

SAMITE NEWSLETTER

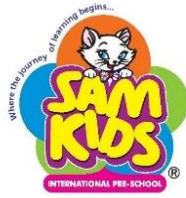
DASHING DECEMBER AT SAM KIDS

“Apart from education, you need good health, and for that, you need to play sports.” Kapil Dev

All SKIPS centres wrapped up the last month of the year with the joy of celebration. We had so many fun activities to wind up the year 2019. In December, the teachers enlightened Samites about the story behind Christmas and the kids engaged in the most amusing part of it all – decking the halls and rooms with decorations fit for the much-awaited Christmas celebration! From the birth of Jesus to Santa, Christmas and everything up until the New Year! All the classrooms adorned with stars and craft works of Christmas tree and lights to immerse ourselves in the feel of this joyous occasion.

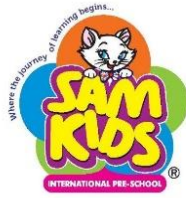
The highlights of the month were the much-awaited Sports day, Go Green Campaign and the fun-filled Christmas Celebrations.

During the 1st week of December all centres started the **Go Green Campaign** which was based on the concept of *3R- Reduce, Reuse & Recycle*. The campaign was launched to inculcate the value of safeguarding the environment and make it a better place for us to live. Samites with the help of parents were involved in creating useful and creative things out of junk found at home or surroundings. Similar recycling projects were done class wise in the school as well. Recycling is a simple way to learn about taking care of the environment. Talking about recycling also provides an opportunity for the kids to learn about where products come from, how they are made and how they can be reused. This is also a great opportunity to discuss other ways we can care for the environment by reducing what we use, reusing what we can, and recycling!



The 2nd week of December was filled with excitement and vigour as all Samites prepared for the upcoming **Sports Day**. The event was held on December 12th at Rajiv Gandhi Indoor Stadium, Kadavanthra. SAM KIDS International Pre-School Sports day 2019-20, was an immaculate, spectacular and an exquisite day for SAMITES, with the added flavour of splendid performance of our samites capturing the eyes, tickling the hearts of all the folks gathered together to watch the pulsating occasion. The gentle inaugural words of our chief guest Mr Subhash Shenoy, former Indian Basketball player, being a personality from the sports field itself added an extraordinary charm to the event. The kids participated in a wide range of sports events and learnt valuable lessons in sportsmanship. Samites were grouped into colour-coded teams and all children participated in a variety of individual and team sports events and games. Samites were thrilled and glad to see the parents enjoying the events throughout the day. Rolling out the eventful day with the March Past and concluding it with the Baton race was truly lighting up experience just as the fireflies whizzing in the air. The dazzling Picker Upper dance uniting the 6 SKIPS centres was energising and the events chosen were fun, safe and easy for the kids to do with utmost confidence. Highlighting showstoppers for the day were the prop drill from Marad centre, ball display from Perumbavoor centre, Zumba dance from Mamangalam centre, tricolour fan drill from Aluva centre and ribbon dance from Kakkanad centre. It was great teamwork done by teachers in unison.

Christmas is the festival which inspires the spirit of sharing and caring. Soaking in the spirit of Christmas we celebrated the festival with enthusiasm on December 20th 2019. The entire school vibrated with the echoes of Christmas carols. The school was beautifully decorated and everybody was dressed in red and white (Santa's favourite colours). Samites sang melodious carols and danced beautifully to wish the teachers and classmates. The SKIPS centres wore a festive look with bells, streamers and a beautifully decorated Christmas tree. Several activities such as decorating Christmas trees and stockings, making Christmas cards and hand-crafted bells were organized.



Class wise activities and parties were also organized. The boundless joy of celebrating the festival was amply visible on the faces of the children especially when Santa moved around distributing sweets to them. Samites relished the spongy carrot cakes and wished each other “Merry Christmas and a Happy New Year.”

The colour of the month was Red and white. The colour red is an intense colour that is packed with emotion ranging from passionate, intense love to anger and violence — representing both cupid and the devil. The colour red is a highly visible colour that is able to focus attention quickly and get people to make quick decisions, which is one of the reasons fire trucks and fire engines are usually painted red. Flashing red lights indicates danger or emergency, while stop signs and stop lights use the colour red to alert drivers about the dangers of the intersection. Red also represents power and courage. The colour red is the basis of the traditional red power tie or red suit in business, and the red carpet for celebrities and VIPs. Red’s association with courage and bravery makes it a colour that is used often in national flags, on shields, and in achievement patches. The psychological meaning of white is purity, innocence, wholeness and completion. In colour psychology white is the colour of new beginnings. White contains an equal balance of all the colours of the spectrum, representing both the positive and negative aspects of all colours. Its basic feature is equality, implying fairness and impartiality, neutrality and independence. Numerous colour based activities were conducted in all centres as part of the colour of the month celebration. The Red and White attires brightened up the occasion and all samites enjoyed the day singing songs and doing the fun filled activities.

The **Theme of the month** for December was **Sports and Fitness**. Sports and fitness activities are important primarily because they provide children with a social outlet and improve physical skills and health. Sports provide physical and psychological benefits to people of all ages. Engaging in after-school sporting events gives children the opportunity to be active and get plenty of exercise. In turn, being physically active makes them healthier by improving strength and flexibility. Children who



participate in sports are also more likely to maintain a healthy diet and have higher levels of physical and cognitive energy. Playing sports contributes to mental health, helping to prevent depression and increase self-esteem and body image. Children who participate in sports might also benefit from the social aspect, developing friendships with teammates and feeling part of a group. Children can learn positive mental health skills including accountability, leadership and dedication by involving in sports and games. Playing sports is a key strategy for reducing stress, because the body releases feel-good endorphins while exercising.

The **Moral Rearmament for the month** was about **Sharing**. Sharing can be conceptualized as the mutual enjoyment or expression of an idea, thing, feeling or experience. Sharing was and is fundamental to the development of all human relationships and civilizations. It is vital to help our children understand sharing from an early age to ensure their strongest, healthiest and happiest foundation in the relationships that make human life and society possible. The teachers demonstrated the value of sharing through role plays, pretend plays and story sessions. The children were made to understand that sharing helps us to overcome selfishness, and foster a bond of sharing with our siblings and friends. Sharing teaches us about compromise and fairness. Samites learnt that sharing is an important moral value that must be practised to develop strong relationships like family bonds friendship,

The cuisine for December was delightful and mouth-watering which included Sweet Poha, yummy peanut ladoos, ghee roast banana and crispy French toast as our brunch. Our mouth-watering lunch consisted of nutritious chana masala with roti, Idli with tasty coconut chutney, plain rice & sambar seasoned with mustard seeds and beetroot fry, vegetable stuffed paratha with tomato garlic chutney and vegetable biryani with raita.

As yet another year comes to an end we look forward to another new beginning and meaningful journey with our Samites through new vistas of knowledge and learning.



We wish all our dear parents a happy and prosperous new year. Watch out this page for more exciting news and fun filled experiences at Samkids....