



GLOBAL INDIAN
INTERNATIONAL SCHOOL

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Coping with stress – A Teacher's Perspective

In the hustle and bustle of every day life, stress has become a silent companion for many of us. As a teacher, I've seen it seep into my class rooms, staffrooms, and even our homes. Whether it's a looming deadline, a challenging student, an anxious parent, or a long to-do list that never seems to shrink, stress shows up in different forms for all of us. While we can't always avoid it, we can certainly learn how to cope with it.

Understanding Stress:

Stress is the body's response to any demand or challenge. In moderation, it can push us to perform better. But when it becomes chronic, it starts to affect our physical health, emotional well-being, and even our relationships.

How I cope – and what I recommend

1. Breathe, Pause, Reflect

Whenever I feel overwhelmed, I simply pause. A few minutes of deep breathing can reset our nervous system. Students can do this too – especially before exams.

2. Time Management

Planning the day and setting realistic goals help reduce the chaos. I start my morning by listing three top priorities. I encourage my students to do the same – helping them break tasks into small, achievable chunks.

3. Stay Connected

Talking to a trusted colleague or a friend often brings a fresh perspective.

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4. Movement is Medicine

Morning walk, yoga or simply stretching between classes, movement helps. I also introduce short activity breaks in the classroom to keep both mind and body refreshed.

5. Digital detox

In today's world, we are constantly bombarded with information. Disconnect yourself from screens for at least an hour before going to bed.

6. Practise Gratitude

Everyday may not be good, but there's something good in everyday. Keep a gratitude journal, noting three things I'm thankful for.

Supporting our students:

As teacher we are role models, if we manage stress positively our students learn to do same. Creating a safe and open environment where children feel heard, supported and accepted can make all the difference.


Teach them that it's okay to feel stressed and that asking for help is sign of strength – not weakness. Integrating life-skills and emotional literacy into lessons can prepare them not just for exams, but also for life challenges.

Final Thoughts

Stress is inevitable, but suffering is optional. With awareness, small daily practices and mutual support, we can turn stress into strength, Let's be kind to ourselves and others, one moment at a time.

English Handwriting Competition (Class I–II)

To encourage neatness, clarity, and a love for beautiful writing, our school organised an English Handwriting Competition for Classes I and II under the Scholastic Domain of the CBSE SQAAC framework. The activity aimed to enhance students' fine motor skills, presentation abilities, and language proficiency.

 The competition provided an opportunity for young learners to showcase their handwriting skills, accuracy, and spacing while writing a short passage in English. Teachers assessed the students on the basis of letter formation, neatness, uniformity, and overall presentation.

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★ The little ones participated enthusiastically and demonstrated great care and concentration. Their efforts reflected discipline, patience, and creativity – qualities nurtured through regular classroom practices aligned with CBSE's emphasis on holistic development.

🏆 All participants were encouraged to maintain neat handwriting in their daily work. The event successfully instilled the importance of legible and attractive writing, promoting confidence and pride in students' written communication.

★ हिंदी स्लोगन लेखन प्रतियोगिता (कक्षा 1-2)

विद्यालय में विद्यार्थियों की रचनात्मकता, भाषा कौशल और अभिव्यक्ति क्षमता को प्रोत्साहित करने हेतु कक्षा 1 और 2 के विद्यार्थियों के लिए “हिंदी स्लोगन लेखन प्रतियोगिता” का आयोजन किया गया। यह गतिविधि CBSE SQAAF (School Quality Assessment and Assurance Framework) के Co-Scholastic Domain के अंतर्गत आयोजित की गई।

✍ इस प्रतियोगिता का उद्देश्य विद्यार्थियों में सकारात्मक सोच, सृजनात्मक अभिव्यक्ति, तथा स्वच्छ और सुंदर लेखन की भावना को विकसित करना था।

🌸 नन्हें विद्यार्थियों ने उत्साहपूर्वक भाग लिया और अपने मनमोहक विचारों को छोटे-छोटे परंतु प्रभावशाली नारों के माध्यम से व्यक्त किया। उनके स्लोगनों में देशप्रेम, पर्यावरण संरक्षण, स्वच्छता, और नैतिक मूल्यों की झलक स्पष्ट दिखाई दी।

★ प्रतियोगिता ने विद्यार्थियों में आत्मविश्वास और सृजनात्मकता को बढ़ावा दिया। सभी प्रतिभागियों को उनके उत्कृष्ट प्रयासों के लिए सराहा गया तथा विजेताओं को सम्मानित किया गया।

🎤 ★ Extempore Competition (Class IX–XII)

To nurture confidence, spontaneity, and effective communication skills among students, our school organised an Extempore Competition for Classes IX and X under the Co-Scholastic Domain of the CBSE SQAAF framework. The event aimed to develop learners' critical thinking, presence of mind, and articulation skills, which are essential components of holistic education.

🧠 Students were given thought-provoking topics related to current issues, social awareness, and moral values. Each participant had a short preparation time before presenting their views confidently before the audience and judges.

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🎯 The activity encouraged students to think independently, express their ideas fluently, and enhance their public speaking abilities. Their eloquence, logical reasoning, and stage presence were commendable and reflected the values promoted through the CBSE SQAACF's emphasis on life skills and personality development.

🎓 Overall, the competition proved to be a wonderful platform for students to enhance their communication skills, leadership qualities, and critical thinking abilities – aligning perfectly with the school's vision of holistic development.

🌸🎤 दोहे पाठ प्रतियोगिता (कक्षा 6–8)

विद्यालय में विद्यार्थियों की भाषाई अभिव्यक्ति, उच्चारण कौशल तथा साहित्यिक समझ को विकसित करने के उद्देश्य से कक्षा 6 से 8 तक के विद्यार्थियों के लिए “दोहे पाठ प्रतियोगिता” का आयोजन किया गया। यह प्रतियोगिता CBSE SQAACF (School Quality Assessment and Assurance Framework) के Co-Scholastic Domain के अंतर्गत आयोजित की गई, जो विद्यार्थियों के सर्वांगीण विकास पर बल देती है।

📖 विद्यार्थियों ने कबीरदास, रहीम, मीरा, तुलसीदास, सूरदास आदि संत कवियों के प्रेरणादायक दोहों का सुंदर वाचन किया। प्रत्येक प्रतिभागी ने अपने भावपूर्ण उच्चारण, स्पष्ट उच्चरित शब्दों और आत्मविश्वासपूर्ण प्रस्तुति से श्रोताओं का मन मोह लिया।

🌟 इस प्रतियोगिता के माध्यम से विद्यार्थियों ने न केवल भाषा की शुद्धता और उच्चारण की स्पष्टता का अभ्यास किया, बल्कि भारतीय संस्कृति, साहित्यिक परंपरा और नैतिक मूल्यों के प्रति गहरी समझ भी विकसित की।

🏆 निर्णायकों ने विद्यार्थियों के प्रदर्शन का मूल्यांकन उच्चारण, भावाभिव्यक्ति, आत्मविश्वास, और सामग्री की प्रस्तुति के आधार पर किया।

🌟 सभी प्रतिभागियों के प्रयास सराहनीय रहे। विजेता विद्यार्थियों को प्रशंसा पत्र देकर सम्मानित किया गया। इस गतिविधि ने विद्यार्थियों में भाषा के प्रति प्रेम और भारतीय संत साहित्य के प्रति आदर की भावना को सुदृढ़ किया।

📚 इस प्रकार की गतिविधियाँ CBSE SQAACF के मूल उद्देश्यों – समग्र विकास, मूल्य आधारित शिक्षा, और सांस्कृतिक संवर्धन – को सफलतापूर्वक प्रतिबिंबित करती हैं।





🪔 ✨ Joyful Diwali Celebration Week

To promote cultural awareness, creativity, and value-based learning, our school celebrated Diwali Week with great enthusiasm and festive spirit. The celebration was conducted under the Co-Scholastic Domain of the CBSE SQAAF framework, encouraging students' holistic development through experiential learning and joyful participation.

🌸 Throughout the week, various engaging and creative activities were organised for students of all classes. The school campus was filled with lights, colours, and excitement as students showcased their talents and festive joy through art and expression.

🎤 A Special Assembly marked the beginning of the celebration, spreading the message of “Victory of Good over Evil.” Students presented thought-provoking speeches, songs, and skits related to Diwali, setting a positive and vibrant tone for the week.

🎨 The creative events included:

- 🪔 Diya Making: Junior students beautifully decorated diyas, symbolising light and positivity.
- 🌸 Rangoli Making: Students of Classes VI–VIII designed colourful rangolis displaying artistic excellence and teamwork.
- 🎨 Mehndi Designing: Students showcased intricate mehndi patterns reflecting traditional Indian art.
- 📄 Card Making: Primary students made festive greeting cards expressing their warm wishes.
- 🌿 Vandanvār Making: Students prepared decorative torans using eco-friendly materials, adding charm to the celebration.
- 📖 Special Ramayan Presentation: Pre-primary students enacted short scenes from the Ramayan, spreading the message of devotion, honesty, and courage.

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GLOBAL INDIAN INTERNATIONAL SCHOOL



🏆 The week-long celebration concluded with appreciation and applause for the students' creativity, teamwork, and enthusiasm. The entire school glowed with happiness and festive spirit as teachers and students together celebrated the essence of Diwali – the festival of light, love, and goodness.


🌟 Such celebrations reinforce CBSE SQAAP's vision of providing students with opportunities for experiential learning, cultural appreciation, and value-based education, fostering holistic growth beyond academics.








Teachers' Training on 21st Century Learning Skills


To strengthen teaching effectiveness and promote holistic student development, our school organised a Teachers' Training Programme on 21st Century Learning Skills under the Leadership and Capacity Building Domain of the CBSE SQAAP (School Quality Assessment and Assurance Framework).

 The training focused on equipping teachers with strategies to engage Scholar, Average, and Below Average learners through inclusive and learner-centred approaches. The session highlighted the need for differentiated instruction, critical thinking, collaboration, creativity, and communication – the four essential pillars of 21st-century learning.

 Resource persons guided teachers on designing learning experiences that encourage active participation, self-expression, and skill-based assessment. Practical demonstrations and interactive discussions enabled teachers to explore innovative classroom methodologies suited to diverse learning styles.

 The training also emphasised the importance of fostering empathy, adaptability, and digital literacy among students to prepare them for future challenges. Teachers were encouraged to use formative assessments and reflective practices to support each child's individual progress.

 The session concluded with an interactive reflection where educators shared key takeaways and action plans to integrate 21st-century learning skills into their daily teaching practices.

 The workshop served as an enriching professional development opportunity, reaffirming the school's commitment to quality education, continuous improvement, and alignment with the CBSE SQAAP's vision of learner-centric excellence.

