



OBEROI INTERNATIONAL SCHOOL

# OIS NEWSLETTER

NOVEMBER 14, 2011

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## Message from the Head of School

### Sunny greetings to all of you!

I am all about sun these days! Some of you may relate to my happiness of being in a sunny and warm place in November when it is starting to snow in every place I've ever lived before. It has been a couple weeks since our Diwali break, I hope you enjoyed it and had a chance to rest and relax.

Last week was rather short, but rather hectic, at least in my world! It was good to see many of you attend Terry Small's sessions. I hope this was interesting and useful. You will receive (if have not already) a short feedback form. Please take a minute to fill it out, as it is important for us to hear your opinion. We are planning to bring more guest speakers in, and would like to match them with your interests. Ideally, we would like to bring speakers who can address all of the main stakeholders of the school: the students, the parents and the teachers. Your feedback is much appreciated.

Thank you to all of the parents who came to talk about foreign languages. Lots of good ideas came out of these meetings. Again, we will be sending out a short survey to gauge where most of the parents are on this issue, as we are looking to make some changes as soon

as January and probably more changes for the next school year. Along these lines, please stay tuned for further announcements of similar meetings. As I have finally figured my way around the school (both figuratively and literally) I would like to have some focus group discussions on some of the key issues of our school's development. I will structure these groups by age group of your children. This will take place over a period of several months, most likely starting in December.

While we are still in November I am sorry to say that the next week is again a short one. To add to all of the events going on since August almost on a weekly basis, we will have an IBO "event" wherein 500+ teachers from all of the Asia Pacific Region will come to OIS to attend a great range of workshops. We will have our own teachers attending some workshops and will hold our own PYP workshop, which is a requirement for the authorization visit in December.

Speaking of festivals and breaks, Winter break is not that far away! If you are staying in Mumbai and trying to figure out what will occupy your children, there is a great option of Camp Magic, which will take place at the American School. I know some of

our students who attended it last year enjoyed it. It is running again this year and we will have some application forms available at the reception for anyone interested.

As always, my door is open for you at any time. So please stop by with any ideas, concerns or just simply to chat. I like visitors, just ask our SKG class, they can tell you how at OIS we learn to hold the world in our hands! They all did it while visiting (inside story, you just have to ask them -©).

Be Well!

**Dr. Vladimir Kuskovski**

**Head of School**





**Above:** Basketball Practice



**Below:** Middle year students enjoying water activities.



## Message from the PE Head

I hope you all had a good Diwali break!

### Student Health:

We have received several enquiries from Parents asking what they can do to help maintain their child's health in order to help them achieve the best they can at school.

**'Health Body, Healthy Mind'** is a well known phrase when talking about child development and child achievement. If the body is in a healthy state then so will the mind be.

There are many things, as Parents (and Teachers), we can do to ensure we give our children/students every opportunity to achieve their fullest potential.

**Sleep** - Most 'children' require a lot of sleep. Without sleep performance and achievement will decrease. Lack of sleep can also effect a child's growth and development.

Early Years students should be having 10-12 hours sleep per day. More is better!

Primary students should be getting more than 10 hours sleep per day.

Secondary students require 8-10 hours sleep per day/night.

Other factors that may affect sleep and tiredness are 'diet, hydration, and lifestyle'.

**Diet** - Breakfast is the most important meal of the day. Your body fasts overnight and therefore needs refuelling first thing in the morning.

It is better to eat six smaller meals in a day than three large meals. Each plate/meal should contain a balance of carbohydrates, protein, and nutrients (vegetables / fruit).

For 'growth and development' it is important that children have a daily intake of all the other essential

nutrients - calcium, iron, fibre, vitamins, minerals, and (good) fats.

Drinking Water with your meal also makes you feel less hungry and therefore controls your appetite.

Avoid fast food and junk food, fizzy drinks, sugary foods & drinks, on a daily basis.

**Hydration** - Dehydration can reduce performance by up to 40%!! Therefore, it is essential to keep hydrated at all times if potential is to be achieved.

Early Years students should be drinking a minimum of 1.5-2 litres of Water per day.

Primary students should be drinking 2-3 litres of Water per day.

Secondary students require a minimum of 3 litres of Water per day.

In this climate it is essential to keep hydrated. Dehydration can be most damaging and even fatal.

Drink a glass of water before bed and another one when you wake up.

If you are thirsty you are already 'dehydrated'. If your urine is coloured (not clear) you are dehydrated - the darker the more severe the dehydration.

**Lifestyle** - It is important to be 'active'. It is true that the more active you are the more energy you will have!

Try to walk / exercise as often as possible.

OIS has a new stairs/lift policy - see this as a positive thing! It will benefit all students (teachers and parents) in the long-term.

Eat sensibly, drink plenty of Water, rest and relax, and get enough sleep.

Reading is known to stimulate the brain but also helps the body to relax.

**Parent Volunteers:**

We will be unveiling the new OIS Sports Programme next month. We hope this will offer the students a wider variety of sports which means they will be able to participate in a greater number of activities during Semester 2, and more frequently.

To help us achieve our goal we are looking for parents to offer their time and efforts to support our Staff and external Coaches during practice (CCA) time.

If you are interested in getting involved then please email me your expression of interest.

If you are qualified or certified, or can recommend high quality coaches – even better!

**Student Achievement:**

**Congratulations to the following students for their recent successes. OIS is very proud of you.**

- **Jash Chheda (G5) – for finishing 7<sup>th</sup> in the All India Junior National Squash Championships!**
- **Rishabh Goenka (G8) – for winning a Silver medal in the State Level (inline) Skating Championships!**

**“Every great achievement was once considered impossible!!”**

**Best Wishes.**

**Mike Hurn**

**Head of PE**



## WITH GRATITUDE.....



We had a very informative and interactive session with Mr. Viral Doshi who is a renowned Education Consultant in Mumbai, Dubai and London. A graduate of Cornell University; he has been a leader in this field over the last 15 years and has successfully guided students into Universities and careers across the globe.

He enlightened every one present with informed advice, paid individual attention to the queries put forward to him and

provided intricate and in-depth details. Not only did he cater to individual queries but also summed up the session in a comprehensive manner. This helped everyone to deal with a lot of common questions. He tirelessly conducted a session that proved to be an interactive eye opener for everyone present. Furthermore, he kindly consented to attend to further enquiries on a one-on-one basis.

We trust that this session was of immense benefit to our student community in making the right decisions in their future academic careers.

**Ulka Adivrekar**

**Career Counsellor**



# Message from the Head of Primary



## Dear Parents.

Many, many things have been happening in Primary since the last newsletter.

We had a really nice celebration of Diwali where on the last day before the holiday, in the assembly we had some Grade 5 students telling us about the significance and importance of Diwali. We also shared gifts between grade levels as a way of sharing and celebrating with each other. The gifts made were all made by the students; I hope your child appreciated the gift she / he received. I would also like to thank the staff for helping the students in this project and making it a success.

Thank you also to the parents and students who donated a book. We had a very good response and I am sure they will make a lot of children very happy.

Since our last newsletter we have had our first residential trip of the year. Grade 3 went to Alibaug for an overnight outward bound program and thoroughly enjoyed it, please see the article to find out more details.

Nursery, JKG and Grade 2 have been on trips recently linked to their UOI and SKG visited the Ashisha old people residential home next to the school to sing to the residents for Diwali. This was a great experience for the children and the old people very much enjoyed and appreciated the children's effort.

We have also had a number of visitors into school to talk to students on issues related to the UOI.

On the 14<sup>th</sup> November we have a visiting group called "**Lessons in the**

**dark**" who will present short films to our grade 3 and 4 students and follow up with some work related to their units of inquiry. We are excited about the opportunity they will give the students to develop further their understanding of the unit being studied.

Following that, we have a very busy weekend on the weekend of the 18<sup>th</sup> and 19<sup>th</sup> November when 50 of our staff members are undergoing official training by IB trainers in the 'PYP: making it happen'. We also have a number of staff who are taking part in the regional training which OIS is hosting. We are very much looking forward to that experience.

Last but not the least, I would like to congratulate **Ishaan Lalvani of grade II** and **Amrita Mendon of grade I**, who along with their friends in the building received a letter of appreciation from SPCA for taking a wonderful initiative of painting Diyas and selling them to generate funds for sick and injured animals in Animal Hospital at Thane. I would also like to congratulate **Suchir Vootla of grade IV** who qualified for the International finals of the Spell Bee to be held in Dubai/ Abu Dhabi.

I would like to thank parents for their continued support of OIS Primary. Until next time!

**Georgina Gray**

**Head of Primary**

## PRIMARY SCHOOL ACTIVITIES



# News from the Secondary School

## Grade VIII presents .....Full of energy.....Energy chargers!!

Grade 8 students invited all of the teachers and students to an exhibition on Energy resources. They have been working on this as an extension to their topic 'Energy and Electricity'.

In these days of energy crisis, the students looked upon the various ways of energy production, as well as energy conversion. The students created models and posters based on their extensive research and shared their new found knowledge with other students and the teachers. People encouraged them by visiting our class during lunch time.

The class was divided into groups and each group researched in the library and chose their own topics.



### Group 1

Group one worked on hydroelectric power stations. The students created a water turbine and connected it to a generator to produce power. It was a new and exciting experience for the students to create something on their own.



### Group 2

This group worked on lemon batteries. The students used various foodstuffs to analyse the power produced by apples, potatoes and lemons. Finally, they drew the conclusion that power produced by lemons was the most productive. The students derived their knowledge by experimenting, analyzing and interpreting. They chose different numbers of lemons and interpreted their results.

### Group 3

These students worked on solar energy and its application in communities. They experimented on the conversion of solar energy into electricity and mechanical energy by using the technique of Robotics.

### Group 4

This group worked on the technique of electroplating and its application in today's world. The students selected crude copper and coated a penny with the copper deposit. It was quite interesting to notice the coating happening and they enjoyed informing the visitors that even jewelry and

decorative pieces get electroplated with silver or gold.

### Group 5

This group worked on wind power. The students created their working model enthusiastically and came across with the idea that power could be produced by windmills. The students researched on making a working model and finally came up with a very creative piece of learning. They learnt a lot from this hands on activity.



### Group 6

The final group created an air salt battery and produced power with the help of a combination of the air we breathe, and the salt we eat. It was interesting to note that salt and air produced power and the students discovered a new concept through in-depth inquiry.

It was a great display. The students enjoyed learning the concepts in an interesting way. The learning process was effective as it provided a level of scientific inquiry among the students and led them to develop a more scientific attitude. The learning outcome was achieved through extensive research and investigation.

## Important Dates

26<sup>th</sup> – 27<sup>th</sup> Nov: Habitat for Humanity trip

8<sup>th</sup> – 9<sup>th</sup> Dec : PYP Authorisation  
(normal school days)

12<sup>th</sup> Dec : Report Cards

16<sup>th</sup> Dec: Second PTM  
( afternoon)

21<sup>st</sup> Dec: End of Term Assembly with Awards (Secondary),  
Winter Assembly (Primary)

22<sup>nd</sup> Dec: Winter break starts



## NEWS FOR THE PARENTS:

*Events happening at the Westin Mumbai Garden City this month. Special discount of 15% to all OIS associates and parents:*

grills and roasts

italian street side

zippy beverages

live music

unlimited fun

let our chefs enthral you with the surreptitious and exclusive flavors of Italy

**domenica de festa**

The Wine and Food fest at Prego

Every Sunday 12 noon to 4pm  
Rs. 2,250 (Alcoholic) Rs. 1,700 (1 ton Alcoholic)

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JASHN-E-AWADH

A mesmerizing peek into the royal secrets of the majestic kitchens of Awadh with Chef Ajay Chaudhary

30<sup>th</sup> October to 15<sup>th</sup> November, 2011  
7 pm to midnight  
For Reservations:67361830

**kangan**

www.eatdrinkandmore.com

## RENWEB:

RenWeb is our student data management program. RENWEB will provide you with information on school events, your child's grades, their disciplinary status (if any), your finance status at the school, class project plan for the week, staff listing and email addresses, newsletters, and pictures of various events. All Primary grade parents have been e-mailed login instructions for Renweb, Secondary grade parents will receive login instructions in the next couple of weeks.

Depending on your student's grade level, you can view various information about your child and their progress.

- Parents of all grades should be able to view student demographic information.
- Parents of all Primary grade students can view the weekly updates. On Clicking [Student home](#), you see information for all subjects your child attends weekly updates are under (grade level)-common/resources.
- Sr Kg through Twelfth grade parents will be able to view report cards when available
- Lunch menus are updated every week

- We are in the process of updating medical records and accounting information

### First-time Users:

1. You must have an email address in RenWeb. This is usually done as part of the admissions process.
2. Click [here](#) to access Parents Web.
3. Click on the "Create New ParentsWeb Account" link.
4. Enter your email address and click the "Create Account" button.
5. Your password information for Parents Web will be emailed to you (check your spam folder).
6. You can use the links above for subsequent logons or bookmark the logon page in your browser. *Please note that we don't recommend bookmarking any pages past the logon page.*

### Returning Users:

1. Click [here](#) to access Parents Web.
2. Enter your username (usually your email address) and your password.

3. Select either the Parent, Student, or Staff button.
4. Click the Login button.

### Forgotten password?

1. Click [here](#) to access Parents Web.
2. Click on the "Forgot Username/Password?" link.
3. Enter your email address and click the "Reset Password" button.

### Please note:

- If your email address has not been entered into RenWeb, you will get an error message. Please use the contact information below and be sure to include your child's name and grade level.
- If RenWeb says that your password has been emailed but you do not receive it, please check your junk or spam email folder.
- The school's district code for RenWeb is OB-IND

**AOB:** Please email [puja.srivastava@oberoi-is.org](mailto:puja.srivastava@oberoi-is.org)

**We hope you enjoyed reading the sixth edition of the OIS Newsletter for the Academic Year 2011-12.**

**With best wishes,**

**OIS Team**

