



# KMR INTERNATIONAL SCHOOL

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**KMR**  
INTERNATIONAL  
SCHOOL  
CBSE  
AFFILIATION NO. 1930621

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## **SENIOR PRINCIPAL'S MESSAGE:**

When was the last time you tried something new?

You never know what you can do until you try and very few try ...

The hallmark of successful people is that they are always stretching themselves to learn new things.

When I tried TO SPEAK FOR THE FIRST TIME IN PUBLIC, I felt it was terrible. It was rather SCARY...But a little later, I understood how it changed my perspective and attitude and helped me to be more flexible in thinking.

Yes. Many don't like learning new things, may be they don't like to acknowledge that they might not be good at something. Being a beginner (at trying something new) looks tough. Change is hard. Developing new skills especially for an adult is particularly challenging.

On the other hand, it helps one to break the monotony of routine, stimulates one intellectually, emotionally and physically too. When you try your hand at something new, you are likely to be a problem solver. It is a way of exercising the brain and making it work in different areas. It can help in improving our concentration, attention to details and problem solving too.

Let us remember that when we learn to do something new, we are capable of change and growth which keeps us open to new opportunities in life.

Do you still hesitate to learn something new...like learning a new language, cooking a totally new dinner item, maintaining a daily journal or practicing to ride a bike or car? Go ahead. There may be starting troubles. yet you are sure to do it well.

Best wishes!

Vijaya Sundar

Senior Principal.



## **PRINCIPAL'S MESSAGE:**

Dear Students, it is my message to you all that the people of fine character live by their values. They are honest and are committed to truthfulness, word and deed. True character thus encompasses the capacity for self-discipline. Character creates self-respect, which in turn leads to high self-esteem.

Dear Parents, we KMR International School know that a strong partnership with you will make a significant difference in your child's education. As parents, we share the responsibility for our children's success and want you to know that we will do our very best to carry out our responsibilities.

Dear Teachers, I feel great pleasure to convey my message to the teachers who aspire to develop our students academically and socially by fostering social values, discipline and by imparting skills and knowledge so that our students will be able to discharge their duties loyally and sincerely for their all-round developments.



**Best Regards**

**K. Saraswathi**

**Principal**

## FROM THE ADVISOR:

### LIFE SKILLS EDUCATION & ITS IMPORTANCE IN SCHOOL EDUCATION- PART II



**Life skills encompass** a range of competencies, including:

- **Cognitive skills** (critical thinking, problem-solving, decision-making)
- **Emotional skills** (self-awareness, emotional regulation, empathy)
- **Behavioral skills** (communication, teamwork, time management)
- **Social skills** (relationship-building, conflict resolution, leadership)
- **Practical skills** (self-care, financial literacy, digital literacy)

By integrating life skills education into school curricula, we can equip students with essential tools for a happy, healthy, and successful life.

1. **Self-awareness:** Understanding oneself, including strengths, weaknesses, and emotions.
2. **Communication:** Effective verbal and non-verbal communication, active listening, and conflict resolution.
3. **Problem-solving:** Critical thinking, decision-making, and navigating challenges.

4. **Emotional intelligence:** Recognizing, managing, and expressing emotions in a healthy way.
5. **Time management:** Prioritizing tasks, setting goals, and maintaining a schedule.
6. **Goal setting:** Setting realistic goals, planning, and working towards achieving them.
7. **Resilience:** Coping with failure, adapting to change, and bouncing back from adversity.
8. **Empathy and compassion:** Understanding and respecting others' perspectives and feelings.
9. **Teamwork and collaboration:** Building strong relationships, working together, and contributing to a team.
10. **Adaptability and flexibility:** Embracing change, being open-minded, and adjusting to new situations.
11. **Leadership:** Developing leadership skills, taking initiative, and guiding others.
12. **Healthy habits:** Practicing physical and mental well-being, including nutrition, exercise, and stress management.
13. **Financial literacy:** Basic money management, saving, and responsible spending.
14. **Digital citizenship:** Responsible technology use, online safety, and digital etiquette.
15. **Environmental awareness:** Understanding and taking care of the environment, promoting sustainability.
16. **Cultural competence:** Appreciating diversity, respecting differences, and promoting inclusivity.
17. **Critical thinking:** Analyzing information, evaluating evidence, and making informed decisions.
18. **Creativity and innovation:** Thinking outside the box, generating ideas, and finding solutions.
19. **Self-care and stress management:** Practicing mindfulness, relaxation techniques, and seeking help when needed.
20. **Accountability and responsibility:** Taking ownership of actions, being reliable, and making amends when necessary.

These skills are essential for individuals to lead fulfilling, productive, and meaningful lives, and can be developed and strengthened through practice, learning, and experience. Teachers/Facilitators can use the following means to impart Life Skills in their respective areas.

1. **Integrate life skills** into the curriculum: Incorporate life skills into existing subjects or create a separate life skills course.
2. **Use real-life examples** and case studies: Relate life skills to real-life scenarios, making them more relatable and applicable.
3. **Encourage experiential learning**: Provide hands-on experiences, role-plays, and simulations to practice life skills.
4. **Foster a supportive learning** environment: Encourage open discussions, active listening, and empathy.
5. **Invite guest speakers**: Bring in experts or individuals with relevant life experiences to share insights and perspectives.
7. **Experiential Learning**: Hands-on experiences, role-plays, and simulations to practice life skills.
8. **Problem-Based Learning**: Encouraging students to solve real-life problems and develop critical thinking.
9. **Project-Based Learning**: Assigning projects that require application of life skills, such as teamwork, time management, and communication.
10. **Mindfulness and Meditation**: Teaching mindfulness techniques to develop self-awareness and emotional regulation.
11. **Group Discussions**: Facilitating open discussions to promote communication, empathy, and conflict resolution.
12. **Case Studies**: Analyzing real-life scenarios to develop critical thinking, problem-solving, and decision-making skills.
13. **Role-Playing**: Practicing social skills, such as communication, assertiveness, and leadership.
8. **Journaling and Reflection**: Encouraging students to reflect on their thoughts, feelings, and actions.

9. **Technology Integration:** Utilizing digital tools, apps, and games to teach life skills, such as online safety, digital citizenship, and time management.

10. **Simulation Games:** Using games to simulate real-life scenarios, promoting problem-solving, decision-making, and critical thinking.

11. **Service Learning:** Engaging students in community service projects to develop empathy, social responsibility, and leadership skills.

12. **Peer Mentoring:** Pairing students with peers or mentors to develop social skills, empathy, and support networks.

14. **Self-Assessment and Feedback:** Encouraging students to self-assess and receive feedback on their life skills development.

These methodologies and techniques can be adapted to suit various age groups, learning styles, and cultural contexts, ensuring effective life skills education. Without life skills education, individuals will not be equipped to navigate the complexities of everyday life, make informed decisions, and reach their full potential.

## **CONCLUSION:**

Life Skills Education is the foundation upon which individuals can build a successful, happy, and fulfilling life. It empowers them with the essential skills, knowledge, and attitudes necessary to thrive in an ever-changing world. By incorporating life skills education into our learning systems, we can live a wholesome happy and balanced life however challenging it may be.

In essence, Life Skills Education is not just a nicety, but a necessity for individuals to succeed and make a positive impact in their communities. By prioritizing life skills education, we can create a brighter future for ourselves and generations to come. Let us all the parents, teachers and the students put our hands together and make this wholesome education possible and feasible I in our school's homes and our neighborhood communities. Thank you.

**By T. M CHARLES**

**ADVISOR**



## STUDENTS' CONTRIBUTION

### Book review

Name of the book: if I never forever endeavor

Name of the author: Holy Meade

This book is about a bird who doesn't know how to fly. The bird has to decide if it will try to fly, but it is not sure if it wants to. The bird thinks "If I never forever endeavor" then I won't ever learn. On one wing, he worries he might fail and on the other wing he thinks of how he may succeed. He worries that if he tries, he may get lost in the world. That makes him want to stay in his nest here he is safe.

I think this book would help others to learn that trying new things can be scary but sometimes when we try, we can find things that make us happy too. And this book will help others know that mistakes are okay and a part of learning.

By M.Sivadharshini – VIIC



### Fun Math

1. By using five 4s can you bring the answer 55?

Answer:  $44 + 44/4 = 55$

2. Can you solve this out  $7 \times 3/7 + 3 = 24$ ?

Answer:  $7 \times 3/7 + 3 = 24$

3. By using four 9s, can you make 20?

Answer:  $9 + 99/9 = 20$

4. What do mathematics teachers like to eat?

Answer: Pi(e)

5. What are the three whole numbers whose sum and product are equal?

$$A + B + C = D$$

$$A \times B \times C = D$$

Answer: Numbers are 1, 2, 3

$$1 + 2 + 3 = 6$$

$$1 \times 2 \times 3 = 6$$



By A.G.Joytsana Vijhi

## **LITERACY DAY**

UNESCO celebrated International Literacy Day (ILD) on 8<sup>th</sup> September 2024 under the theme “Promoting multilingual education: Literacy for mutual understanding and peace”.

ILD 2024 unpacked issues related to literacy in multilingual contexts for achieving lasting peace and will

explore possible solutions for enhancing policies, lifelong learning systems, governance, programs and practices. ILD2024 will be celebrated in –person and online at the global, regional, national and local levels.



By Kharshitha.S VIIC

## **TIME AND DREAM**

Time is slow when you wait...

Time is fast when you are late...

Time is short when you are happy...

Time is endless when you are in pain...

Time is a currency be careful how you spend...

A dream does not become reality through magic, it takes sweat, determination and hard work. Success does not come to you ... you have to work for it.



By K.Ananya VIIC

## **How does mindfulness work?**

Body Scan: First Relax, then focus your through on each part of your body from your head to your toes. Notice what you feel

Mindful meditation: While seated, pay attention to your every breath. You can also focus on something you hear, see, smell or feel, touch as your feet on the floor. With many ways to practice mindfulness. Everyone can benefit from it and themselves with it.



By S.Kiruthik VIIIIC

## **WORLD ANIMAL WELFARE DAY**

World Welfare Animal Day is celebrated every year on October 4<sup>th</sup> to raise awareness about the importance of animal welfare and to encourage people to take action to protect animals. Each year a special theme is chosen to celebrate the occasion and this year 's theme is “Connecting People and Planet, Exploring Digital Innovations in Wildlife Conservation”.



By V.Irfan Sherif

## **TEACHERS' ARTICLES:**

### **CONFIDENCE – Start where you are. Use what you have. Do what you can TIPS ON HOW TO INCREASE YOUR CONFIDENCE PRIORITISE PHYSICAL WELL-BEING**

Take care of your body through exercise, hydration, and nutrition. Physical health boosts mood and enhances confidence.

### **SURROUND YOURSELF WITH SUPPORT**

Create a network of supportive people. Seek guidance and feedback from those who believe in you to encourage personal growth.

### **SHOW YOURSELF KINDNESS**

Be compassionate towards yourself. Embrace your flaws and celebrate the progress you made instead of focusing on perceived failures.

### **BUILD SELF-AWARENESS**

Understanding your strengths, weaknesses and values helps you navigate challenges with confidence and focus on what makes you unique.

### **FOCUS ON GRATITUDE**

Gratitude can uplift confidence. Reflect daily on things you appreciate, such as personal growth or support from loved ones.

### **TACKLE SMALL GOALS**

Break big goals into smaller tasks. Achieving these boosts your confidence and keeps you motivated to move forward.

### **REFRAME NEGATIVE THOUGHTS**

Challenge self-doubt by replacing negative thoughts with positive affirmations, reminding yourself of your strengths and past successes.

### **EMBRACE NEW EXPERIENCES**

Push past your comfort zone by trying new things. Each step into the unfamiliar builds resilience and confidence over time.

**“Never give up, great things take time.”**

**YOU ARE A ROCKSTAR.**

**Mrs. Saranya Kannan.M,  
Co-ordinator.**

## **TOPIC: "FEAR KILLS DREAMS!"**

Fear kills dreams. Don't let fear hold you back from pursuing your passions. Believe in yourself and your abilities, and remember that every great achievement begins with a single step.

You have the power to do what you love; don't let fear of what others think hold you back. Sing your song, dance your dance, and live life to the fullest. Embracing your true self and sharing your talents with the world is a gift to humanity.

Fear can be debilitating, but it's also an opportunity for growth. Face your fears head-on, and you'll discover resilience and strength within. Don't let fear dictate your choices; instead, choose to challenge it.

### **Overcome Fear with Small Steps:**

- Identify what holds you back
- Break down fears into manageable parts
- Focus on positive outcomes
- Surround yourself with supportive people

### **Inspiring Quotes:**

1. "Courage is not the absence of fear, but rather the judgment that something else is more important than fear." - Ambrose Redmoon
2. "Fear less, dare more." - Unknown
3. "You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face." - Eleanor Roosevelt
4. "Do one thing every day that scares you." - Mary Schmich

Thank you!

M. Kamala Manoharan  
M.A., M.Ed.

## CELEBRATIONS

### HINDI FORUM

The HINDI FORUM for the academic year was held on Friday, September 6th. The aim of the Forum is to make students converse and speak in Hindi and to bring out their hidden talents. Students of grades 6, 7 and 8 presented Hindi songs, staged a Hindi drama and a dance. Srimath Ramanujar, the Hindi drama staged that day was well received and appreciated by the teachers, students and parents who attended the program. Our respected senior principal and principal also appreciated the participants and the Hindi teachers.

Mr R Veera Chinna krishnan

Ms Saroja



**BLACK AND WHITE DAY CELEBRATED ON 12.09.2024**



**ONAM CELEBRATED ON 13.09.2024**



# TEACHER'S DAY CELEBRATED ON 05.09.2024







## **CAMBRIDGE FACULTY DEVELOPMENT PROGRAM**

KMR teachers are on their way to elevate themselves to be GLOBAL teachers in the real sense of the word.

Teachers in any good school are given good FACULTY ENRICHMENT PROGRAMS to reorient themselves towards the vision, mission and objectives of the school. This also helps them to update their knowledge, enhance their teaching skills and stay abreast of the latest developments in their field.

Teachers who invest in themselves not only contribute towards improving the quality of their professional life but also influence the lives of their students.

Teacher Professional Development is pivotal in refining the teaching practice of the educators and elevating student learning. A teacher must recognize that there is a need to change both within and around them.

Now KMR has a dynamic partnership with LIQVID, an AI POWERED English lab, which enables the teachers to equip themselves with cutting-edge teaching methodologies. This collaboration will undoubtedly provide a world Class learning environment where the teachers and students elevate themselves together.

We are NOT FAR from the day when all KMR teachers will stand CAMBRIDGE CERTIFIED. That will stand testimony to the quality education the school is imparting.

Mrs Vijaya Sundar

Senior principal.

## ACHIEVEMENTS AND ACCOLADES



Our students under 17 boys participated in the **STATE LEVEL KABADDI** Tournament which was held in Vellore on 13.09.2024.



Our students under 17 girls participated in the **STATE LEVEL KABADDI** Tournament which was held in Vellore on 13.09.2024.



Our students under 14 Boys bagged **RUNNER UP** position in **KHO-KHO MSSC** match held in KLN CBSE school on 20.09.2024.



Our students under 14 Girls bagged **RUNNER UP** position in **KHO-KHO MSSC** match held in KLN CBSE school on 20.09.2024.



KMRians bagged the under 14 Boys, 2nd Runner up position in the **STATE LEVEL KABADDI** Tournament which was held in Vellore on 13.09.2024.



Best performers of “Odyssey” & Gavel receiving “Voice of KMR” badge & certificate.

## UOLO APPLICATION



On behalf of UoLo, Mr.Bharath and Mr.Prasanna Sethu had conducted a one day training session regarding UoLo Speak Training on September 26<sup>th</sup>, 2024. It is greatly appreciated for the opportunity provided refreshment for the teachers and this training program was successfully completed and teachers found it highly beneficial.

This is all about UoLo app that is being used by students of grades 3 to 8 in the Communicative English lab and in their home. Base Line Exam (BLE) was conducted to the students from grade III to grade VIII to evaluate their reading and speaking skills, the result was also published after a week and most of the students have performed well. We are paying special attention to students who underperformed in the Base Line Exam. In the overall participation in UoLo APP, including Chapter wise projects, celebration projects and practice quizzes, the following grades are top performers.

The first three grade wise top performers are

1. Grade VIII B Section.
2. Grade V B Section
3. Grade VIII C Section

And this is not the last chance, dear students; still, you have a number of projects and competitions ahead. Enjoy learning English through UoLo Application.

Mr. M.Palanikumar English Language Trainer

## IMPORTANCE OF THE MONTH:

<b>October Important Days and Dates</b>	
<b>October Dates</b>	<b>Name of Special Days in October</b>
1 October	International Day of the Older Persons
1 October	International Coffee Day
1 October	World Vegetarian Day
2 October	Gandhi Jayanti
2 October	International Day of Non-Violence
2 October	Lal Bahadur Shastri Jayanti
3 October	German Unity Day
3 October	Navratri
4 October	World Animal Welfare Day
5 October	World Teachers' Day
6 October	German-American Day
6 October	World Cerebral Palsy Day
7 October	World Cotton Day
7 October	World Habitat Day (First Monday of October)
8 October	Indian Air Force Day
9 October	World Postal Day
10 October	National Post Day
10 October	World Mental Health Day
10 October	World Sight Day (Second Thursday of October)
11 October	International Day of the Girl Child
11 October	Durga Ashtami
11 October	Mahanavami
12 October	Dussehra
13 October	International Day for Disaster Risk Reduction

13 October	Breast Cancer Awareness Day
14 October	World Standards Day
15 October	Pregnancy and Infant Loss Remembrance Day
15 October	Global Handwashing Day
15 October	World White Cane Day
15 October	World Students' Day
16 October	World Food Day
16 October	World Anaesthesia Day
16 October	Boss Day
16 October	World Spine Day
17 October	International Day for the Eradication of Poverty
17 October	Valmiki Jayanti
19 October	Karva Chauth
20 October	World Statistics Day
21 October	Police Commemoration Day
23 October	Mole Day
24 October	United Nations Day
24 October	World Development Information Day
28 October	International Animation Day
29 October	Dhanteras
30 October	World Thrift Day
31 October	Rashtriya Ekta Diwas or National Unity Day
31 October	Halloween



**ATTENDANCE APPRECIATION:**



<b>Class</b>	<b>Number of Days</b>
XII B	17
XI B	16
VIII A	15
Pre KG	13
III B	13
IVB	13
X	10
VIII C	10
VI B	10
V B	10

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