



Epistemo
Vikas Leadership School

Epistemo Lemur's News



Message from Head of the School, Ms. Padma Kolli

Dear Parents,

The pandemic has taken away the rhythm of our lives, mentally and physically. Music is one of the ways to get the rhythm back in our lives.

Listening to music has a calm and soothing effect on the body, slows down heart and pulse rate, and lowers blood pressure and stress hormone levels. Encouraging children to learn music either vocal or instrumental not only reduces stress but it also enables their cognitive development.

Cognitive development is about how children think, explore and understand the world around them. Brain development is a part of cognitive development and music helps in promoting cognitive development in children.

A study conducted by the University of Wisconsin and the University of California at Irvine indicate that three to four-year-olds with eight months of music instruction, including singing and keyboard lessons, averaged 43% more in IQ tests than children who weren't signed up for music lessons. Likewise, a research study conducted by Susan Hallam in 2010 at the Institute of Education, University of London, concluded that the students with formal music education tend to record higher academic scores in primary, middle and high school years.

Singing to a tune, or listening to music or playing a musical instrument helps to reduce anxiety and depression in children and in adults. Students who studied while listening to ambient music reported a reduction in stress and anxiety and improved concentration and brain function. Few types of ambient music include orchestra and recorded sounds of waterfalls, birds, rain. The music focuses and prepares the human brain for heightened emotional excitement and concentrations. The learning of music changes brain structure and function for good. It reaches the part of the brain that other things can't reach. It is a strong cognitive stimulus that grows the brain and enhances working memory and language skills.

Dedicated learning and practice of music instils discipline and develops children's motor skills and hand-eye coordination. One does not have to be an artist to learn the music, but one must learn music for self-growth: physical and mental.

We take pleasure in bringing to you our October Edition with the happenings of the month.

“A teacher affects eternity; he can never tell where his influence stops.” - Henry B. Adams
The month of October is definitely a month about stressed exams, joyful festivities, and celebrations with holidays. The spirit after the first term exam and the flaming poplars lighting the way to winter. The month began with a serious note of our lemurs with their First-Term Examinations. At the same time, the celebrations got geared up to celebrate the festival of the victory of Good over Evil.

CELEBRATIONS

“Light is good from whichever lamp it shines, knowledge is good from whichever source it originates.”

To enlighten the students about the ‘Dussehra festival’, which signifies ‘Good over Evil’ The little ones dressed up in traditional attire for the program. A cultural program was held in the virtual class. Dandiya and Garba, traditional dance was presented by lemurs in a graceful manner. Ramleela was shown and depicted through a puppet show.

Bathukamma –the floral of Telangana was also celebrated. Lemurs spoke about the importance of the Dusshera festival and how it is celebrated all over India. Indeed it's a wonderful program.

Video of Dussehra Celebrations Link: <https://photos.app.goo.gl/sJWSDipjS25uyT4k6>

ACHIEVEMENT

Mohammad Aarish Khan of Grade 7 participated in IMUN Online Conference 24.0 and was appreciated for the same.

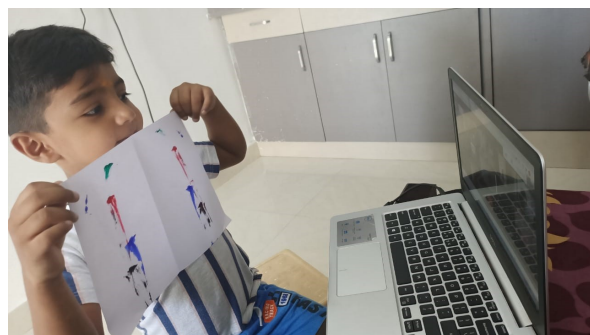
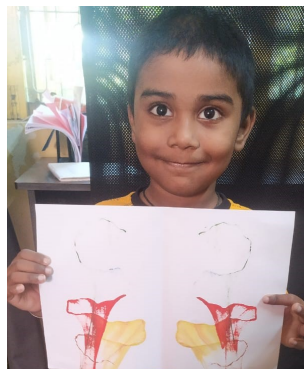
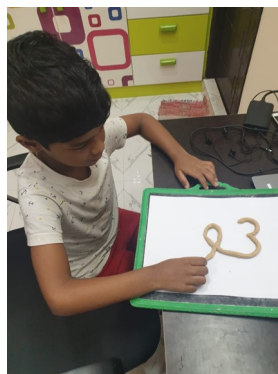


PP's Activity based learning:

Lemurs learned at their own pace through various supervised activities. It is a more engaging and interactive way of teaching children. It allows for monitoring factors such as speech, coordination, social skills, and motor skills, amongst other key factors. Engaged lemurs in learning and discovery with hands-on activities that allow them to get creative while developing numeracy, EVS, reading, writing, and emotional learning skills.

Activity based learning Link : <https://photos.app.goo.gl/biPaW2HdZfjz2UDu6>


Activity based learning




Rhyme and Story telling Competition:

Rhymes and story telling continues to be an integral part of preschool education as they help children to learn a language and enhance their musical and aesthetic awareness and also promotes brain development and imagination. Keeping this in mind rhyme recitation and storytelling competition was organized by Epistemo for its learners on 9th October 2020 (Friday) and each child participated with great enthusiasm by using a variety of props to make their stories and rhymes interesting and expressive.

PP1 Rhyme Competition Link: <https://photos.app.goo.gl/qyZ6hfkBipxezeEQA>

RHYME COMPETITION 		
NAME	CLASS	POSITION
AARNAVI MISHRA	PP1	1st
KAIRA PASPULATI	PP1	2nd
BODHAN CHINNA	PP1	3rd

STORY COMPETITION 		
NAME	CLASS	POSITION
SHLOK SHANKAR NAIR	PP2	1st
AYRAH ZYNAB SHAIK	PP2	2nd
AASHIKA JAIN & ANAYA JAIN	PP2	3rd

Global Perspective Reflection Day was done successfully across all the Grades.

Parent Teacher - Meeting

A parent- teacher meeting was organised, through Google Meet on 31st October, 2020 with an objective to bring the parents and the teachers together for uplifting the students and maintaining a harmonious relationship between them.

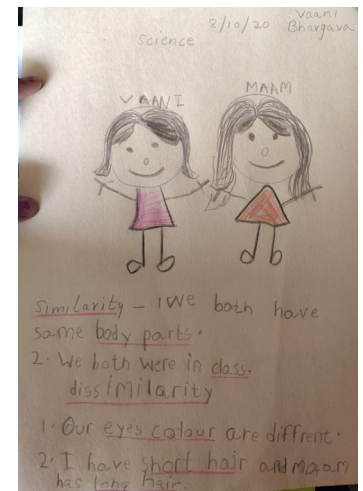
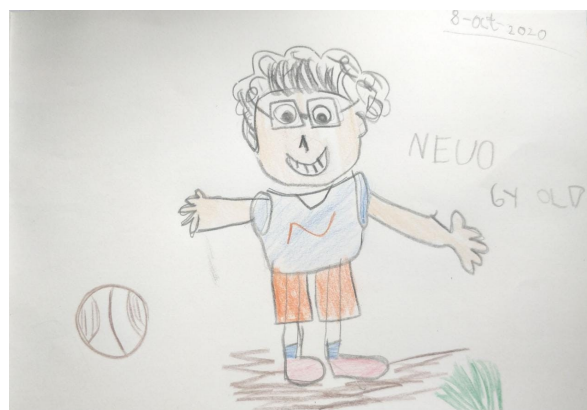
We were overwhelmed seeing the continuous support and trust that we are getting from our esteemed parents even in this time of crisis. The parents not only attended the meeting but also acknowledged and appreciated the efforts of the school management and teachers in providing quality education to their wards.

The management and teachers would like to thank all our parents who made the effort to attend the first PTM of Term 1, session 2020-21 to support their child's progress and the work of the school.

Our continued partnership will ensure that our Lemurs continue to learn, progress and reach their potential holistically!

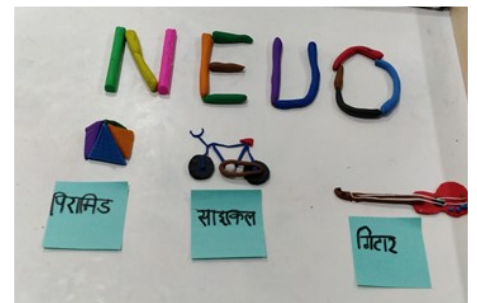
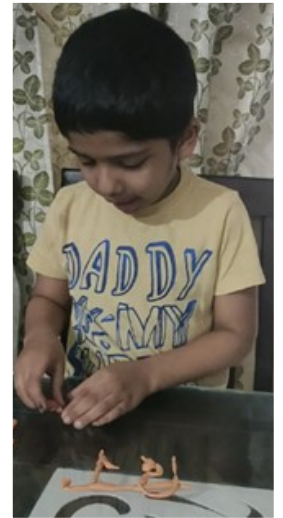
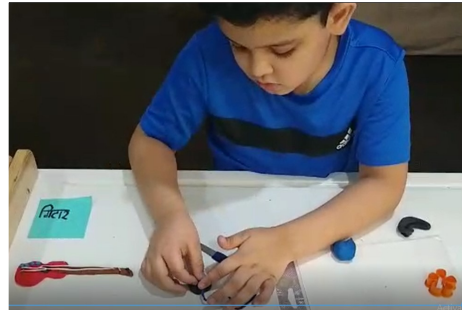
Science

Students of Grade 1 enjoyed doing a recap on Similarities and Differences through a poster making of drawing themselves along with any other family member or a friend and mentioned about – “How are they both similar?” and “What are the differences?”



Hindi

Activity based learning Link : <https://photos.app.goo.gl/6PmtStXdmx22rBTw8>



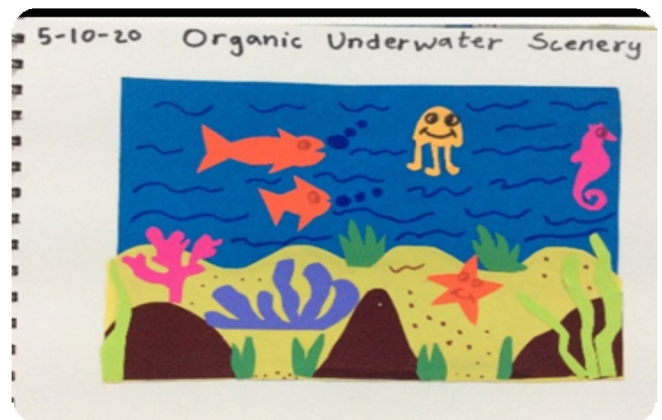
कक्षा एक के छात्र अपने क्रियाकलाप के दौरान ई मात्रा के शब्दों से बने वस्तुओं का निर्माण मिट्टी (clay) से बनाकर प्रदर्शित किया ।

छात्र इन्हें बनाते समय अत्यंत उत्साहित थे । वे इस तरह ई मात्रा के वर्ण और शब्दों को जानने लगे तथा वस्तुओं को बनाने में अपना नैपुण्य को निहारने लगे ।

ART:

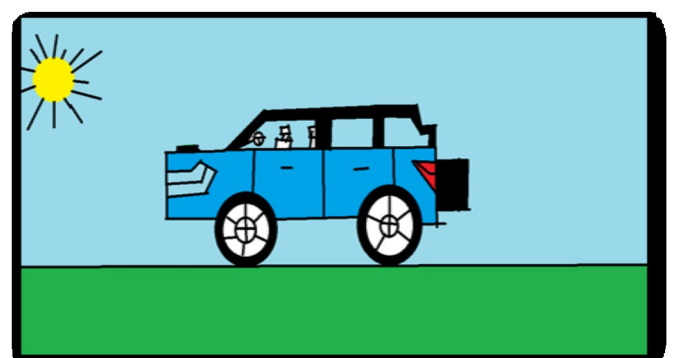
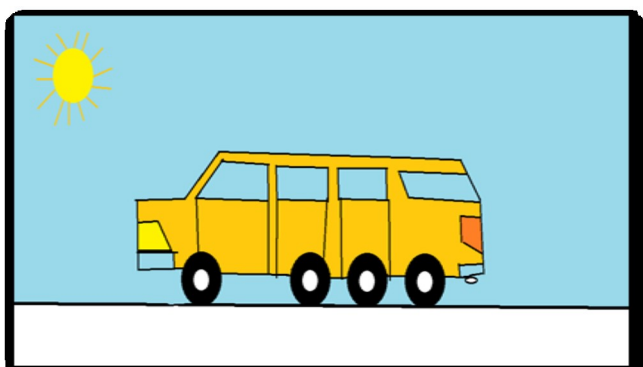
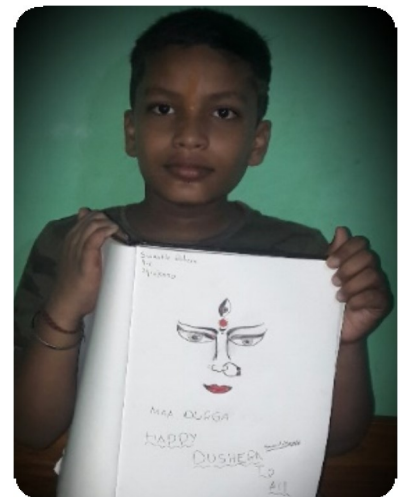
Art is your emotions flowing in a river of imagination - Devin

Lemurs of our Grades 1 to 4 make them busy with Organic shapes - that are irregular or asymmetrical in appearance and tend to have a curvy flow to them. Nearly everything found in nature is of organic shapes





Leisure Art Activity



Leisure Art Activity

Lemurs of Grades 5 to 7 enhanced their learning of traditional Warli Art human figures, which they created by using 2D shapes – Triangle, Circle especially.

