



THE FOOT PRINTS



APRIL

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Theme of the Month

“Friends, sun, sand,
and sea, that sounds
like a summer to me.”

—UNKNOWN



“What good is the warmth of
summer, without the cold of
winter to give it sweetness.”

- JOHN STEINBECK,
*Travels with Charley:
In Search of America*



BEAT THE HEAT

DRESS LIGHT

Wear loose-fitting clothing



STAY COOL

Stay somewhere with air-
conditioning



LEARN

Stay informed and learn how to
prevent, recognize and treat
heat-related illnesses.



EAT LIGHT

Avoid hot foods and heavy
meals



STAY SAFE

Never leave infants, pets or
children in parked cars



USE SUNSCREEN

Use sunscreen with SPF 15+
when going outside



STAY HYDRATED

Stay hydrated but avoid
alcohol and liquids with large
amounts of sugar.



COOL DOWN

Take a cool shower or bath

Health

STUDENT-LED CONFERENCES



Created by Tales and Teacherisms

Pre-Primary

This year's student-led conference held on the 5th April 2021 was a great success. The enthusiasm in the pre-primary learners was commendable. It was fascinating to witness students taking responsibility and ownership for their learning and showcasing their understanding of the concepts with their peers. Truly, it is an event that has always been an effective way of motivating and building student's confidence and critical thinking ability. It is also an impressive method for promoting parent participation in the learning process.

Primary

The Primary Student-Led conference conducted on two consecutive days: the 16th and 17th of April.

16th April began with a bang with our Head of the School Ms Heena Paleja, sharing words of encouragement and motivation with the primary learners. Grades I - III presented their learning on this day. It was an absolute delight to watch these pupils in groups taking charge of their learnt, shared knowledge and skills learned, while playing their parts with utmost perfection and dedication.

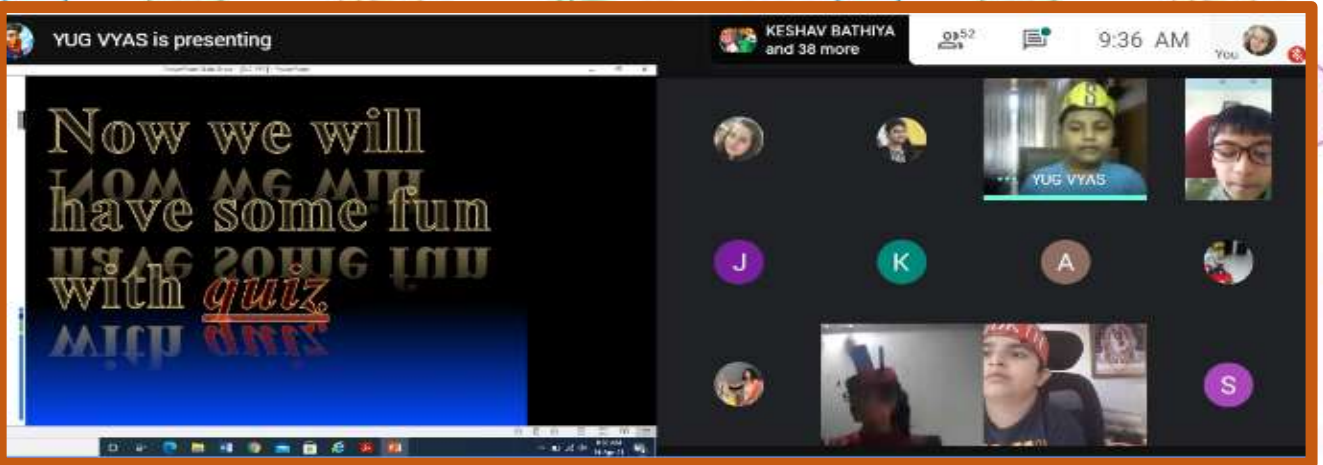
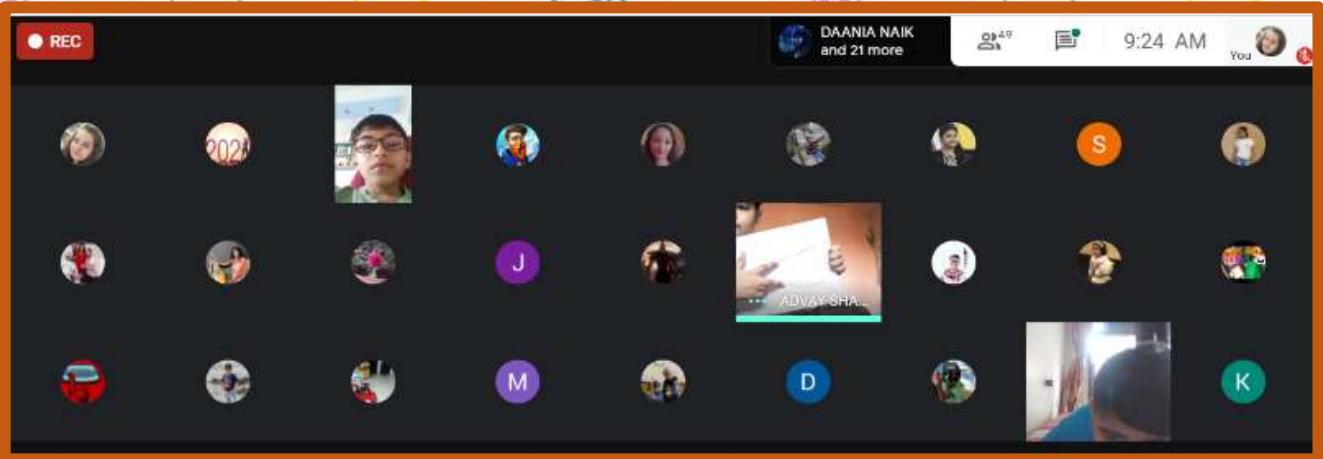
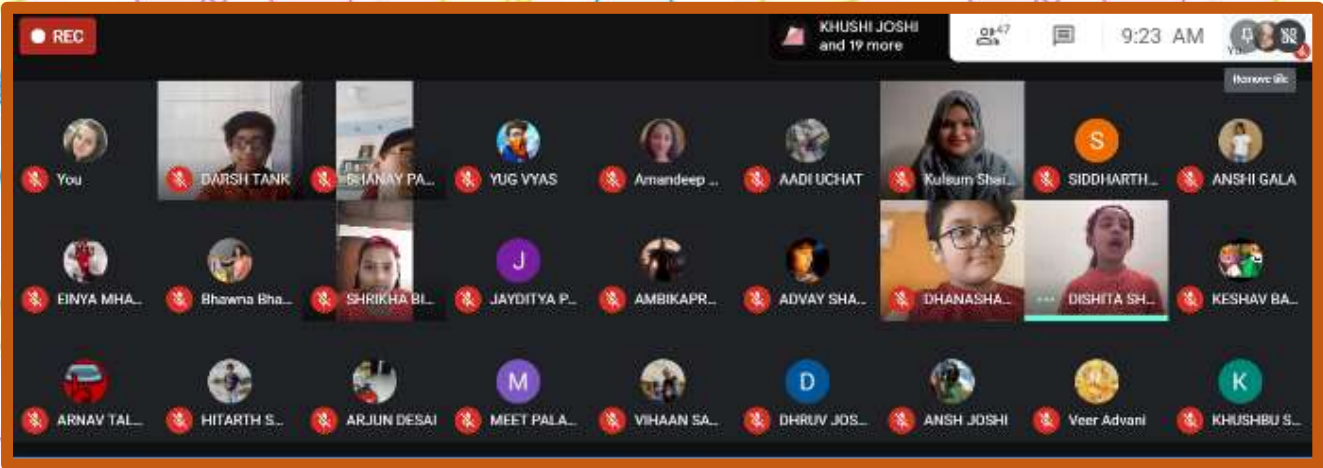
17th April was no less enthusiastic as we commenced the conference in a similar manner with our Head of the School Ms. Heena Paleja, sharing words of inspiration and optimism. Grade IV had their presentation, and their confidence, patience and performance left everyone with a marvel. It was fascinating to see learners taking pride in their learning and success.

Ms. Chaitra Shetty, Ms. Tasneem Shaikh and Ms Bhavna Sharma shared their feedback towards the end to congratulate the learners on their success and boost their confidence.



jam	ham	hat	mat
can	fan	dig	fig
cap	sap	lip	dip
fix	six	hit	pit
kid	lid	wig	big
rob	cob	pod	rod
dog	log	mop	top
cot	pot	fox	box
cat	bat	rat	cup







Graduation Day



Graduation will always be a day filled with bittersweet memories, as it is both the beginning and the ending. The celebration began with an address by our Head of the school Ms Heena Paleja; she recognized the enthusiasm and support of kids and parents and appreciated all they achieved during this new normal.

The Prep I parent and child duo left everybody spellbound with their mesmerizing performance on the graduation Day, held on Friday, 9th April 2021. The Prep II parents shared their journey in the Wonder Years and wished the kids good luck for the future. Later each parent presented their child with the cap, sash and Graduation certificate. The Pre-Primary coordinator Ms Tejal Shah and the teachers shared their emotions and a video on their beautiful journey from Playgroup to Prep II. The Primary Coordinator Ms Bhavna Bhardwaj welcomed the kids to the Primary section and shared a few tips on preparing for the next academic year. Later, Grade I students sang a song to welcome them to the Primary section. So, to our precious students "Growing up has just begun... Happy Preschool Graduation!"

Happy Graduation







World Book Day



Children Thought Culture series a global interactive storytelling platform conducted a story session for children across the world on 23 April 2021.

Katha Quest works towards spreading values and creative thinking through the art of storytelling.

Objective was to provide a platform to children to participate in shared readings and encourage cross interaction with children from across different locations.

Our students Aashi Shah, Ansh Joshi and Einya Mhatre from Grade-IV, collaborated and read the story- The Last Leaf followed by a discussion.



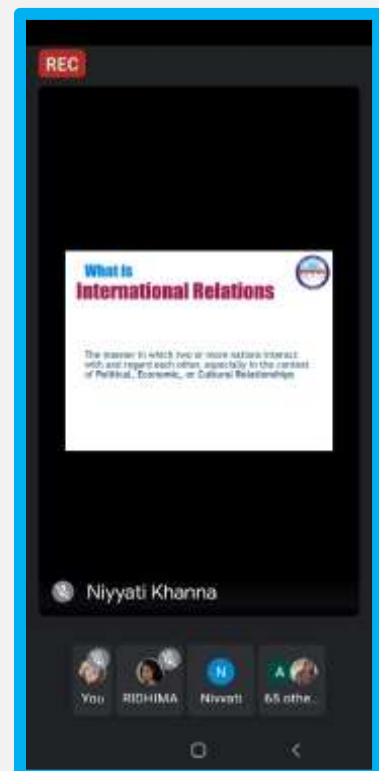
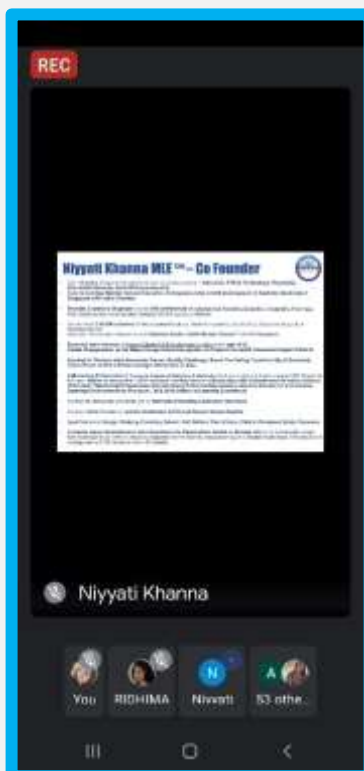
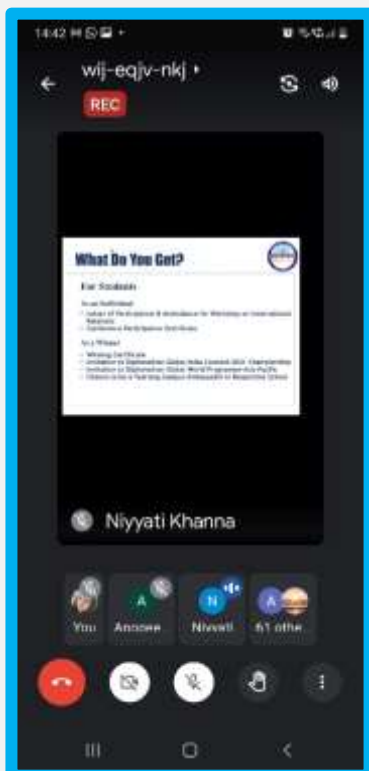
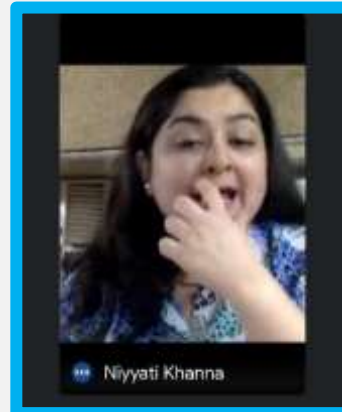
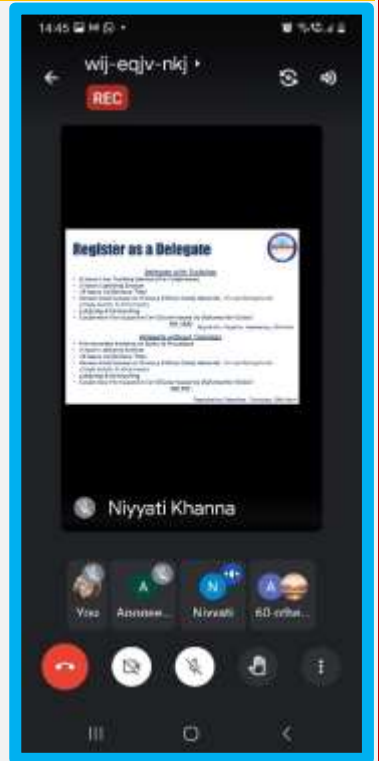
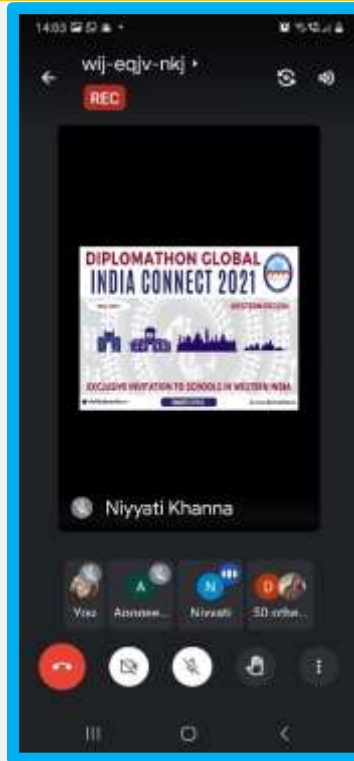
DIPLMATHON

TIS (IGCSE and A levels) organised an orientation program Diplomathon global for the students of Gr. III to Gr. X on April 26, 2021.



Diplomathon is a high impact learning platform for school students to participate and reinvent the Diplomat within.

It aims at providing a one stop learning module on International Relations, Geo-politics, Public policy, Public speaking and World affairs.



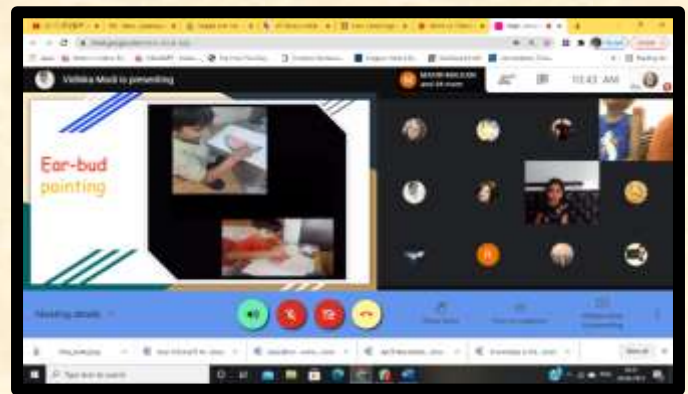


This year, once again, we organised an online Summer Camp for our students right from Pre-school to Grade VIII. It kickstarted with our enthusiastic kids and students participating in some enjoyable exercises for keeping in shape and engaging in fun activities.

A combination of activities were designed to help our students learn how their body operates, as it is challenged, in different ways. Through P.E, Dance and Gym, the focus was on strengthening, stretching, agility, and conditioning their mind and body. Music, Art and Craft activities kept their creativity flowing.

The two-week long camp concludes in a performance where students showcased what they had learnt in the camp.





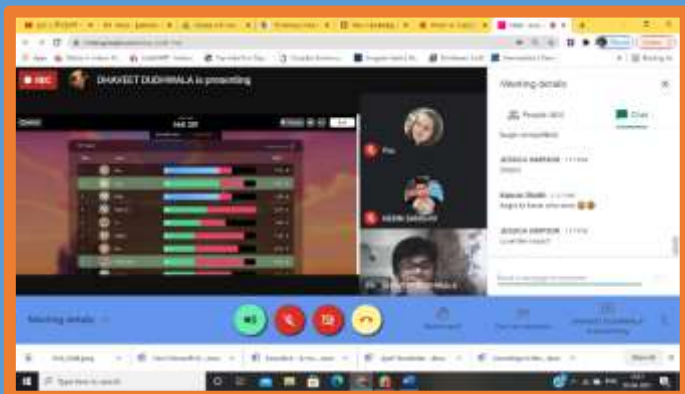
Grade X and A level Farewell

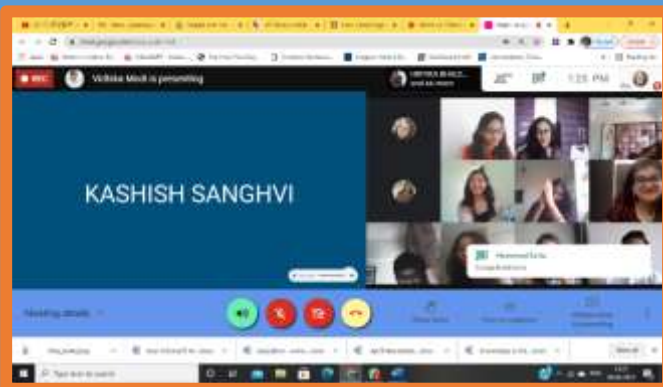
Learners of Grade IX hosted a fabulous virtual farewell party for the students of Grade X and A level students on 30th April 2021. Grade 9 was very excited to plan something for their seniors.

The celebration included games, quiz, entertainment shows displaying their talent and an awesome video to bring back the golden memories of all the years spent in school by Grade X and A level students. The celebration also covered a valuable and meaningful speech by our Head of the School Ms Heena Paleja Ma'am and Coordinator Vaishali Ma'am.

Grade X surprised everyone with their special performance. The speeches given by Grade X and A level students were heart touching and showcased their warm emotions towards the school, teachers and friends.

To our students- Set Your Goals High and Always Dream Big. Because you're only as big as the dreams you dare to Live. Happy Farewell!







The Benefits of Dance for Young Children

With arts provision shrinking in our mainstream schools, more and more parents are looking for quality performing opportunities for their children.

There are the obvious benefits of studying dance:

- + Reduced obesity
- + A fun source of exercise
- + Healthy blood pressure and cholesterol levels
- + Helping to maintain a balanced lifestyle.

There is clinically significant evidence that children who participate actively in the performing arts spend less time sitting in front of a computer screen playing games and therefore are at less of a risk of developing health problems. Children who spend more than two hours a day on screen related pastimes are at a high risk of developing health issues, such as obesity.

Physical Health Benefits of Dance:

- + Improved condition of heart and lungs
- + Increased muscular strength, endurance and aerobic fitness
- + Better coordination
- + Better agility and Flexibility
- + Healthy Blood Pressure
- + Improved overall balance
- + Improved spatial awareness

Non-physical Health Benefits of Dance

- + Increased overall confidence
- + Improved general and psychological wellbeing
- + Greater self-confidence
- + Greater self-esteem
- + Greater self-motivation
- + Improved mental dexterity
- + Better social skills.

Stimulates creativity and improve their well-being of children

Whilst dance is a good source of fun exercise for young children, it is also a creative outlet. Fun exercise is important but the opportunity to release creativity is as important as exercising and maintaining a balanced diet in the development of healthy children, because of the life skills they will learn. Dancing can make a person feel physically refreshed and improve their mood, tackling serious issues including anxiety and depression, and not just in adults.



Ms. Zil Shah - Dance Teacher

Learner's Contribution

Blogs

Education – A movement from darkness to light

Education – A movement from darkness to light. It is a quote by Allan Bloom. It's true, not just metaphorically but also literally. The lightbulb as we know it, was created by Thomas Edison, but he would not have been able to do it if he was not educated or literate. Without it we would still be in darkness.

Education is a word which contains a whole theory, it is a medium which transforms illiterate to literate, and it is a way to raise one from the dust.

We know that humans are the strongest and mightiest creature on the planet, not by strength but by our mind, we have explored the land, the water, forests, sky, and even space now.

Human started innovating things since the time they were vagabonds, they first invented the wheel, then the cart, then started ploughing the field and running through the journey humans have reached today where technology can connect with other from one part of the world to another.

Those who are successful in today's world is because of education, through which their skills, thoughts and minds were magnified.

Darkness is the infinite loop that misleads the path and education is the light that leads to perpetual wisdom.

Education is a passage, which leads us from murk to radiance and through which we get to enlighten the entire world.

-Vvrishank Jamaiyar Grade 8

Knowledge is the best and safest treasure to acquire...Never stop learning.

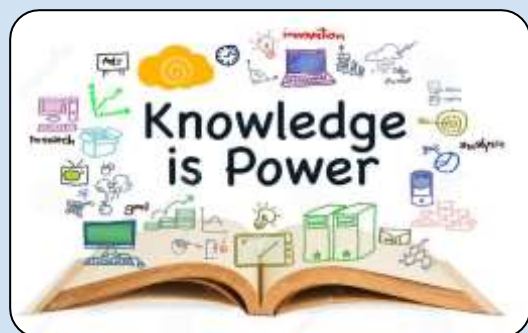
Knowledge can never get stolen, so it is the safest treasure. That is the beauty of life that learning and gaining knowledge cannot be taken away from you by anyone. It is a precious treasure that one must acquire to be smart, intelligent and wise.

Knowledge is power. That is why when you obtain knowledge, you get more powerful. You keep on learning for every moment of your life, and this is

knowledge and experience that you gain simultaneously. You acquire knowledge by experience and education. For gaining it, we must study hard with proper concentration.



We unravel the power of knowledge by sharing it. The more knowledge gets spread around, the more the people get wiser. This knowledge then brings you the opportunity to make a difference in the world. Knowledge becomes power, only when we put it into use. So, we need to pour our knowledge into real life and share it with others to unlock it.



Knowledge is learning without a limit. We should never stop learning because life never stops teaching. So, never miss any chance of learning/ gaining knowledge. Learning is the process through which we gain knowledge, understand situations and problems much better. We apprehend the world in a better manner, and everything starts getting crystal clear.

“No thief, however skillful, can rob one of knowledge, and that is why knowledge is the best and safest treasure to acquire.” – **By L. Frank Baum.**

The Benefits of dance for kids

Dancing is a fun and exciting thing that everyone can do, and it has a bunch of benefits to top it off! This article brings you, as the title suggests, the benefits of dancing - for kids. So, tighten your seatbelts as we journey through the world of dance!

Before we begin, what is dance exactly? Dance is a performing art, which has movements that often have symbolic value. It is something that is a constant in many ceremonies, including but not restricted to festivals, film awards and weddings. Many forms of athletics have a dance-like quality - gymnastics, figure skating and synchronized swimming are all part of that particular group.

Dancing has both physical and psychological benefits, but let's start with the former. It gives you increased muscle strength, endurance, flexibility and better bodily fitness in general. That is because there are different movements and steps in a dance,

which can ask for you to hold yourself in a position for a while or stretch more than what you do in everyday life. Since sometimes dancing includes a group or a partner, you can also have improved coordination through this - and isn't that a cheerful thought? Better agility is also part of the perks of dance - being swift and stealthy won't be a problem! Of course, being on the dance floor or a stage, increased spatial awareness is to be expected, or else who knows if you'd bump into someone or something, right?

As for the psychological benefits, well, increased self-confidence is part of the pack! Going on a stage and dancing in front of a bunch of people or even on the dance floor in front of your peers can boost your morale. And you can improve your social skills, mainly because performing before so many people has to take out some of your shyness!

- Dhvani Phuria Grade 7

Innovative Art and Craft Activities to Do This Summer!

Art is a method to do many things - express emotions, pour experiences onto paper, or just relieve stress. But whatever the reason may be, art is still one of the key parts of learning about a person. This summer, we are regrettably holed up in our house due to the pandemic, but fear not, for this article will give you a few activities to put on your To-Do List!

Let's begin with one of the most common types of art: painting. This is, for lack of a better explanation, a way to express feelings, thoughts and emotions on a canvas using different colours: it can range from the scenery you do in class, to masterpieces that people go far and wide to take a look at. Painting also has many types - there is still life, for one, a simple example of which is in the following painting.



"Still Life with Pottery Jars" - : Francisco de Zurbarán

And then there is portraiture, a part of painting that has been used heavily for us to find out what certain people from centuries ago looked like, but also done in hopes of masterpieces; the illustrious artist Leonardo da Vinci's much celebrated painting "*Mona Lisa*" is, and will continue to be, one of the greatest works of art-:



The next activity to try this summer is a Mandala art. It is what one could call, for lack of a better phrase, a "geometric configuration of symbols" ; that is to say, it has many different shapes and designs, which are sometimes filled with doodles (more on those later) - it usually takes time to make, so you can definitely kill hours while doing something that is quite enjoyable. And, the product is truly wonderful to behold! For your consideration, a piece of Mandala art:



Quilling is an engaging craft that involves rolling, looping, curling, twisting and otherwise manipulating paper to make designs to decorate greetings cards, pictures, boxes, eggs, and to make models, jewelry and mobiles - which is truly a fascinating prospect. You only need strips of paper, glue and your ideas, talk about easily available materials! Another bonus: it's never too complex in quilling! Doesn't that sound fun?

Next, we have origami. A well-known craft, this can be simple as pie or complex enough to make your brain run around in circles! I'm sure we remember those paper planes we made in class, or perhaps even make right now when we are bored, and perhaps we remember that little rabbit someone made out of paper and caused us to wonder "how did that happen?"



Lastly, there is doodling. A doodle is an uncomplicated drawing that can have concrete representational meaning, or may be composed of random lines, circles, curves, semicircles, abstract lines and so on. Not only is this a marvelous stress relieving device, according to a study done in "Applied Cognitive Psychology", it can also aid someone's memory! Isn't that just amazing?



These are just a few of the many, many wondrous art and craft activities that you can do this summer, but definitely one of the most recommended. Add five activities to your To-Do List, and have fun!

- Dhwani Phuria Grade 7



It's Time to Beat the Summer Heat!

Are you ready to make these delicious desserts to beat the heat and take your taste buds on a ride? As you all know, that each one of us loves to relish on luscious and scrumptious desserts which crave and tingle our taste buds to devour more and more. Especially in summer, when we are in our vacation mood, we need some refreshments to cool ourselves down. Although these are cheat meals (calorie gaining meals) these delicious deserts are loved and relished by every age group. So here are some hassle-free (trouble-free) and flameless recipes below to beat the summer heat!

1) Creamy Crunchy Chocolate Delight:

This is a special recipe invented by me. This is a dessert for chocolate-lovers which has predominantly chocolate in a different style in every layer.

Ingredients:

- Chocolate Biscuits (crumbled)
- Chocolate mousse (you can make chocolate mousse with only 2-two ingredients-fresh cream and melted dark chocolate. Blend it well and then refrigerate it well for 3-4 hours.)
- Vanilla ice-cream
- Chocolate Brownie (in pieces)
- Garnishing-Chocolate syrup/ Honey
- Chocolate chips



Instructions:

- 1) Initially, you need a glass/container for making the dessert. Also, you need all the ingredients ready at the side.
- 2) To start with, crumble the chocolate biscuits and add it to the container.
- 3) Next, add the chocolate mousse to the container.
- 4) thereafter, add vanilla ice-cream on top of the chocolate mousse \ and spread it evenly making a perfect layer.
- 5) Subsequently, add the chocolate brownie in pieces on top of the vanilla ice-cream.

2) Very Berry Yogurt Popsicles:

This is the best and unique example for a nutritional dessert with berries and yogurt as a healthy but a scrummy choice.

Ingredients:

- 500 ml Plain non-fat Greek yogurt
- 3 tablespoons of honey.
- 1 Tablespoon sugar free vanilla syrup/
Vanilla extract if preferred.
- 100 grams Blueberries
- 100 grams Raspberries
- Granola optional



Instructions:

1. In a medium bowl, add the Greek yogurt, vanilla syrup or vanilla extract if using any. Mix well with a spoon.
2. Add half of the yogurt mixture to the ice pop moulds. Add a few whole berries in each mould and push to the bottom of the mould with a toothpick.
3. Freeze the pops for about 15 minutes just to harden them up a bit.
4. Meanwhile, in a blender puree the remaining of the Greek yogurt and the berries. Add the mix to the ice pop moulds and top with granola if using any.
5. Freeze at least 3 – 4 hours.

Eventually enjoy your very berry yogurt popsicles freezing your taste buds with a sweet sugary taste!

3) Moreish Mango Mousse:

A mousse which is made by the king of fruits-The Mango which perfectly suits the summer season.

Ingredients:

- 2 medium-sized mangoes, chopped
- 1 tablespoon honey or maple syrup
- 1/2 cup low fat cream



Instructions:

- Pour the cream into a bowl and with the help of an electric beater or wired whisk, start whisking it. Pro tip - whisk the cream on a bed of ice.
- Continue with the whisking process till the cream is soft and fluffy. DO NOT over- whip or over-beat the cream.
- For the next step, puree the mango pieces and add them to the beaten cream along with the honey. Now gently mix all these ingredients nicely.
- For the final step, pour the mango mousse into glasses. Cover and chill them in the refrigerator for 20-30 minutes and garnish them as you prefer and finally serve.

Savor (enjoy the taste) on the moreish mango mousse merrily!

- **Kavya Mehta Grade 6**

ACHIEVEMENTS



Dear RUDRA DESAI
Your Contact No: 9221178786

We are happy to share your result of SOF
International Mathematics Olympiad conducted
during 2020-21.

STUDENT NAME:	RUDRA DESAI
ORIGINAL ROLL NO:	ZN600006368
REVISED ROLL NO:	MH181706020
CLASS:	06
MARKS SCORED:	53/60
INTERNATIONAL RANK:	102
INTERNATIONAL AWARD WON:	N.A.
REGIONAL RANK:	74
ZONAL RANK:	69
ZONAL AWARD WON:	N.A.
CLASS RANK:	2
CLASS AWARD WON:	Gold Medal of Excellence + Participation Certificate
SCHOOL:	THAKUR INTERNATIONAL SCHOOL (ICSE) MUMBAI MAHARASHTRA

Dear RUDRA DESAI
Your Contact No: 9221178786

We are happy to share your result of SOF National
Science Olympiad conducted during 2020-21.

STUDENT NAME:	RUDRA DESAI
ORIGINAL ROLL NO:	ZN600006368
REVISED ROLL NO:	MH181706021
CLASS:	06
MARKS SCORED:	42/60
INTERNATIONAL RANK:	262
INTERNATIONAL AWARD WON:	N.A.
REGIONAL RANK:	191
ZONAL RANK:	166
ZONAL AWARD WON:	N.A.
CLASS RANK:	3
CLASS AWARD WON:	Gold Medal of Excellence + Participation Certificate
SCHOOL:	THAKUR INTERNATIONAL SCHOOL (ICSE) MUMBAI MAHARASHTRA

Dear RUDRA DESAI
Your Contact No: 9221178786

We are happy to share your result of SOF
International English Olympiad conducted during
2020-21.

STUDENT NAME:	RUDRA DESAI
ORIGINAL ROLL NO:	ZN800006321
REVISED ROLL NO:	MH248506001
CLASS:	06
MARKS SCORED:	59/60
INTERNATIONAL RANK:	4
INTERNATIONAL AWARD WON:	N.A.
REGIONAL RANK:	4
ZONAL RANK:	4
ZONAL AWARD WON:	Gifts Worth Rs. 1000/- + Zonal Gold Medal + Certificate of Zonal Excellence
CLASS RANK:	1
CLASS AWARD WON:	Participation Certificate
SCHOOL:	THAKUR INTERNATIONAL SCHOOL MUMBAI MAHARASHTRA



T H A N K

Y O U