB Teacher Training Academy**, our main partner for professional support, offers a range of short term and long term self-study courses. This year, Boot Camps for the KG and Montessori Teams and the CORE Group Training (for the PE, Music, Dance & Art Departments) have been a big draw.
- Our monthly, **tgifOH!** (*Thank God Its Friday, OH!*) sessions under the TTA umbrella, see professional sharing of best practices from across the NAFL-NPS schools. Through online classes one Friday every month, we teach various subject across levels and schools. The initiative has proved extremely useful to learn and grow from each other.
- **'Day Out With Dr. Bindu'** at a resort in the outskirts of Bengaluru in September 2023 was a wonderful initiative for the teachers from NAFL and NAFL North to meet with our Board of Governors. We discussed academic growth, innovative practices and student well-being. We played games preparing Bhel Puri, dancing to a one-minute soundtrack, and group games with jigsaw puzzles and a treasure hunt!



Day Out With Dr. Bindu





We invited parents of Primary School to attend classes at school in the month of July 2023. Their reactions and thoughts are shared in the pages that follow!

Primary School Parent Engagement Initiative



Fun and interactive!

PY PEI
2023-24

Grade 1
Parents Speak



Our child repeatedly saying on weekends, 'I miss school' is justifiable! Thank you, NAFL! Kindly continue to inspire them!



PY PEI
2023-24

Grade 2
Parents Speak

A refreshing methodology! It's practical knowledge, which will help the child remember the concepts. The class was very engaging and made me wish I could be schooled at NAFL!





PY PEI
2023-24

All the children looked happy, which is an indication of a good learning environment!

Grade 3
Parents Speak

Was amazed by the confidence of the kids! The credit goes to the teachers and the school!

Revisiting school
awakened all our
memories! Thank you
for giving us this
opportunity!



Grade 4
Parents Speak



PY PEI
2023-24

PY PEI
2023-24

The content, delivery and class participation were a delight to watch!

Grade 5
Parents Speak

I enjoyed the group discussions very much. The children actively participated.





Club Activities@ NAFL



Basketball, Throwball & Soccer

Sports impart invaluable life lessons of discipline, responsibility, self-confidence, accountability, and most importantly, a sense of team.



Our clubs encourage all these and more! Healthy competition means working with participants of different skill levels, and that means valuable mentorship opportunities.

Life skills



Life skills empower our children to engage in critical and creative thinking, communicate articulately, develop problem-solving prowess, make well-informed choices, and build strong inter-personal relationships.

At NAFL, students proactively shape their environments into spaces conducive to good health and team harmony.



The 'Write' Stuff

The ideal haven for wordsmiths to set their imagination free, this club gets to the heart of creative acumen. Students write poems and stories and enjoy vocabulary building games, JAM, the art of interviewing, etc. Training in research, planning, editing, revising and organising content in various genres of writing are other big draws!



Is anything you want to think
Maybe its not true
Actually very easy too
Great to do during your free time
In any place in this world
Never a bore
Amazing ideas could come by
Today, tomorrow anytime
If you imagine you could have great
Only you can believe your thoughts if you
Never have even the greatest people not
imagined.

Theatre

In this club, students take a deep dive into theatre. They assume characters, study body language, posture, and expression. Training voice to reflect emotion and clear line delivery are other aspects examined.

Students craft their own scripts and fashion masks that convey emotion. Games like 'Mirror Me' are designed to enhance the power of expression.

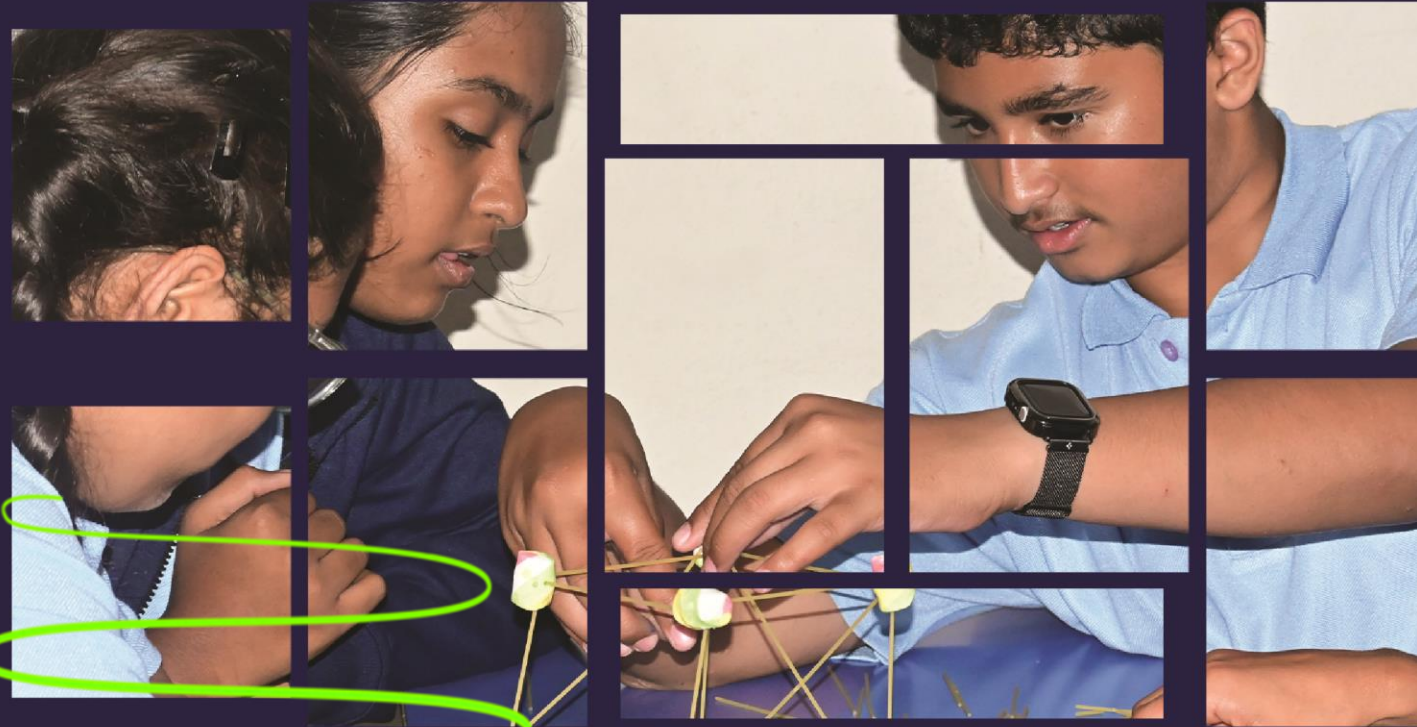




Taekwondo

In addition to being an enjoyable and effective form of self-defence, the Taekwondo classes foster discipline and positivity. Students learn respect for oneself and others, self-restraint, patience, perseverance, and a resilient, "can do" mindset.

Class Buzz



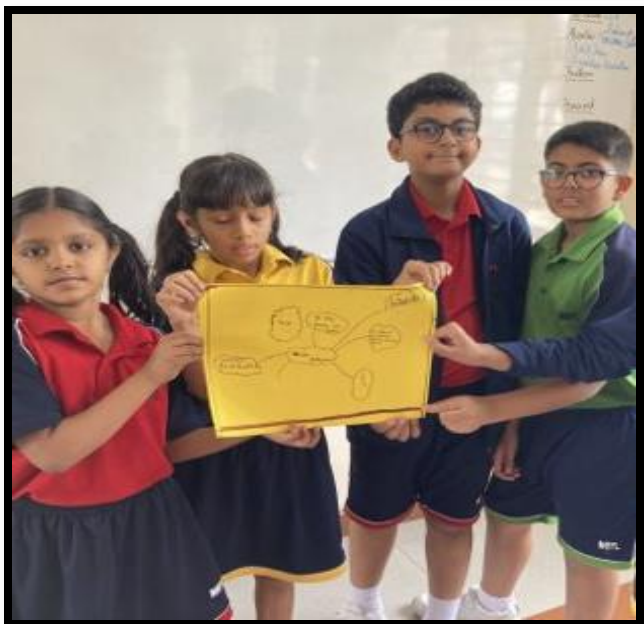
WORLD TIGER DAY ... Roar for the Tiger, Save the Pride!



IF THE STRIPES
ARE SAVED,
A GOOD FUTURE
IS PAVED!



SCHOOL VISION STATEMENT - I am a life-long learner!



SCIENCE- It is the poetry of reality



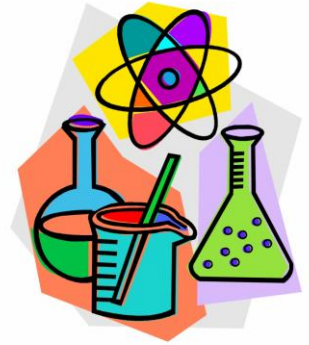
SCIENCE- Learning by doing!



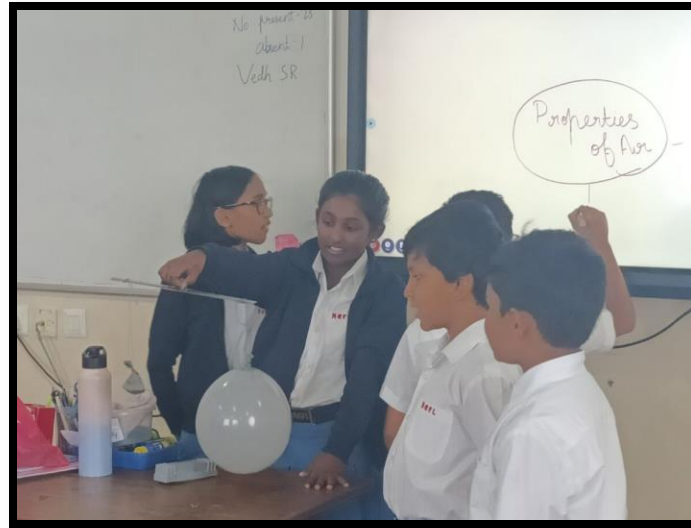
ACTIVE LEARNING - Question Everything!



SCIENCE- Enquiry & exploration makes us think & wonder about different phenomena happening around us.

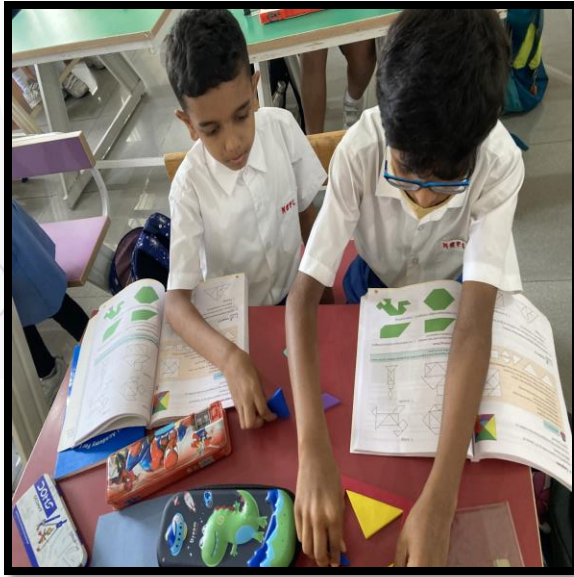


SCIENCE- Learn, Discover, Explore!

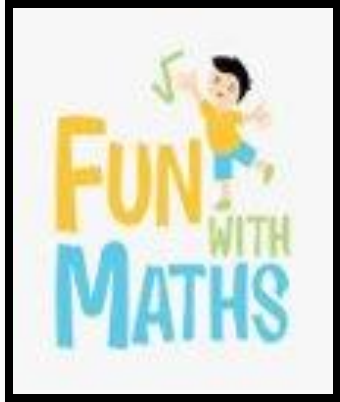


MATHEMATICS- It is in its own way, the poetry of logical ideas

Math is Fun



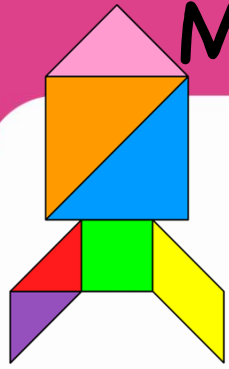
MATHEMATICS- It gives us hope that every problem has a solution



The only way to learn Mathematics is to do Mathematics.



MATHEMATICS it keeps you in shape



CIRCLE TIME - Our feelings matter...



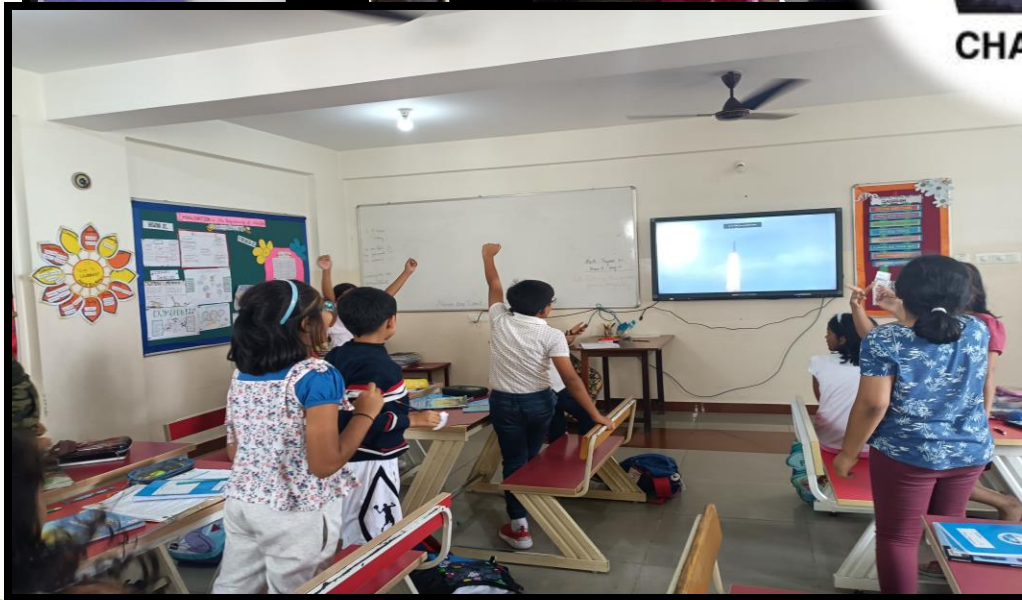
Alone we can do so little.
Together we can do so much!



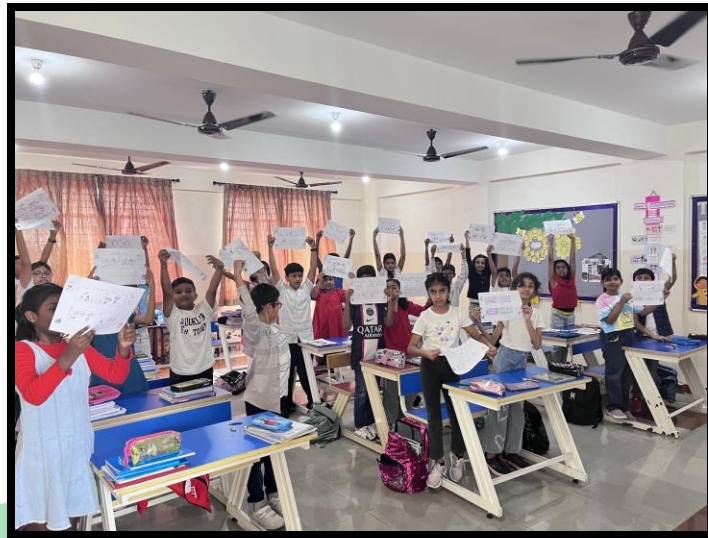
CHANDRAYAAN LANDING - A moment to remember!



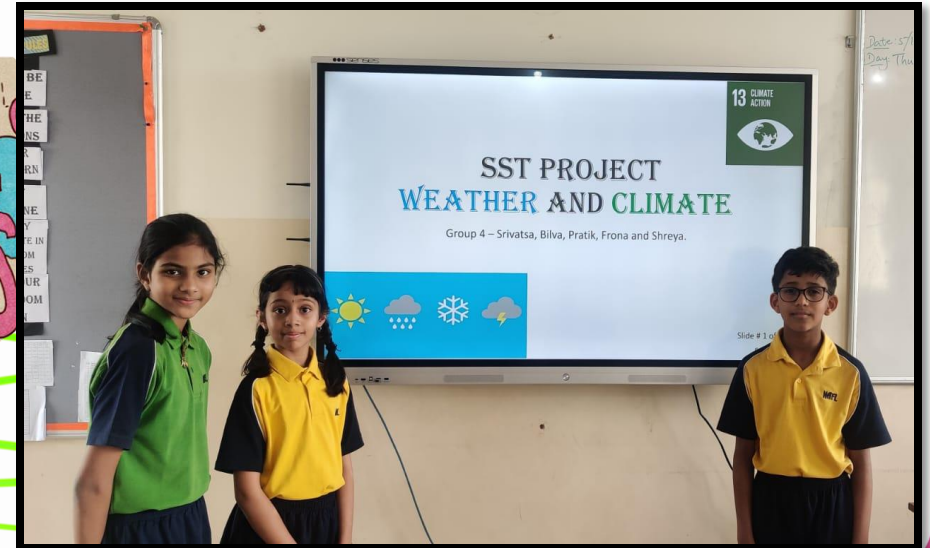
CHANDRAYAAN 3



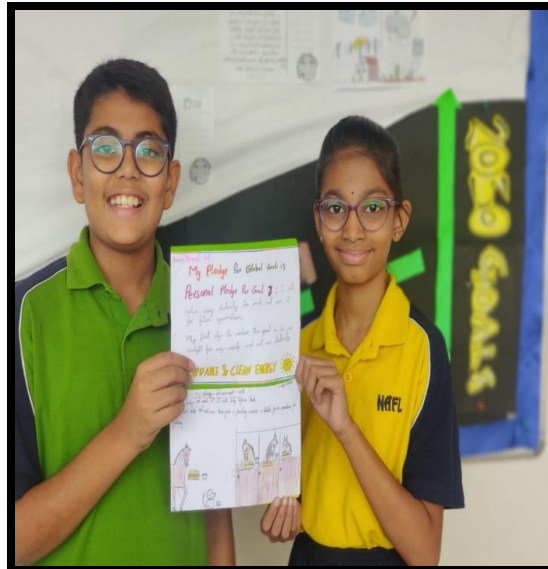
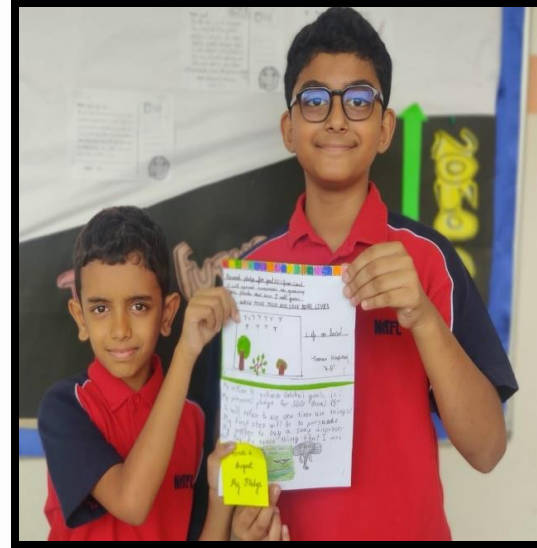
FRENCH DAY CELEBRATIONS!



SOCIAL STUDIES: We learn, We teach



GLOBAL PERSPECTIVES: We have one World!



The background features several large, overlapping geometric shapes in shades of orange and red, primarily located in the corners. These shapes include triangles and rounded squares, creating a modern, abstract design.

CLASS ASSEMBLY

4A

INDIA - My Country, My Pride



4B

A Home for Every Paw



4C

Flutter-By



Term 1 Portions



English Language:

Collins Revised Engaging English 4:

Ch 1: Heidi

Ch 3: Grandad's Gadgets

Ch 4: Guno and Koyo

Ch 7: The Recycling Rap

Ch 9: The Lifecycle of a Butterfly

Ch 11: The Naga Dragon's Lair

Ch 13: The Wizard of Oz

Ch 14: The Lighthouse

Ch 15: How The Leopard Got His Spots

Collins English Grammar and Composition 4:

Ch 1: Nouns Revision

Ch 2: Common, Proper and Abstract Nouns

Ch 3: Collective Nouns

Ch 4: Countable and Uncountable Nouns

Ch 5: Nouns: Gender

Ch 6: Nouns: Possession

Ch 7: Subject and Predicate

Ch 8: Adjectives

Ch 9: Adjectives: Degrees of Comparison

Ch 10: Pronouns

Ch 11: Articles

Ch 21: Kinds of Sentences

Ch 37: Letter Writing

Ch 39: Story Writing

Other topics:

Unseen passage



ENGLISH



Hindi:

Prose

कविता - 1 तिरंगा

पाठ- 2 अनोखा उपहार

पाठ-5 कौआ और हार

पाठ-7 कोयल की आवाज़

Grammar

संज्ञा , क्रिया, काल, विलोम, विशेषण, लिंग, वचन, 'र' के रूप, चित्र-वर्णन, अपठित गद्यांश

French:

Mon Passeport 2- Methode de français

Unité :

Ch 1: Connaissons la France

Ch 2: Louis a mal

Ch 3: C'est Lundi

Ch 4: Les trois souhaits

Ch 5: Les saisons

La Grammaire

:

Les verbes en (-er, ger, cer, ir, re)

Les verbes <<être>>, <<avoir >>, <<aller>>

le cas de deux verbes

les pluriels des noms

Les adjectives

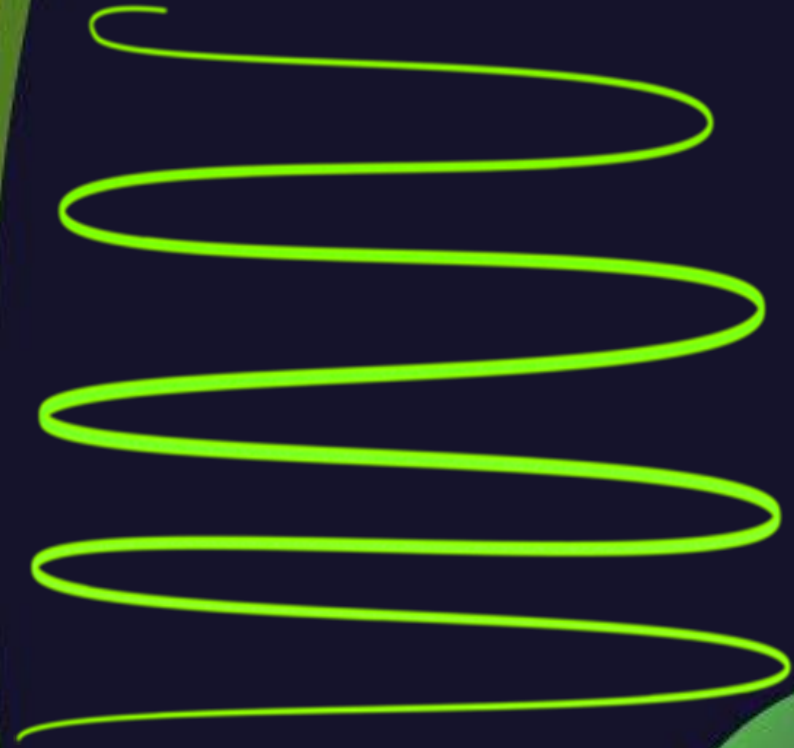
Other topics :

Unseen passage,

Décrivez les saisons



Hindi
&
French



General Science:

Connect With Science:

Ch 4: Plants in Our Surroundings

Ch 5: Adaptation in Plants

Ch 7: Air

Ch 8: Materials and Solutions

Ch 11: Push and Pull

Ch 12: Friction as a Force

EBL:

States of Matter

Plants

Social Studies:

Textbook: The World Around Us

Ch 3: My Country and Its Landscape

Ch 4: The Northern Mountains and the Northern Plains

Ch 5: The Plateau and Desert Regions

Ch 8: Soils of India

Ch 9: Our Water Resources

Ch 10: Our Forests and Wildlife

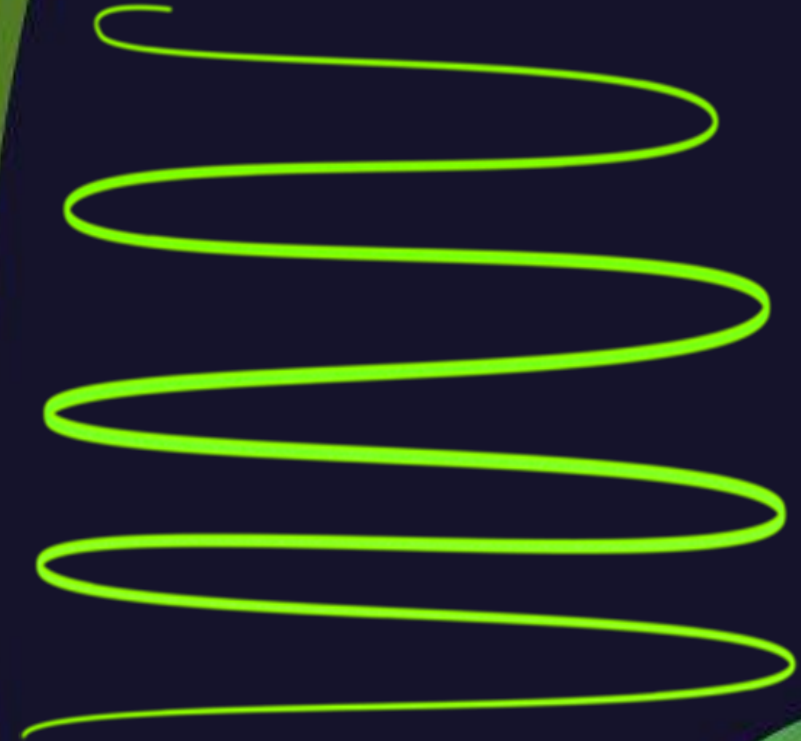
Handout:

Handout 1: Sources of History

Handout 2: Timelines



General Science & Social Studies



Mathematics:

New Inspired Maths - 4

Ch 1: Large Numbers

Ch 2: Addition of 4-Digit Numbers

Ch 3: Subtraction

Ch 4: Multiplication

Ch 5: Division

Ch 9: Geometry

Ch 15: Patterns

Computer Science:

Ch 1: Know Your Computer

Ch 4: MSW Logo - Drawing Polygons and Circles

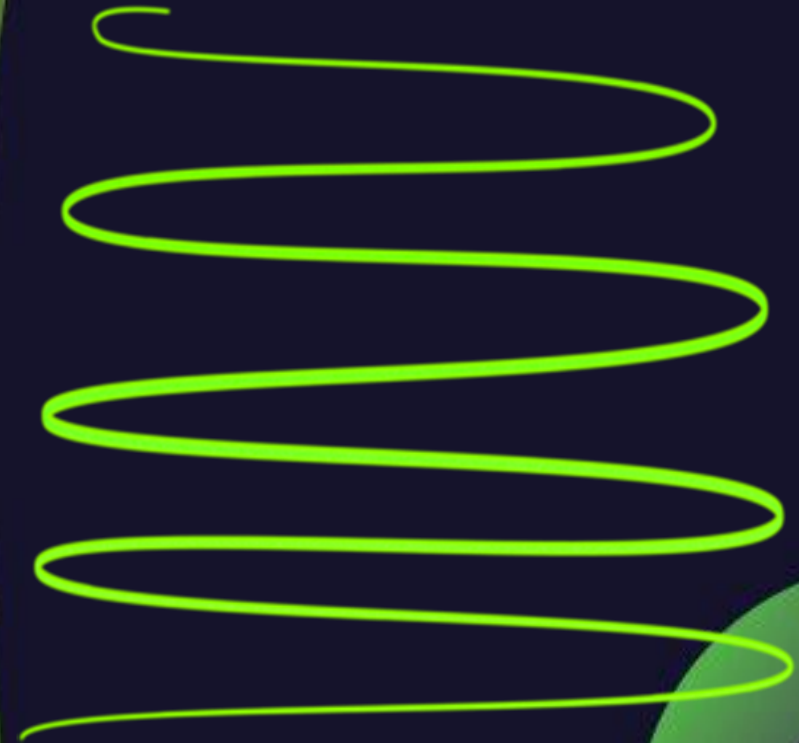
Ch 5: MSW Logo - Using PenColors and PenSizes

Ch 6: MSW Logo - Text Commands and Arithmetic Operations

Practical - MSW Logo chapters - 4, 5, 6



Mathematics & Computer Science



Teaching is a work of heart!

The Grade 4A Team



Ms. Roopa V.
Grade Teacher



Ms. Veena N.
Mathematics



Ms. Ranjitha B. N.
General Science



Ms. Nidhi R. & Ms. Alka S.
Hindi



Ms. Indumathi M. H.
Computer Science



Ms. Poornima B. R.
Kannada



Ms. Shwetha S.
Dance



Mr. Abhijith K.
Western Music



Ms. Savitha V.
Indian Music



Ms. Akshata H.
Library



Ms. Natasha C.
Art



Mr. Vijay A.K.
P.E.



Ms. Anjali L.
Global Perspectives



Ms. Nagajothi M.
Social Studies



Ms. Akhila S.
French



Ms. Anitha B.
Work Experience

Teaching is a work of heart!

The Grade 4B Team



Ms. Sangita D.
Grade Teacher

Ms. Shilpa P.
English Language

Ms. Ranjitha B. N.
General Science

Ms. Indumathi M. H.
Computer Science

Ms. Khushboo P.
Social Studies &
Global Perspectives

Ms. Preethi H.
Reading Programme

Ms. Akhila S.
French

Ms. Anitha B.
Kannada

Ms. Smitha D.
Work Experience

Ms. Shwetha S.
Dance

Mr. Abhijith K.
Western Music

Ms. Savitha V.
Indian Music

Mr. Vijay A.K.
P.E.

Ms. Akshata H.
Library

Ms. Natasha C.
Art

Ms. Nidhi R. & Ms. Alka S.
Hindi

Teaching is a work of heart!

The Grade 4C Team



Ms. Nayana A.M.
Grade Teacher



Ms. Sangeetha M.
English Language &
Reading Programme



Ms. Sangita D.
Mathematics



Ms. Indumathi M.H.
Computer Science



Ms. Khushboo P.
Global Perspectives



Ms. Nagajothi M.
Social Studies



Ms. Anitha B.
Kannada



Ms. Smitha D.
Art



Mr. Vijay A.K.
P.E.



Ms. Akhila S.
French



Ms. Shwetha S.
Dance



Mr. Abhijith K.
Western Music



Ms. Savitha V.
Indian Music



Ms. Akshata H.
Library



Ms. Natasha C.
Work Experience



Ms. Nidhi R. & Ms. Alka S.
Hindi



Dussehra Holidays: 14 to 24 October 2023
School reopens: 25 October 2023

School contact details

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With best wishes,

Ms. Roopa V.

Ms. Sangita D.

Ms. Nayana A.M.

Creativity
Intelligence
Having Fun
Albert Einstein