

**KMR 360\***

**CONNECTS**

**UNITES**

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KMR IN HOUSE DIGITAL NEWS MAGAZINE

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## GADGET FREE TIME

Dear parent,

Hope you are enjoying your role and responsibility as a parent. We live in a digital world where we can't think of a life devoid of gadgets, can we?

Not only for adults,...from the time they can grasp an object in their hands, children reach for electronic gadgets of all kinds, particularly, our cell phones, tablets, laptops, computers or televisions. Experts recommend us to wait until the kid reaches pre school age. Child psychology says that children should not be exposed to technology before two years of age. But just think, how does a toddler know how to use a mobile phone or tab until we introduce it to him?

How many of us give a child a phone to keep him engaged when we are too busy to attend to him? Later, when you suddenly realize that he is slowly getting addicted to it, you try to pull it away from him and understand that it is difficult to separate them. But here comes a million dollar question...Can we completely do away with gadgets? The answer is NO. But then, how do parents handle this difficult situation?

For kids and toddlers, limit the screen time to just ONE HOUR a day. Also ensure that you are watching along with your child to guide him in the process of observing and understanding.

NEVER USE TECHNOLOGY AS A BABY SITTER.

For children of pre primary and primary classes, you can allow a little more screen time, may be two hours a day, but have some ground rules before they decide on a pattern or routine for themselves. Make a TECH CONTRACT with your child. This is for them to know what is expected of them and the consequences of BREACHING the contract. The corrective measure could be cut down on the screen time for two days. Be strict and stick to the contract meticulously.

Even at school these days, technological tools are used to reinforce the concepts taught. But at school normally, students never cross their limits with gadgets. So, only at home, children need to be watched, monitored and checked on a regular basis. Let us understand how gadgets affect children's development, if they are not introduced at the right age and without rules. Only the keen attention and observation of the parents will help the children to be gadget friendly and not gadget addictive. Above all, there is something you should remember to do. DONT ALWAYS APPEAR INFRONT OF THE CHILD USING YOUR CELL PHONE. He must also understand that you are busy reading or writing, cleaning or doing some other work besides using your phone. EXAMPLE IS ALWAYS BETTER THAN PRECEPT.

There are many other creative ways to keep yourself and your child engaged sans technology.

\* Introduce them to the world of art and craft...which will boost their creative expression.

\* Keep a bunch of books ready for them to pick and choose from..It will open a new world for them and give them wings of imagination.

\* Involve them in simple, domestic chores like washing and cutting vegetables, making dosa or rolling chappathi (age appropriate) washing the plates and cups etc. These activities will improve their self-help skills.

\* By giving them puzzles, Sudoku, brain gym activities etc. you can enhance their concentration and logical skills.

The above mentioned are just a few from the long list we can think of.

Make **GADGET FREE TIME**, a part of your child's regular routine. This will help to avoid the health and psychological issues one may suffer from the over use of gadgets.

Let us help the children to lead a quality life...

**MRS. VIJAYA SUNDER, ACADEMIC CONSULTANT**

## NOVEMBER DIARY- FROM PRINCIPAL'S DESK

November was a vibrant and eventful month at KMR International School! The school embraced a diverse range of activities, fostering holistic development and cultural enrichment in addition to the all important academic growth.. Here's a recap:

1. **Humor Club and Staff Engagement:** The month started with a focus on staff well-being through the Humor Club, allowing teachers to rejuvenate and distress. The support staff also engaged in various activities, showcasing unexposed talents and camaraderie.

2. **Karate Belt Exam:** A significant event where students progress to the next level in their martial arts journey, was supported by the presence of the school's Chairman and Correspondent.

3. **Talents' Week and Children's Day:** The school celebrated the innate abilities of its students through various activities, including a handwriting contest in collaboration with renowned channels and academies.

4. **Resilience in Adverse Weather:** Despite facing challenging weather conditions leading to school closures, meticulous planning ensured the school's resilience and adaptability.

5. **Cultural Celebrations:** From Deepavali to Children's Day, the school was alive with colorful festivities, showcasing cultural diversity and talent among both students and teachers.

6. **Commendable Initiatives:** Commemorating significant days like World Fisheries Day, World Television Day, World Hello Day, and National Milk Day, the school engaged students in various educational and awareness-building activities.

7. **Sports and Physical Activities:** The Athletic Meet organized by the Madurai Sahodaya Sports Complex provided a platform for identifying and nurturing future athletes among the students.

8. **Collaborations and Events:** Collaborations with other educational institutions like Bharath Matriculation School for Orange Day Celebrations reflected a spirit of cooperation and shared celebrations.

9. **Balance of Academics and Extracurricular Activities:** The school maintained a harmonious balance between academics and preparation for the upcoming annual day, ensuring a holistic development approach.

It's impressive how the school combined educational milestones, cultural celebrations, and awareness-building events in a single month. Such initiatives not only enrich the learning experience but also instill important values and skills in the students. Here's to a joyous welcome to December, continuing the journey of education and holistic development.

**MRS. SARASWATHY, PRINCIPAL**



# CHILDREN'S DAY 2023





CHILDREN'S DAY 2023





## December AUTHORS

Jane Austen

Born December 16, 1775

Jane Austen was born into a family of England's landed gentry, or upper middle class. Her father held an administrative position at Oxford and highly valued learning, so Austen and her sister received a more thorough education than most girls at the time. Due to the gender-based prejudices of the early 19th century, Austen published her novels anonymously, but their sales gave her an unusual level of financial independence. Today, her six novels are still widely read around the world, and three in particular—*Pride and Prejudice*, *Emma*, and *Sense and Sensibility*—have been adapted for stage and screen many times.

Emily Dickinson

Born December 10, 1830

Emily Dickinson wasn't well known throughout her life, and she only published 10 poems during her lifetime. But after her death, her sister found a collection of nearly 1,800 more writings that caused Dickinson's fame to take off. Her poems were unique for their time as they generally didn't have titles and used unconventional rhyme schemes. "Hope is the Thing with Feathers" and "Because I Could Not Stop for Death" are some of her most-quoted works. Since 1955, when her poems were first published in anthology form, she has been appreciated as one of the most important American poets in history.

Rudyard Kipling

Born December 30, 1865

British writer Rudyard Kipling spent his childhood in India, which inspired much of his writing. His most famous work is the 1894 short story collection *The Jungle Book*, which Disney adapted into two feature films in 1967 and 2016. However, his extensive body of stories and poetry won him the 1907 Nobel Prize for Literature, making him the first English-language writer to win and the youngest winner in history. Kipling declined multiple offers of knighthood and the British Poet Laureateship during his lifetime. However, he received the posthumous honor of being buried in the Poets Corner of Westminster Abbey.

Joseph Conrad

Born December 3, 1857

Despite being from Poland originally and not speaking English fluently until age 20, Joseph Conrad is remembered as a major figure in British literature of the late 19th century. Conrad spent more than 10 years working as a merchant seaman, and his ocean travels inspired several of his novels. His best-known works include *Heart of Darkness*, *Lord Jim*, and *The Secret Agent*. Conrad's writing also inspired many American authors of the Lost Generation, including F. Scott Fitzgerald and William Faulkner.

Shirley Jackson

Born December 14, 1916

After beginning her career as a fiction writer for the *New Yorker*, Shirley Jackson became widely famous for her harrowing short story "The Lottery." This recognition led to Jackson's success in publishing several horror novels, including *The Haunting of Hill House* and *We Have Always Lived in the Castle*, during the 1950s. Although women rarely worked outside the home at the time due to societal pressures, Jackson's writing became the main source of income for her family. She died from cardiac complications at 48, but she influenced many horror writers to come during her relatively short career.

Stephenie Meyer

Born December 24, 1973

One night in June 2003, Stephenie Meyer had an unusual dream about a vampire who fell in love with a human teenager but still thirsted for her blood. She promptly wrote down the idea in story form; three months later, the story had become a completed draft of her first novel, *Twilight*. *Twilight* and its three sequels have a major global fan base: the series has sold more than 100 million copies in 37 languages, and the five movie adaptations of the series earned more than \$3.3 billion combined at the box office. In the early 2000s, Meyer took advantage of the ability to connect directly with her fans via the Internet, leading critics to call the *Twilight* series "the first social networking bestseller." Additionally, Meyer has written two adult novels, *The Host* and *The Chemist*, as well as several companion works to the *Twilight* series.

Nicholas Sparks

Born December 31, 1965

Nicholas Sparks excelled academically and athletically throughout his teenage years. He graduated as valedictorian of his high school class and magna cum laude from University of Notre Dame, which he attended on a full track-and-field scholarship. Although he majored in finance, he started writing fiction during school breaks and published his first solo novel, *The Notebook*, in 1995. All of Sparks's 24 books have been *New York Times* and international bestsellers, and he was a producer on four of the 11 film adaptations of his novels. In addition to writing, he has worked with many nonprofits and in 2011 started the Nicholas Sparks Foundation to support cultural and international education experiences for children and teenagers.



## A Downpour day with downcast mood



As the evening shadows fall, she walks from school with a heavy heart,

A girl consumed by sadness, her emotions torn apart.

The rain begins to pour, matching her mood,

Each droplet a reflection of the tears she longs to include.

Her steps are slow and weary, as she trudges through the wet,

The raindrops on her face, mingling with her silent regret.

With each puddle she passes, she feels her sorrows deepen.

The world around her blurs, as tears mix with rain,

But amidst the melancholy, a glimmer of hope remains.

She walks on, drenched by the downpour, but her spirit starts to mend,

As the raindrops cleanse her soul, she begins to comprehend.

That even in moments of sadness, there's beauty to be found,

In the way the raindrops dance, creating a serene sound.

And as she reaches home, soaked but with a newfound grace,

## Bus Journey - The Morning ✨.....Contd.

As the journey continued, the girl observed the myriad of emotions that painted the bus. Some faces reflected sadness, perhaps burdened by the weight of their own personal struggles. Others were filled with excitement, their eyes shining with anticipation of what lay ahead. In this microcosm of humanity, she witnessed the complexity and depth of human emotions, each person carrying her own unique story.

The girl couldn't help but be moved by the range of emotions she encountered. She felt a deep sense of empathy for those who carried sadness in their eyes, silently acknowledging their pain. At the same time, she celebrated the excitement and enthusiasm radiating from those who were filled with anticipation. Through this journey, she learned the importance of embracing and understanding the diverse emotional landscapes of those around her. Life lesson that I have learned ;

This bus journey served as a poignant reminder that every person carries her own joys, sorrows, hopes, and fears. It taught her to approach each interaction with empathy and compassion, recognizing that behind every face lies a unique story waiting to be heard. In the tapestry of human emotions, she discovered the beauty of our shared humanity.

As the bus journey came to an end, the girl carried with her a newfound appreciation for the kaleidoscope of emotions that color our lives. From the smile that brightened her day to the sadness etched on some faces, she experienced the rich tapestry of human emotions. This journey served as a gentle reminder to embrace the flavors of emotions that surround us, fostering empathy, and celebrating Flavours of people ..

## Bus Journey - The Morning ✨

Embarking on a bus journey, a girl found herself immersed in a captivating tapestry of human emotions. As she took her seat, she couldn't help but notice the diverse expressions that adorned the faces of her fellow passengers. Some smiled warmly, while others wore a mask of sadness. Excitement and anticipation danced in the eyes of a few. In this bus, she embarked on a unique adventure, experiencing the flavors of human emotions firsthand.

Amidst the sea of faces, one person caught her attention—a stranger whose smile radiated warmth and kindness. Their eyes met, and for a brief moment, a connection was formed. That simple exchange of smiles brought a sense of joy and comfort, reminding her of the power of human connection. It was a reminder that even in a crowd, a single smile can brighten someone's day.

## I HAVE BLOOMED AND THRIVED WITH KMR

Oh the walls of my school, they hold memories so dear,  
Ten years of laughter, learning and moments sincere.  
From classrooms to hallways, each corner has a tale,  
Where friendships were formed and dreams would set sail

These walls have seen it all, the highs and lows,  
The triumphs and challenges that life often throws,  
They witnessed my growth as I bloomed and thrived,  
And the memories made there will forever survive.

So I cherish those moments, those years that have flown,  
For the walls of my KMR, have become my second home,  
They hold the echoes of laughter and the lessons I've learnt,  
And in those hallowed halls, my memories will forever burn.







நல்லதோர் வீணை செய்தே - அதை நலங்கெடப் புழுதியில் எறிவதுண்டோ? சொல்லடி சிவசக்தி - எனைச் சுடர்மிகும் அறிவுடன் படைத்துவிட்டாய். வல்லமை தாராயோ, - இந்த மாநிலம் பயனுற வாழ்வதற்கே? சொல்லடி, சிவசக்தி - **நிலச் சுமையென** வாழ்ந்திடப் புரிகுவையோ?

விசையுறு பந்தினைப்போல் - உள்ளம் வேண்டிய படிசெலும் உடல்கேட்டேன், நசையுறு மனங்கேட்டேன் - நித்தம் நவமெனச் சுடர்தரும் உயிர்கேட்டேன், தசையினைத் தீசுடினும் - சிவசக்தியைப் பாடும்நல் அகங்கேட்டேன், அசையுறு மதிகேட்டேன் - இவை அருள்வதில் **உனக்கெதுந்** தடையுளதோ?



**நி**ற்பதுவே, **ந**டப்பதுவே, **ப**றப்பதுவே, நீங்களெல்லாம் சொற்பனந் தானோ?-பல தோற்ற மயக்கங்களோ? கற்பதுவே,கேட்பதுவே,கருதுவதே,நீங்க ளெல்லாம் அற்பமாயைகளோ?-உம்முள் ஆழ்ந்த பொருளில்லையோ?

வானகமே, இளவெயிலே, மரச்செறிவே, நீங்களெல்லாம் கானலின் நீரோ?-வெறுங் காட்சிப் பிழைதானோ? போன தெல்லாம் கனவினைப்போற் புதைந்தழிந்தே போனதனால் நானுமோர் கனவோ?-இந்த ஞாலமும் பொய்தானோ?

கால மென்றே ஒரு நினைவும் காட்சியென்றே பலநினைவும் கோலமும் பொய்களோ?-அங்குக் குணங்களும் பொய்களோ? சோலையிலே மரங்க ளெல்லாம் தோன்றுவதோர் விதையிலென்றால், சோலை பொய்யாமோ?-இதைச் சொல்லொடு சேர்ப்பாரோ?

காண்பவெல்லாம் மறையுமென்றால் மறைந்ததெல்லாம் காண்ப மன்றோ? வீண்படு பொய்யிலே-நித்தம் விதிதொடர்ந் திடுமோ? காண்பதுவே உறுதிகண்டோம் காண்பதல்லால் உறுதில்லை காண்பது சக்தியாம்-இந்தக் காட்சி நித்தியமாம்.



தேடிச்சோறு நிதம் தின்று-பல சின்னஞ்சிறுகதைகள் பேசி - மனம் வாடித் துன்பமிக உழன்று - பிறர் வாடப் பலசெயல்கள் செய்து - நரை கூடிக் கிழப்பருவ மெய்தி- கொழுங் கூற்றுக் கிரையானப்பின் மாயும் - பல வேடிக்கை மனிதரைப் போலே - நான் வீழ்வே னென்று நினைத்தாயோ?

மனதிலுறுதி வேண்டும்,  
வாக்கினி லேயினிமை வேண்டும்;  
நினைவு நல்லது வேண்டும்,  
நெருங்கின பொருள் கைப்பட வேண்டும்;  
கனவு மெய்ப்பட வேண்டும்,  
கைவசமாவது விரைவில் வேண்டும்;  
தனமும் இன்பமும் வேண்டும்,  
தரணியிலே பெருமை வேண்டும்.  
கண் திறந்திட வேண்டும்,  
காரியத்தி லுறுதி வேண்டும்;  
பெண் விடுதலை வேண்டும்,  
பெரிய கடவுள் காக்க வேண்டும்,  
மண் பயனுற வேண்டும்,  
வானகமிங்கு தென்பட வேண்டும்;  
உண்மை நின்றிட வேண்டும்.



சுப்பிரமணிய பாரதி

எந்தையும் தாயும் மகிழ்ந்து குலாவி  
கூருந்ததும் கிந்நாடே - அதன்  
முந்தையர் ஆயிரம் எண்ணுகள் வரூந்து  
முடிந்ததும் கிந்நாடே - அவர்  
சிந்தையில் ஆயிரம் எண்ணம் வளர்ந்து  
கிந்நாடே - கிதை  
வந்தனை கூறி மனத்தில் கிருத்திஎன்  
வாயுற வரூத்தேனோ? - கிதை  
வந்தே மாதரம், வந்தே மாதரம்  
என்று வணங்குகனோ?

கின்னியர் தந்தைமை ஈன்று வளர்த்து, அருள்  
ஈந்ததும் கிந்நாடே - எங்கள்  
அன்னையர் தோன்றி மழைகைகள் கூறி  
அறிந்ததும் கிந்நாடே - அவர்  
கன்னிய ராகி நிலவிக் கிந்நாடே  
கனித்ததும் கிந்நாடே - தங்கள்  
பொன்னுடல் கின்புற நீர்வினை யாடி, கிந்நாடே  
கொந்ததும் கிந்நாடே - கிதை  
வந்தே மாதரம், வந்தே மாதரம்  
என்று வணங்குகனோ?



# AAROHANAM 2023- SAHODAYA INTERSCHOOL CULTURAL COMPETITION@SBOA KMR- THE PROUD WINNERS



## ENGLISH ACTIVITY GRADE V



## SOCIAL ACTIVITY GRADE V



## GRADE I A MATHS ACTIVITY



## GRADE IV A SOCIAL ACTIVITY





# Class Room Activities

GRADE I A ENGLISH ACTIVITY



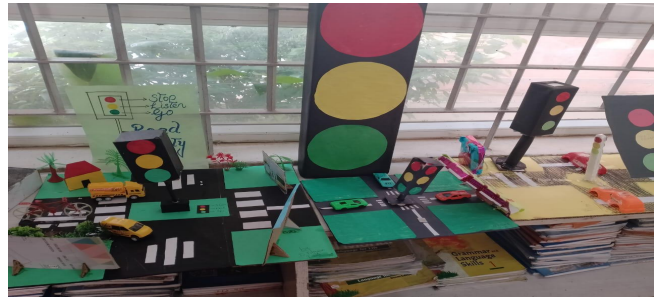
GRADE I ENGLISH ACTIVITY



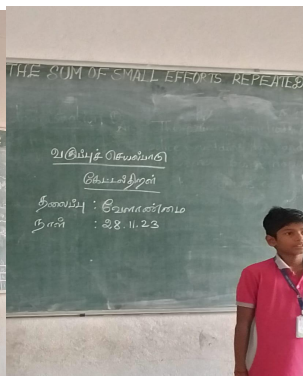
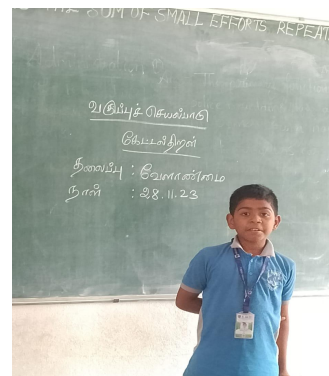
Grade I EVS Activity



Grade I EVS ACTIVITY



## தமிழ் ம் வகுப்புச் செயல்பாடு பேச்சு,கேட்டல் திறன்கள்



CLOCK ACTIVITY





## Benefits of early rising

There is famous saying "Early to bed and early to rise" This proverb tells us about the benefits of early rising. Early rising is indeed a very good habit .there are many benefits of early rising.by getting up early,we can save a lot of time, which helps to better time management.

Rising gives more time for exercise, meditation and yoga.

It helps us to remain fit and healthy, also it will keep the person calm , happy and energetic throughout the day.

One who rises early is able to go bed early and has a most sound and peaceful sleep. Also, an early riser can see the early morning beauty of nature.

The birds sing, the air is fresh and there is peace all around.

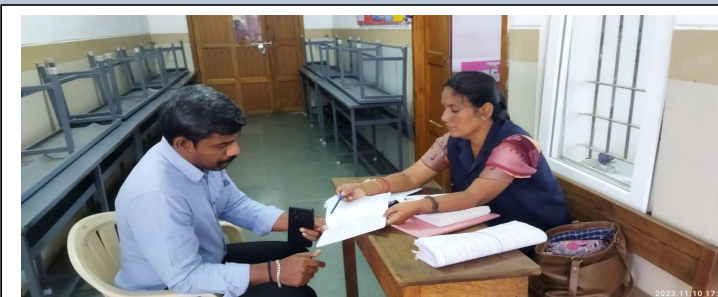
Early rising has several positive impacts on the human body and mind.

That is the reason why it is considered to be a great habit and recommended by every successful person to get up early and start with so much productivity .

Thank you .

**Ms. KALAI SELVI -IV A CLASS TEACHER**

## PARENT TEACHER MEETING





# SAHODAYA ATHLETIC MEET \_ KMR THE PROUD WINNERS



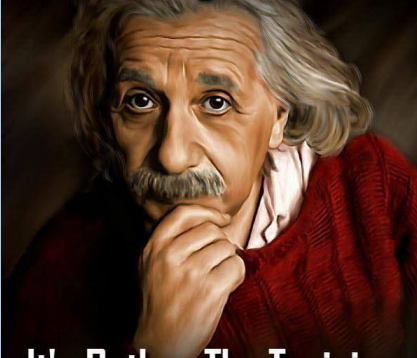


## SKILLS THAT ATTRACT SUCCESS

- SELF-CONFIDENCE
- COMMUNICATION
- MANAGING TIME
- LISTENING
- CONSISTENCY
- PUNCTUALITY
- HONESTY
- NETWORKING
- HAVING EMPATHY



**Education is Not The Learning of Facts**



**It's Rather The Training of The Mind To Think**

**WE ARE WHAT WE REPEATEDLY DO. EXCELLENCE THEN, IS NOT AN ACT, BUT A HABIT.**

**December VALUE**



**"IF I HAD SIX HOURS TO CUT DOWN A TREE, I'D SPEND THE FIRST FOUR SHARPENING THE SAW."**

**ABRAHAM LINCOLN**

### BODY

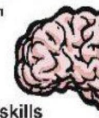
Physical Dimension



- Exercise
- Eat Healthy
- Sleep | Rest
- Relaxation

### MIND

Mental Dimension



- Read
- Educate
- Write
- Learn new skills

### HEART

Emotional Dimension



- Build Relationships
- Give Service
- Laugh | Love

### SOUL

Spiritual Dimension



- Meditate
- Keep a Journal
- Pray
- Take in Quality Media

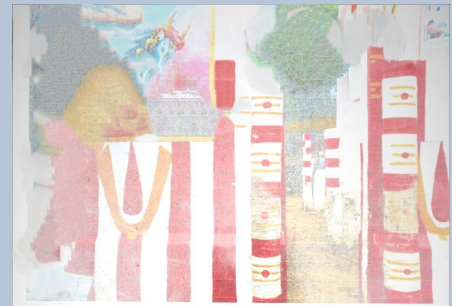
**Impress people with your soul, not the things you have.**

**SHARPEN YOUR ROUGH EDGES AND BE THE BEST VERSION OF YOUR WEIRD SELF.**

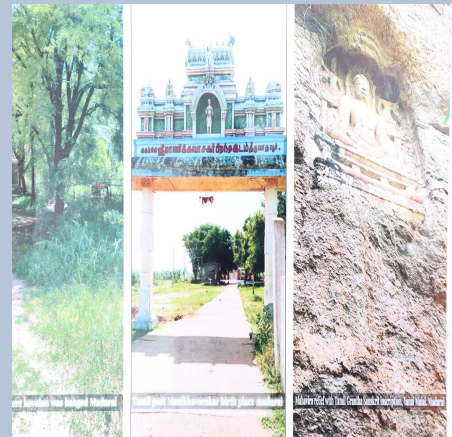
*Colin Wright*



## PRIDE OF KMR



PRIZE WINNING PHOTOGRAPH @ FATIMA COLLEGE BY V ARIYAZHINI OF GR XI KMR



M. ABHISREE of GRADE XI KMR GOT CERTIFICATE OF APPRECIATION FROM FATIMA COLLEGE FOR THE ABOVE PHOTOGRAPH SHE HAS TAKEN

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