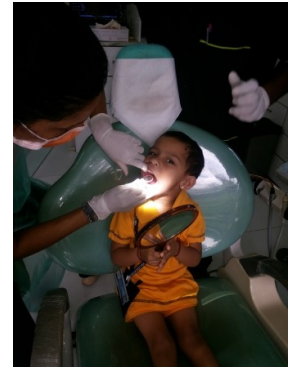


PYP

On the 4th September 2014, our nursery children went on a field trip to **Dr. Shetty's Clinic** in Chembur. To enhance cleanliness awareness, the Doctors **Ms. Sarika Shetty** and **Mr. Sandeep Shetty** enlightened the students with a very informative talk on the topics of health and hygiene. It was indeed a fun filled learning experience for the tiny tots. I'm sure they now begin each morning with a tune on their lips**"This is the way we brush our teeth, brush our teeth"**.

-Ms. Minimole, Ms. Chhaya and Ms. Delna



MYP

On the 10th of September, we were shown the speech that our Prime Minister – **Mr. Narendra Modi** gave, in order to honor teachers day. I was inspired by his views on the equality of young girls in school. He spoke about the right of a separate toilet for girls at schools, the culture of cleanliness at Japan which we should learn and implement. He enlightened about the importance of outdoor games and how playing is an important part of our childhood and how we must not miss out on the little things that make our childhood, special.

-Pooja Aryamane

DP

Career Counseling Session at school

The school organized a counseling session on 6th September, 2014. Ms. Prathiba Jain, who is a well-known career counselor in Mumbai, came to guide our students with regards their future career options. All the students from grade 9 upwards attended this meeting together with their parents. She shared information about universities from all over the world and what were the criteria that we needed to take into consideration in order to pursue our further studies at those universities. She gave us the bigger picture and emphasized on how important our grades are in order to get into the top universities. Following her presentation, the parents were afforded an interactive session with her whereby they asked some very meaningful questions which made clear our understanding and expectation regards our career options, university choice and future planning. We are now more aware about the amount of hard work we need to put into our studies in order to get into some of the best universities in the world as well as the local universities in India. We were privileged to have Prathiba Jain offer her insight and guidance to our school students.

- **Stuti Thaleshwar**

IBDP 1

CANTEEN



MENU

PARTICULARS	TUESDAY 16.09.14	WEDNESDAY 17.09.14	THURSDAY 18.09.14	FRIDAY 19.09.14	MONDAY 22.09.14
PRE-PRIMARY	PEAS CARROT UPMA	VEG KICHADI WITH CURD	MUNG DAL DOSA WITH COCONUT CHUTNY	MULTI GRAIN ROTI AND ALOO PEAS BHAJI	PAPDI AND CHAT
SHORT BREAK	CORN FLAKES WITH MILK / RAGDA PATTICE	MILK AND CEREALS / VEG POHA	LAPSI PORRIDGE / MEDHU VADA SAMBHAR CHUTNY	MILK AND WHEAT FLAKES / ALOO PARATHA WITH CURD	MILK AND OATS /PAPDI CHAT
LUNCH	CHAPATI PEAS RICE MIX DAL GREEN CHAWLI AND POTATO VEGETABLE MUNG MASALA SALAD BUTTERMILK	CHAPATI STEAMED RICE DAL FRY MOTH MASALA ALOO PARWAL VEGETABLE CUCUMBER RAITA ROASTED PAPAD	CHAPATI ZEERA RICE MASALA DAL PALAK PANEER CORN MASALA SALAD VEG RAITA	CHAPATI/ PURI VEG MASALA RICE VEG RAITA CHOLE KHEER SALAD BUTTERMILK	CHAPATI PEAS RICE DAL TADKA DUDHI KOFTA DRY FRENCH BEANS AND ALOO VEGETABLE CUCUMBER RAITA PAPAD
SPECIAL MEAL	MASALA GRILLED SANDWICH	SPROUT AND VEG FRANKI	VEG PASTA IN WHITE SAUCE	TOMATO AND CAPSICUM PIZZA	GARLIC BREAD WITH PANEER CHILLI

Note: All salads served will be boiled

- Ms Payal Sinha
Consultant Dietician