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CIS HERALD

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Newsletter

Events in November



Thursday & Friday, 31.10.24 & 01.11 2024: Holiday for Diwali
Monday, 04.11 2024: School reopens after Diwali Break

Primary Section

Monday, 04.11.2024: Coffee Meet for Grade Upper Nursery
Thursday, 14.11.2024: Children's Day Celebration

Junior Section

Tuesday, 05.11.2024: Coffee Meet for Grade 1
Friday, 08.11.2024: Understanding Gender for Grade 3 by Counseling Department
Monday, 11.11 2024: Coffee Meet for Grade 4
Tuesday, 12 .11 2024: Coffee Meet for Grade 5
Thursday, 14.11.2024: Children's Day Celebration
Monday, 18.11.2024: Coffee Meet for Grade 3
Wednesday, 20.11.2024: Understanding Gender for Grade 4 by Counseling Department
Thursday, 21.11.24: Coffee Meet Grade 2
Thursday and Friday 21.11.2024 and 22.11.2024: Junior School Inter School Football
Friday 22.11.2024: Inclusion – United we stand - for Grade 3 by Counseling Department
Wednesday, 27.11.24: World Food Day Assembly
Friday 29.11.2024: Safe and Unsafe Touch for Grade 1 by Counseling Department

The Junior Section of Calcutta International School warmly welcomes :
Shayak Ghosh to Grade 3A



Durga Puja Assembly

Primary Section

A Joyous Celebration by the Little Stars

The Durga Puja Assembly in the Primary Section was a delightful celebration filled with joy, devotion, and creativity. On September 26th, our youngest learners from Grades Pre-Nursery, Nursery, and Upper Nursery came together to honour the spirit of the festival through a variety of engaging performances, marked by the enchanting beats of the dhaak. The assembly commenced with a warm welcome to our Junior School Principal, Mrs. Nayar, who received a token badge inscribed with festive greetings wishing everyone a "Happy Durga Puja." Alongside her, Mrs. Choudhary, Junior School Section Head, and Mrs. Majumdar, the Primary Section Head, were also presented with badges, symbolizing the spirit of the occasion.

The event was filled with a series of engaging performances that showcased talents and enthusiasm of our students. A student from Upper Nursery began by narrating the story of Ma Durga's birth, setting a festive tone.

Grade Pre Nursery A



A student of Pre-Nursery A recited the beautiful shloka "Vakratunda Mahakaya," followed by a joyful group dance to the song "Pujor Khushi," perfectly capturing the excitement of the festivities.

Grade Pre Nursery B



Students from Pre-Nursery B welcomed Ma Durga with their performance of "Gouri Elo."

Grade Nursery A



Grade Nursery B



Nursery A and Nursery B wowed the audience with their dances to "Dugga Dugga" and "Dugga Elo," respectively.



Grade Upper Nursery A



Upper Nursery A enchanted everyone with their rendition of "Jagdambe," leading into a stunning medley of traditional songs that left the audience spellbound.

Grade Upper Nursery B



Upper Nursery B then energized the crowd with "Jai Jai Devi Durga," followed by a skit that depicted the creation of Ma Durga and the triumph of good over evil. The performance culminated in a high-energy garba dance to "Dholi Taro," bringing the assembly to a thrilling climax.

Throughout the programme, interactive questions engaged the audience, fostering a sense of participation and excitement. The assembly concluded with a fun phrase association game on Durga Puja, a heartfelt vote of thanks, and a lively dhunuchi dance by the teachers, embodying the joyous spirit of the celebrations.

This memorable assembly not only showcased our students' talents but also deepened our connection to the rich traditions of Durga Puja, reminding us all of the values of strength and goodness that Ma Durga represents.



Durga Puja Assembly

Junior Section

On 30.09.24, Grade 4 students recently presented an engaging assembly focused on the theme of injustice and its connection to Durga Puja.

The event began with a lively rendition of "Stand Up for Justice," an original song that underscores the importance of fairness and bravery. Through a well-performed skit, the students illustrated how standing up against unfairness can lead to positive changes in everyday situations. They effectively drew parallels between Goddess Durga's strength and courage and their own potential to make a difference.

The assembly concluded with a touching dance performance to "Dhaker Tale," followed by a delightful surprise performance by the teachers as well.

Mrs. Pratima Nayar, Principal - Junior School, commended the students, noting that their assembly demonstrated a deep understanding of critical social issues and highlighted their potential to become change-makers.

The event inspired everyone present to reflect on the importance of standing up for justice, treating others with fairness and respect, and embodying the qualities of Goddess Durga in our daily lives.





World Mental Health Day



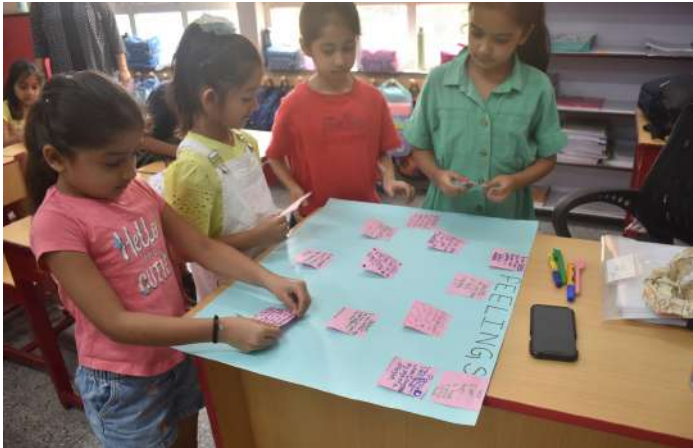
CIS observed World Mental Health Day on 18th October, 2024, through various interactive, collaborative and reflective activities that create awareness on different aspects of mental wellbeing. Following this year's theme set by the World Health Organization, 'Prioritising Mental Health in the Workplace', the students of the Junior section expressed their thoughts and feelings in the following ways:

Students of Grades 1-2 participated in an activity that introduced the concept of Emotions. Taking from a simple Feeling Wheel, students selected any one feeling and recalled a memory associated with that emotion. This reflective exercise helped students to understand how emotional expression in age appropriate and healthy ways is integral to self regulation. Students of grades 3-5 engaged in a reflective and interactive activity on Self Care. School being their workplace, they collated a Self Care Inventory that can be implemented in school, especially on days that they are feeling low, anxious or stressed. Apart from specific activities that promote Self Care, such as Mindful Breathing, Time Out, 5-4-3-2-1 Grounding Technique, they were also able to recognize their own role in providing support to each other, to enhance self care at school through interpersonal bonds.

Teachers of Junior School also participated in the Self Care Inventory activity with much enthusiasm. Teacher wellbeing is easily one of the most important factors impacting student wellbeing and the overall psychological health of the institution. Teachers included many positive actions/thoughts and pro-social behaviours that can help them to alleviate stress and difficult emotions.

Expressing Feelings and Emotions

Grade 1



Grade 2



Reflective and Interactive activity on self care Grade 3



Grade 4



Grade 5



Leadership Development Workshop

Faculty Members Attend Leadership Development Workshop

From September 24 to September 26, 2024, Mrs. Pratima Nayar, Mrs. Shweta Mazumder, Ms. Amanda Bianca DuPratt, and Ms. Tanbir Datta participated in an enriching three-day online workshop titled *What Kind of Leader Do You Want to Be? Developing Your Leadership Voice and Capabilities*. Organized by Priyamvada Taneja Consultancy, the session was led by Mr. Peter Welch, a seasoned facilitator in leadership development.

The workshop provided a platform for self-reflection and growth, guiding participants through exercises designed to identify core values, strengths, and areas for improvement. Through self-assessment activities, the attendees gained deeper insights into their leadership styles by revisiting past leadership experiences and analyzing how those moments contributed to their personal and professional development.

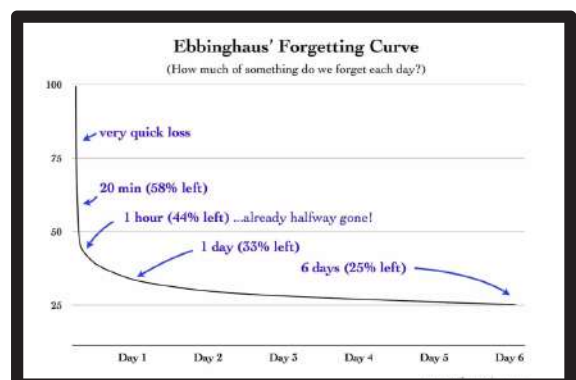
A central theme of the workshop was the exploration of various leadership styles and theories, allowing participants to discover approaches that align best with their unique values and goals. The focus on developing an authentic leadership voice was complemented by practical tools aimed at enhancing key leadership skills such as communication, decision-making, and conflict resolution.

In addition to honing technical skills, the workshop delved into the significance of emotional intelligence in leadership. Participants learned how to use emotional intelligence to foster collaboration, trust, and accountability within their teams, and how to inspire others to work collectively toward shared goals.

The workshop was a highly informative and transformative experience for the attendees, equipping them with valuable strategies to apply in their leadership roles moving forward. As we continue working with our teams, we are eager to implement these new insights to foster positive change and growth within the school community.



AREA OF FOCUS	
DAY 1 - TUESDAY	BIG LEADERSHIP IDEAS & CULTURAL THEORY/YOUR IDENTITY AS A LEADER
DAY 2 - WEDNESDAY	COMMUNICATING AS A LEADER/ LISTENING, PRESENTING, MEETING, STRATEGISING
DAY 3 - THURSDAY	BUILDING TEAMWORK/ DIFFICULT COLLEAGUES & CONVERSATIONS/ NEGOTIATED AGENDA



Professional Development

The Junior School faculty recently engaged in a comprehensive professional development training program from October 21st to 24th. Expert facilitators, Ms. Erin Meredith Wiseman and Ms. Priyamvada Taneja, led the sessions.



Student Achievement

Aarav Agarwal of Grade 4A placed 16th in the BOB Wonderkid 2024 (14th National Level Inter School Competition) held online where he had to answer 360 questions in 40 minutes.



Awards

Calcutta International School Shines in Education World

India School Rankings 2024-25

We are thrilled to announce that Calcutta International School has been ranked among the top schools in India in the prestigious Education World India School Rankings (EWISR) 2024-25 for International Day Schools!

Ranking Highlights:

- India: #17
- West Bengal: #1
- Kolkata: #1

This recognition reflects the dedication and excellence of our entire school community. EWISR is the world's largest and most comprehensive school ratings survey, based on in-depth interviews with over 8,500 knowledgeable education stakeholders nationwide.

The award was proudly accepted on behalf of CIS by Senior School Principal- Mrs. Tina Servaia and Junior School Principal - Mrs. Pratima Nayar on October 17, 2024, at The Leela Ambience Gurgaon Hotel & Residences, Gurgaon.

Our heartfelt congratulations to all!



DIWALI

Greetings to all our readers



May the glow of Diwali candles
illuminate your life and bring you
new beginnings.

EDITORIAL TEAM

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Ms Kashmiri Marwah, Ms Amanda DuPratt,
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THANK YOU

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