



# HEARTBEATS

## Rhythm of Life



NISCORT  
Fr. Agnel School, Vaishali

E-Newsletter (Primary wing) III-V  
Vol. 1- September, 2021

### PREFACE

Welcome to the first edition of the newsletter from the Primary wing 'Heartbeats-Rhythm of Life'.

As we commence a new academic year, we want to extend a hearty welcome to our parents and students, both returning and new ones. This academic year seems to be extraordinary, challenging and innovative as it will be etched in our memories forever. COVID-19 Pandemic has surely altered lives and disrupted normal life across the world. In the month of April, our lives changed in the blink of an eye. Yet, we have been resilient with each obstacle that has come our way and emerged as brave minds, a quality which has been instilled in every Agnelite.

Despite being an unusual year, we have seen our rising stars meet a number of milestones. We are also proud of our previous year's achievement and contribution by our learners during the tough

phase of pandemic.

Our students have beautifully adopted the new normal. We have seen them stay committed, responding to change and finding ways to continuously improve themselves, which ultimately contributed to them in becoming confident, principled and knowledgeable communicators.

Virtual Teaching brings several deliberations, challenges, reflections, creative work and a door to new possibilities. We are thrilled to announce that the current academic year holds a plethora of pursuits for learning and development of our students. Teachers and educators have designed the pedagogy to make learning environment and experiences enjoyable and memorable.

Let's take a look at how the Learner Profile attributes are incorporated into teaching and learning at Niscort Father Agnel School.

### PRINCIPAL'S MESSAGE



Dear Parents,  
Greetings from the Agnel family!

It gives me immense joy to meet you all through this E-magazine-a great way to communicate and be creative.

It is amazing to know that the universe we live has a very systematic and orderly Rhythm. It includes the rhythm of universe, the movements of the planets, the seasons, our heartbeats, the music, the dance etc... Everything follows a specific rhythm to make our life a harmonious one. Let us attune & tune ourselves to enjoy and cherish life.

I remain grateful to all the parents for your priceless support and cooperation at this moment. Your faith in us is our driving force.

May God Almighty keep us all safe and healthy.

**Sr. Navya Jacob**  
Principal

# FUN & LEARN

## GLIMPSES OF THE QUARTER

Gaining knowledge is a super exciting and a continuous process which becomes even more meaningful when complimented with co-curricular and enrichment activities. Our students were engaged in a whole lot of activities which aided to their all-round development. Here is a sneak peek into what our young Agnelites were up to during this quarter.

### CLASS III

#### Live The Story



#### Magic with Fingers



#### Let's Create Roman Numerals



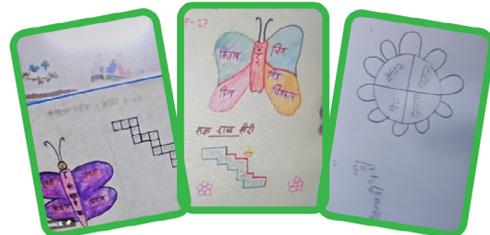
#### Fun With Leaves



#### I can eat the whole plant



#### Khel Khel Me Varno Ka Mel

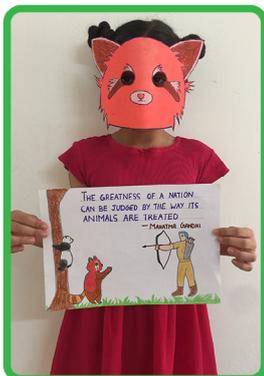


#### Seed Germination



# CLASS IV

## Mask And Poster making



## Let's Study patterns

1	2	3	4	5	6	7	8	9	10
10	20	30	40	50	60	70	80	90	100
100	200	300	400	500	600	700	800	900	1000

1. Table of 9, 12, Table of 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100  
 2. Subtracting 10 from 50, 100 from 200, 1000 from 2000  
 3. Subtracting 1 from 10, 10 from 100, 100 from 1000

Lakshya Anand  
ASS-4 Anise  
Roll No. 18

1	2	3	4	5	6	7	8	9	10
10	20	30	40	50	60	70	80	90	100
100	200	300	400	500	600	700	800	900	1000

NUMBER PATTERNS

10 → 9, 18, 27, 36  
 20 → 40, 80, 120, 160, 200  
 30 → 30, 60, 90, 120, 150, 180, 210, 240, 270, 300  
 40 → 40, 80, 120, 160, 200, 240, 280, 320, 360, 400  
 50 → 50, 100, 150, 200, 250, 300, 350, 400, 450, 500  
 60 → 60, 120, 180, 240, 300, 360, 420, 480, 540, 600  
 70 → 70, 140, 210, 280, 350, 420, 490, 560, 630, 700  
 80 → 80, 160, 240, 320, 400, 480, 560, 640, 720, 800  
 90 → 90, 180, 270, 360, 450, 540, 630, 720, 810, 900

## Nanhe Kahanikar



## Down the memory lane



## Science Magic With Water

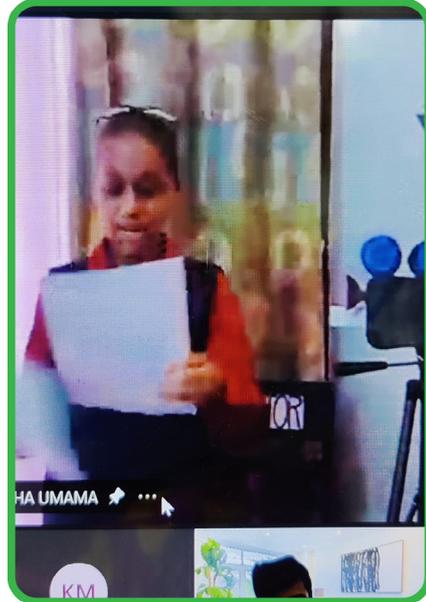


# CLASS V

## Tessellations



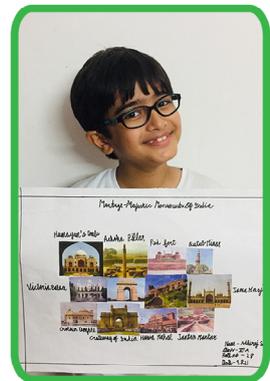
## Let's Be Pro



## Ice Cream Man



## MONTAGE Collage



## Yaadgaar Lamhe



# INDEPENDENCE DAY CELEBRATION

Special assembly to commemorate the 75th year of Indian Independence.



## A collection of Expressions on the theme "Charting India's Progress@75"

My country's name is India. I love my country. It holds a special place in my heart.....From Kashmir to Kanyakumari, India has its unique beauty. We live together, we live united and we love our country.

Daksh Kumar  
V Camellia

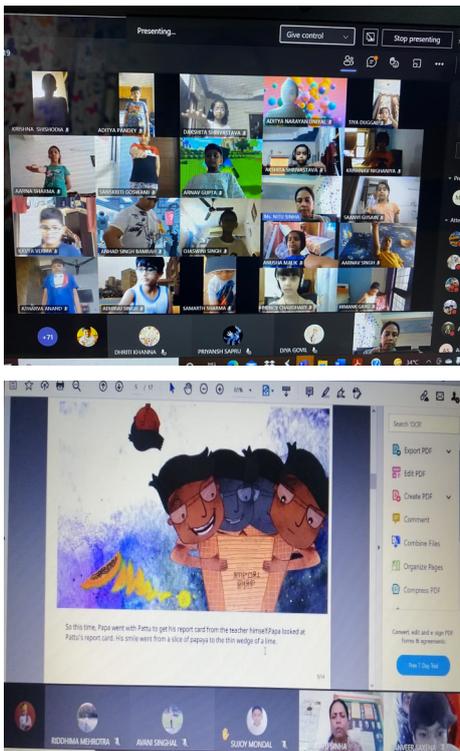
India is a beautiful country and famous all over the world for its unique cultures and traditions. I am very proud to be an Indian. ....28 states, 9 union territories, 1600 languages, around 15 religions, and still one country. This is our great India. From North to South and East to West, India is full of diversity.

Kshitij Thakur  
Anise



## “National Reading Month”

Our school commemorated the “National Reading Month” from 19th June to 18th July, 2021 with a blend of activities associated with inculcating good reading habits.



Inter Class Dance Competition for Class III and IV based on the theme-

## “Aazadi Ke Rang”



## LOK UTSAV

Folk Singing Competition for Class V

### WINNERS



**DISHA VERMA**  
V Camellia



**MIHIKA DAS**  
V Balsam



**SAMEEHA UMAMA**  
V Daisy

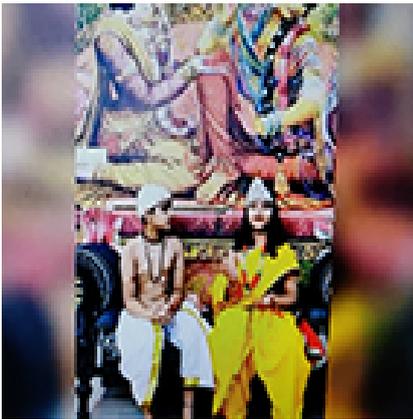
## Workshop Update

A workshop titled “Transition towards Adolescence” was organized on 7th August 2021 for the students of Class V. There were two separate sessions arranged for boys and girls respectively.

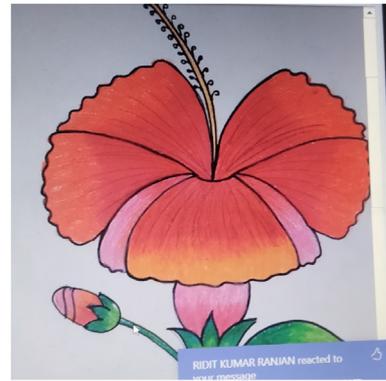
The workshop focused on preparing the students for the adolescent years and helping them gear up on the psychological, social and emotional changes that one has to go through during adolescence.

Overall, it was a fruitful and an enriching experience for the participants.

# JANMASHTAMI CELEBRATION



## ART-I-FACTS



# LITERARTI

## School days

School days were so much fun,  
we all played happily under the sun.  
Learning in the class made us bright,  
Games, art and dance were a delight.  
I really wish to be back to school,  
life will again be so cool.

**Adrika Singh**  
III Daisy

## Let live free

There is a garden near my house  
which has many insects and a fat  
mouse.  
One day I talked to him, he was sad  
about humans going mad.  
People are making buildings and  
roads,  
poor mouse said he does not have a  
place to board.  
We should help the mouse, by saving  
his house.  
Don't cut the trees, make everyone  
live free.

**Riddhima Ranjan**  
IV Camellia

## Home and the world in the summer vacay

Grandma's lap is every child's luxury  
comfort. In this summer vacation,  
my mother and I drove off in our  
little car to our favourite destination  
speeding to my grandma's house.  
The fragrance of Indian Jasmine in  
her courtyard filled me with joy. We  
three held on tight. Grandma told me  
and mom, "My dear children, I love  
you". Just then I saw a tiny little  
nest hanging on the stems of the  
jasmine. I tiptoed towards the nest  
and saw a mommy bird leaving the  
nest with its two little eggs inside.  
I exclaimed "Woah! That's a family  
too!"

"Disha...Come inside or you will  
terrify the birds", yelled mommy.  
Grandma was quick to interrupt,  
"Your scream will scare the  
birds more than the little girl's  
excitement." My eyes brightened  
with support from grandma. She held  
me in her lap, as we sat on the swing  
in the veranda and watched the bird  
bring some twigs and feathers one  
by one. A hundred times the bird  
would go inside. I sat under the  
evening stars to imagine the mommy  
bird whisper to her eggs, "I love  
you." Few days passed, and my heart  
filled with hope that the eggs will  
become birdies soon. But the sight of  
squirrels around scared me. I asked  
Grandma, "Isn't the world too big  
for us, for me and the little birds?"  
"Does it not make us feel smaller?"  
Grandma gave me a warm hug and  
said, "The world does not look  
frightening when you have a family to  
love you."

**Disha Verma**  
V Camellia

# PROUD MOMENT

## Author of the Month



Disha Verma is an exceptionally sincere and a bright student. She enjoys writing poems and stories. Disha's positive attitude is reflected in every work that she does. Her style of writing is exemplary and her creative imagination knows no boundaries. We at Niscort Fr. Agnel School, Vaishali, seek to nurture the talent of each student in a conducive environment. We aim to contribute towards the holistic development of every individual.

Sr. Navya, Principal  
Niscort Fr. Agnel School, Vaishali,  
Gaziabad



Disha's compassion for others and her perceptive insights largely define her personality. Her favorite writing spot is the white swing with the twirling Rangoon flower creeper at her grandma's house. Her stories carry a mellow tone capturing the everyday life experiences with simplicity and subtle humor. We think a part of her wouldn't have felt complete, had she not discovered the leaping joy of telling stories through her pen.

-Ms. Nidhi Verma,  
Parent



## Author and Publish

### Workshop Series



## Victory

My friend Bhuvan came from a village called Kotbilla, near Chandigarh. An active member of the Cricket club 'Famous Eleven', he not only played the game but also lived it. He was an orphan and had only a grandma whom he called Aiji. He dreamed of becoming a famous cricketer, but never forgot the labor that will make his dreams come true. One fine day, when Bhuvan went to the field for practice, his grandmother fell down from the stairs and injured her ankle badly. Her neighbour took her to the hospital, where the doctors said that she had broken her leg and may have to be bedridden for a month.

A few hours later, when Bhuvan returned home, he was horrified that Aiji was nowhere to be seen. It was unusual. He went to the house nextdoor, knocked at the door and said, "Seema, Ram bhaiya! Open the door."

"Come inside there is something I have to tell you," said Ram bhaiya, in a shaky voice.

Bhuvan's heart was beating fast, and he asked Ram bhaiya in single breath about Aiji.

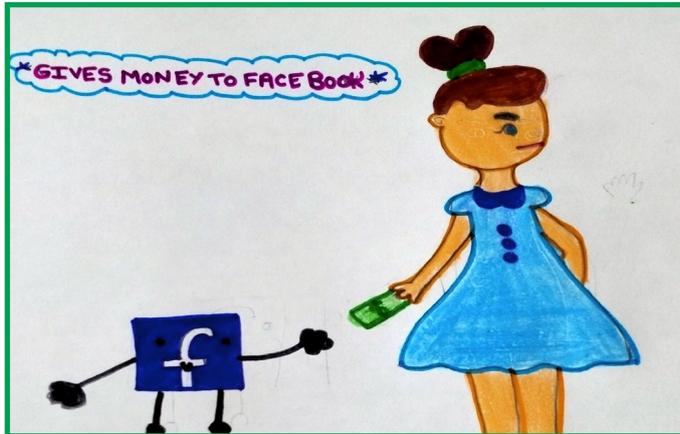
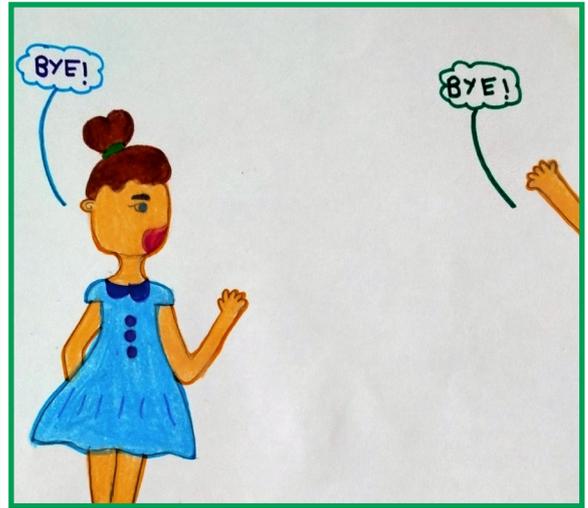
Ram bhaiya sighed and said, "She has gone to hospital as she hurt herself. Your Seema didi has taken her to the hospital."

Before he could even finish talking, Bhuvan ran towards the hospital as soon as he could. There he saw his Aiji lying on the bed. Even with closed eyes, she could sense that Bhuvan had come. In a soft voice she said, "Don't leave the game. Remember, if I am your world, cricket is your pulse. Bhuvan's worries flew with doctor's assurance that his Aiji will recover soon. His village friends promised to look after Aiji. He worked hard to play cricket, and during visiting hours, he would go and give himself to Aiji.

He would be in tears when Aiji felt any pain. He held her hand and comforted her. The touch of his hand was like a lullaby for his grandmother, and it didn't take a minute for her to fall asleep when he held her hand. Eventually, his grandmother came out in good health. Bhuvan got a gold medal in cricket. He was now quite famous and was very eager to see his Aiji. He visited her in the hospital to see her standing tall beside the bed as if Bhuvan's victory was hers.

Disha Verma, 10 Years  
Niscort Father Agnel School, Vaishali, Gaziabad





Garvita Pathak - V Balsam



Prisha Agarwal - V Balsam





### Trivia time- The Disney Diaries..

1. Who was the very first Disney Princess?
2. Name the evil fairy from the story 'The Sleeping Beauty'?
3. Which country was 'Belle' from?
4. What was the name of Jasmine's tiger?
5. What was Snow White poisoned with?
6. Who voiced 'Rapunzel'?
7. What were the names of Cinderella's step-sisters?
8. Who was Ariel's best friend?
9. Who was the villain in the story 'Aladdin'?
10. 'Tangled' was based on a fairy tale from which country?

Aishwarya Gupta  
V Daisy

### Let's make Oreo shake.. ..The all time favourite !

#### Ingredients

- Oreo (crumbled or crushed) -9 to 12 pieces
- Oreo(chopped)-2 pieces
- Milk-1 glass
- Ice- 6-8 cubes
- Sugar [optional]- 1 tsp
- Chocolate syrup



#### Preparation

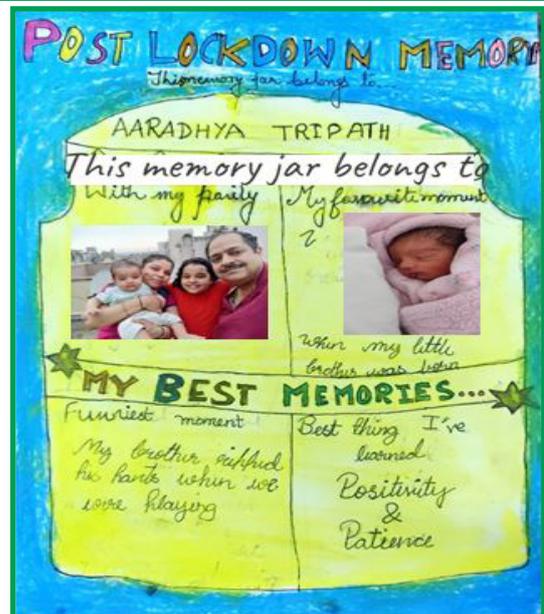
1. Combine crushed Oreo, ice and milk in a blender and blend it.
2. Add sugar, if needed.
3. Fill a chilled glass with chopped Oreo and pour the shake.
4. Garnish it with chocolate syrup or choco chips.

Enjoy the drink !!

Ritisha Bhat  
V Camellia



- Answer key**
1. Snow White
  2. Maleficent
  3. France
  4. Rajah
  5. An Apple
  6. Mandy Moore
  7. Drizella and Anastasia
  8. Flounder
  9. Jafar
  10. Germany



## THE RECIPE OF LIFE

### Ingredients:

- 1 cup of Good thoughts
- 1 cup of Kind deeds
- 1 cup of Consideration
- 2 cups of Sacrifice
- 3 cups of Forgiveness
- 3 cups of well beaten Faults

### Procedure:

- Mix the above ingredients thoroughly.
- Add tears of joy, sorrow and sympathy for others.
- Flavour with little bits of love.
- Fold in 4 cups of prayer and faith.
- Pour into daily life and bake well with the heat of human kindness.

Serve it with a SMILE

Manasvi Sharma  
IV Camellia

## TIPS FOR HEALTHY LIVING

Children are blessed in abundance with zeal and we as parents need to unleash the power within them. It is said that 'a child is a reflection of you'. Here are some of the quick tips to adopt in our daily living to help our kids become the best versions of themselves.

1. Stick to a routine
2. Channelize energy
3. Restrict screen time
4. Adopt a holistic diet
5. Exercise daily
6. Lead by example

Channelizing the inbuilt energy of your ward requires a systematic and smart method, which will rightfully lay the foundation of a bright future for your kid.

## CONCLUSION

Dear Parents, we wish to thank you for your constant encouragement to bring out the best from your ward. We are dedicated to providing your child with quality academic and moral education.

Your support in allowing us to be a part of your children's daily routine is commendable and we look forward to an ever developing relationship and an academic year to your child that will be full of countless new learning experiences.

We have begun on a good note and hope to increase the tempo as the year progresses. With guided interest from your end, we could make this collaboration a fabulous one. Wish you a safe and fabulous academic year 2021-22.

### DIRECTOR

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Sr. Navya

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