#Issue05

The Shri Ram Universal School

Igniting Curiosity, Nurturing Creativity

October Newsletter

In this issue:



National Nutrition week



Teacher's day Celebration



Hindi Diwas



Ganesh Chaturthi



International Day of Peace



A walk through - VELORA- An authors journey

Learn
Grow
Together

National Nutrition Week

Learning, Creating and Making Healthier Choices



National Nutrition Week was celebrated from 8th to 11th September with engaging, student-led activities across Grades 1 to 8.



Students of Grades 1–5 explored healthy food choices through interactive discussions, a fruit-themed presentation, quizzes, and a hands-on fruit and yoghurt cup activity. They proudly shared their nutritious creations with the Principal and teachers.



Grades 6 and 7 worked house-wise to research and create informative charts on millets, pulses, nuts and cereals, highlighting their varieties, cultivation, uses and nutritional value. Students confidently presented their work, demonstrating creativity and teamwork.



Grade 8 explored the impact of excessive sugar consumption through a creative "Sugar Board" activity, comparing the sugar content of commonly consumed foods and beverages and identifying healthier alternatives.
The week concluded with a special Nutrition Assembly featuring a warm-up, nutrition facts, an interactive quiz, the Grade 8 Sugar Board demonstration, and a Nutrition Pledge.



The celebrations encouraged students to make healthier everyday choices, reinforcing the message:
"**Eat Smart, Stay Active, Stay Healthy!**"



Teachers' Day Celebration









A Retro Tribute to Our Teachers

The Teachers' Day celebration at our school was a vibrant and memorable tribute to our wonderful teachers. With the theme "Retro", the event brought together music, dance, games, laughter, and nostalgia, creating a joyful atmosphere for everyone.

The celebration began with a warm welcome note presented by the students, expressing their gratitude and appreciation for the teachers who inspire and guide them every day. This was followed by a melodious song performance by the students, setting the perfect tone for the celebrations.

The boys then took the stage with an energetic retro dance performance that filled the auditorium with excitement. The fun continued with an entertaining Musical Chairs activity, where teachers participated enthusiastically and enjoyed some light-hearted moments.

Adding more colour and charm to the celebration, the girls presented a lively dance performance. A special audio-visual clip was then screened, capturing the spirit of Teachers' Day and celebrating the beautiful bond between teachers and students.

The celebrations continued with an engaging quiz, which brought out the competitive spirit and created plenty of laughter and excitement. The event concluded on a high note with a spectacular dance performance by the students.

The entire programme was thoughtfully planned and led by the Student Council members, with enthusiastic participation from the students of Grades 6, 7 and 8. Their creativity, confidence, teamwork, and sincere efforts made the Teachers' Day celebration a truly special occasion.

The celebration was not just an event but a heartfelt expression of gratitude, reminding every teacher that their dedication, encouragement, and guidance leave a lasting impact on the lives of their students.

International day of Peace

The International Day of Peace is observed annually on September 21 to strengthen the ideals of peace and non-violence. The students of Grade 4 hosted the special assembly and it began with a prayer, followed by an introduction to the significance of International Peace Day. The students presented a thought for the day and shared inspiring messages about the importance of living together peacefully. One of the student, Joanna presented a speech on the importance of choosing peace over anger. The assembly was an enriching and meaningful experience that encouraged everyone to choose peace over conflict and kindness over anger.







A walk through - VELORA- An authors journey

"When report cards don't tell the full story but we do". K. Meenakshi Jaiganesh is an Indian children's author who spent his career solving complex business challenges while nurturing a deep passion for children's learning and development.K. Meenakshi Jaiganesh conducted interactive reading sessions in schools that combine storytelling with engaging discussions and thought-provoking activities. The session encouraged students to participate actively, explore ideas, and experience the joy of reading while reinforcing valuable life skills..

His vision is to build a generation of confident, curious, compassionate, and innovative young learners who are prepared to shape a better future.The students of grade 3and 4 enjoyed the whole process and bought a copy of the book for themselves.







Hindi Diwas & Ganesh Chaturthi

हिंदी है हमारी शान, हिंदी से है हमारी पहचान

Hindi Diwas was celebrated on 11 September 2026 with great enthusiasm, bringing together students and teachers to celebrate the beauty and importance of the Hindi language. The programme began with a prayer assembly, followed by Ganesha Stuti and Saraswati Vandana. Students of Grades 1 and 2 presented a lively dance on "Ek Anek," while Grade 3 students captivated the audience with a Hindi poetry presentation. A meaningful skit, "Hindi Bolne Mein Garv Hai," highlighted the importance of respecting and taking pride in Hindi. The celebrations continued with an engaging Hindi Quiz and an inspiring address by the Principal.

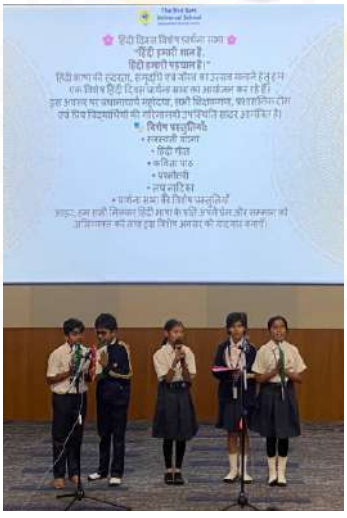
The same day also featured a special Ganesh Chaturthi Assembly. A Ganesha idol was installed in school on 14 September, and the celebrations concluded with Ganesh Visarjan on 16 September 2026, amidst prayers and devotion.

The celebration concluded with a vote of thanks and the National Anthem, leaving everyone with the message:

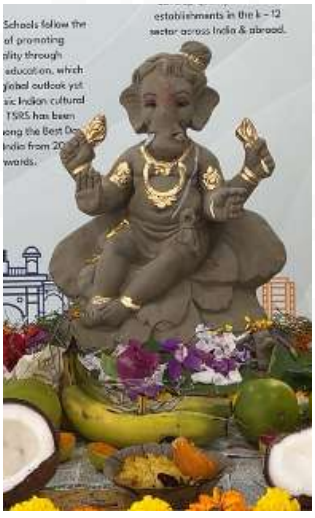
"हिंदी है हमारी शान, हिंदी से है हमारी पहचान।"











Monthly Plan- October

GRADE 3

Mathematics
Division

EVS
India- Physical

English
Project Sunshine

Kannada
ಗದ್ಯ 7 ಚಾಡಿಕೋರ

Hindi
पाठ-6 बीरबल की खिचड़ी

ICT
Introduction to MS Word

SaPa Dance
Virginia Reel

Sports
YOGA
Theme: Mindfulness and Mudras
Asanas:
1. Ardha Matyendrasana (Shift)
2. Vajrasana (Diamond)
Pranayama & Mudras:
1. Anulom Vilom
2. Gyan Mudra
3. Prana Mudra

FOOTBALL
Defending and staying between player and goal
Skill:
Marking and basic tackling and defensive positioning

SKATING
Week 1&2 - Increase skating speed.
week 3 &4 - Improve agility and reaction.
(Fast push technique, Quick direction changes, Speed control)

CRICKET
Primary Focus - Front Foot Drive | Bowling Delivery Stride | High Catching | Seam Alignment | Ground Fielding
Taekwondo
1. Week 1 & 2 - fighting stance stepping
2. Week 3 & 4 - lower block and front snap kick

BASKETBALL
1. Week 1 & 2 - shooting drills
2. Week 3 & 4 - layup shoots

Art
Dussehra and diwali themed rangoli art on paper plates using traditional patterns, motifs and vibrant colours.

Life Skills
Managing emotions
Sub Topics -
1-The feelings menu
2-Problem-solving with words

Monthly Plan- October

GRADE 4

Mathematics
Division

Science
Clothes

Social Science
Southern plateau
Great Indian desert

English
Irah becomes a Flower Gardener suggested words ,Homophones,Reading Comprehension and introduction to idioms .Drama -The class is divided into two groups and each group prepares an presents a short play.

Kannada
ಚಾಮುಂಡಿ ಬೆಟ್ಟ (ಪಾಠ - ೧)

Hindi
जयपुर से पत्र

ICT
Introduction to MS Power point

SaPa Dance
Virginia Reel

Sports
YOGA
Theme: Mindfulness and Mudras
Asanas:
1. Ardha Matyendrasana (Shift)
2. Vajrasana (Diamond)
Pranayama & Mudras:
1. Anulom Vilom
2. Gyan Mudra
3. Prana Mudra

FOOTBALL
Defending and staying between player and goal
Skill:
Marking and basic tackling and defensive positioning

SKATING
Week 1&2 - Increase skating speed.
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(Fast push technique, Quick direction changes, Speed control)

CRICKET
Primary Focus - Front Foot Drive | Bowling Delivery Stride | High Catching | Seam Alignment | Ground Fielding
Taekwondo
1. Week 1 & 2 - fighting stance stepping
2. Week 3 & 4 - lower block and front snap kick

BASKETBALL
1. Week 1 & 2 - shooting drills
2. Week 3 & 4 - layup shoots

Art
Dussehra and diwali themed Bhil art using traditional patterns, and dots with vibrant colours

Life Skills
Managing emotions
Sub Topics -
1-The feelings menu
2-Problem-solving with words

Monthly Plan- October

GRADE 5

Mathematics
Fractions

Science
Our Environment

Social Science
Major Landforms,

English
Heidi Learns to Read

Kannada: 2nd language
ಪೂರ್ವ ಸಿದ್ಧತಾ ಪಾಠಗಳು
೧) ಗುರುವಾದ ೨) ಆಸೆ ೩) ಗಾಳಿ ಪಟ

Kannada: 3rd language
ಗದ್ಯ ೫ ಕಾಮಧೇನುವಿನ ದುಃಖ

Hindi: 2nd language
मेरा बचपन

Hindi: 3rd language
Ek anek

ICT
Cyber security

SaPa Dance
Bhagyani bou

Sports
YOGA
Theme: Mindfulness and Mudras
Asanas:
1. Ardha Matyendrasana (Shift)
2. Vajrasana (Diamond)
Pranayama & Mudras:
- Anulom Vilom
- Gyan Mudra
- Prana Mudra

FOOTBALL
Defending and staying between player and goal
Skill:
Marking and basic tackling and defensive positioning

skating
Week 1&2 - Increase skating speed.
week 3 &4 - Improve agility and reaction.
(Fast push technique, Quick direction changes, Speed control)

CRICKET
Primary Focus - Front Foot Drive | Bowling Delivery Stride | High Catching | Seam Alignment | Ground Fielding
Taekwondo
1. Week 1 & 2 - fighting stance stepping
2. Week 3 & 4 - lower block and front snap kick

Basketball
1. Week 1 & 2 - shooting drills
2. Week 3 & 4 - layup shoots

Art
Dussehra-themed Gond art form using traditional patterns, motifs and vibrant colours

Life Skills
Managing emotions
Sub Topics -
1-The feelings menu
2-Problem-solving with words

Monthly Plan- October

GRADE 6

Mathematics
Prime Time

Science
Chapter 11- Nature's treasure, Temperature and its measurement - Introduction

Social Science
Timeline and Surces of History
Grass root democracy part 2

English
Unit 4.Sports and Wellness (Change of heart),Transitive and Intransitive verbs and active and passive voice,Creative writing -Short Story

Kannada: 2nd Language
ಪೂರ್ವಸಿದ್ದತಾ ಪಾಠಗಳು
ಚಿತ್ರ ನೋಡಿ, ಕಥೆ ಹೇಳು
ಭಿತ್ತಿಪತ್ರ ನೋಡಿ, ಘೋಷಣೆಗಳಜನ್ನು ಪೂರ್ಣಮಾಡು

Kannada: 3rd Language
ಗದ್ಯ ೯ ಲೋಕದ ನೀತಿ

Hindi: 2nd Language
गोल, जलाते चलो

Hindi: 3rd language
आओ गाए

Sanskrit 2nd Language
पाठ -7 शूरा: वयम् धीरा: वयम्
पाठ- 8 स: एव महान चित्रकार:

ICT
More on Internet

SaPa Dance
Bhagyani bou

SaPa MusicSports
YOGA
Theme: Mindfulness and Mudras
Asanas:
1. Ardha Matyendrasana (Shift)
2. Vajrasana (Diamond)
Pranayama & Mudras:
- Anulom Vilom
- Gyan Mudra
- Prana Mudra

FOOTBALL
Defending and staying between player and goal
Skill:
Marking and basic tackling and defensive positioning

skating
Week 1&2 - Increase skating speed.
week 3 &4 - Improve agility and reaction.
(Fast push technique, Quick direction changes, Speed control)

CRICKET
Primary Focus - Front Foot Drive | Bowling Delivery Stride | High Catching | Seam Alignment | Ground Fielding
Taekwondo
1. Week 1 & 2 - fighting stance stepping
2. Week 3 & 4 - lower block and front snap kick

Basketball
1. Week 1 & 2 - shooting drills
2. Week 3 & 4 - layup shoots

Art
Dussehra and diwali -themed mandana art using traditional patterns, motifs and vibrant colours.

Life Skills
Managing emotions
Sub Topics -
1-The feelings menu
2-Problem-solving with words

Monthly Plan- October

GRADE 7

Mathematics
Chapter : Expressions using letter- numbers

Science
Chapter 4- The world of metals and non metals

Social Science
The rise of Empires (introduction)
The age of reorganisation

English
Unit 4. Travel and Adventure (The Tunnel),Transitive and Intransitive verbs and active and passive voice.Speaking -Giving Directions to your school, Comprehension.

Kannada: 2nd language
ಪೂರ್ವಸಿದ್ಧತಾ ಪಾಠಗಳು
ಕಥೆ ಓದಿ ಪ್ರಶ್ನೆಗಳಿಗೆ ಉತ್ತರಿಸಿರಿ

Kannada: 3rd language
ಗದ್ಯ ೯ ಶ್ರವಣ ಕುಮಾರ

Hindi: 2nd language
पानी रे पानी

Hindi: 3rd language
जादुई पौधा

Sanskrit 2nd Language
पाठ-6 क्रीडाम् वयं श्लोकान्त्याक्षरीम
पाठ- 7 ईशावास्यम इदम् सर्वम्
व्याकरण --
शब्द रूप-- फल ,मित्र
धातु रूप - - कृ
सन्धि - गुण

Sanskrit 3rd Language
पाठ- 7 वृष्टिः चक्रम
पाठ- 8 सुवचनानि
व्याकरण --
शब्द रूप-- नदी, पितृ
धातु रूप - - भू

ICT
Makey makey with Paper circuit

SaPa Dance
Volare

Sports
YOGA
Theme: Mindfulness and Mudras
Asanas:
1. Ardha Matyendrasana (Shift)
2. Vajrasana (Diamond)
Pranayama & Mudras:
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FOOTBALL
Defending and staying between player and goal
Skill:
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Week 1&2 - Increase skating speed.
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CRICKET
Primary Focus - Front Foot Drive | Bowling Delivery Stride | High Catching | Seam Alignment | Ground Fielding
Taekwondo
1. Week 1 & 2 - fighting stance stepping
2. Week 3 & 4 - lower block and front snap kick

Basketball
1. Week 1 & 2 - shooting drills
2. Week 3 & 4 - layup shoots

Art
Dussehra and diwali -themed Madhubani art using traditional patterns, motifs and vibrant colours.

Life Skills
Managing emotions
Sub Topics -
1-The feelings menu
2-Problem-solving with words

Monthly Plan- October

GRADE 8

Mathematics
Number play

Science
Exploring forces

Social Science
The parliamentary system

English
Unit 4. Environment (The Cherry Tree) Coordinating and Subordinating combining two sentences into one .Reading Comprehension Worksheet 7 Creative writing Expressing a viewpoint developing composition with supporting arguments.

Kannada: 2nd language
ಗದ್ಯ - ಬ್ಲಡ್ ಗ್ರೂಪ್ (ಅಕ್ಷರವನ್ನು ಸರಿಯಾಗಿ ಓದುವುದು , ಗುರುತಿಸುವುದು)

Kannada: 3rd language
ಗದ್ಯ ಱ ಬೆಂಕಿಯ ಉಪಯೋಗ

Hindi: 2nd language
मत बाँधो

Hindi: 3rd language
मैं तैयार हूँ।

Sanskrit 2nd Language
पाठ -6 डिजि भारतम युग परिवर्तन
पाठ - 7 मञ्जुल मञ्जुषा सुन्दर सुर भाषा
व्याकरण - - -
शब्द रूप - मधु
धातु रूप - पा
प्रत्यय - तुमुन

Sanskrit 3rd Language
पाठ- 8 प्रहेलिका अन्तरालापाश्च
पाठ- 9 कन्या संरक्षयेत पाठ्येत च
व्याकरण --
शब्द रूप-- पितृ, मातृ
धातु रूप - - नृत

ICT
Introduction to MIT app inventor

SaPa Dance
Volare

Sports
YOGA
Theme: Mindfulness and Mudras
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- Prana Mudra

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Taekwondo
1. Week 1 & 2 - fighting stance stepping
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Basketball
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Art
Dussehra and diwali themed art using traditional patterns, motifs and vibrant colours

Life Skills
Managing emotions
Sub Topics -
1-The feelings menu
2-Problem-solving with words

Upcoming Events- October 2026

- Midterm Exams: 1st October to 13th October
- Dasara Vacations: 14th October to 21st October
- School Reopen: 22nd October
- Chickmagalur trip: 14th ,15th &16th October
- PTM grade 3-8: 24th October

MID TERM EXAM TIMETABLE 2026–27

Date	Grade 3 & 4	Grade 5 & 6	Grade 7 & 8
1/10/2026	EVS	MATHEMATICS	SCIENCE
5/10/2026	MATHEMATICS	SCIENCE	MATHEMATICS
7/10/2026	ENGLISH	ENGLISH	SST
9/10/2026	KANNADA	SST	ENGLISH
12/10/2026	HINDI	2ND LANGUAGE	2ND LANGUAGE
13/10/2026	ICT/SST	3RD LANGUAGE	3RD LANGUAGE

Ms.Paromita Saha's Message to the Parents

Namaste Parents,

I am Paromita Saha, SST Teacher at The Shri Ram Universal School.
I started my journey in this school as the Class Teacher of 5A. At that time, it was a journey of curious, worried and sometimes confused students—and me!
One of the most common questions I heard was: "What is Social Science? And why do we need to learn it?"
Sometimes students even asked, "Social and Science also? How is that possible?"
As the famous saying goes, "Those who cannot remember the past are condemned to repeat it." This thought beautifully explains why History is an important part of Social Science. History is not simply about memorising dates and events; it helps us understand where we came from, how societies developed and how the past has shaped our present.
Social Science is a combination of subjects such as History, Geography, Political Science and Economics. It helps us understand people, society, culture and the world around us through observation, evidence, research and critical thinking.
From June until now, we have explored many topics and different aspects of Social Science. We made a Solar System model, worked on a Longitude and Latitude chart, and explored different concepts through activities and discussions.

One of the most interesting projects was "My Dream Island". The students were deeply involved in this activity and created beautiful replicas of their dream islands. It was wonderful to see their creativity, imagination and understanding come together.Many times, students also ask, "Why do we need to learn History? History is already in the past!"
Yes, History is about the past. But if we do not understand the past, how will we move forward? History helps us understand our culture, heritage, achievements, mistakes and the journey of our society.
We still have many topics to cover and many concepts to discuss. So, I encourage all the students to read more, ask questions, stay curious and keep learning.Let us make Social Science not just a subject to study for exams, but a way to understand the world around us.

Regards,
Paromita Saha
SST Teacher
The Shri Ram Universal School

Parent testimonials

PARENT TESTIMONIAL FROM KAUSTUBH BHAT 3B

TSUSB, the school provides a massive canvas for children to discover who they are. Apart from academics, the holistic approach gives students the freedom to experiment with robotics, test their limits in competitive sports, or express themselves through music and dance. We have seen our child try new things without the fear of failure, discovering strengths we did not even know they had. It is a joy to see them evolve into a multi-talented, self-aware individual.





PARENT TESTIMONIAL FROM DHRUVIN REDDY 3B

We are happy to be a part of the TSUS family. We really like the warm and friendly atmosphere in the school. The teachers are supportive and encourage children to take part in different activities and learn new things.

It makes us happy to see our child enjoying school, making friends and becoming more confident. We can see a positive change in him and are happy with his overall growth. We look forward to many more happy moments and wonderful experiences at TSUS.



Thank You

Thank you for being a part of our journey.

Together, we continue to ignite curiosity
and nurture creativity.

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