

A LETTER TO TEACHERS

Dear teachers

Greetings from Shriram Foundation!

This month we begin a new feature: it is a feature about your school. In the new feature *From Our Schools*, we would like to share interesting ideas, activities and programs that you run in your school. So if you have started or conducted a program that is popular and unique, please write to us about it. Or tell our Coordinators when they visit your school. Send us photos of the program. We will feature you in our new column.

Tell us about your school's good work. Let everyone learn from you.

At Shriram Foundation, we look forward to hearing from you about your experiences. Write to us at m100.shriramfdn@gmail.com.

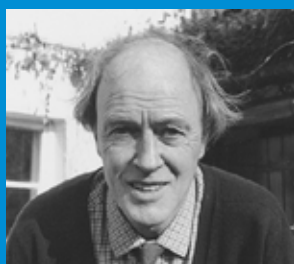
Warm regards

Editor



WISE WORDS

Here are some proverbs, sayings and quotations from all over the world to inspire you. You may write or display them on your blackboards or notice boards, explain and discuss them with your students.



"There are a whole lot of things in this world of ours you haven't started wondering about yet."

– Roald Dahl

"We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort."

– Jesse Owens



DID YOU KNOW?

Weight of the Brain

Do you know the weight of the brain? It weighs less than 2 percent of your body weight. Surprisingly, it consumes 30 percent of the oxygen we breathe and around 20 percent of the blood supplied in our body. A Lack of energy reduces your brain function as it reduces the oxygen supply to your brain. Deep breathing for a couple of minutes can improve oxygen and blood supply to the brain.



TEACHER TIP

Behaviour management is a key challenge in schools. Students breaking rules, disturbing others, misbehaving and disobeying teachers often affects the entire class.

One of the wisest ways of dealing with indiscipline is to find out how to prevent it. If students clearly know your expectations from them, the rules they have to follow and the consequences of not following them, they will usually fall in line. Rules must be clearly spelt out, as also consequences. (If you do not submit your science project by tomorrow, your sports period will be cancelled and you must work on it in that period.) You must also be able to firmly and consistently impose the consequences.

Classroom organization and teacher presence are other ways of preventing indiscipline in class. Organise the class furniture and settings in such a way that students are around you and within your physical reach. Create an atmosphere of being physically close to them. Keep walking all around the class. Make eye contact with the whole class all the time. You will be surprised at the difference it makes to discipline in the classroom.



Reopening Day Activity

LONG LONG AGO...

India in World War II

This new column presents significant historical events for the month. This can be used as a reading activity in class and followed up by a reading discussion on the content. Encourage students to look up any new words in the dictionary.

September 1 marks the anniversary of the beginning of one of the most famous wars of all time. The Second World War was the largest and most destructive war in history. It involved more than 30 countries, and more than 50 million military and civilian deaths, lasting for about six years. It was fought mainly between the Axis powers, Germany, Japan and Italy, and the Allied Powers, Britain, the United States, France and the Soviet Union. It began when Hitler, the leader of Germany invaded Poland on the 1st of September, 1939. The British Empire and France had an agreement with Poland to come to its aid if it were to be invaded, and, subsequently, declared war on Germany. Japan wished to control the rest of Asia and the Pacific, and Germany took control of much of Continental Europe.



India was still controlled by the British Empire, and therefore, when Britain joined the war, India was forced to take part as well. India contributed around 2.5 million volunteer soldiers to fight on the side of the Allies during the war as part of the British Indian Army. These soldiers fought in Italy, Burma, Singapore, Guam, Indo China, the Malay Peninsula, and North and East Africa, distinguishing themselves by fighting bravely and skillfully.

The Indian pilots who fought were especially renowned for their exploits during the war.

India contributed more than just soldiers to the war. Indian doctors and nurses also participated in the war, as well as manning merchant supply ships. The Indian Comforts Fund was also set up in 1939, and was run by both British and Indian women to provide food and warm clothing for Indian soldiers.

QUIZ

Here is a quiz to share with your class.

1. Name the 'Land of the Rising Sun'?
2. Name the river that is called the 'Sorrow of China'?
3. Which river is called the 'Gift of Egypt'?
4. Which continent is called the 'Dark Continent'?
5. Which country is called the 'Emerald Isle'?
6. Which city is called the 'City of Flowers'?
7. Which country is called the 'land of Lilies'?
8. Which city is known as the 'Eternal City of Hopes'?
9. Which valleys are known as the 'Hanging Vällëy'?
10. Name the city that is called the 'Garden City'.
11. Name the country called the 'Hermit Kingdom'.
12. Name the country called the 'Holy Land'.
13. Name the mountain range that is called the 'Human Equator of the World'.
14. Name the city which is known as the 'Forbidden City'.
15. Name the continent known as the 'Island Continent'.



IN THE NEWS

Animals and plants may be living in warm caves under Antarctica's ice, according to a study. Australian researchers said that Mount Erebus, an active volcano on Antarctica's Ross Island, is surrounded by caves hollowed out in the ice by steam. Soil samples retrieved from the caves have revealed intriguing traces of DNA from mosses, algae and small animals. The research has been published in the journal Polar Biology.



The next steps will be to take a closer look at the caves and search for living organisms. If they exist, it opens the door to an exciting new world. There are a number of other volcanoes across Antarctica, the researchers pointed out, so sub-glacial cave systems could be common across the continent.

THEME OF THE MONTH

World Heart Day



World Heart Day falls on 29th September. It is a day where everyone should take a moment to remember and resolve to take care of their health. The heart is one of the most important organs in the body. It pumps blood throughout the body, which carries oxygen and nutrients, and also removes waste. World Heart Day was created to spread awareness among people of the importance of adopting healthier lifestyles.

You can observe World Heart Day in the following days:

Get your students to make a chart with a labelled diagram of the heart to hang on the classroom wall. They could also have a picture of the circulatory system as well.

Get your students to make Healthy Heart Habits posters. They can make out lists of important things to do in the right amounts that will help them live in a healthy manner.

Teach children, how to check their pulse. You can check your wrist by turning your left hand and placing the middle and index fingers to the base of the thumb and then moving them down your hand to just below the crease on your wrist, and keep them just to the left of the large tendon. You must not press too hard or you will not be able to feel it anymore. It can take a few seconds to find your pulse, and you may have to adjust the position of your fingers up and down your wrist until you find it. The children can check if their pulses are regular. If they could procure a watch which can measure seconds, they could count the number of beats that occurred in 20 seconds, and, by multiplying it into 3, they could work out their heart-rate per-minute. The children could also run up and down stairs or around the playground until they feel their heart rate increasing significantly. They could measure their pulse-rate immediately before and immediately after the said activity, and also measure the time it takes for their heart-rate to come down.

To promote and reinforce the importance of exercise, the children could conduct a marathon for the entire school, at the beach, or at a park, where they could first talk about the importance of good health to prevent heart disease.



DID YOU KNOW?

In commemoration of the International Day of Democracy, which falls on 15th September, we have compiled a few relevant and interesting facts on the subject of democracy.



Democracy

- The word democracy is derived from the Greek word *dēmokratīā*, which was coined from *dēmos* ("people") and *kratos* ("rule") in the middle of the 5th century BCE
- It is a system of government by the whole population or all the eligible members of a state, typically through elected representatives.
- The concept of democracy can be traced back to the ancient Greeks, around 2500 years ago. This way of governing was a departure from the autocratic systems of governing, where a single person or a small group of people had the power to make decisions for the state.
- The Greek city Athens was the first city to adopt it. It allowed ordinary citizens access to government offices and courts, and all citizens were allowed a voice and to vote in the assembly. However, women, foreigners, slaves, freed slaves, and individuals whose parents were not citizens of Athens did not have these rights. So only a minority of the population benefited from it.
- There are two kinds of democracies:
 Direct democracies are democracies where the citizens themselves gather in assemblies and meetings and decide policy and law.
 Representative Democracies are democracies where representatives are elected by the people and decide policy and law on behalf of the people who elected them. This is the most practical form of democracy for large societies and nations. Nearly all modern societies are representative democracies. Elections are conducted on regular basis to choose these representatives.

LEARNING THROUGH PLAY

Role Play



Role play and acting are important classroom activities. It helps to build presentation skills, cooperation, and self confidence. By putting themselves in another persons place, students experience challenges and dilemmas new to them. These help build the value of empathy.



Playing pretend and inserting themselves in roles allows them greater understanding and makes the entire lesson more memorable. The children could act out parts of stories that they are studying, which would help them commit lines to memory better, gain a greater understanding of the characters and the plot, and improve their vocabularies. Playing roles in different kinds of lessons can also be helpful; such as if the children are learning mathematics, they could pretend to be vendors or bankers, and exchange money for goods or large notes for change. This can lead to better reading and comprehension of data in statement sums.

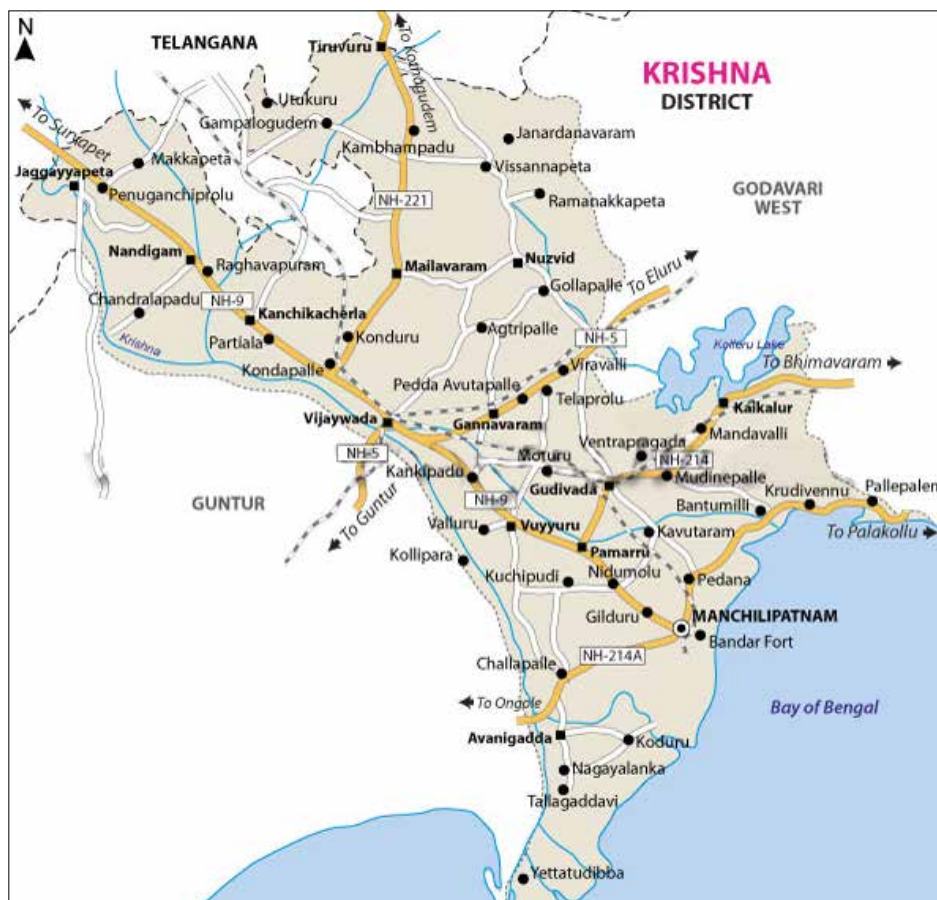


FOR YOUR CLASSROOM

Maps in the mathematics class? Yes, map activities can be both educative and interesting when used in maths. You can do this as a small group activity. Make copies of the following map of Krishna district for your groups. Ask them to do the following with coloured markers:

1. Join two towns that fall on a straight line.
2. Mark three collinear points formed by towns.
3. Join three towns to form a triangle.
4. Join two sets of two towns to form parallel lines.

You can add as many challenges as you wish like this.



Answers

Quiz

- | | |
|----------------------|-----------------------------------|
| 1. Japan | 9. Valleys of Switzerland |
| 2. Yellow River | 10. Chicago, U.S.A. |
| 3. Nile | 11. Korea |
| 4. Africa | 12. Palestine |
| 5. Ireland | 13. Himalayas |
| 6. Cape Town, Africa | 14. Lhasa, Tibet (Forbidden City) |
| 7. Canada | 15. Australia |
| 8. Rome, Italy | |

"The best way
to predict
the future
is to
creat it"

- Abraham Lincoln



Dear Science Teachers,

Welcome to the September edition of the Science at School - the monthly magazine especially for you!

IN THE CLASSROOM

A mixture is a combination of two or more substances that do not lose or change their characteristics when combined. The components can be separated physically.

A solution is a mixture in which one or more substances dissolves in another. Here are some interesting facts about mixtures and solutions.

- Smoke is a mixture of particles that are suspended in the air.
- Tap water is a mixture of water and other particles. Pure water or H₂O is generally referred to as distilled water.
- Many of the substances we come into contact with every day are mixtures including the air we breathe which is a mixture of gases like oxygen and nitrogen.
- Blood is a mixture that can be separated by a machine called a centrifuge into its two main parts: plasma and red blood cells.
- Mixtures can be liquids, gases, and solids.



Here is a list of mixtures and solutions. List them on the board and ask children to sort them into two columns. Or give a chit with the name of one mixture or solution to each child and ask the students to divide themselves up silently into two groups.

Cough syrup

Gulab jamun in syrup

Chocolate milkshake

Kanji powder

Ointment

Lemon honey juice

Cream of tomato soup

Ice tea

Fruit salad

Bhel puri

Salt water

Chicken soup

Strawberry icecream

Eye drops

Fish curry

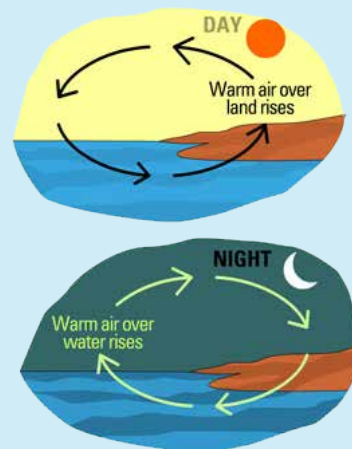
DID YOU KNOW

Wind is caused by huge convection currents in the Earth's atmosphere, driven by heat energy from the Sun. This means as long as the sun shines, there will be wind.

The moving air (wind) has huge amounts of kinetic energy, and this can be transferred into electrical energy using wind turbines. The wind turns the blades, which spin a shaft, which connects to a generator and makes electricity. The electricity is sent through transmission and distribution lines to a substation, then on to homes, business and schools.

Wind turbines cannot work if there is no wind, or if the wind speed is so high it would damage them.

Wind turbines are usually sited on high hills and mountain ridges to take advantage of the prevailing winds.





Just like a windmill, wind energy turbines have been around for over 1000 years. Windmills have been used for pumping water or grinding grain.

- The largest wind turbine in the world, located in Hawaii, stands 20 stories tall and has blades the length of a football field.
- An average wind speed of 22.5km per hour is needed to convert wind energy into electricity.
- One wind turbine can produce enough electricity to power up to 300 homes.
- Wind energy is the fastest growing segment of all renewable energy sources.

SCIENCE VOCABULARY PUZZLE: HEALTH

Test your students' vocabulary in science concepts in this fun way. Here is a word search puzzle on the theme 'Health'. Words related to the theme are hidden in the grid. Your students will need to search them out. The words in the grid are listed below the puzzle. As an added challenge, ask students to define or tell you what each of the words mean. You can assign this as group work and get small groups of students to work on the puzzle and define the words.

Name: _____ Date: _____

Wildlife

S	A	N	C	T	U	A	R	Y	U	L	F	N	D	A	I
S	R	E	S	E	R	V	E	S	A	L	O	J	E	S	I
E	G	N	I	T	N	U	H	N	I	I	R	U	T	O	O
T	Y	P	O	N	A	C	D	V	T	S	E	V	A	I	O
A	O	O	S	E	E	S	E	A	M	U	S	E	C	I	O
R	E	E	E	E	C	S	T	A	A	O	T	N	I	H	D
B	E	S	A	A	T	E	M	N	A	R	S	I	T	E	E
E	X	E	P	O	G	M	U	A	A	O	R	L	S	R	P
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N	T	S	E	L	I	T	P	E	R	A	R	R	S	R	O
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U	O	N	O	M	N	I	V	O	R	O	U	S	U	U	O
N	N	C	F	A	M	P	H	I	B	I	A	N	S	S	O

Word List:

FAUNA
SPECIES
AMPHIBIANS
EXTINCTION
HERBIVOROUS
DOMESTICATED

HABITAT
LIVESTOCK
VEGETATION
DEPLETION
VERTEBRATE
JUVENILE

CONSERVATION
HUNTING
FORESTS
RESERVES
MAMMAL
LANDSCAPE

FLORA
REPTILES
SANCTUARY
CARNIVOROUS
OMNIVOROUS
CANOPY