

Epistemo Lemur's News



Message from Head of the School, Ms. Padma Kolli

Dear Parents,

With the 'New Normal' around for a while, parents are concerned about the amount of screen time children are exposed to through social media. At home, our children have access to smartphones, tablets, laptops and other electronic devices. This access culminates into our children browsing the internet, playing online games, chat with 'friends' on various social media platforms such as Facebook, Twitter, Instagram and other apps.

The people who created Facebook, Twitter, Instagram and google have realised that their good intentions have backfired. As a result, our children are falling prey to the dark, ugly side of these social media platforms. Today they say sorry, but the devil is out of the box, and no one can control it, and our children are suffering.

How Is It Affecting Our Children?

Numerous studies have highlighted the adverse effects of too much social media exposure. Pediatrician's do agree with the outcome of these studies.

Recent data from a 2018 study by the National Institutes of Health (NIH) indicated that children who spent more than two hours a day browsing and playing on screen-time scored lower on language and thinking tests. Other Children with more than seven hours a day of screen time experienced thinning of the brain's cortex, the area of the brain related to critical thinking and reasoning.

Decreased Sensory Stimulation.

Overexposure to the screen time means children are in a passive state. They are deprived of direct sensory experience. Consequently, their brain development is significantly affected in comparison to those whose senses are stimulated by real experiences.

Weakening Of Communication And Social Skills

It is an open secret that the screen time inhibits the development of communication and social skills of the children. While sitting in front of the screen, the children are idle, passively registering the events on the screen. The child seldom has a chance to express his/ her views or ideas. Also, the screen time reduces the parent-child interaction, which is not a good sign for both the child and parents.

Increased Risk Of Attention Deficit

Young Children exposed to rapid image-changes from television, social media, online games and other forms of mainstream media, subconsciously begin to find real-time events boring and ordinary.

In a practical sense, if a Parent or a teacher takes the time to describe and explain tasks and relevant instructions, children find this interaction to be dull, slow or boring; having been accustomed to, and exposed to, different and fast-paced stimulation that alters their view of life.

This attitude is dangerous in the long run, causing educational, social and behavioural problems.

Sleep Deprivation And Weight Gain

Another significant concern is the screen-based activities becoming addictive and convenient and consequently transforming into a substitute for physical activities. Lack of physical movement heavily contributes to unhealthy levels of weight gain whilst blue light rays from screens disrupt the body's production of sleep-inducing hormones, thus affecting their sleep-wake cycle.

Impact On Mental Health

The increased visibility and access to other people's opinions - how Children should look, behave, act and the comparison to others – is leaving both, Parents and Children stressed and unable to turn off the amplified sense of self-awareness that social media inevitably leaves them with.

For example, today, people, especially young adults, gain their sense of approval and selfworth from the number of likes they receive on a post and alter their behaviour to attract that attention.

It is no coincidence that since the inception and popularity spike of social media, that rates of depression, anxiety and self-harm have exponentially increased.

It is essential to inspire Children to find value in themselves from young age and to engrain positive habits, self-image and self-confidence early on.

The solution to the Problem, What is The Way Forward

- 1. As adults, let us put our discipline in place concerning social media. The first step is to reduce the number of apps that we use. Let us not preach our children what we don't follow. Let us not use Social Media for wrong ways that only attracts negative energy. Let us use social media for positive ways in gaining knowledge, sharing knowledge in a positive, healthy and peaceful manner.
- 2. Be more proactive and educate our children about the consequences of the negative impacts of social media that involves hours of online games, unlimited browsing etc.,
- 3. Let us put a daily a limited amount of time for their online games rather than cutting them off suddenly.
- 4. All the parents and the school to walk and talk the same language because children do talk to each other and they tend to compare with their friends who have a cell phone, Facebook, Instagram accounts, and online games. The children start to compare their parents with the parents of other children who have access to all the above. I'm pretty sure you are facing this daily. Dear parents please don't give in to the comparison. Let us make it a point that every one of us talks the same language about Social media. Please make sure we all are in the same boat. Only if we are together, we can save our children from adverse effects.
- 5. During these COVID times, we need to put extra effort to make our children participate in physical exercises, more family time, reading books together, playing board games and reducing their negative screen time spent on online games, browsing etc.,
- 6. To enhance communication and social skills, let us encourage our children to work in groups, enjoying the company of their peers, family and with teachers during the school hours.
- 7. We notice that once Children who have mastered the Social skills, they begin to take leadership in a variety of scenarios, and their confidence continues to grow.
- 8. The ability to listen, understand, connect and work with others is invaluable to their development and must be fostered every day.
- 9. Spend more time with the family, as adults let us cut down on the cell phone usage at the dining table, when children are around us.
- 10. From the school front, we are going to arrange a workshop for parents, teachers and children.

Please watch "Social Dilemma" documentary available on Netflix if you have the Netflix account.

It's PG-13 for some thematic elements, disturbing/violent images and suggestive material. Watch it as per suggested rating along with your children, educate them while watching. For parents whose children are younger to the rating, please watch it without children around you and understand the circumstance that we are in and our current generations and future generations are headed at and how we have to consciously be mindful when we are on the social media.

Achievement

Emerging singer *Nithya Sri Govindu* has received the National Award for her outstanding contribution to music since her childhood.

She was honoured with **"Bharatha Bala Jyothi"** National Award from "Dr. Samudrala Venugopala Chary" (Spokesperson of Telangana in Delhi).

This award is in recognition of Nityasri's contribution to promote and inspire the Indian Classical Music forms, Indian Traditions along with "Telugu Language". The **"Sarvejana Sukhino Bhavanthu"** Organization founded by "Lion Dr. E. S. Surya Narayana Master" organizes various musical competitions and Nitya Sri's contribution is noted.

Nitya Sri is keeping her records high in not only singing songs and padyams but also shows her unique talent in playing musical instruments like guitar and keyboard. We are proud of her! Let us hope that Nitya Sri will continue her journey in various fields and grow further.



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Career Counselling – Coach Buddy Team



Choosing careers is a critical decision which has to be taken with utmost care as it decides the course of our lives. We, here at Epistemo, want to offer the best possible support to our lemurs. On that note, we have collaborated with the Coach Buddy team and have conducted a webinar for our lemurs of grade nine and ten and their parents. The two-hour session was a great opportunity for our students to gain hands-on advice from professionals who have decades of experience under their belts. Miss Sarita emphasized the importance of research and support needed while choosing a career. The students learned about the importance of career planning and Miss Geeta explained the factors that are to be kept in mind while choosing one. She expressed how the interest in a field forms the base of our careers. The team emphasized the need for focus and dedication to be successful in any field. For those aspiring to pursue their higher studies in the US, the team gave a detailed analysis of the procedure and structures along with tips and tricks for the SAT exam that has to be cleared for the same.

The team opened the floor for doubts and later were divided into breakout rooms for the same. They were friendly and were open to all the questions asked by the students as well as parents. This webinar was beneficial, and our Lemurs would remember the insights from the experts for a long time.

PP's Activity based learning:

Learning is becoming more and more engaging and interactive in Epistemo. Lemurs are monitoring factors such as speech, coordination, social skills, and motor skills, amongst other key factors. As it boosts the development of the domains personality in them (physical, emotional, intellectual, psychological and spiritual.) learning is achieved through exploration experimentation and expression.













Halloween Day

Halloween's Day was celebrated on the 31st of October. Lemurs have dressed up in Superheroes, Witches, Goblins and other interesting characters walking around. Excited faces were seen as posed for photographs.

TTappy Halloween

Halloween Day Link: <u>https://photos.app.goo.gl/xxrPHFgDKQEJJas96</u>













SHOW & TELL

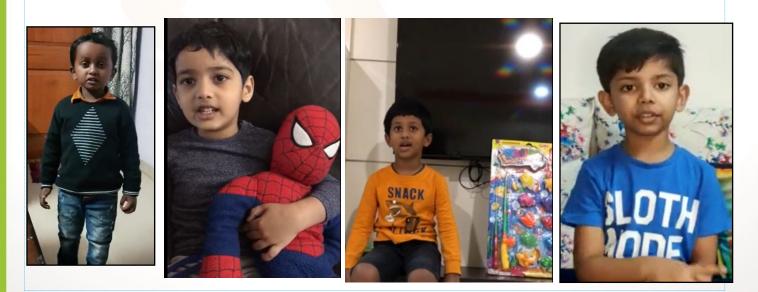
Show & Tell Link: <u>https://photos.app.goo.gl/VHCUs9oN7Kj9YLibA</u>













Diwali Celebrations

Diwali is the festival of lights and the most awaited and popular festival of India. Our Pre-Primary lemurs celebrated Diwali on 13th November 2020 (Friday) with great joy and fun. The little ones looked fashionable and stylish in the festive traditional attire they wore to celebrate the occasion.

The Primary Lemurs learned the song "Shubham Kurutvam Kalyanam" to welcome goddess Lakshmi on the occasion of Diwali Celebrations

Diwali Celebrations Link: <u>https://photos.app.goo.gl/xKfxpYAQMpr3Z9F19</u>



















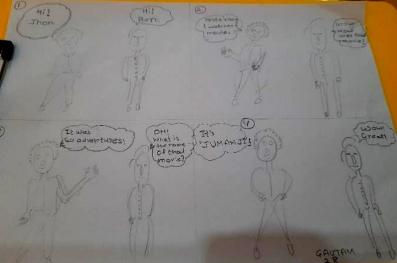
ONLINE CLASSES

English

"Imagination is more important than knowledge." ~Albert Einstein

The young learners of Grade 2 exhibited their creativity by writing their own dialogues using speech bubbles. The scenes were their own imagination and the dialogues were written accordingly, thus displaying their writing skills and communication skills.

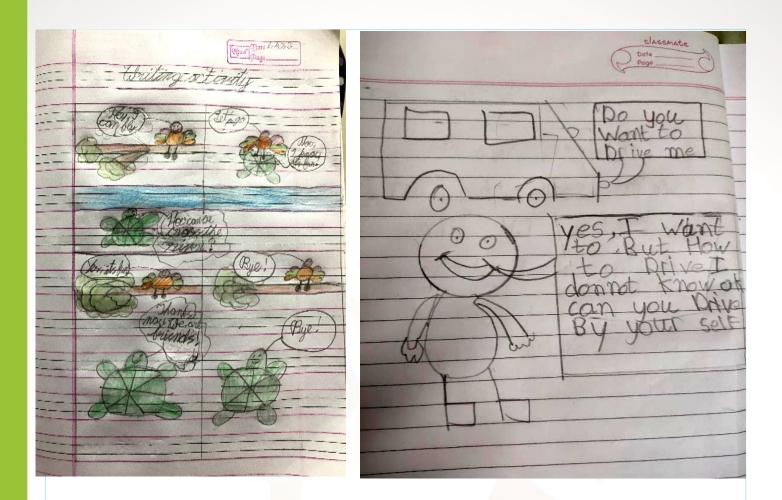




Writing activity: Good over evil





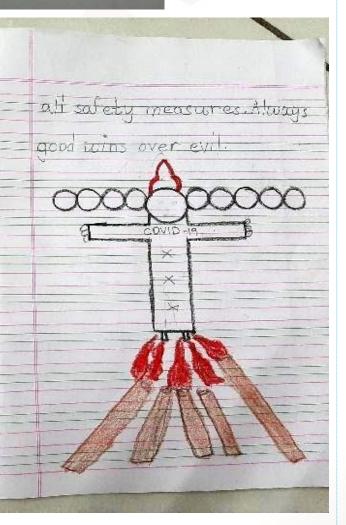


Children pass on a social message through their writing skills as how good (precautions) will win over the evil (Covid-19). The message was demonstrated through writing and speech bubbles.

I will wast 11-20 my harrise HA, H Social dictancin OHO coyid Kavah COVIE Covid Ravan

28/10/2020 Greed effort of could be 1. People are using sanitizes more for better hygicne 2. dir pollution reduce because of less traffic. 3. We get to spend time with our Family and plan our better work. 4. People are not eating junkfood 5 people are using Aurvalic remedies more.

Good over Evil Don't forget to wear your mask ruberyou go out. Go out only when needed. Avoid forsting and eating outside. Fister of everything home mode Dussehra celebrates win of Lord Rama over evil Ravapa. tike we end Duschra by burning Ravana's model, lets burn covid-19 by following



Listening and writing activity:

The young learners listened to motivational advertisement and expressed their thoughts and understanding through their writing skills.

do shake hand OUTINO 20 and West mash no 400 Lipar eyed sanitized mack and be safe Tr MOMY

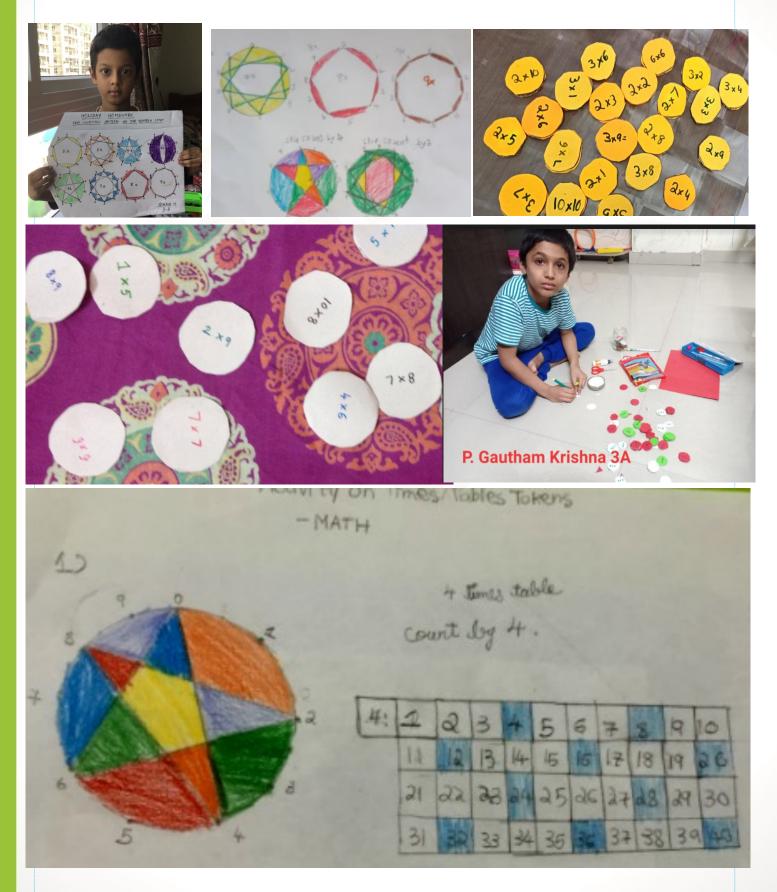
2/11/2020 Listening and writing add They are eating dinner 2. The boy is not eating food. 3. His grandmother is shouling on his mother so his grandfather is saing his mother is doing good 4. He is doing wrong he has stolen 200 from its mother PULTSE Itis mother is doing 9000 for he

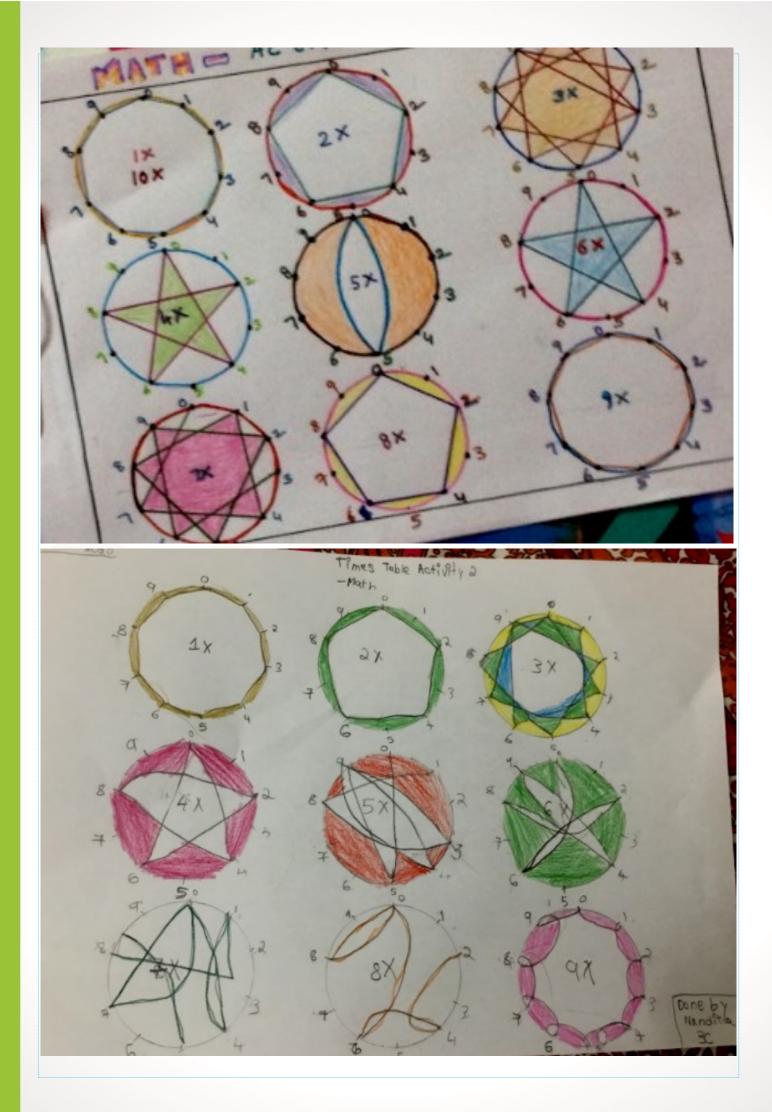
29-11-02 2 2 5 Ko-11-pc Q = Q3-11-20 In the first and last video, it is 1 When you see groupper shown that Mathers lave and can being t as hered by and no one can imagine a sperfect Ner browner When family without her. She is a great Jou Stand DY 2 person who caves for me protects. tough many you me from all my problems and booch help her protect good habits. She scales me on my +he nex- senet- & + for mistakes but later corrects me. She 2 Whet Pyper is = 9n 59de matte is amazing and I love her

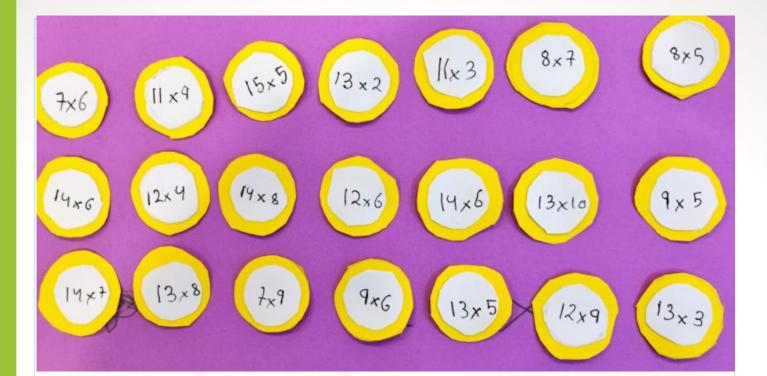
WRING ACTIVITY 1. When a mother is being tough with her child means if is for their own good. Ifyou do something bad or wrong you have to take responsibility and should say sorry.

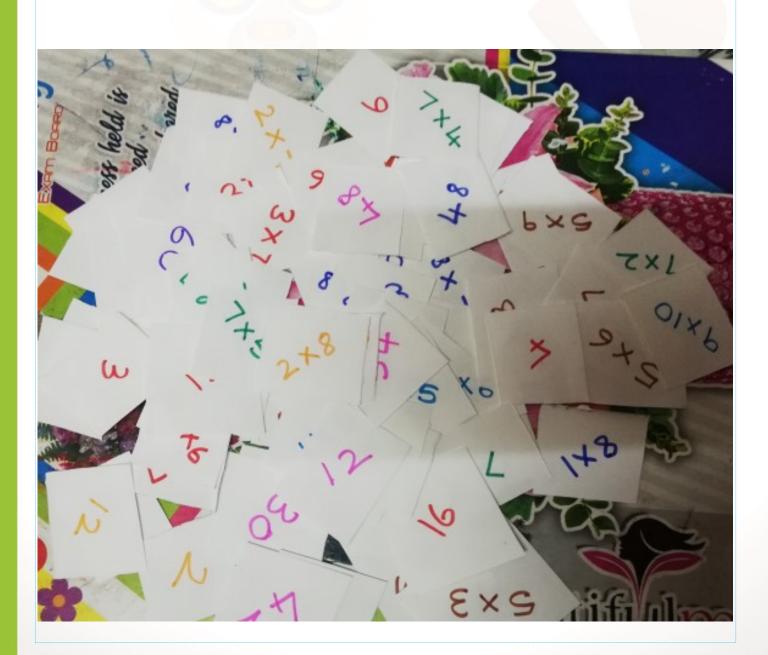
Mathematics

Students of grade-3, excelled their performance in creating different activities for quick and easy way of learning multiplication tables by skip counting. The ideas were very innovative and students can easily recite the tables looking at the times table tokens made by them.

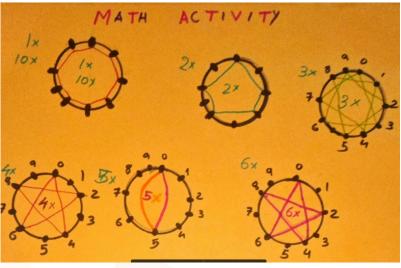




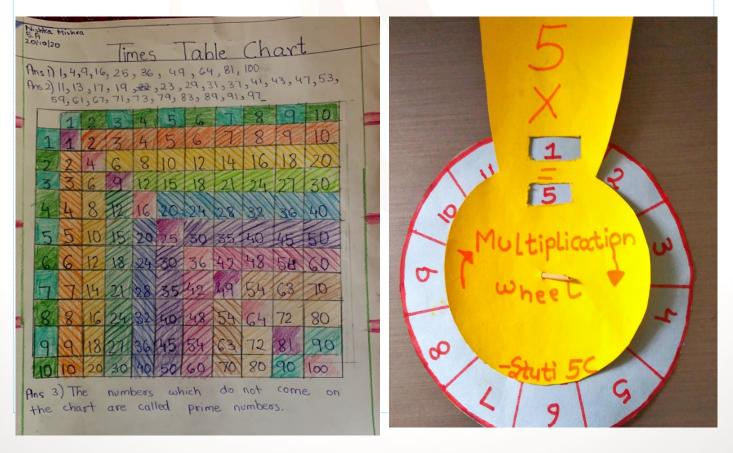






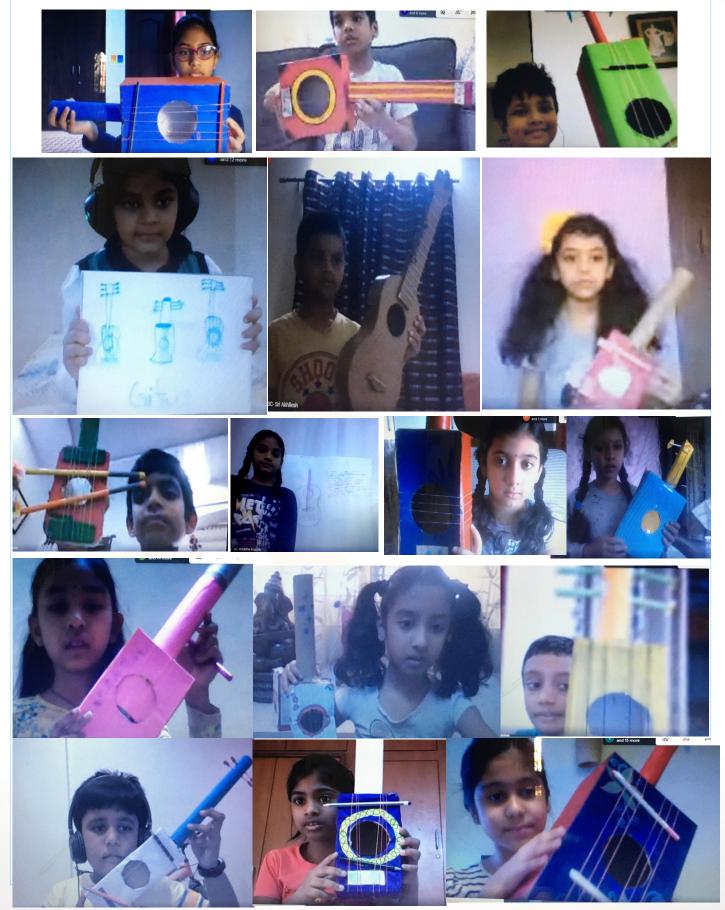


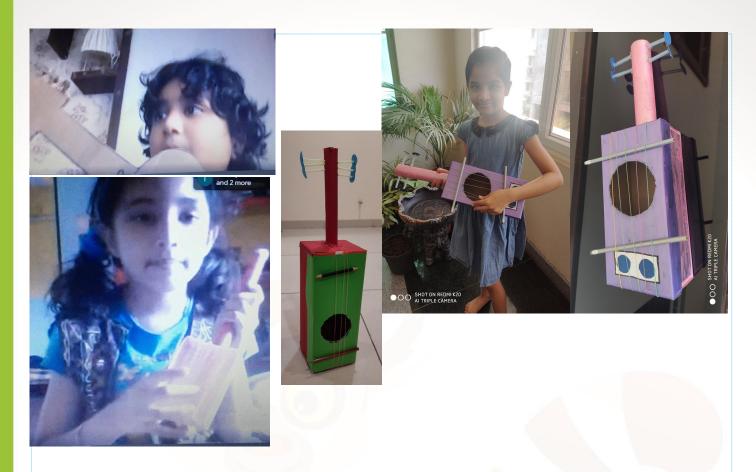
The Students of grade 5 have come up with colourful Times tables chart and wheel as part of their learning.



Science

Activity-1-The lemurs of Grade-3 made a craft guitar model, presented it and explained how sound is produced in the string instruments and how they can tune the guitar, change the pitch by tightening and loosening the pegs. They enjoyed playing the craft guitar model and listening to its sound.





Activity-2- Students made a craft paper telephone and tested how sound travels from one paper cup through the string to another paper cup. They also recognized that sound travels through solids, liquids and air. They enjoyed talking on paper cup telephones.



The lemurs of grade 4 made a working model of the Sun, the Earth and the Moon, demonstrating and explaining the types of movement of the Earth with respect to the Sun and the movement of the moon around the Earth. They briefly explained about the time taken by each type of movement and its results.

















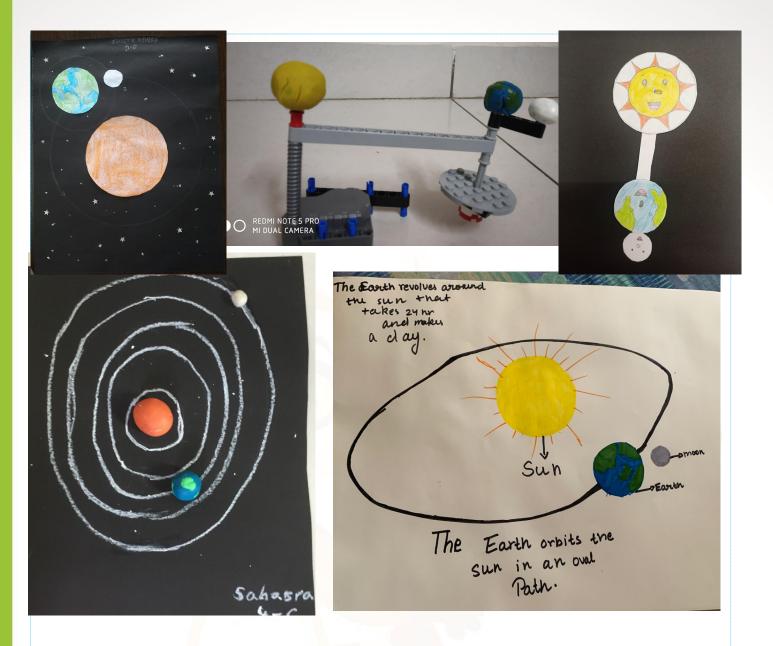






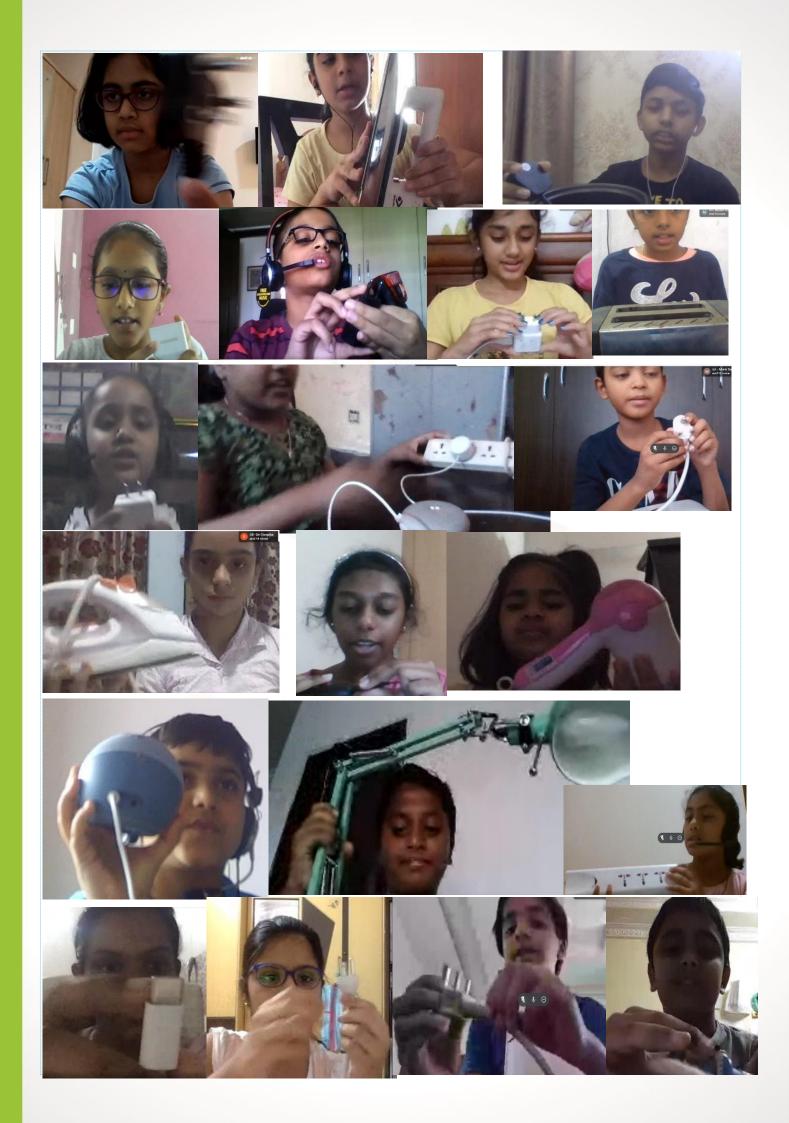






Science- Show and Tell-The lemurs of grade 5 presented various household electrical appliances, explaining the parts which are conductors and insulators and the reasons for the same. They were assessed on the criteria of accuracy, information, presentation, confidence, facing peer questioning and timeliness. The excitement and confidence with which each one presented was really impressive.





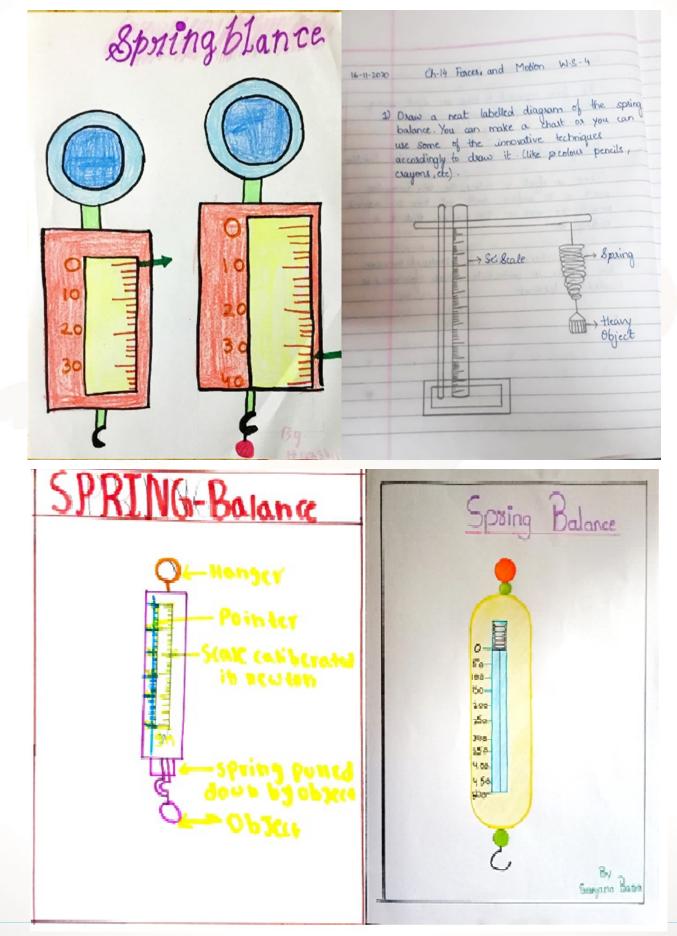


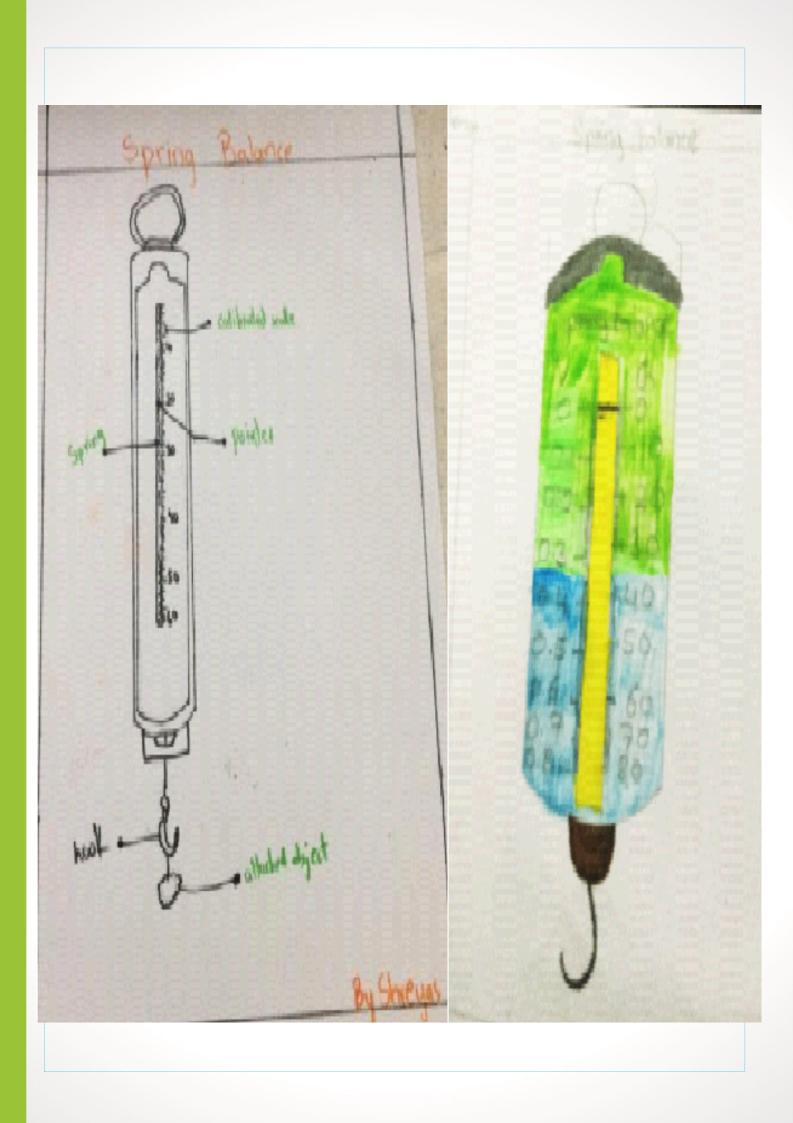
Lemurs of grade 5 also represented the electrical safety rules through colourful and informative posters as part of formative assessment.

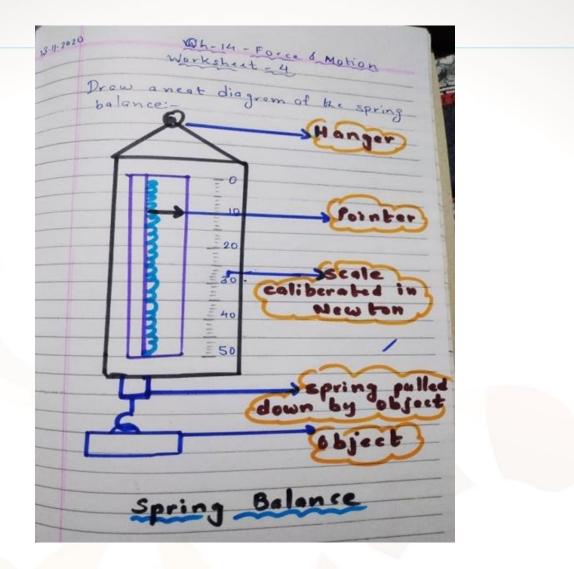




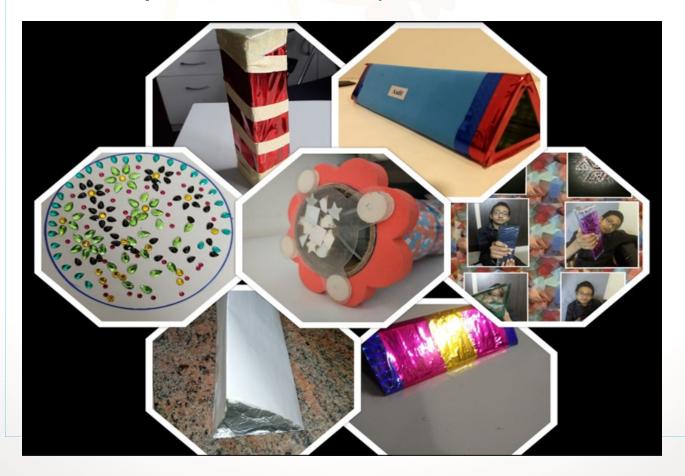
Students of Grade 6 were assigned with an activity to draw a diagram of spring balance – This activity help them to enhance their drawing skills and presentation skills and also to understand the concept used to measure different weights using a spring balance.







Students of grade 7 have used various materials to make periscope/kaleidoscope which helps them to learn about the concept of how the light reflects, and to enhance their innovative skills, presentation skills and creativity.

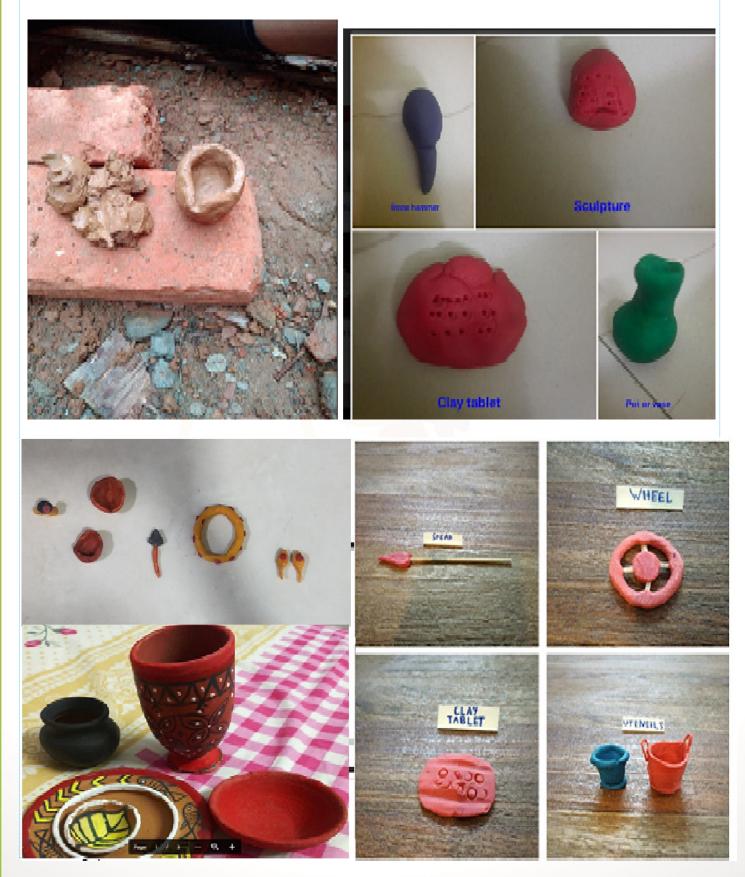


Global Perspective

Topic – Civilizations - Artefacts used during the river valley civilizations

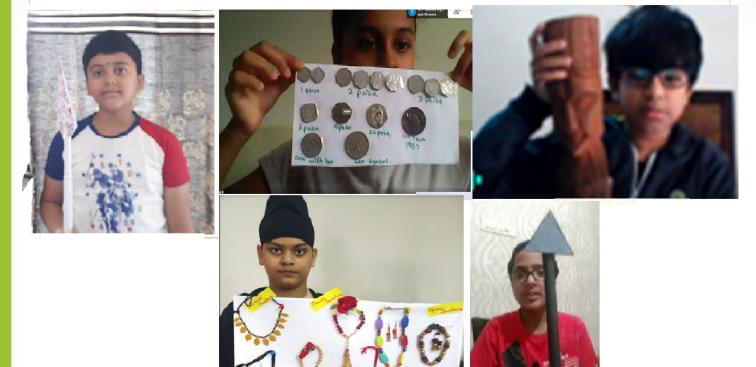
Integration with art

Students have made a few artefacts with clay related to the GP topic – Civilizations , they tried to show a few important artefacts used by the people and came to know about the purpose of the artefact.



Integration with social – Show and Tell

Few Students collected and few made the ancient things used for various activities and explained about the items. They also shared details like which year the item was used and for what purpose they were used.



Art and Craft

"Color is a power which directly influences the soul." ~Wassily Kandinsky.

Grade 1 to 4, enjoyed whole month Colours topic, which is one of the most critical element of art. They learned Primary, Secondary, and Tertiary colours and activities based on that. On the occasion of Diwali, they made amazing water candles.

Primary colours activity



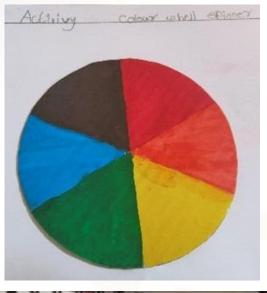






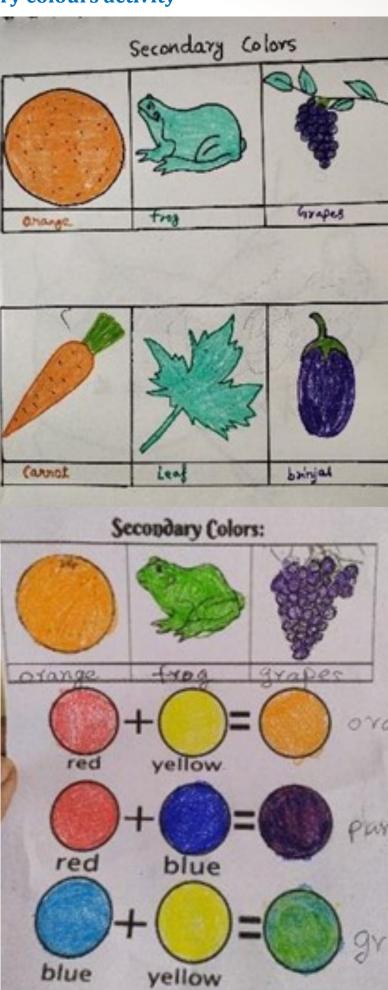


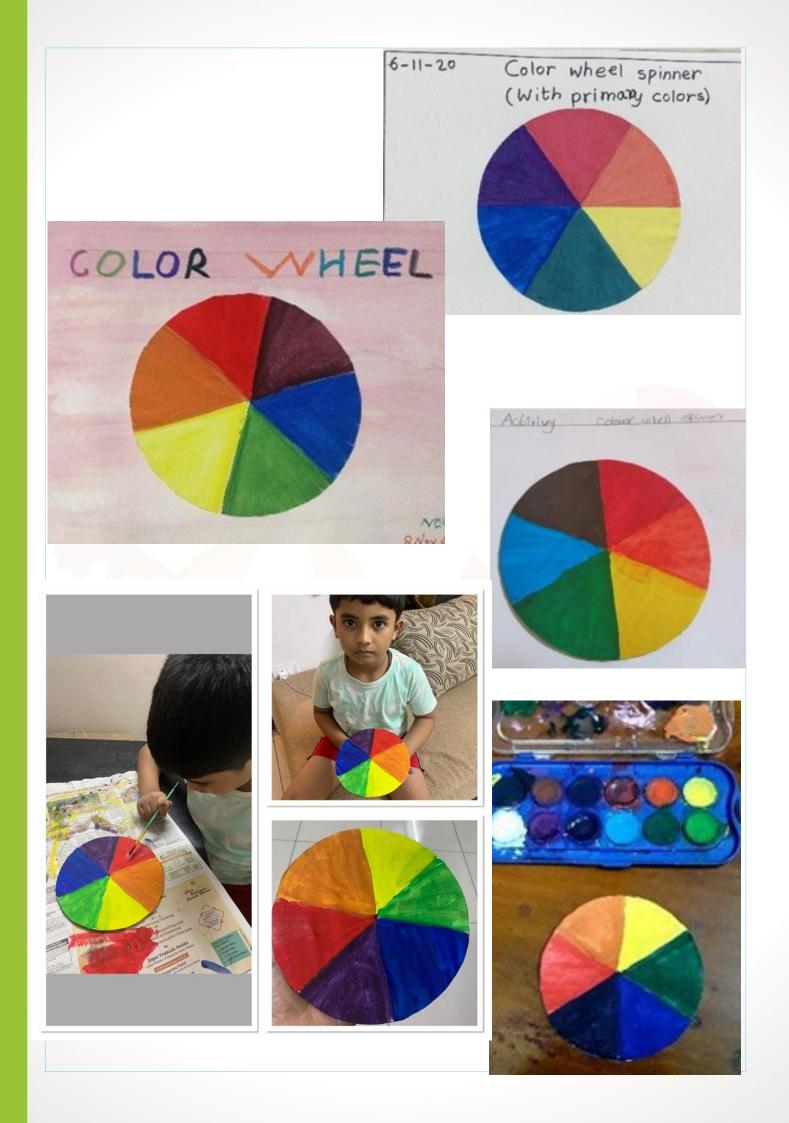
Secondary colours activity











Water candles



















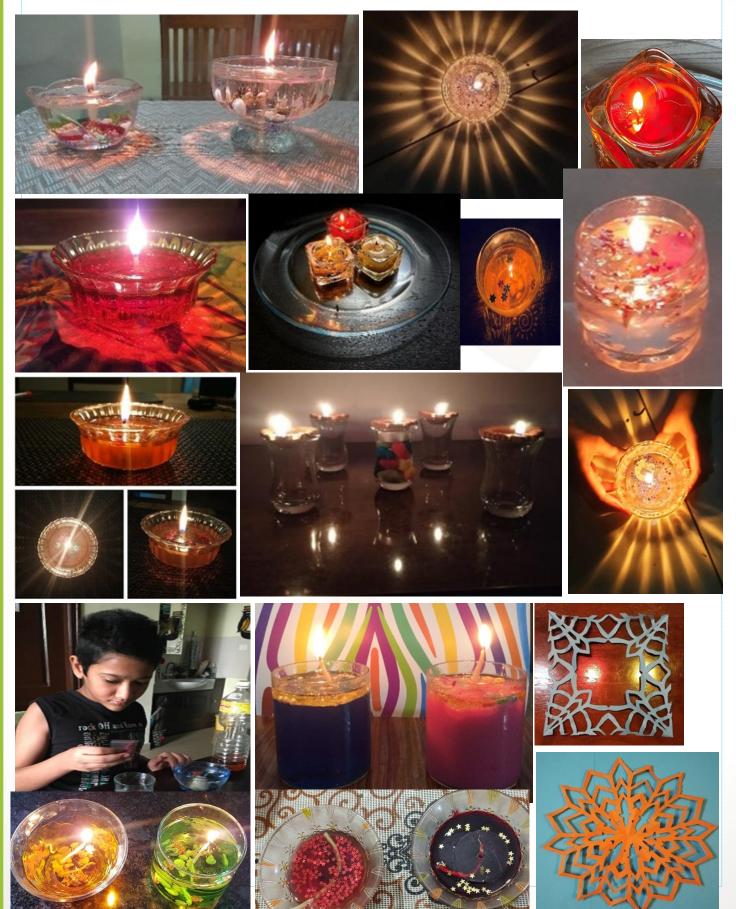
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"Light in Nature creates the movement of colours." - Robert Delaunay

Grade 5 to 7 lemurs enjoyed making water candles activity without using wax in this festive month. Lemurs completed their Warli lessons. Warli Art paintings they made looked awesome. They learned paper Rangoli Art by doing designing and cutting and enhanced paper Rangoli Art by doing spray painting.







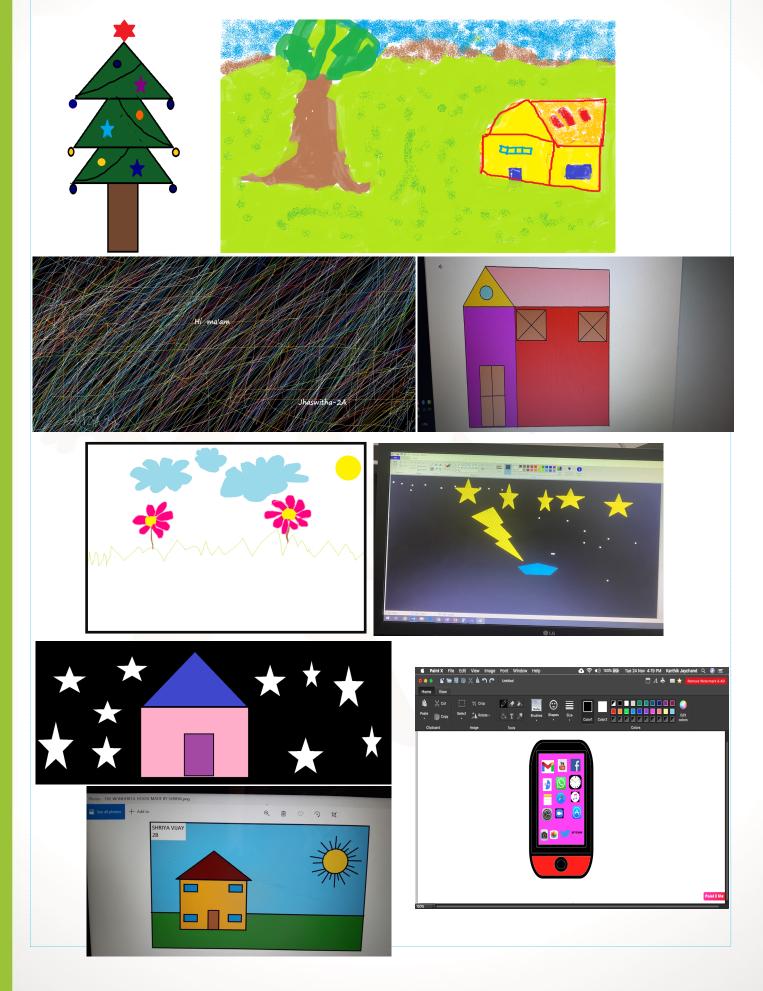






Computer Sciences

The grade 2 learners enjoyed doing a hands-on activity of drawing and painting using different tools in the Paint program learned in the computer science class.



This month we introduced Paint 3D which is a part of the Computer Science curriculum to the students of Class VI. Paint 3D is a built-in creative application that allows children to harness their creativity by creating 3D models.

These sessions on 3D Paint allowed students to get a first-hand understanding of the digital -designing/ graphic-designing, a career that is in vogue these days. Children have performed best in their abilities combining 2d and 3D tools to create professional-grade artwork.





World Science Day for Peace and Development

Science for and with Society

Celebrated every 10 November, World Science Day for Peace and Development highlights the important role of science in society and the need to engage the wider public in debates on emerging scientific issues. It also underlines the importance and relevance of science in our daily lives.

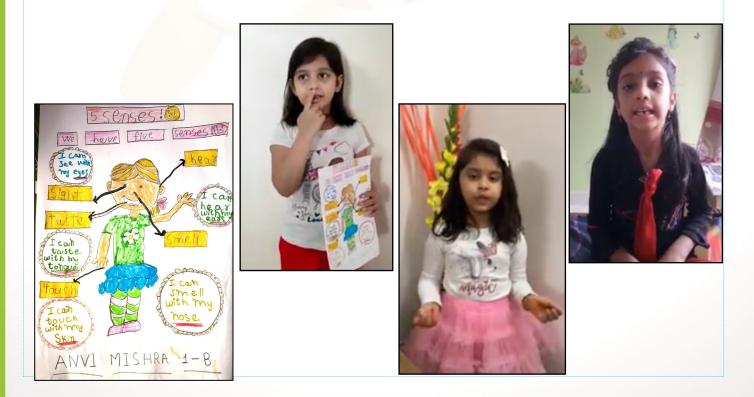
By linking science more closely with society, World Science Day for Peace and Development aims to ensure that citizens are kept informed of developments in science. It also underscores the role scientists play in broadening our understanding of the remarkable, fragile planet we call home and in making our societies more sustainable.

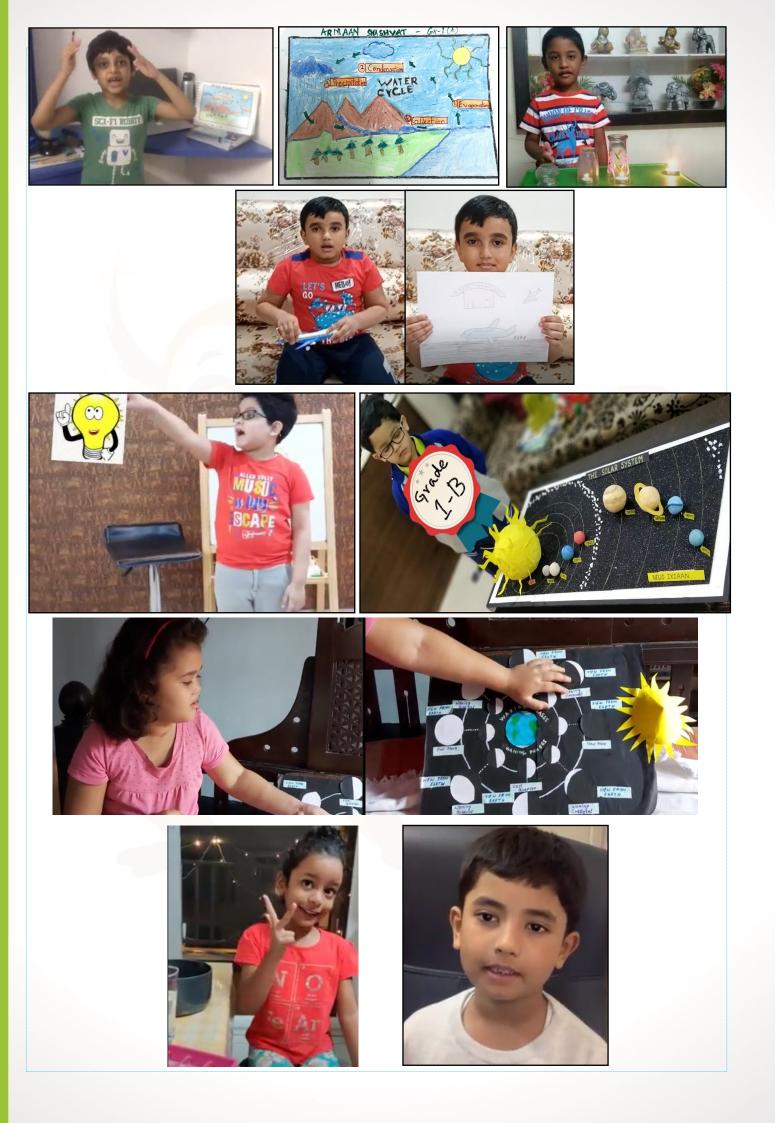
In 2020, at the time when the global COVID-19 pandemic further demonstrated the critical role of science in addressing global challenges, the focus of the World Science Day is on <u>Science for and with Society</u>.

To celebrate the 2020 World Science Day, all students from grade 1 to 10 participated in the event with great fervor and enthusiasm and presented various model/projects/PPT in their online class.

Grades 1 to 10 photos and links:

Grade 1 Link: https://photos.app.goo.gl/3E95pxpq74etrscC8



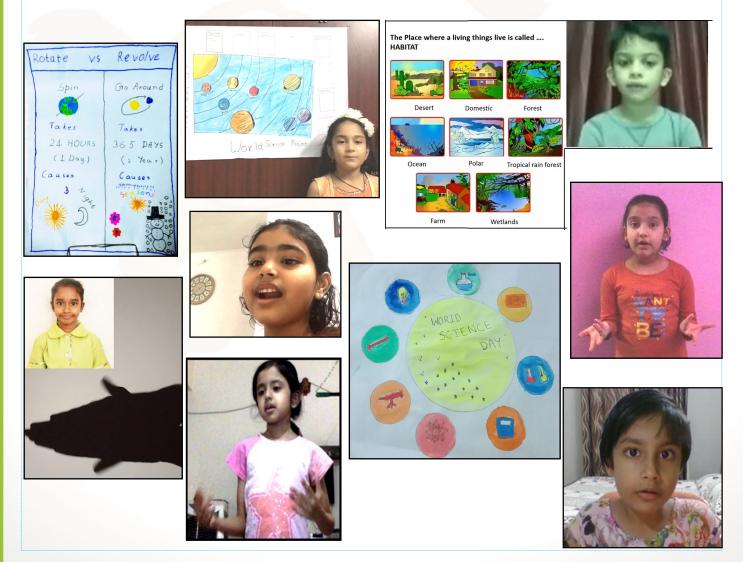






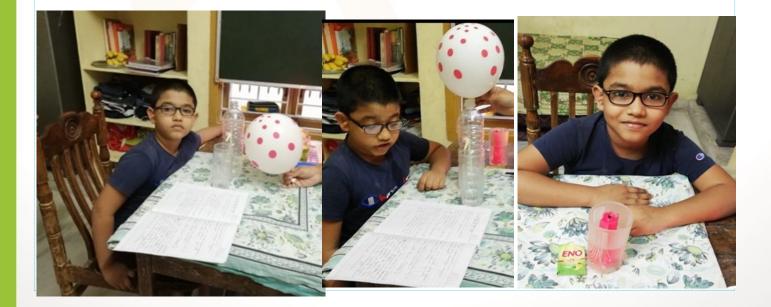


Grade 2 Link: <u>https://photos.app.goo.gl/E1TdjibnLXeNefHz8</u>





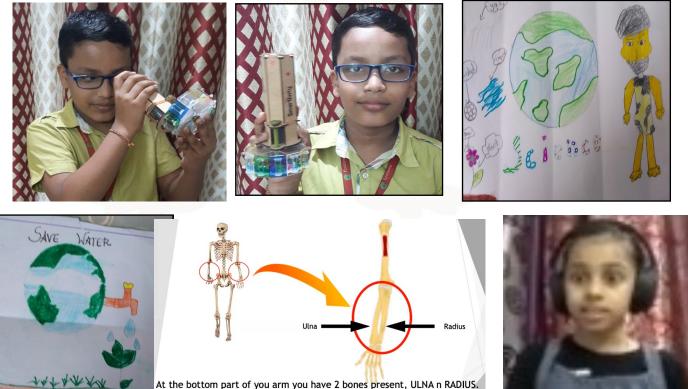
Grade 3 Link: <u>https://photos.app.goo.gl/xi5VjLdV8uZSfsrg6</u>







Grade 4 Link: https://photos.app.goo.gl/jJpj2noNKjmzmaa57



At the bottom part of you arm you have 2 bones present, ULNA n RADIUS. If you touch the part right below your wrist if you gently press in the middle you will be able to feel a little hole or like the bone is bending a little down, and yes that is the gap between the 2 bones.

Grade 5 Link: <u>https://photos.app.goo.gl/RCYDNPCs3bekAVMs9</u>











Deer

Primary coms

Food Chair





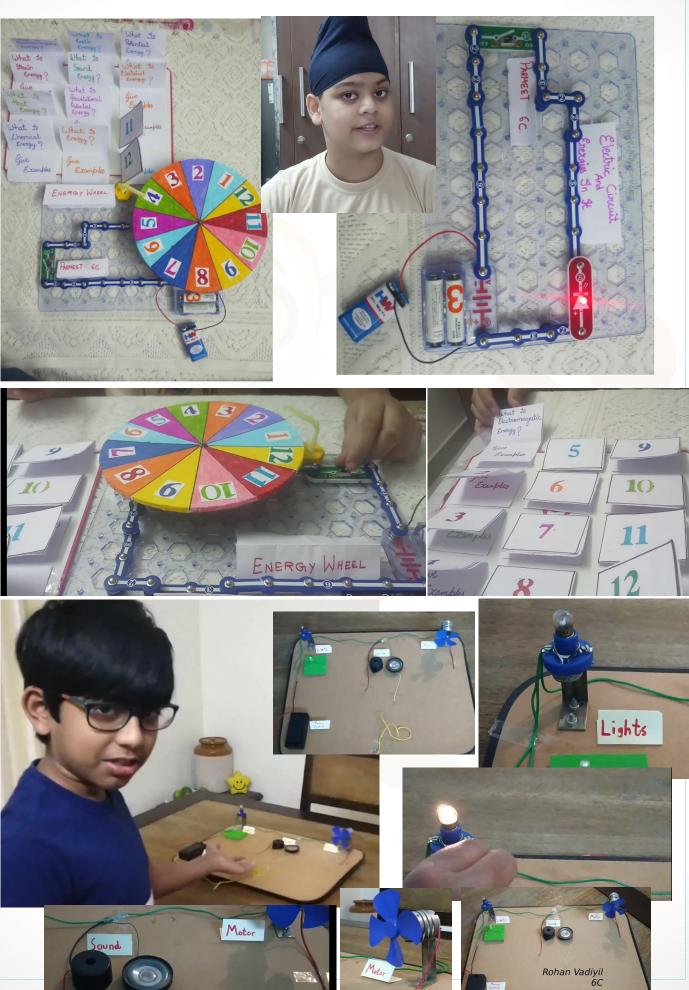
Grade 5

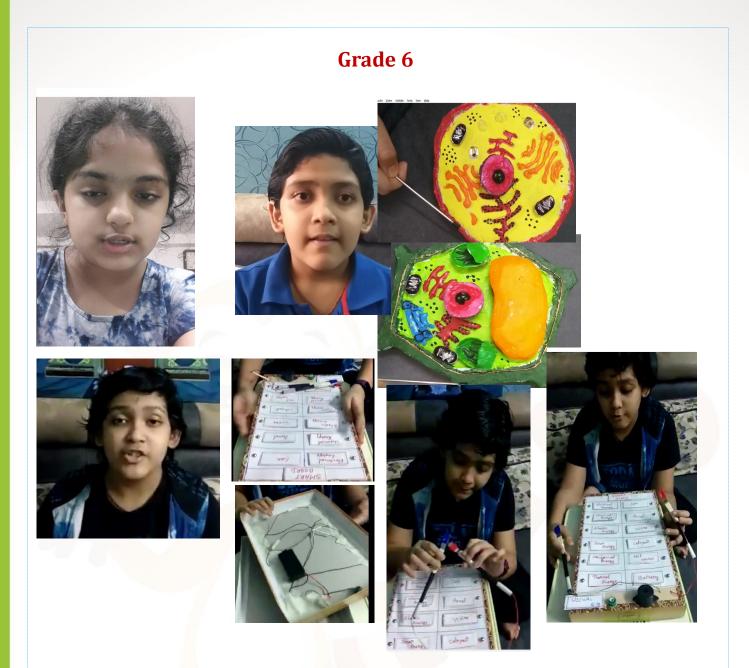


Grade 6 Link: https://photos.app.goo.gl/puRTDJyJofPB7MZh7



Grade 6





Grade 7 Link: <u>https://photos.app.goo.gl/x9XRfcBHzEX6WNzZA</u>



Grade 7



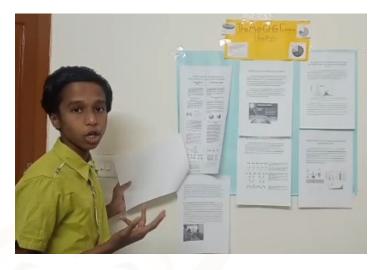




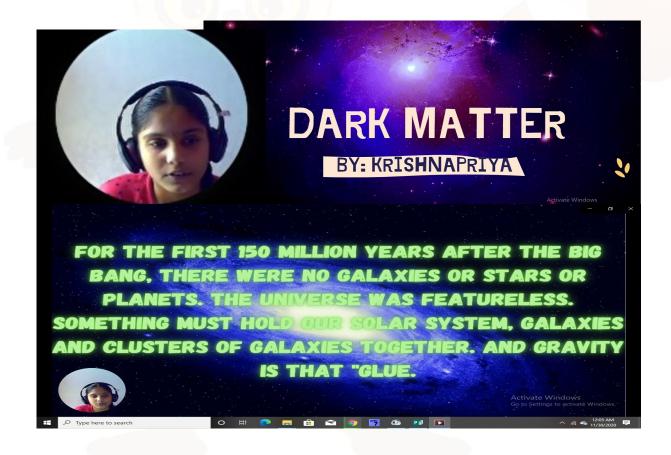




Grade 8 Link: <u>https://photos.app.goo.gl/rFBnfqPsUJGPNDT58</u>



Grade 9 Link: https://photos.app.goo.gl/fwE1EyHMt66u4T929



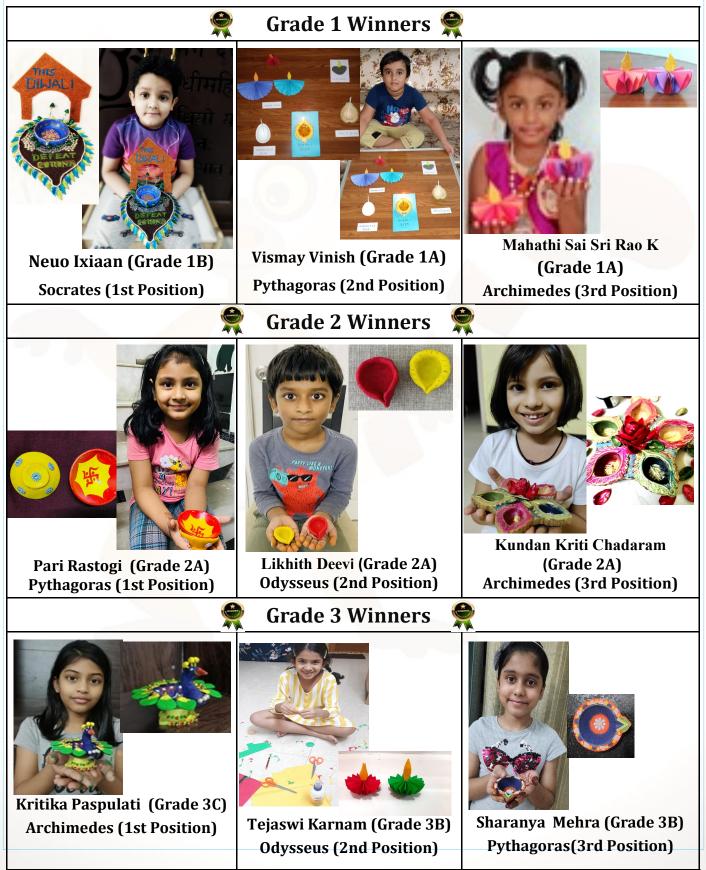
Grade 10 Link: <u>https://photos.app.goo.gl/7FE2MtocSbLXMo4p7</u>

Inter-house Competitions

For the overall development of a child, curriculum is not the only single criteria. Every activity in school life plays a significant role in the development of students. For holistic growth along with various facets of personality development of children, classroom teaching should be supplemented with co-curricular activities.

Keeping this in mind, we have designed different activities for different grades and Lemurs from grade 1 to 10 have actively taken part.

Grades 1, 2 & 3 Diya making Competition



DIYA MAKING Grades 1 to 3



DIYA MAKING Grades 1 to 3



LANTERN MAKING GRADES 4 & 5

Grade 4 Winners



Krisha Mishra (Grade 4B) Pythagoras (1st Position)

Chetan Aarush S (Grade 4C) Pythagoras (2nd Position)



Shivlivardhan Tirunagari (Grade 4A) Odysseus (3rd Position)







Ishita P (Grade 5B) Pythagoras (1st Position)



Hrithvika Prabhala (Grade 5C) Odysseus (2nd Position)



Vaanya Gupta (Grade 5C) Socrates (3rd Position)

LANTERN MAKING PARTICIPANTS GRADES 4 & 5



LANTERN MAKING PARTICIPANTS GRADES 4 & 5











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LANTERN MAKING PARTICIPANTS GRADES 4 & 5



SLOGAN GRADES 6 & 7



Grade 6 Winners



Lakshmi Tanvi Reddy B (Grade 6A) Pythagoras (2nd Position)



Harshitha Varma Vegesna (Grade 6B) Socrates (3rd Position)



Prisha M (Grade 6C)

Odysseus(1st Position)

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Dinesh Koushik (Grade 6C) Pythagorus(1st Position)



Ujjwal Mahapatra (Grade 6B) Archimedes (1st Position)



Parmeet Singh Kainth (Grade 6C) Odysseus (2nd Position)

SLOGAN GRADES 6 & 7



Grade 7Winners

AYAAN TAA PYTHAGOR



Ayaan Muhammed (Grade 7A), Pythagoras (1st Position) UNITY has enough power to Defeat The Problems.

BE UNITED AND DEVELOP YOUR COUNTRY.



Mohammad Aarish Khan (Grade 7B), Socrates (1st Position)



ESSAY WRITING GRADES 8,9 and 10

