

A large, stylized graphic of a bugle is the central focus. The bugle is yellow and red, with its horn pointing to the right. From the horn, several red musical notes are flying out. The background consists of dark, swirling lines that create a sense of motion and depth. The text 'San BUGLE' is written in a large, bold, red font, with 'San' in a serif font and 'BUGLE' in a sans-serif font. Below 'San' is the phrase 'Happy to blow our own' in a smaller, white, sans-serif font.

San BUGLE

Happy to blow our own

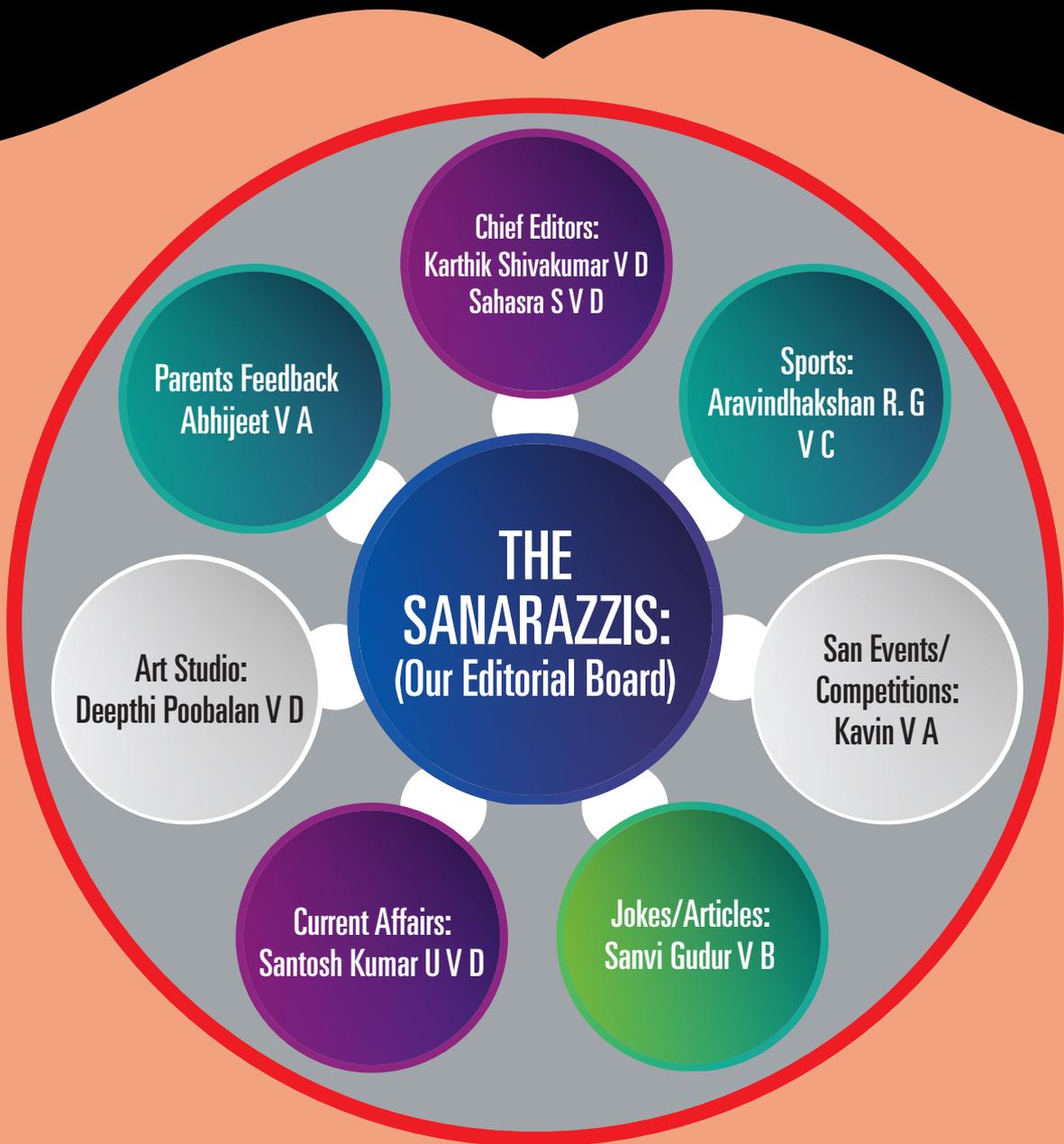
January - February 2020

23 January, 1897.

*A hero was born
with a dream of free India.*

**Salute to our true Hero
Netaji Subhas Bose.**

Jai Hind!



From Principal's Desk ...

A. Padmapriya

EMOTIONAL *Well Being*

Emotional health is just a term for how we feel our overall happiness and well-being.

Being emotionally healthy is a huge plus. People with good emotional health believe that there is a good balance to their life between leisure time, activity and work. They have high self esteem and believe there is a purpose to their lives, they enjoy life, value fun and laughter, be contented and also have better relationships with others.

Life is about making the most of our reality, knowing it absolutely and experiencing it just the way it is. The focus and attention of the present will lead to productivity.

Stress is the natural byproduct of our mind. It is not showered on us but rather manufactured from within. Everything around us might be going pretty well, but one wrong thought or emotion would destroy everything.

The quality of our life is not determined by the clothes we wear or the bank balance we hold. Rather it depends upon how peaceful and joyous we are inside.

All emotions have meaning and value simply because they are part of us. We can develop emotional intelligence, the ability to identify them and use it constructively. This intelligence will help us with emotional regulation, adjusting our mindset and behaviour accordingly.

"Life is so much brighter when we focus on what truly matters"

People who are mentally emotionally and mentally resistant have the tools for coping with difficult situations and maintaining a positive outlook. Remaining focused flexibly and productive in bad times will make the problem appear to be handled well and even in an unpredictable future there will be hope in a positive mindset. People that all problems will get solved and eventually a solution will be found.

"One can value any emotion into a creative force in one's life"
– Sadhguru



TWINKLING TOTS



NURSERY

FLY A KITE DAY

On 6.1.2020 kids of Nursery celebrated fly a kite day. Kids enjoyed to see the flying object like parachute and kite. Mimicry on birds sounds made them to correlate with natural environment. From this activity children learnt about different flying objects.

FIELD TRIP

On 7.2.2020 children of Nursery went to a pet shop in Velachery. Children were excited to see various pet animals and birds like macaw, turtle, cat, dog, white rat, iguana. They touched and felt each and every animal and bird. Through this field trip children learnt about different features of birds and animals. They learnt that various animals can be bread as a pet, children showed compassion towards other living beings.

HEALTH IS WEALTH

On 10.2.2020 kids of Nursery celebrated the Health and wealth day. Kids enjoyed a lot to do few child friendly exercise Mr. Essaki Raj (Yoga Master) came and he told the benefit of daily routine like having healthy breakfast and doing warm up exercise. All the children should keen interest to learn few warm up exercise. They were aware of all fruits and vegetable names and that was the best part of the day. Overall it was informative and enjoyable session for kids.

JR KG

THE MAGICAL SEASONS

The magical season special event was organized on 10th January 2020. The children were shown a practical demonstration of the thing to be used in different seasons. The kids enjoyed the fun activities organized for various seasons like making sand castle and playing with beach set in summer, ice cubes in winter, sticking the dried leaves to tree & its trunk for autumn, playing with paper boats in rainy season and finding the insects cut outs from the heap of flowers.

BUSY BEE DAY

Busy bee day was conducted on 11.2.2020 based on the theme. All the participants were buzzing like bees on the day happily dressed up as bees. The children really enjoyed their experience of enacting as honey bee from collection of honey to storing the honey in the bee hive. Few other games were conducted related to the theme. Children understood and learned the amazing hard work of honey bee.

FIELD TRIP

The children of Jr.KG went for a field trip on 4.2.2020 as a reinforcement of the concept taught to them. They had a fun filled experience going around in the garden observing the different types of herbs, shrubs, climbers, creepers, and trees with fruits and vegetables hanging from the plants. It was an enjoyable and memorable trip to Mr. Bala's and Mrs. Jessie's terrace garden.

SR KG

HELLO SPRING DAY

On 9.1.2020 Sr.KG celebrated "Hello spring" day. As expected it was really grand event. Kids and their parents co-operated and dressed up their child in festival costumes to represent the spring festivals. Children also learnt dance within short period. They also learnt what are all the festivals celebrated in spring season.

FIELD TRIP

On 5.2.2020 students of Sr.KG went on a field trip to Birla Planetarium situated at kotturpuram enjoyed playing with the equipments in the science museums. The theatre brings to life the skies and heavenly bodies on a hemispherical dome. The virtual tour of the plants and the audio - visual programs on various aspects of astronomy was shown in the dome theatre. The show was very informative and interesting for the children through this show, children were able to relate to the theme "astral insight" which was a part of their curriculum.

TWINKLING TOTS





Pongal Celebration



January - February 2020





15 YEARS OF CELEBRATING THE MAHATMA



ORPHANAGE VISIT FOR PONGAL



CRYPTOMANIA RIDDLES

1. What begins with T ends with T and has T in it?
2. You can see me in water and I never get wet. Who am I?
3. I travel around the world, but only stay in one corner. Who am I?
4. I get wetter the more I dry. Who am I?
5. What has cities but no houses; forest but no trees; water but no fish?
6. I am a celebrity fish. Who am I?
7. What can be seen once in a minute twice in a moment and never in a thousand years?
8. Every evening I get my assignment and I always fulfill it but every time I do I always get shushed. Who am I?

– **G.V. Yuvamithraa, IV - D and Sreethiyaa.K, IV - C**

ANSWERS

- | | |
|---------------|-------------------|
| 1. Teapot | 5. Map |
| 2. Reflection | 6. A star fish |
| 3. Stamp | 7. The letter M |
| 4. Towel | 8. An Alarm Clock |

1. Dream that you are in a closed house no doors, chimneys and windows how will you escape
2. What is found at the end of the rainbow?
3. When I am small I am tall, when I am tall that is short?
4. Name the three times of a day?
5. There are three rooms in first room there is a zombie in the second room there is a dead lion in the third room there is fire which room will you enter?

– **B.Deeksha, IV - C**

ANSWERS

1. Get out of the dream.
2. W
3. Candle
4. Morning, Afternoon and Night.
5. The second room because the lion is dead

1. Which letter of the alphabet has water?
2. What has a neck but no head?
3. What needs an answer but doesn't ask a question?
4. What is as light as feather but even the strongest man can't hold it for long?
5. What has hands but can't clap?

– **Pranav Raz.P,V - C**

ANSWERS

1. The letter 'C'.
2. Bottle
3. Telephone
4. Breath
5. Clock

Inter School Winners

MONTH	DATE	COMPETITION	VENUE	PRIZE	WINNERS NAME/ CLASS
Jan	5.1.2020	APL SEASON -II	NEHRU OUTDOOR STADIUM	III- Prize Track Event- 400 mts	Srividya.K- III A
Jan	24.1.20	San Fest	San Academy, Pallikaranai	II-Prize Clay Modelling	Dharshitha.N- Jr.KG - B
				III-Prize Show and Tell	Yaazhini.G- II-A
				Group Dance- III PRIZE	Sanjan.S.V- I-B
				Group Dance- III PRIZE	Harshan Aniirudh S.M- I-C
				Group Dance- III PRIZE	Varun.S- I-D
				Group Dance- III PRIZE	Netra Yuvaraja- I-D
				Group Dance- III PRIZE	Ria.R- II-B
				Group Dance- III PRIZE	Akshadha Radha.K.S- II-B
				Story Narration- III- PRIZE	Shakkthi. P. V- IV-D
				Logo Designing- II- PRIZE	Michelle Dominic- III-A
				Group Dance - I PRIZE	Aadarsh S G- IV-A
				Group Dance - I PRIZE	Aksharaa.V- IV-A
				Group Dance - I PRIZE	Muhammad Ashfaq.B- IV-B
				Group Dance - I PRIZE	Shana Madhukumar- IV-B
				Group Dance - I PRIZE	Madhunisha.S- IV-D
				Group Dance - I PRIZE	Jai sudhan.P.K- IV-D
				Contemporary Dance - I PRIZE	Archisha.A- V-A
				Contemporary Dance - I PRIZE	Uthpalakshi.K- V-A
				Contemporary Dance - I PRIZE	Pratyush.S- V-A
				Contemporary Dance - I PRIZE	Sham Priyan.A- V-C
Contemporary Dance - I PRIZE	Rahul.S- V-C				
Contemporary Dance - I PRIZE	Lekha.A.S- V-C				
Puzzle Making/Maze Solving- I PRIZE	Karthik Sivakumar- V-D				



Feb	1.2.20	Inter – School State Level Athletic Meet	Amrita Vidyalaya, Kovur, Ch-128	Shotput- I PRIZE	Sai Venkatesh.R.S- II A
				50mts- I PRIZE	
				75 mts- I PRIZE	Nithila.G- IV A
				50 mts- I PRIZE	
				Individual Championship	
				Shotput- III PRIZE	Shana Madhukumar- IV B
				Shotput- I PRIZE	Pratyush.S- V A
				Shotput- II PRIZE	Sanjey Pranith.P- V B
				200 mts- III PRIZE	Lekha.A.S- V C
				200 mts- I PRIZE	Divya Shree.S- V C
				100 mts- II PRIZE	
				Shotput- II PRIZE	Samridhi.M- V D
				100 mts- I PRIZE	Lakshya Kodhai.A- V D
				Shotput- I PRIZE	
Shotput- III PRIZE	Muhammad Ashfaq.B- IV B				
Shotput- I PRIZE	Sanjan.S.V- I B				
Feb	1.2.20	Chrysalis 2020	AKG Public School Velachery, Jaladianpet, Ch-100	Clay Modelling- I PRIZE	Emmanuel Kevin Peter- I A
				Story Telling- III PRIZE	Sai Darshan.B- II C
				Leaf Collage- I PRIZE	Shivani.K- II B
				Poster making- II PRIZE	Munilekhitha Reddy.P- IV B
				Poster making- II PRIZE	Raghav Anand- V B
Character enactment- II PRIZE	Sriya Sreejay- V A				







Creativity is the freest form of self-expression. There is nothing more satisfying and fulfilling for children than to be able to express themselves openly and without judgment. The ability to be creative, to create something from personal feelings and experiences, can reflect and nurture children’s emotional health. The experiences children have during their first years of life can significantly enhance the development of their creativity.

Kavin of class VA is a budding writer.

1. When did you first realize you wanted to be a writer?
When I started reading books like Robin Hood and Akbar and Birbal I first realized I wanted to be a writer.
2. How long does it take you to write a book?
It hardly takes 25 – 30 days to write comic book.
3. Where do you get your information or ideas for your stories?
I get ideas for my stories from books and television.
4. When did you write your first story and how old were you?
I wrote my first story when I was 7 years and in II standard.
5. What does your family think of your writing?
They felt proud and happy.
6. As a child what did you want to do when you grow up?
I did want to become a teacher and writing stories is my passion.
7. How many stories have you written? Which is your favourite?

I have written 8 stories and the story “Ternats” is my favourite.

8. What was one of the most surprising things you learned in creating your stories?
The drawing skill of mine was surprising when I started writing comics.
9. Do any of the characters remind you of someone in real life?
In the story “Naughty Billy” which I wrote, the character Billy resembles my cousin Hanskik.
10. What inspired you to start writing?
When I started reading books my mother asked me to write my own stories to evaluate my vocabulary, from then on I loved writing stories.
11. What advice would you give a new writer, someone just started out?
I would say him/her don’t worry about their mistakes just keep on improvising.
12. How do you come up with the titles to your stories?
I keep the title depending upon the stories.
13. What is the most difficult part about writing for you?
The most difficult part is drawing all the characters repeatedly.
14. How do you deal with poor reviews?
I just take them as my stepping stones for success.
15. Which of your stories were the most enjoyable to write?
The story “Kings, Mantries, Kingdom” was the most enjoyable to write.

THE Speaking PEN

MATHS IS COOL TOO! SOME FUN FACTS ON MATHEMATICS.

Even though numbers can be scary sometimes but if learned properly and with fun, they can be pretty amazingly cool. Let's see some interesting facts about mathematics.

1. Zero is the only number which cannot be represented by Roman numbers.
2. What comes after a million, billion and trillion? A quadrillion, quintillion, sextillion, septillion, octillion, nonillion, decillion and undecillion.
3. Plus (+) and Minus (-) sign symbols are used as early as 1489 A.D.
4. 2 and 5 are the only prime that end in 2 or 5.
5. Among all shapes with the same perimeter a circle has the largest area.
6. Among all shapes with the same area a circle has the shortest perimeter
7. 40 when written "forty" is the only number with letters in alphabetical order, while "one" is the only one with letters in reverse order.
8. 'FOUR' is the only number in the English language that is spelt with the same number of letters as the number itself.
9. From 0 to 1000, the letter "A" only appears in 1,000("one thousand").
10. 12,345,678,987,654,321 is the product of 111,111,111, × 111,111,111. Notice the sequence of the number 1 to 9 and back to 1.7 Mathematics shortcuts, that can blow your down.
11. Have you ever noticed that the opposite side a die always add up to seven (7).
12. Trigonometry is the study of the relationship between the angle of triangle and their sides.
13. Abacus is considered the origin of the calculator.
14. Here is an interesting trick to check divisibility of any number by number 3. A number is divisible by three if the sum of its digit is divisible by three (3).
15. Do you know the magic of number nine (9)? Multiply any number with nine (9) and then sum all these individual digits of the result (product) to make it single digit, the sum of all these individual digits would always be nine (9).
16. If you add up the number 1-100 consecutively (1+2+3+4+5+...) the total is 5050.
17. A 'jiffy' is an actual unit of time for 1/100th of a second.
18. Have you heard about a Palindrome number? It is a number that that reads the same backwards and forward, 12421.
19. Have you heard about Fibonacci? It is the sequence of number wherein a number is the result of adding the two numbers before it! Here is an example: 1, 1, 2, 3, 5, 8, 13, 21, 34, and so on.

— Sanvi Gudur. V-B



PETER AND PARKER

Peter was a cute German shepherd and all the children loved him. However, there was one boy who disliked Peter. It was Parker, an eight –year – old, who often threw stones at the helpless animal. What a mean act!

One day there was a big storm. Parker had not returned from school. Soon it became dark and his parents were very worried. His father went out to look for Parker.

“Why don’t you take Peter, I am, sure he can find your son “suggested his neighbour. Both of them searched nearly for an hour. Suddenly Peter sniffed something, “Woof, woof! “he barked and rushed to a huge pit. “Help Help!!! They heard a faint voice. Soon Peter was pulled out and they all went home, since then, Peter and Parker became best friends. Surely, dogs are man’s best friends.

– A. Deepikaa, IV - C

ROSY AND THE FAIRY

Little Rosy had read many stories about the Fairy land. “Please take me to the Fairy land”, she would often pray. One day while Rosy was playing in her garden, a beautiful fairy appeared. “Rosy would you like to come with me to the Fairyland? She asked “I would love to, but who are you? asked Rosy. “I am the princess of the Fairy land “replied the fairy. So, off they went in a flying chariot. Rosy saw the most beautiful flowers and had the tastiest chocolates there. The fairy gave Rosy a beautiful dress with lots of frills and a pair of glass shoes. Suddenly, Rosy felt a jerk and opened her eyes. There was nobody around. But still she was wearing the beautiful dress and the glass shoes “Oh God! Thank you so much, I actually visited Fairy land “murmured Rosy. Sincere prayers never go unanswered.

– A. Deepikaa, IV - C



12 THINGS HOLDING YOU BACK FROM ACHIEVING SUCCESS

1. You fear what people think
2. You've become comfortable with the uncomfortable.
3. You have no discipline
4. You're afraid of change
5. You have great ideas that you don't put to action
6. You are easily distracted
7. You lack creativity
8. You're not an early bird
9. You let failure cripple you
10. You are too impatient
11. You're motivated too much by money & not by passion
12. You haven't found for what you were born to do.

– CHARANYA G
Parent of G.C NISHANT & G.C SAMIKSHAA



ABCD is a list of the four letter in the English alphabet. It may also refer to:

MEDICINE

- ABC (medicine), also known as ABCD, a mnemonic for steps in resuscitation.
- ABCD rating, a staging system for prostate cancer.
- ABCD syndrome, a genetic disorder.

SCIENCE

- ABCD matrix analysis, a type of ray tracing technique used in the design of some optical system.
- ABCD parameters, type of properties describing the electrical behaviour of linear electrical networks.
- ABCD schema, a highly structured data exchange and access model for taxon

occurrence data (specimens, observations etc., of living organisms). i.e. primary bio diversity data.

FILM

- ABCD: American -Born confused desi, a 2013 Malayalam comedy film
- ABCD: anybody can dance, a 2013 Bollywood film
- ABCD2, a 2015 film based on dance

OTHER USES

- ABCD, American streaming service.
- ABCD ships, the first four steel ships built during the "New Navy" period US naval history. Atlanta, Boston, Chicago and Dolphin.

– G.C. Nihasant, V-D.

A SILENT TRAGEDY

There is a silent tragedy that is unfolding today in our homes, and concerns our most precious jewels: our children.

Our children are in a devastating emotional state! In the last 15 years, researchers have given us increasingly alarming statistics on a sharp and steady increase in childhood mental illness that is now reaching epidemic proportions:

Statistics do not lie:

- 1 in 5 children have mental health problems
- A 43% increase in diagnosed ADHD
- A 37% increase in adolescent depression has been noted
- There has been a 200% increase in the suicide rate in children aged 10 to 14

What is happening and what are we doing wrong?

Today's children are being over-stimulated and over-gifted with material objects, but they are deprived of the fundamentals of a healthy childhood, such as:

- Emotionally available parents
- Clearly defined limits
- Responsibilities
- Balanced nutrition and adequate sleep
- Movement in general but especially outdoors
- Creative play, social interaction, unstructured game opportunities and boredom spaces

Instead, in recent years, children have been filled with:

- Digitally distracted parents
- Indulgent and permissive parents who let children "rule the world" and whoever sets the rules
- A sense of right, of deserving everything without earning it or being responsible for obtaining it
- Inadequate sleep and unbalanced nutrition
- A sedentary lifestyle
- Endless stimulation, technological nannies, instant gratification and absence of boring moments

What to do?

If we want our children to be happy and healthy individuals, we have to wake up and get back to basics. It is still possible! Many families see immediate improvements after weeks of implementing the following recommendations:

- Set limits and remember that you are the captain of the ship. Your children will feel more confident knowing that you have control of the helm.
- Offer children a balanced lifestyle full of what children NEED, not just what they WANT. Don't be afraid to say "no" to your children if what they want is not what they need.
- Provide nutritious food and limit junk food.
- Spend at least one hour a day outdoors doing activities such as: cycling, walking, fishing, bird / insect watching
- Enjoy a daily family dinner without smartphones or distracting technology, let everyone feel valued
- Play board games as a family or if children are very small for board games, just let the pretend to play it
- Involve your children in some homework or household chores according to their age (folding clothes, hanging clothes, unpacking food, setting the table, feeding the dog etc.)
- Implement a consistent sleep routine to ensure your child gets enough sleep. The schedules will be even more important for school-age children.
- Teach responsibility and independence. Do not overprotect them against all frustration or mistakes. Misunderstanding will help them build resilience and learn to overcome life's challenges,
- Do not carry your children's backpack, do not carry the homework they forgot, do not peel bananas or peel oranges if they can do it on their own (4-5 years). Instead of giving them the fish, teach them to fish.
- Teach them to wait and delay gratification.
- Provide opportunities for "boredom," since boredom is the moment when creativity

awakens. Do not feel responsible for always keeping children entertained.

- Do not use technology as a cure for boredom, nor offer it at the first second of inactivity.
- Avoid using technology during meals, in cars, restaurants, shopping centers. Use these moments as opportunities to socialize by training the brains to know how to work when they are in mode: "boredom"
- Help them create a "bottle of boredom" with activity ideas for when they are bored.
- Be emotionally available to connect with children and teach them self-regulation and social skills:

- Turn off the phones at night when children have to go to bed to avoid digital distraction.
- Become a regulator or emotional trainer for your children. Teach them to recognize and manage their own frustrations and anger.
- Teach them to greet, to take turns, to share without running out of anything, to say thank you and please, to acknowledge the error and apologize (do not force them), be a model of all those values you instill.
- Connect emotionally - smile, hug, kiss, tickle, read, dance, jump, play or crawl with them.

Article written by Dr. Luis Rojas Marcos Psychiatrist.

அழகிய மழைக்காலம்

அது ஒரு அழகிய மழைக்காலம்
என் வீட்டருகில் உயர்ந்தோங்கிய மாமரம்
மாமரத்தில் அழகிய காக்கையின் கூடு
காக்கையின் கூட்டுக்குள்
குயிலின் முட்டைகள்

இரு குஞ்சுகளும் ஒரே கூட்டில் என்ன விந்தை!

பசித்த குஞ்சுகள் சிவந்த வாயை குவியலாய் பிளந்தது
இரண்டுமே தன் குஞ்சுகளாய் நினைத்து
இரையைக் கொடுத்தது பகிர்ந்துண்ணும் காகம்
மழைக்கு குஞ்சுகள் நனையாமல் இறக்கைகளை
குடையாய் பிடித்தது கருப்பழகி அம்மா
கடவுளின் அற்புதங்களில் இதுவும் ஒன்று.

— த. நிஷா நந்தினி, தமிழாசிரியை



Global Buzz

INTERNATIONAL Language Day

On 21st February Sr.KG celebrated International language day on this day children understood how language helps us to communicate and express their feeling with each other through the mine act performed by teachers. They also understood the purpose of celebrating International language day throughout the world. They were told about how many languages are still active all around the world. Children of Sr.KG A & B host active participation in signing action rhymes in different language.

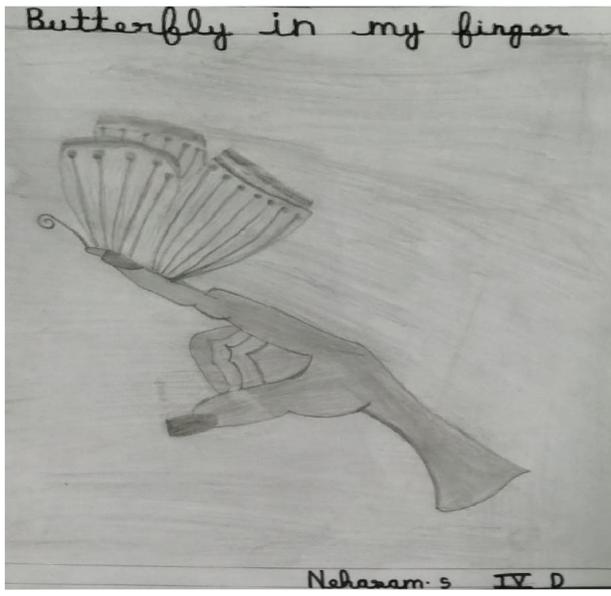
Finally KG teachers had interacted with the children in their Mother tongue, through this activity children got opportunity to explore and understand different dialect in different languages. Overall the event was to promote linguistic and cultured diversity. It also encouraged children to maintain their knowledge of their mother language and also developed curiosity using more than one language.



The Master Strokes



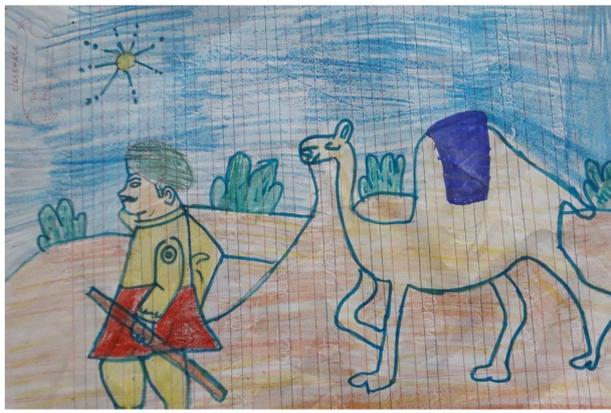
Nehasam IV D



Iyaalini III B



Akshadha Radha II B



Anika gupta II A



PARENTS BANTER



PROJECT DAY FEEDBACK

*– Parent of
Thaswikaa,
Class I*

Great effort good display of Japan things. Really good to see these children's effort behind this display. Thanks to the teachers who coordinated these.

Too many information on invention from Japan. I believe lot of work from both teachers and students. Highly informative for all age. Good work.

*– Parent of
Eniyan,
Nursery*

*– Parent of
Devesh Kavin,
Class IV D*

அண்மையில் நான் ஜப்பானுக்குச் சென்றிருந்தேன். அங்கு கண்ட காட்சிகளை அப்படியே படங்கள், பாடல்கள் மூலம் பிரதிபலித்தமைக்கு பாராட்டுகள்.

All the kids are very interested in presenting their concepts. I was called by almost all the kids in this class. They could answer my questions too. Great effort by the kids and parents. Very happy to see energetic kids, could see teacher's effort when the kids present wonderful effort.

*– Lakshmi,
Parent of
Venkata
Ramachandar,
Class III A*

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