



THE LITERAEX

Monthly newsletter of Mount Litera Zee School Nagpur



FROM PRINCIPAL'S DESK....

Dear Parents,

Summer is here once again and I hope students are enjoying the wonderful summer. Hope they are relaxing and recharging to join us back in the 3rd week of June.

Children have spent much of their 2020 in adjusting to all the challenges that the pandemic has brought us – adjusting with the online classes, being away from friends and relatives, not partying and so on..... working harder than ever. So, children need summer camp more than ever before, quite literally. They need to explore, play, laugh, and enjoy each other's company though virtually as the pandemic still continues. They desperately need a break from their devices and their screens.

A bright, fun filled summer camp awaits your child! On behalf of the faculty and staff, I welcome your kids for the 2nd online summer camp! After last summer's success we have raised the bar to achieve even greater heights in 2021. A lot of special activities have been planned this year that are educational, social and physical. Hope the activities will surely be enjoyed by your kids and be a part of the exciting childhood experience. Our qualified staff will do their best in conducting the planned activities in a structured manner.

Looking forward to having another great season of summer camp!



SUNEETHA K
Principal

ACTIVITIES

MAHARASHTRA DAY



Hailing from Maharashtra !!

Marathi Manush. A strong belief on tradition, powerful reflection on brotherhood, mix-up with different community, cuisine and culture. Mini India. But still authenticity is measured across country. It's every Indian's dream to visit Mumbai for once and the scenic western coasts that opiate the mind and heart through crystal clean sea, robust food and annihilating dances. The state was formed on 1st May declaring the then Bombay and now Mumbai the State capital. Maharashtra Day has specific importance as it reminds us of the unification of the present state.

This gesture was commemorated by the conduct of special assembly by the MLZS team on 30th of April, 2021. The assembly highlighted the significance of the day by displaying spectacular Power Point Presentation consisting of the glory, culture and the rich heritage. The unique tradition intact with the efforts of people reminds of the bonding and respect for each other. The diversity shows the acceptance. This message came to be the Key point among students. Wishing one and all 'Victorious Maharashtra Day.'

MOTHER'S DAY

The golden word 'Mother'. The noun a child learns and never forgets its virtues for the whole life. A teacher, a preacher, to protect and the architect, to console, to complete her child and world. The mother with all the smile on her face enlightens the children at the moment they are stressed, feeling low and need benevolence. The mother becomes second God to them. Never hesitates to pick the hands in misery to change in majestic moment and exalt in bliss. She is a magician. And to celebrate the day for this 'magician' today the MLZS family gathered virtually from std. I to XII yesterday, on 8th of May 2021, in the morning to conduct special assembly the message was shared pouring love in the cards specially made for their mothers, depicting the message how they are special to their children was the essence of the event.



Though this gesture is never revealed in day to day life but the sincere love replaces all the blank spaces if gratitude is expressed through a heart. In this context the little Mount Literans from Pre-Primary participated virtually in the special assembly and sang songs for the mothers on 'Mother's Day'. This is the stage where child totally depends on mother and doesn't understand what unconditional love is. The students of Std III to V participated in 'cold cooking competition'. A mother wants nothing but the well being of children. The students enjoyed being with the mothers, peeping into their past, likes-dislikes and the best they desire. Mother as parent too had great moning as the dedication was shared among the families to which we feel proud in sharing with you all. Wishing A Great, golden, preserving Mothers Day. HIP HIP HURRAY....

INTERNATIONAL DAY OF FAMILIES



International Family Day was proclaimed by the UN General Assembly in 1993. The Assembly decided in a resolution (A/RES/47/237) that 15 May of every year should be observed as The International Day of Families. This day provides an opportunity to promote awareness of issues relating to families and to increase response to the changing economic and social structures that are affecting the stability and structure of family units in different parts of the world. The 2021 observance of the International Day of Families focuses on the impacts of new technologies on the well-being of families. Families around the world are changing, many becoming smaller, as the number of single-parent household grows. Currently, 65% of all

families are made up of either couples living with children of any age, or couples living with both children and extended family members, such as grandparents. The diminishing number of extended families and the increasing number of single-parent families put into sharp focus the issue of social protection. In wake of several concerns related to family MLZS continued the trend to bring the school family together along with the students and parents. Special assembly was conducted on 'Saturday the 15th May 2021,' to bring out the theme of day -togetherness of family. Though during the pandemic many members are staying at home yet apart with different issues. The families were motivated to play games like 'Fish Pond' sing and dance. The Students clicked photographs drew the occasion and forwarded. The catchy event ended with blessings and good wishes knowing the importance of each and every member of the family.

PRE-PRIMARY ACTIVITIES

PAPER CHAIN ACTIVITY



It is always fun watching something made by the kids at home. The little hands busy and eyes concentrating on work. Busy Bees indeed. They understand their importance after accomplishment of the work, the product is ever precious. Keeping this in mind the school constantly motivates the blooming buds being engaged in creativity. On 30th of April'21, it was the turn of 'Paper- Chain' activity for the Pre-Primary and Jr. Kg sections. The purpose was to enhance their fine motor skills and develop eye- hand coordination. It included a range of art activities such as cutting, pasting and drawing. Paper chains are fun to make. One can use them for decoration at a party, and when it is self made the happiness would be double folded. So be always the loved ones and merry with art. Best Wishes.

GUESS THE EMOTION

Young artists in theatre representing different gestures is always mesmerising. To know the realities of life and depict in action is not that simple for the blooming minds as they know either laughter or crying. Sometimes anger. Now it was the time to observe for them and act for others to understand. They were markable with expression. The little artists of MLZS, Nagpur Sr.kg participated in the activity Guess the Emotion on 12th May 2021. Where children identified various emotions. Then copying the same children made various facial gestures. And created a theater environment. Our artist showcased their talent and learnt about the emotions. Congratulations



PLANTING A SEED



We all appreciate the majesty of trees, understanding the true significance of their contributions is another matter. Yes, they're pretty to look at. And when their leaves go from emerald green to gold, orange, and fiery red, they make a beautiful reminder of nature's changes. But what do trees do for the planet and everyone on it? The importance should be explored by the young minds to have empathy with trees right from beginning. The MLZS, Nagpur gems from Sr.kg participated in the activity 'Planting a Seed' on 13th May 2021. Where the kids planted seeds and watered it. Through this activity they learnt the importance of planting trees. They would keep observing the growing plant. The activity filled them with happiness of generating a new life from seed. Congratulations.



Covid and Stress Mangement

The greatest weapon against stress is our ability to choose one thought over another. " -William James.

It was the time to ponder on how to overcome this stressful environment. The answer to this haunted question was answered by Mount Litera Zee school, Nagpur. A session on " How to handle Covid and stress. " Dr. Mosam Vijaya Phirke, a Psychiatrist and Psychotherapist at Manasparsh Mind wellness centre. He is the Director of Manasvi foundation and works with children who are having academic difficulties. He is trained in rational emotive behavior therapy at Mumbai. Worked as a senior resident at IGGMC, Nagpur for 2 years and as a consultant with Tata trust for 1 year. Dr. Phirke's speech on awareness was showing a lantern in the dark path. Dr. Phirke enlightened students on the nature of the virus that causes Covid and how its effect can be escaped. To undergo the precautions during isolation in order not to spread the disease was discussed. The children got solution for the everlasting query – how to spend the leisure in order to avoid stress. Many activities were suggested to handle lethargy and depression. The summing idea was the rescue from the corona virus that it can be avoided and if infected it can be treated. Take Precaution, Be aware and spread awareness.

Parent connect Program

Parent and schools are the two most important pillars of a child's life. Both play decisive role in the overall development of a child's personality. At times, discussion between parent and school helps in dealing with numerous issues of parents and children. Keeping eye on this point a webinar was organized by Mount Litera Zee School, Nagpur



"Ek Mulaqat Chai Ke Saath." It was a "Parent Connect Program" in association with Zee Learn Limited. Apart from the regular Parent-Teacher Meeting, this webinar was the first initiative taken by the school in the pandemic to connect with parents of Grades I & II. The session mainly focused on the problems that are being faced by the parents in handling the children at home from past one year.

Dr. Shyamala Dalvi a psychologist and a special educator at Zee Learn Ltd. possessing the experience of more than 25 years, conducted the session. Parents registered about the different behavioral issues of the children, time management and asked questions about how to keep the child engaged at home during this pandemic time. Dr. Shyamala Dalvi answered parent's queries and suggested different solutions of dealing with child's behavior. She also guided the parents about the importance of time management in a child's life and introduced various activities/games to keep the child engaged, active and positive throughout the day. She focused on the time when mothers and children can spend together in the kitchen and outside. Around 75 members participated actively in the session to find it very helpful. The initiative (Parent Connect Program) was a grand success, anchored by Ms. Gagandeep Kaur and Ritu Medha and coordinated by Ms. Mehzareen under the guidance of the Principal Ms. Suneetha K. and was smoothly conducted by the institution which believed that; "The best way to deal with something, is to discuss about it". Be Protected, Be Safe and always manage time intelligently. Best Wishes.

World No Tobacco Day

Mount Litera Zee School, Nagpur held a seminar on 31st May on 'World No Tobacco Day'. It was a wonderful event. Dr. Manoj Salpekar was the keynote speaker for the day. The event was organized by MLZS Nagpur along with the five Coco schools. Many dignitaries were present during the seminar. Among these were Ms. Priya Gopal ma'am (Lead Monitoring and Evaluation at Zee Learn Ltd.), Mrs. Sandhya Venkatesh (Principal MLZS, Goa), Mrs. Deep Bedi (Principal MLZS, Karnal), Mrs. Isha Sharma (Principal MLZS, Patiala), Dr. Suneetha Sharma (Principal MLZS, Bathinda) and Ms. Suneetha .K (Principal MLZS, Nagpur).

Dr. Salpekar stressed on how one should say 'No' to Tobacco and save one's life from the harmful impact of the same. He also told that how it affects the hormone dopamine and makes a person incapable of doing anything creative. It also causes cancer. 67% of the deaths happen every year due to cancer caused by tobacco. Sir also threw light on how to be optimistic and save others by lending a helping hand to others.



As children are the future of any nation, they should keep away from this evil. He also told how to be away from 'FLAP' that is 'Fashion, Loneliness, Attraction and Parenting'. Nowadays, children feel lonely and at times fall prey to these evils. Parents and teachers are equally important in shaping a child's life. It was altogether a very motivating event and we look forward to be a part of such events hereafter. "Replacing the smoke on your face with a smile today will replace illness in your life with happiness tomorrow. Quit now. Eliminate tobacco from your life before it kills you! We need to burn calories daily, not tobacco!" According to the World Health Organisation, the Covid-19 pandemic has made millions of tobacco users want to quit smoking. With nearly 60% of tobacco users around the world wanting to quit smoking but only 30% of the global population having access to quality tobacco cessation services, WHO launched a global campaign under the slogan "Commit to Quit" to celebrate the World No Tobacco Day 2021.

Parenting

Graham White says: "The most powerful way to change the world is to live in the front of our children the way we would like the world to be."

If your child feels loved, they can open up to you, if your child feels loved, they will be courageous in life because they know they have a cushion to fall back on. – Carolina King. These words throw light on parenting. An exclusive webinar was organized on the topic 'Parenting' on 29th May 2021. The resource person was Mr. Kingston D'Souza, National Academic Manager at Kid Zee Academics Zee Learn Ltd.



and the session was anchored by Ms Pallavi Chaurasia anchored, the resource person being Mr. Kingston D'souza, is associated with I-Care, his latest venture being the Interactive Curriculum at the Kid Zee Centres across India. Ensuring healthy teaching and learning process in all aspect she mesmerized listeners with a vivid outlook about "Parenting Session. Ms. Vidya the Academic Manager of KidZee Pune region engaged the participants through various activities. He mentioned the fact that Schools should now be prepared to ensure safety and good health of students. He emphasized on the importance of education and continued with need to transform the classrooms into technology based education system and to incorporate 'Art Education' as a part of the curriculum. He highlighted on 'Integrated Education' that would not only facilitate academic progress of the students but help them build a happy, healthy and positive approach to life.

The session was honoured by the presence of Principals from different coco schools Mrs Sandhya Vyankatesh ma'am MLZS GOA & Dr. Suneeta Sharma ma'am MLZS BATHINDA who appreciated the suggestions, Principal Mount Litera Zee School, Nagpur Mrs. K. Suneetha is thankful for the valuable inputs delivered by Mr. Kingston D'Souza at the same time towards the parents for their participation and coming up with all the queries.

Ms. Vikita Patil expressed her gratitude towards the Management of the School for the exemplary efforts in providing platform to the Principals, the Teachers and the Students help them reach great heights of success.

"At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents." Says Jane D. Hull



MATHS RIDDLES



SUCCESS MANTRA- PATIENCE

1 Using only addition, how can you add eight 8's to get the number 1,000?

2 How do you make the number 7 an even number without addition, subtraction, multiplication or division?

3 Suppose $1+9+8=1$, then what can be $2+8+9$?

4 Seven boys met each other at a party. Each of them shook hands only once with each of the other boys. What is the total number of handshakes that took place?

5 I am a three-digit number. My second digit is 4 times bigger than the third digit. My first digit is 3 less than my second digit. Who am I?

Answers:

- 1. Answer: $888 + 88 + 8 + 8 + 8 = 1,000$
- 2. Answer: Drop "S" in the Spelling Seven
- 3. 10! (Consider the first letter of the spelling of each digit, One+Nine+Eight= ONE, similarly Two+Eight+Nine= TEN).
- 4. Twenty-one
- 5. Twenty-one

BY: Aadil Khan
(Maths Teacher)

Humans are not only blessed with the intellectual capabilities, but also with n-number of skills which have proved to be a boon for the development and upliftment of them. Knowledge and skills go hand in hand and leads a better way for successful achievements. With knowledge, one needs to persist various crucial behavioral skills such as communication, empathy, time management, self-improvement and patience. In the 21st century, these skills plays an important role in the holistic development of one's personality.

Patience, in its simplest way can be defined as, "The capacity to accept and/or to tolerate the present situation." Patience enables one to have self-control, calmness and gives the ideology to analyze the situation." In this dynamic world, the scenario keeps on changing. New advancements take place. And one even needs to deal with unfavourable conditions in life. What's important in such a time is having patience. With patience, one can think and figure out a better way of dealing with the situation. It helps in attaining inner-peace, gives the ability to develop positive attitude and keep smiling despite of conditions and challenges. Patience is undoubtedly one of the success mantra as it helps one to shape talent into achievement, focus on long term goals, develop empathy and kindness towards others, guides in making a wise decision and keeps the mind healthy. The present scenario of Covid-19 has taught all of us the importance of a lot of things, including patience being one of the most important amongst all. Breathe, communicate, share your thoughts, give time to settle, focus on what's important, analyze, take the correct decision, have patience and do well. I would like to quote Gautama Buddha's lines on the occasion of Buddha Purnima celebrated this month- "There is no error greater than hatred. And nothing mightier than patience. So, I strive in every way to learn patience."

Dear readers, patience is a skill and virtue that each one of us should possess. Have patience and accomplish your goals. All the very best from the editorial board.

BY: Gagandeep Kaur
(English Teacher)



WORD SEARCH PUZZLE

Ans:

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

				S	P	E	A	K	E	R	Y
	M	O	U	S	E					E	
	O	U	T	P	U	T			K		
	T	N					W				
	H		T	D	R	A	O	B	Y	E	K
	E			O		R			R		
	R				R			A		M	
	B		H	A	R	D	W	A	R	E	
	O					T				M	
	R					F				O	
	D			O						R	
				S	U	R	I	V			Y

WORDS IN THIS WORD SEARCH:

MOUSE, MOTHERBOARD, MONITOR, KEYBOARD, HARDWARE, SOFTWARE, VIRUS, MEMORY, ARROWKEY, SPEAKER, OUTPUT

BY: Harshwardhan Kamble
(Computer Teacher)

BIO CULTURAL ACTIVITY



PRIMARY STUDENTS' ART WORK



Public Health in transitions



The 21st century will bring about a new era of Public Health. The ideals of socio-economic development policies including health have been translated into concrete action in many countries. This is the era where continued development and good governance of the health system is essential. It is high time to strengthen National and International tie-ups in health development. The overwhelming concern is to find tangible ways of fostering meaningful partnership with these new players. Over the last few years, WHO (World Health Organization) together with major International academic institutions has organized several consultations and seminars on this issue. The academic institutions must re-check their priorities to effectively address the health challenges ahead. They need to develop mutually beneficial academic links with similar intuitions, at National and international level. They also need to broaden their services and research interests too, addressing the Health Sciences of the people, keeping in mind the scarcity of resources. The major challenges, however, are how to produce a proper mix of healthcare Personnel, capable of fulfilling effectively the health needs of the people. The health personnel needs to be trained using a more holistic approach in healthcare and development. Another challenge is reorientation of those already in the Workforce with the new Concepts. Knowledge skills, a major task for the schools of Public Health, is how to train various categories of personnels to be sensitive to the needs of the inter-sectoral action. The success of Public Health institutions in the future, will depend largely on how these institutions prepare Health personnel to link meaningfully with other sectors, and decision-makers. Finally global action and cooperation is a must to secure the benefits of globalization for all and basically, this will prevent or minimize threats and well being.

BY: Bhavya Sen
Grade 8

झाड

झाड, झाड, झाड, झाड
आम्ही करतो झाडांचा लाड

झाड देते मायेची सावली
झाड आहे सर्वांची माऊली
आजू बाजूचा केर कचरा काढ
आम्ही करतो झाडाचा लाड||१||

झाड देते फळे आणि फुले
झाडाखाली खेळतात सर्वांची मुले
आनंदित राहतात छोटे छोटे बाळ
आम्ही करतो झाडांचा लाड||२||

वड, पिंपळ, लिंबू, तुळस
शोभून दिसतो हा निसर्गाचा कळस
झाडा मुळे भरतात नदीचे काठ
आम्ही करतो झाडाचा लाड||३||

झाडाच्या सावलीत साधुसंत घडले
पांडुरंगाच्या पंढरीत भक्तीरस पडले
झाडांनी नाही केला भेदभाव
आम्ही करतो झाडांचा लाड||४||

गरजा भागविण्यासाठी केली झाडाची कटाई
मानवाने स्वार्थासाठी केली त्यांची छाटाई
ऑक्सिजन साठी आता धरली वाट
आम्ही करतो झाडांचा लाड||५||

म्हणून म्हणतो मित्रांनो, लावा एक झाड
झाडातून मिळतो मानवाला श्वास
प्राणवायू आहे या जिवनाची आस
सर्वांनी करा एक झाड लावण्याचा ध्यास

BY: सेजल एल. डाखोळे.
वर्ग=१०वा.

आम्ही करतो झाडांचा लाड .||६||
झाड झाड झाड झाड
आम्ही करतो झाडांचा लाड ||

THINK EDUCATION. THINK ZEE LEARN.

