

TEACHERS' CORNER

ಶಾಲೆ

ಶಾಲೆ- ಎಂಬ ಹೆಸರು ಕೇಳಿದರೆ ಏನೋ ಒಂದು ರೀತಿಯ ಪುಳಕ, ಸಾರ್ಥಕ ಭಾವ, ಹೆಮ್ಮೆ ಮತ್ತು ಆನಂದ. ಅದರಲ್ಲೂ ಗುರುಕುಲ ಎಂದರೆ ಒಂದು ರೀತಿಯ ಪೂಜ್ಯಭಾವ ಎಲ್ಲರಲ್ಲೂ ಮೂಡುತ್ತದೆ.

ಶಾಲೆಯಲ್ಲಿ ಓದುತ್ತಿರುವ ವಿದ್ಯಾರ್ಥಿಗಳು ಶಾಲೆಮ ಆಟ - ಪಾಠಗಳಲ್ಲಿ ಪುಳಕಗೊಂಡರೆ, ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ತಿದ್ದಿ ತೀಡಿ ಒಳ್ಳೆಯ ಶಿಕ್ಷಣ ನೀಡಿದ ಶಿಕ್ಷಕರು ಸಾರ್ಥಕ ಭಾವ, ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಚೆನ್ನಾಗಿ ಕಲಿತು ಉತ್ತಮ ಫಲಿತಾಂಶ ದೊರೆತಾಗ ಶಾಲೆಯ ಮುಖ್ಯಸ್ಥರು ಹೆಮ್ಮೆಪಡುವ ಸಮಯ ಹಾಗೂ ಪ್ರತಿಯೊಬ್ಬ ವಿದ್ಯಾರ್ಥಿಯ ಮನಸ್ಸು ಶಾಲೆ ಬಿಟ್ಟ ನಂತರ ಯಾವುದೇ ಸಮಯದಲ್ಲಿ ಶಾಲೆಯನ್ನು ನೆನಪು ಮಾಡಿಕೊಂಡರು ಸಹ ಆನಂದದಿಂದ ಶಾಲಾ ದಿನಗಳನ್ನು ಮೆಲುಕು ಹಾಕುತ್ತದೆ. ಗಂಡು ಹೆಣ್ಣಿನ ಬೇಧವಿಲ್ಲದೆ ಪ್ರತಿಯೊಬ್ಬರೂ ಶಾಲೆಯಲ್ಲಿ ಅತ್ಯದ್ಭುತ ಅನುಭವವನ್ನು ಪಡೆದವರೇ ಹಾಗಿರುತ್ತಾರೆ. ಮಕ್ಕಳ ನಿಯಮಿತ ಕಲಿಕೆ ಅರಂಭವಾಗುವುದು ಶಾಲೆಯಲ್ಲಿಯೇ. "ಬೆಳೆಯುವ ಪೈರನ್ನು ಮೂಳಕೆಯಲ್ಲಿಯೇ ನೋಡು" ಎಂಬ ಗಾದೆಯಂತೆ ಶಾಲೆಯು ಮಕ್ಕಳ ದೃಷ್ಟಿ ವಿಕಸನಕ್ಕೆ ಅಡಿಪಾಯ ನೀಡುತ್ತದೆ. ಶಿಕ್ಷಕರ ಮಾರ್ಗದರ್ಶನ ಮಕ್ಕಳನ್ನು ಸುಸಂಸ್ಕೃತ ಮತ್ತು ಸುಶಿಕ್ಷಿತರನ್ನಾಗಿ ರೂಪಿಸುವಲ್ಲಿ ಶಾಲೆಯು ಪ್ರಥಮ ಪಾತ್ರ ವಹಿಸುತ್ತದೆ. ಇನ್ನೂ ನಮ್ಮ ಶಾಲೆಯ ಹೆಸರಿಗೆ ತಕ್ಕಂತೆ 'ಮಾದರಿ ಶಿಕ್ಷಣ ಕೇಂದ್ರ' (Model Education Centre) ವಾಗಿದ್ದು ಕೇವಲ ಶಿಕ್ಷಣಕ್ಕೆ ಮಾತ್ರ ಪ್ರಾಮುಖ್ಯತೆ ಕೊಡದೆ ಮಕ್ಕಳ ಪ್ರತಿಭೆಗೆ ತಕ್ಕಂತೆ ಸಾಂಸ್ಕೃತಿಕ ಕಲೆ, ಕ್ರೀಡೆ, ಅಧ್ಯಾತ್ಮಿಕ ಚಟುವಟಿಕೆಗಳು ಇತ್ಯಾದಿ. ಹೀಗೆ ಎಲ್ಲ ರೀತಿಯಲ್ಲಿಯೂ ಪೋಷಕ ನೀಡುತ್ತಿರುವ ಮಾದರಿ ಶಾಲೆಯಾಗುವುದರಲ್ಲಿ ಯಾವುದೇ ಸಂದೇಹವಿಲ್ಲ ಎಂಬುದನ್ನು ಗರ್ವದಿಂದ ಹೇಳಬಯಸುತ್ತೇನೆ.

ಜೈ ಹಿಂದ್, ಜೈ ಕರ್ನಾಟಕ

ಲೀಲಾವತಿ ಕೆ. ಪಿ.

ಕನ್ನಡ ಶಿಕ್ಷಕಿ



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PARENTS' CORNER

As you navigate through your school journey, remember to embrace curiosity, kindness, and resilience. Stay curious by asking questions and exploring new ideas. Be kind to others and yourself, for it creates a positive environment where everyone can thrive. And when faced with challenges, remember that setbacks are opportunities for growth. Believe in yourselves, work hard, and never give up on your dreams. You have the potential to achieve great things!

Best wishes,

Balaji Gururajan & Divya R, - Aadidev B

STUDENTS' CORNER



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Newsletter Designed by Vidhurna

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Taking Care in Summer

This year, the summer has been harsher than the previous years. Future years are likely to be hotter and sultrier. While the temperature at around 40C is always threatening, the sweat from the high humidity saps you leaving little energy for the day's activities. Actually, students in Bangalore schools had perhaps not experienced such intense heat earlier. So, summer vacations meant only enjoyment, rather than respite from the heat. But this year, we too have not been spared either.

So, how do you take special care of yourself and your loved ones this summer? Here are some things you can do:

- **Stay Hydrated:** The scorching heat can lead to dehydration. Drink plenty of water throughout the day to keep your body hydrated. Coconut water and buttermilk are also excellent options to replenish electrolytes.
- **Wear Cool Clothes:** Opt for lightweight, breathable fabrics like cotton to keep yourself cool. Loose-fitting clothes allow better air circulation and prevent excessive sweating.
- **Apply Sunscreen:** Protect your skin from harmful UV rays by applying sunscreen with an SPF of at least 30.
- **Eat Fresh Fruits and Vegetables:** Seasonal fruits and veggies are rich in vitamins, minerals, and antioxidants.

Watermelon, cucumber, mangoes, and berries are great choices for summer.

- **Seek Shade:** When outdoors, find shade to avoid direct exposure to the sun. Heatstroke and sunburn can be dangerous, so take breaks in shaded areas.



Image by freepik

- **Stay Active:** Engage in physical activities, but choose cooler times of the day, such as early morning or late evening. Avoid intense workouts during peak heat hours.

- **Protect Your Eyes:** Wear sunglasses with UV protection to shield your eyes from the Sun's glare. Proper eye care is crucial during summer.

- **Avoid Chilled Water:** Cold water may shock your system and disrupt digestion. Opt for room temperature or slightly cool water instead.

- **Keep Bugs Away:** Use insect repellent to prevent mosquito bites. Mosquitoes are more active during warm weather.

prevent mosquito bites. Mosquitoes are more active during warm weather.

- **Plan Fun and Safe Trips:** Explore outdoor activities like attending concerts, festivals, or beach trips. But ensure you stay safe and follow any local guidelines.

All said and done, don't just escape the summer. Enjoy it as well! Remember, this is the best time to relish mangoes and ice cream, isn't it?

Principal's Desk
Kreedotsava
Vigama
Students' Corner

SRSTI Celebrations
Christmas
Ghatikotsava

Kannada Rajyotsava
Makara Sankranti
Teachers' Corner

Kala Kalarava
Republic Day
Parents' Corner

अङ्गीकृतं सुकृतिनो न परित्यजन्ति ।



Principal's Desk

"Education is a shared commitment among dedicated teachers, motivated students and enthusiastic parents with high expectations".

As the school management, we believe in fostering a strong bond between home and school, recognizing that collaboration and open communication are paramount to your child's academic journey. Each and every child is unique with their onset of talents, challenges and aspirations. By working hand in hand, we can gain a deeper support to understand your child's needs and provide personalized support to help them to reach their full potential. Your involvement and support in their educational journey can make a world of difference. Let us be role models in shaping our children's bright future. It is only through close collaboration that we can achieve our goal of producing responsible leaders and sensible citizens of the country.

SPLENDID

SRSTI - Annual Day Celebration 28 & 29 December

The Annual Day Celebration at MEC was a spectacular event. It served as a platform to showcase the talents, creativity, and achievements of students and staff members, while also fostering a sense of community and pride among all attendees.

The theme for this year's Annual Day Celebration was "Sarve Bavantu Sukhinaha," chosen to reflect that "May peace prevail everywhere, and may all the people be blessed with happiness and health."



The ceremony commenced with an impressive opening act, setting the stage for an evening of entertainment and celebration. The atmosphere was electrifying as students, parents, teachers, and distinguished guests gathered to witness the festivities.

The highlight of the event was the cultural extravaganza, featuring a mesmerizing array of performances ranging from dance, music, drama, and folk culture. Students captivated the audience with their talent, enthusiasm, and creativity, bringing to life the essence of the theme through their captivating performances.

The celebration concluded on a high note, leaving everyone with cherished memories and a renewed sense of pride and unity within the school community.



CELEBRATIONS

Kannada Rajyotsava

1 November

Kannada Rajyotsava, also known as Karnataka Formation Day, holds significant cultural, historical, and social importance for the people of Karnataka, India.

The MECians celebrated Kannada Rajyotsava with a vibrant and memorable event that brought together students, teachers, and staff in a spirit of unity, pride, and cultural reverence. Through engaging activities, cultural performances, and educational sessions, students gained a deeper understanding and appreciation of Karnataka's rich cultural heritage and linguistic identity, as we reaffirm our commitment to promoting and preserving Kannada culture and heritage among future generations of students.





Kala Kalarava – Cultural Fest 3 November

The Cultural Fest at MEC Public School was a vibrant celebration of diversity, creativity, and talent. Students showcased their cultural heritage through myriad performances, exhibits, and activities. This served as a platform for fostering cultural understanding, promoting unity, and nurturing artistic expression. Various competitions like singing, dancing, art, mono-acting, etc were organized for the fest and the students enthusiastically participated in multitudes, making the event a grand success.



Kreedotsava - Annual Sports Meet 6 November

The Annual Sports Event at MEC Public School was flagged off on 6th November 2023 by the Secretary Dr. Vidya C. and Director Operations, Dr. S. K. Tripathi. It was a resounding success, bringing together students and faculty in a celebration of athleticism, teamwork, and sportsmanship. The event showcased outstanding performances, exciting competitions, and highlighted the school's commitment to physical fitness and holistic development.

The sports meet concluded with the Valedictory Ceremony on 18th November 2023. The prize distribution was done for the group events along with the individual championship for juniors and seniors section.



Christmas 22 December

The Kindergarten section of MEC was filled with laughter, joy, and festive spirit as they gathered to celebrate Christmas. Throughout the day, the children participated in a variety of Christmas-themed activities designed to engage their senses and spark their imagination. The children sang cheerful Christmas songs, spreading joy and cheer to everyone around them.

The highlight of the celebration was a visit from Santa Claus himself! Dressed in his red suit and carrying a sack full of presents, Santa brought smiles and excitement to the children's faces as they eagerly shared their Christmas wishes with him.



Makara Sankranti 16 January

The kindergarten and primary students joyfully celebrated Makara Sankranti, a vibrant and culturally significant festival marking the transition of the Sun into the zodiac sign of Makara (Capricorn). The school grounds were filled with excitement and camaraderie as students, teachers, and staff came together to commemorate this auspicious occasion.

The school was adorned with traditional Makara Sankranti decorations, including vibrant rangoli patterns made with colourful powders and flower petals, as well as intricately designed kites representing the spirit of the festival. The main attraction was the hut depicting the village vibes and culture. The festive atmosphere created a sense of unity and celebration throughout the campus. On this occasion, students had fun flying kites. The sky was filled with a range of colours bringing excitement to the entire campus.

Various engaging activities were organised for students to participate in, allowing them to learn about the cultural significance of Makara Sankranti while having fun. The day was filled with celebrations and joy.





Republic Day **26 January**

The Republic Day celebration at MEC was celebrated with great enthusiasm and patriotic fervour. The event aimed to commemorate the adoption of the Indian Constitution and celebrate the spirit of democracy, unity, and diversity.

The celebration commenced with a solemn Flag Hoisting Ceremony in the presence of Director Operations, Dr. S. K. Tripathi, who hoisted the national flag. The entire school gathered, and the ceremony was accompanied by the rendition of the national anthem, filling the air with reverence and pride.

The cultural program showcased the rich cultural heritage of India through various performances. Students presented patriotic songs, dances, and skits depicting the struggles of freedom fighters and celebrating the unity in diversity of the nation. Highlights of the program included captivating dance performances and songs portraying India's cultural diversity, and eye-catching drills.



Vigama **13 February**

Graduation Day for Grade 10 Students

The Grade 10 Graduation Day ceremony marks a significant milestone in the academic journey of the

graduating class. The event served as a poignant moment to celebrate the achievements, growth, and accomplishments of the students of Grade 10, as they transition to the next phase of their lives.

The graduating students and parents shared their experiences and memorable moments and expressed the



learning milestones throughout their journey in MEC.

Outstanding students were recognized and honoured for their academic excellence, leadership qualities, and contributions to the school community. As the ceremony drew to a close, the Secretary Dr. Vidya C. and Director Operations - Dr. S. K. Tripathi, delivered closing remarks, expressing gratitude to all those who contributed to the success of the graduation day event. Students were encouraged to cherish the memories, friendships, and experiences gained during their time at MEC and to approach the future with confidence and optimism.

journey. It's a time to celebrate their achievements and to look forward to the exciting opportunities that lie ahead.

As we congratulate the PP2 students on their graduation day, we acknowledge the hard work, dedication, and growth they have shown throughout their early years of schooling. This graduation ceremony is not just a formality; it's a recognition of their accomplishments and a symbol of the potential they hold for the future.

Along with these young graduates moving forward into the next phase of their academic journey, the other children from Nursery to Grade 1 celebrated the annual cultural extravaganza and captivated the audience with their talent, enthusiasm, and creativity, bringing to life the essence of the theme through their captivating performances.

Ghatikotsava **28 March**

Graduation Day for PP2 Students

Kindergarten graduation is indeed a significant milestone in a child's life. It marks their transition from early childhood to the beginning of their formal education

