

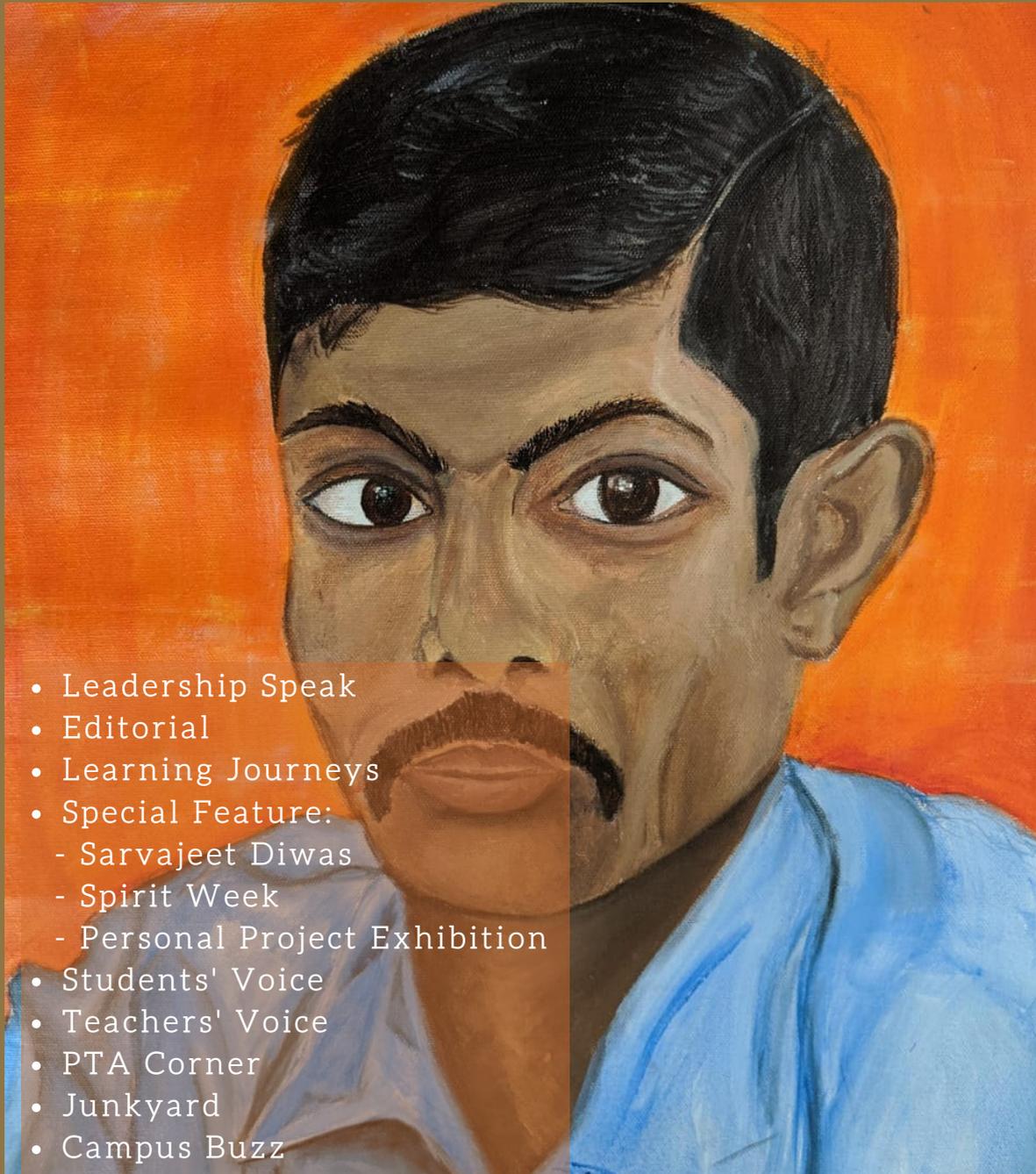
JANUARY
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NEEV TIMES

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The Official Newsletter of Neev Academy

SPORTS, SERVICE, AND INCLUSIVENESS



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YUVIKA GOEL (G9)

"Beauty is not in the face. Beauty is a light in the heart." - Kahlil Gibran.

While painting a portrait, one often seeks a muse of the most beautiful kind. After many discussions, I realised that exquisite beauty is always found amongst imperfections and one's identity is never shaped by outward appearance. If colour, race and social belonging were to determine beauty, we would be impoverished of it.

In my painting, I sought out my ideal of beauty. Yours may be different.

LEADERSHIP SPEAK

Sports or Wellness - Creates Progressive Thinkers

Playing sports is a learning experience. This learning starts very early in our life as 'play'. When we structure play and set processes in place we indulge in sports. Sport for some is about being a champion, for some a profession, but eventually, everyone will be a winner if you look at sports as 'wellness'. The principles of sports develop progressive values and attitudes that have the ability to go beyond culture, race, religion, and politics. Well, that is the effect of sports - 'A Healthy Mind in a Healthy Body', and 'A Healthy Body in a Healthy Mind'. Both these statements are true!



Health can be determined by many components. These components include those that we can control and those beyond our control, such as family history, genetics, age, or gender. Wellness is associated with more controllable factors such as individual lifestyle choices and habits. The human body is designed for the basic functions of movement and physical activity that is vital for good health. Being physically active goes back to a time when people wouldn't have thought of it as working out, but rather a way of life. Today, the secret to making physical activity a way of life is found in our daily habits and it starts in the way we think, do, say, eat, practice, and believe. The impact of this on ourselves, others, and our environment is a reflection of who we are and how we choose to live our life. We find identity, meaning, and purpose in life through the habits we build.

Making sports a routine and a habit develops physical and mental fitness. Sport at Neev is aimed at developing a healthy balance of physical and emotional wellness, to shape personalities and build strong values of respect, responsibility, and empathy in our students. Playing sports leads to a positive state of mind and provides opportunities to learn grit. It supports a way of thinking that ensures every individual is happy and paves the way for them to achieve their potential.

SHANTHI RAGHUNATH
HEAD - PYP

EDITORIAL

Sports is an integral part of one's life. It provides an opportunity for young individuals and adults to learn skills together and discover more about each other's similarities rather than differences. While the need for sports is global in perspective, the importance of being included in sports is not. This is because inclusiveness in sports is often challenged by many societal barriers and prejudices, with disabled children often denied opportunities to participate in sporting activities mainly due to the stigma attached to one's physical or intellectual disabilities. According to a WHO report, about 15% of the global population lives with some form of disability or chronic condition. Due to their sedentary lifestyle, children with disabilities are often twice as likely to suffer from obesity.

The 2020 Paralympics is changing the way that these disabilities are viewed by challenging the stereotypical ways in which disabled people are looked down upon. The prevalent view of disabilities is one that looks upon the illness or condition of a disabled individual as a "problem". The aim of the Paralympics is to eliminate this notion by promoting a more social rather than a medical perspective on disabilities. Therefore, the message being pushed by this initiative is to show that disabled people are hampered lesser by their own impairments than they are by the barriers enforced upon them by society.

The Paralympics has opened doors to opportunities that people once thought could never exist. It has shown us the impact that inclusiveness can have on the lives of so many individuals, such as the participants of the upcoming event in 2020. We hope that such strong inclusiveness can be demonstrated in other aspects of life as well.

Neev community celebrated its annual sports event, Sarvajeet Diwas 2019-20 in December last year. Parents and grandparents of all ages participated in a plethora of events and the school celebrated their participation with loud cheers from the audience. Interesting bit to wonder about is that many students participate in races and other events with known champions competing in the same. They know somewhere that it is hard to win that race; that they may also be the last to finish the race. But what keeps them going? Do they believe that they too can win? Or are they not concerned about winning? It must be stemming from the sheer love of sports. The spirit, in either case, is the winner. It is indeed then Sarvajeet Diwas.

LEARNING JOURNEYS

GRADE 11



North East Trip

The road snaked around the mountains, stretching endlessly as we zipped across. I opened the car window, and as I was greeted by a rush of cool air, my gaze drifted from the dark hills surrounding me, to the sky. It was a thick, black blanket dotted with bright lights; almost like powdered sugar sprinkled on a table. The longer I watched the more stars revealed themselves, and all the fatigue I felt melted away into wonder and awe. The sight of stars is a luxury for me, coming from the city. I couldn't help but wonder, what would it be like to live here and see them every night? Would I still look on in awe? Or would they just become an aspect of nature I would take for granted?

Walked up a hill where the most alive thing to be seen was me. I sat down by the side of a grave. You look at a row of tombstones from the right or left, not knowing whether you're looking at one or it's hiding a thousand. I got off the ground to read a few names. "Muhammad, Muhammad, and Muhammad." I immediately closed my eyes and prayed, "God, you've taken with you this name so many, but this one he's mine. Please don't take my friend away." Whether you're 6 foot 3 or barely 5, we're all grateful we're not an inch below the ground.

ARYAN SHARMA

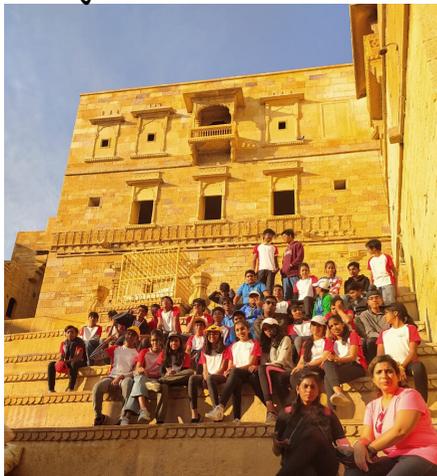
The Root Bridges. Indian Rubber Trees roots extending through the rocks, into the pristine water and across the stream to form a solid bridge. Centuries-old bridges grown from tangled roots. Even more stable than a cable bridge. However, it takes time, hundreds of years even, to reach their full potential of stability and strength. We, as a class, do not have that much time, but hopefully one day we can reach that level of solidity in our friendships.

ANOUSHKA MANIK

ADITI KANCHIBHATTA

GRADE 8

Rajasthan Trip



Walking through the castle felt like being enveloped by a part of history itself. Where everyone saw old, eroded bricks, empty gardens, and ancient rooms, I saw so much. I saw the local artisans who lovingly designed the soft, yet firm floor, and painted the beautiful designs with loads of detail. I saw memories of joy, with the women roaming around the garden, stopping by to pick up flowers. I saw Amar Singh going to evening parties, choosing one of his four carriages. Most of all, I saw the glory of the castle that got both British aristocrats and proud Rajputs together. It wasn't the words that got the experience alive. It was my imagination.

ADITI MAGESH

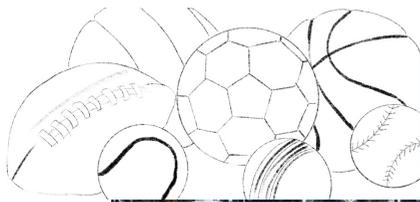


The air was icy cold, goosebumps covered my sweater-clad arms, the roaring sound of the jeep was all I heard with small intervals of a bird's tweet. We had all come to the reserve expecting to see the elusive tiger. Whenever I heard the word I ignored the cold and scanned the grassy landscapes for signs of orange and black, stopping the urge to talk, afraid to scare it away. Everytime we cross a kilometre, failing to spot any signs of orange and black, a pint of disappointment fell into my cup of hope. I suddenly felt a rush of sympathy to this animal, the royal tiger trying to survive in this tough world.

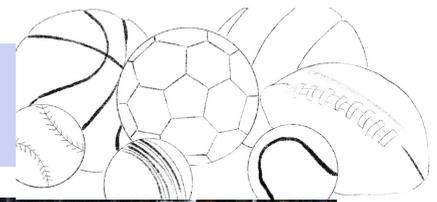
TEJAS RAMINENI

A strange smell filled the air as we approached lines of cow dung mixed with worms. The farmer dunked his hands into the still moist cow dung to reveal numerous worms wandering in and around it. My classmates began to pick up the worms and a new feeling in me pushed me to do it as well. The worm was slippery, its slimy body moved smoothly on my palm until it was put back down into what was now its home. The worms were able to slowly turn the cow dung into manure and this gushed a feeling of curiosity in my head and left me wondering... unless we were forced to, would we, as humans help others knowing it was of no benefit to us at all?

RIYA MEHTA



SARVAJEET DIWAS



Not just the leaders of tomorrow, we are the leaders of today...

Physical Education, which encapsulates the wellness of the body and mind, aids student competency at various levels. It teaches one means of bonding with one another while developing themselves. Children learn to win and also improvise through failures during the various sports events. Sarvajeet Diwas is a platform for just that. 'Sarva' means all, 'Jeet' means win and 'Diwas' means day - the day when everyone wins. Sarvajeet Diwas for the year 2019-2020 was held on the 19th and 20th of Dec 2019 for the primary and the senior sections respectively.

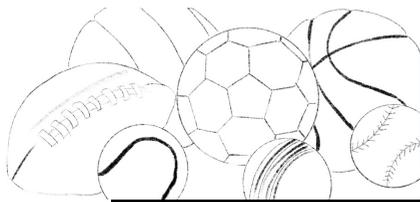
Sarvajeet Diwas commenced with hoisting the school flag followed by the beautiful Walk Past filled with enthusiasm and fervour. The school's sports captains Aarush Salwan (for primary) and Dhruv Sabharwal (for senior) took an oath on behalf of the students for fair and healthy participation during the events. On Day 1, the Army Band joined the show and filled the air with victory beats. The sports events held during the first day were pyramid relay for grade 1, the three-legged race for grade 2, sack race for grade 3, followed by an obstacle race for all three grades to test their motor and coordination skills. Shuttle relay for grade 1 and 2 followed by round relay for grade 3 was also organised. How can parents not be a part of this? Parents are the first teachers to a child and lack no enthusiasm. We had a brisk walk race for the grandparents, tug of war between teachers and parents, 200m race and a 4x100mtrs mixed relay for the parents. The day culminated with a brief closing ceremony for the day.

The second day of Sarvajeet Diwas had the school band perform for the first time at Neev, setting high standards of excellence. Displaying their talent in music and rhythm, the band walked past along with the school house teams. Upholding the solemnity of the ritual of lighting the torch, the sports champions of the previous year lit the torch and marked the beginning of the event. The sports events for the day commenced with 1500m open run for boys and 400m open run for girls of grade 6 to 12. These were followed by 100m and 200m races for all grades from grade 4 to 12, a mixed relay for grades 4 to 12 to test their team play. Similar to the first day, Day 2 also had a range of parent events.

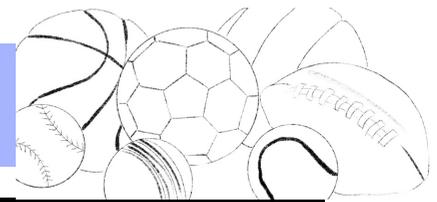
The culmination of Sarvajeet Diwas included a vote of thanks by Ms Kavita, the Head of School, followed by the school song and national anthem and then finally the lowering of the school flag. The Neev community witnessed enthusiasm among participants, honour and pride towards their grades and houses, care for their teams and above all their spirit of sportsmanship.

GURPREET SINGH, HEAD OF PHE, PYP





SARVAJEET DIWAS



Flags are representative of what a nation, an institution or an entity stands for. At Neev, it stands for grit, honour and grace.



नीव विद्यालय तीन मजबूत स्तंभों पर खड़ा है - कठिनाइयों के समय धीरता, और लोगों के प्रति सम्मान और विनीत भाव रखना। यही तीन मूल्य भविष्य में छात्रों का सही मार्ग दर्शन करते हुए प्रगति की ओर अग्रसर करेगा।



Lighting of the torch is a solemn ceremony- a symbolic heralding of taking the legacy forward: the legacy of harmony and goodwill.



After relentless practice, the Neev band performed for the very first time. Amidst loud cheers from the audience, they strode and marched in gait and glory not seen before.



Pause for a Cause - CAS lucky draw



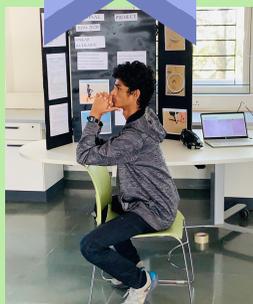
IN FOCUS!

Personal Project Grade 10

What PYP exhibition is to the PYP, Personal Project is to the MYP. Of sorts. And this journey for an IB student ends with the Extended Essay in the Diploma Programme. Personal Project aims to showcase skills, knowledge, and competence gained over the MYP years via a project each student undertakes on a topic they are particularly passionate about.

The research is conducted over 8 months under supervisors. Students develop their own criteria for success and meet the basic requirement of at least one end product. Our current students of grade 10 impressed all and sundry with their brilliant work.

Some interesting work happened on a prosthetic arm, music therapy, calligraphy, sports shoes, a food blog and more. A student created a fashion line for teenagers while another worked on artificial intelligence to predict the share market. A student wrote a novel while a couple of them created booklets on gripping subjects. Learning from the way visitors responded to the stalls, it appeared that all that labour was not lost.



STUDENTS' VOICE

Motion to enter formal debate

Last December our delegation met with a provoking and stimulating challenge in the form of the recent TISB MUN conference. The conference took place over three days: 14th, 15th and 16th. It quickly overturned any anticipation over a relaxed weekend and instead had me poised on trying to make my presence felt in a room filled with students who would shortly find themselves in college. Upon my entry I was intimidated by the perfect navy blue and black suits nearly everyone donned, not a hair out of place. I was greeted by my peers who shared their familiar distresses with me, However, this proved just fine to reassure me and prompted me to pluck up the courage to enter the committee room. Surprisingly after making my voice heard and giving a few speeches I felt much comfortable and it allowed me to enjoy the discussions which captivated all participants till the end of the conference. My friends and I did win a special mention and the commendable delegate title. I would like to end by saying that this experience will be one I will cherish and you will all see a day when Neev will be at the centre of the Bangalore MUN circuit.

TARUN PADMANABHAN (G9)



ANTARA KISHORE (G1 - NORTH CAMPUS)

Finding new roots

Did you know about the new school trees? These trees were transplanted from a place right next to the school. Our school saved these trees by replanting them in our campus as they were going to be cut down during construction. Some kids think that trees should not be there because they cannot play in the field anymore, but some kids think that it is good because we are helping the environment by providing more oxygen. The school is also planning to put few benches there so kids can do their assignments. So its up to you whether you like an empty field or tree field? By the way did you know they are 11 mango trees, 5 litchi trees and 5 rose apple trees?

AARADHYA & VEDANT (G5)

Inclusiveness is a gift of kindness

When you include people when they are lonely and call them to join you or your game it is an act of kindness and affection. Also, they feel delighted. One time I called my best friends Aadhya and Shreeya to join me in the sandpit. They had many ideas to add and build on to the game. I felt happy and cheerful when they joined me. A little later, more people joined us and we played together and I felt thrilled that day.

Ms. Charlotte talks to us about including everyone. We can be inclusive not just with friends or family, but also, the helpers at home and school. We can include the maids during festivals and celebrations by giving them presents and making them feel like a part of our family. We must be kind towards them, love them and spread a smile. To include everyone is dazzling!

NIHEERA (G2 - NORTH CAMPUS)

"The best way to find yourself is to lose yourself in the service of others." - Mahatma Gandhi

'Spirit Week' originated at Palo Alto High School in 1952, with the intention to induce an ethos within the school. Ever since it has been a tremendous success in schools across the entire world. Its popularity and demand led to it being implemented at Neev, from the 9th to 13th December 2019. During this week, students of the entire school dressed up in accordance with the various themes allocated; such as 'Pyjama Day', 'Parents Day', 'Trend Day', 'Future Aspiration Day' and 'Twin Day'. Accompanied by decorations at school, the dressing up welcomed the festive season.

While one of the purposes of 'Spirit Week' was student enjoyment, another objective was to spread the joy of service. The fact that we are privileged human beings and that people who possess less than us also fill this planet is something that our teachers constantly aim to make us understand. 'Spirit Week' hence provided us with the opportunity to donate to the less fortunate. We were encouraged to donate out of compassion and not compulsion. Contributions ranged from food items to blankets to dictionaries and were received in abundance. It was heart-warming to see the number of donations received by the school.

DEVANSH GULATI (G12)



A forest scene

A canopy of trees,
 Hovering overhead
 Soft moss gathered at the foot of the trees
 dark green leaves and ebony branches,
 Swaying in the cold wind
 Rough cobbled stones on the ground,
 In contrast to the smooth pebbles in the
 clear river
 The scent of petrichor combined with
 The fragrance of sweet-smelling flowers,
 filling the air
 Sweet and sour berries waiting to be picked
 And bitter coffee beans hiding in lush coffee
 plantations
 Distant roars of thunder storms,
 Light droplets of rain pattering on to the
 forest floor
 Leaves crunching behind us

RAGINI SHANDILYA (G6-A)

TEACHER'S VOICE

Navigating your journey to the university/college – a session by Mr. Viral Doshi

On Saturday, 11th January 2020, the high school students (G9 –G12) and select parents (G11 – G12) at Neev Academy were a privileged lot to be in the presence of Mr. Viral Doshi, renowned educational consultant from Mumbai, who talked to them about the various aspects of navigating their journey to college/university. He discussed the trends in admission in different courses & colleges in US, UK, Canada, Europe, Singapore, of the new and upcoming universities in India like KREA, Ashoka, OP Jindal, Shiv Nadar, Jio and more.

Mr. Doshi, often referred as the 'Harvard whisperer of Mumbai', spoke about -

- The criteria of admissions for both, colleges in India and abroad
- The path of earning a scholarship or being granted financial aid
- Making the right subject choices
- Writing college essays
- Weightage of extra- curricular activities in a college application
- Timelines for attempting the SAT/ACT tests and more.
- The importance of psychometric test to understand a student's aptitude. **COA** (Cambridge Occupational Analysis) is the trusted tool being used by him for more than a decade. At Neev, students in G10 do the COA assessment every year.

The students were explained the importance of consistent focus on:

a) **Academics** – The need to be consistent in academics and get good scores throughout high school.

b) **Reading** – Being one of the strong pillars of learning at Neev, he reiterated the importance of reading subject matter, current affairs, fiction or any topic of interest.

He emphasized on the goals for the high school students as-

Exploration in G9 and G10- This would mean being aware of their passion, reading about it, using opportunities of job shadowing and communicating with people pursuing the courses. Also, the need to get involved in service activities in depth throughout high school.

In G11 - the focus would be of '**consolidation**' - selecting the right subjects, working hard to get the desired scores and continuing to be actively engaged in CAS activities.

In G12 - to complete work on the **application** process besides focus on the academics, service and extra- curricular activities. The information shared in the session would act as talking points for parents to have meaningful conversations with their wards, helping them achieve their dreams and ambition.

APARNA SINGH
HEAD OF STUDENT SUPPORT

PTA CORNER



CAS is organized around the three strands of creativity, activity and service designed to strengthen and extend students' personal and interpersonal learning from the PYP and MYP. (source: IB website). And this culminates into a project that touches the student's heart, leads to lifestyle change, design/redesign a product or contribute to the community at large.

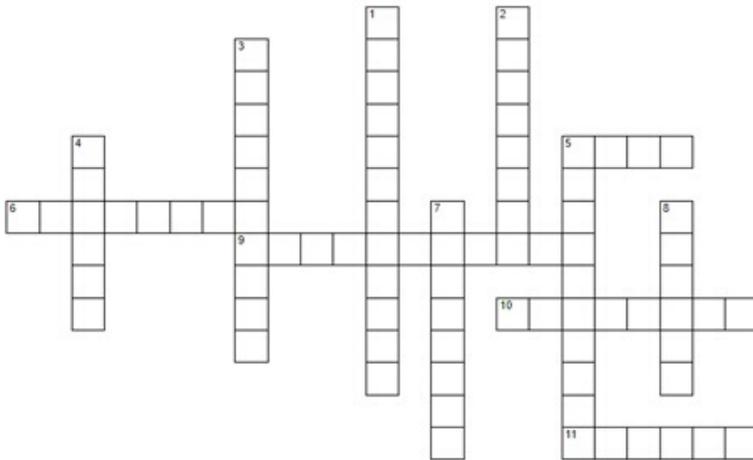
At Neev Academy, CAS flows as a philosophy from the early learning years, built strongly through the field trips, class discussions and other learning mediums. At Neev the IB CAS learning outcomes are brought out for each student in their individual journey. It is important that they find their strengths and areas of growth, acquire skills on the road of development, plan and execute an idea built into an initiative for the purpose of developing a better society, thus, helping students demonstrate their commitment and perseverance to the whole CAS experience.

The PTA CAS team is working closely with the school CAS team with the specific plan to build a library of resources (including books, videos, experts, and organisations) for school. To provide collaborative support to our students, we request parents' support to understand what is CAS, discuss about CAS at home, help the CAS team build this library of resources. To get involved, please get in touch with your class representative or directly approach the PTA board.

PTA TEAM

JUNKYARD

Crossword - Challenge your love for sports



ACROSS

- 5) This sport begins with a tee
- 6) Benjamin Franklin, who discovered electricity, invented a version of these to swim faster
- 9) A track-and-field contest consisting of 7 events
- 10) A game in which you run home
- 11) A sport where you can NOT touch the ground as per the rules

DOWN

- 1) The Inazawa Centre in Japan is home to the world's largest _____
- 2) A _____ is made up of 32 plastic pieces
- 3) The official state sport of Alaska is _____
- 4) A company that spent 2-and-a-half years designing the soccer ball for the 2014 World Cup
- 5) The ancient Greeks reportedly used this sport to prepare their young men for war
- 7) E. _____ won Gold in the women's 100m event in the 2016 Olympics
- 8) This sport is known to have the smallest ball that can go up to 281.6 km/h

Language Day Crossword - Answer Key

Across

- 1 Telugu
- 4 Tie-and-dye
- 5 Bookmarks
- 6 Tamil

Down

- 1 Tongue-Twister
- 2 Lagori
- 3 Malayalam

FUN ON THE SPORTS FIELD

The Tug-of-War event was evenly matched with the parents winning the contest on Day 1 and the teachers coming out on top on Day 2

Did you notice the Head of School and the Manager - Admissions take part in the events for parents?

The fastest parent clocked in at 28.26 seconds in the 200-m sprint.

Among the four Houses, it was a close contest between the Brahmaputra and Kaveri houses. Brahmaputra lost the House Championship to Kaveri by 1 point!

CAMPUS BUZZ

Band Performance

The school bands' performance is almost here. On the 19th of Feb, students of grades 9-12 will be expected to perform with passion and grace showcasing their musical skills. This will be an ICL band performance for the school community to watch and enjoy. Going forward, the band performances may take the form of house competitions. Till then, time to cheer for our in-house musicians and watch out for the fire they set to the stage.

PYP Exhibition

To be held on the 6th and 7th of March 2020, the PYP exhibition will showcase the PYP students' elaborate research on myriad topics of their interest. Visitors will visit the various stalls where group members will explain to them what their areas of exploration were and what were the findings. This will be an exhibition of student expertise, their knowledge, their skills and their ability to spread their understanding across to a larger community. This will be done by grade 5 students as their final project before they exit the PYP and join the middle school. This exhibition will bring to reality all the attributes of an IB learner.

Gujarat Trip

The much anticipated Gujarat trip is arriving! Happening between 3rd and 10th Feb, here students will be able to study in reasonable detail the way urbanisation impacts human life, geography, politics and economics. They will be travelling to Anand, to study how Amul became a phenomenon over time. They will see the plight of the salt pan workers in the salt deserts of Bhuj. They will visit Mahatma Gandhi's ashram on the banks of the Sabarmati and witness local craftsmanship of international acclaim in the heritage village of Nirona. This is just to name a few. Phew!