

We are living in a rapidly changing society. This requires an ever-evolving education to meet the challenges. To develop 21st century skills, students need to be exposed to a variety of activities. This newsletter highlights several activities that took place at Orchard School during Term-I of 2023-24

STUDENTS' WORKSHOPS:



Workshops are integral to students' growth and learning. Even though the sun's light isn't enough to nurture a flower, at the end of the day, the water comes in and compensates for the light. Our students had the privilege of attending some insightful workshops conducted by Dr. Dileepan and Dr. Pugazhenthhi. The Focus of the sessions were "Practical Approach towards life" and "Awareness of Avoiding Screen Time" aiming to equip our students with valuable perspectives and tools for their journey ahead. These workshops aimed to empower our students with knowledge and strategies to strike a healthy balance in their digital lives.

PARENTS' WORKSHOPS:



Parenting is an adventure, loaded up with happiness and heartbreak. Hence, it is fundamental for us to learn and handle regular difficulties and changes, involving our children. We at Orchard had the pleasure of hosting Dr. Pugazhenthhi, who engaged

our parents with an enlightening session on the topic "Life Skills to be Acquired". The workshop highlighted the significance of parents in actively engaging with their children and participating in their activities. He stressed that this involvement fosters a stronger bond and aids in the development of essential life skills. He urged parents to appreciate their child's unique abilities and avoid making comparisons as it can adversely affect their self-esteem and confidence.

TEACHERS' WORKSHOPS:

Education is a never-ending process; it doesn't stop after starting a career or earning a degree. On May 6th, the School hosted a transformative two-day workshop facilitated by the esteemed team of Heartfulness Education. The focus was on the topic "The Heartfulness Way: Experts in Education" enhancing teaching methodologies and understanding of heart-centred education practices.

Dr. Pugazhenthhi's session was a heartfelt tribute to our incredible teachers, focusing on the theme "Teachers: The Heroes of Students." The workshop was a celebration of dedication, resilience, and the profound impact teachers have on their students' lives.

Mrs. Meera Ravishankar, a seasoned educator and expert in curriculum development, led an insightful session that navigated the key principles and changes outlined in the National Education Policy 2020 and the National Curriculum Framework 2022. The workshop also emphasized practical approaches to incorporate these frameworks into effective lesson plans.



EXTRA CURRICULAR ACTIVITIES

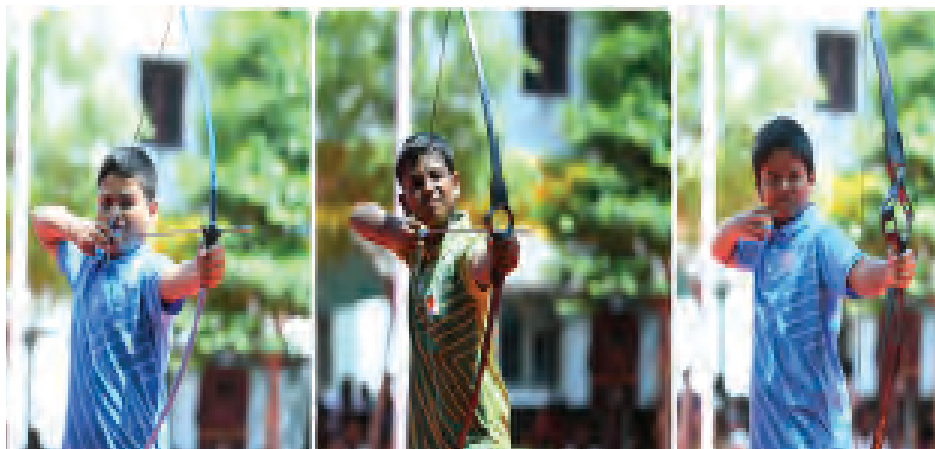
Extra Curricular Activities are an integral element in a child’s holistic development. Students participating in activities outside their studies become more competent. Non-academic pursuits can help children to socialize, understand one another and work as a team.

Extra Curricular Activities not only help children stumble on their skills and short comings but also help them to unearth their passion and potential.

In Orchard, every child is buoyed up to participate in any one of the following activities :



- SKATING
- ARCHERY
- SILAMBAM
- KARATE
- CRAFT
- PAINTING
- CHESS
- CLASSICAL DANCE
- SINGING
(WESTERN VOCAL)
- WESTERN DANCE
- KEYBOARD



INVESTITURE CEREMONY

“Good sportsmanship goes beyond the game; it starts with respect”

Investiture Ceremony of Orchard School was held on 23rd of June with grace and exuberance with the CEO Dr. Arun M and Correspondent Mrs. Leena Arun as the Guest of Honor, who bestowed the Office Bearers with sashes and badges, wishing them zealously with mettlesome trust of being the leaders of tomorrow. The entire ceremony depicted the students' vivacity and team spirit. The ceremony instilled high spirits and potentiality in the students.



Student Council for the Academic Year 2023 – 24

President	Miss. Jerslin Martina S	Grade 11
Vice President	Master Bavithraj G.M	Grade 9
Sports Captain	Miss. Syonna Shanjeev	Grade 11
Vice Sports Captain	Miss. Shravya Soundarya Namburi	Grade 9
Captain (Oak House)	Master. Haridev M	Grade 11
Vice-Captain (Oak House)	Master. Mabishyon Shanjeev	Grade 9
Captain (Banyan House)	Miss. Resni V	Grade 11
Vice-Captain (Banyan House)	Master. Prajan J	Grade 9
Captain (Cedar House)	Miss. Rini Yazhini A	Grade 11
Vice-Captain (Cedar House)	Master. Timin Taran J	Grade 9
Captain (Teak House)	Miss. Maathini S	Grade 11
Vice-Captain (Teak House)	Master. Harish Kumaran R	Grade 9



TEACHERS' DAY

“Teachers who love teaching, teach children to love learning”

Teachers' day was celebrated at Orchard with grandeur and gratitude. The students welcomed their mentors with a cute handcrafted favor wholeheartedly as a token of appreciation. The volunteers from higher secondary engaged themselves in supervising their juniors so the teachers could sit back enjoying the programs. The assorted programs presented by the students comprised of dances, skit and songs. The amusing games organized for the teachers swayed them to their childhood zest. The children had set the entire stage rocking.



SATURDAY ACTIVITIES

Saturdays are the most awaited days at Orchard School! It's fun packed with loads of skills to acquire. There are treats ensured for body, soul and mind.

CLUB ACTIVITIES

The pursuit of knowledge extends beyond the confines of the classroom. Children from various social backgrounds collaborate to receive insights from their peers, seniors, club advisers and teachers. Different clubs attract children of same interest and assimilate experiential learning to hone their talents.

Inquisitive Orchardians are pursued relentlessly by an array of activities through the following clubs.

YOUNG SCIENTISTS CLUB:

Hypothesis is analysed in Young Scientist Club. It has always been an exciting time inside the 'Young Scientist Club' as children explore and investigate the Science experiments. We adhere to the quote by Benjamin Franklin which goes like this,

"Tell me and I forget,

Teach me and I remember,

Involve me and I learn."

As we believe in hands-on Science investigations, children have experimented many in interesting and thought-



provoking experiments which relates to the day-to-day life. Experiments based on density, acid-base reactions, precipitation, filling balloons with Helium gas, slime using corn starch, sound moves in vibrations using sonometer, comparison of density using salt water, liquid dishwash, chemicals, science audio-video and so on.

We can ensure that every child participates in hands-on safe Science experiments that will drive his / her interest and inspire to become a Young Scientist.

QUIZ CLUB :

Adept knowledge is gained by the students in Quiz Club. The main purpose of the club is to update the students with knowledge in various fields like academics, general knowledge, analytical abilities, quantitative reasoning etc.

Periodical quizzes on specific topics like Space, Solar

ECO CLUB :

Conservation of natural environment is ingrained through Eco Club. Eco Club is a platform on which children get the knowledge about environment. The members of the club work towards improving immediate environmental conditions.

ART AND CRAFT CLUB:

The Art and Craft Club enhances artisanal skills, fostering fine motor and cognitive development, self-expression, self-esteem, creativity, imagination, mental well-being, and promoting teamwork and socialization among children. Students were involved in various activities like basket weaving, card making, collage, paper mache, jewellery making, puppet making, clay modelling, origami, pot painting etc.

System, Chandrayan-3, Human Body etc., were conducted amongst the members of the club. Healthy competition was created amongst the students to widen their knowledge.



Activities like making a bird feeder to observe the birds closely, making paper bags, vertical garden was setup to create privacy screens and to add value to space, were conducted in the club.



HERITAGE CLUB:



The Heritage Club offers a perspective on world heritage and diverse cultures.

This club explored the meaning of heritage to understand ourselves better, and to appreciate the cultural interconnectedness of the past, present and future. The club members were engaged in activities that explored our personal and local history as well as world heritage properties to achieve our aims. The group watched AV about temples like Hampi, Birhadeeswara temple etc., explored about world heritage sites, played outdoor cultural games like hopscotch and indoor cultural games like thaayam, pallanguli etc., built their family trees, explored village histories etc

LITERARY CLUB:



A flair for language is provoked through literary club. The aim of the club is to inculcate elite oratory skills, interpersonal skills, communication skills and writing skills. The club helps the members explore the depths of

literary criticism and analysis as well as develop a sense of literary appreciation.

Children were engaged in the following activities : writing a new story involving characters from different stories read previously, making Comic strips based on the story read, creating stories based on a picture, story development based on a given beginning, reading a story and give a creative climax for the story, word building games, picture talk and listening activities.

COOKERY CLUB: Competent culinary skills are infused at cookery club. As Buddha said,



“To keep the body in good health is a duty...

Otherwise we shall not be able to keep our mind strong and clear.”

Awareness about nutrition, food safety, healthy eating habits, kitchen safety etc., are created in cookery club.

Several dishes from various cuisines which indulge in a symphony of flavors were recreated by the children using flameless cooking technique. Healthy traditional food items like sweet aval, dry fruits balls, bhel puri etc., were prepared and relished by children. Food exhibitions were held where children got chances to exhibit their versatile culinary skills.

HEALTH AND WELL-BEING CLUB:

Healthy life, protective life.

I am happy, I'll make others happy.

This club teaches children how to remain healthy and maintain personal and community hygiene. It is an association of students in school for taking care of everything that goes into prescribing ways and activities for students to possess good overall health (mental, physical, emotional,

and social). Several harmonious activities like yoga, meditation, Zumba, etc were conducted in health and well-being club.

Children performed role plays on the topic “Green Environment”. They also measured their leanness or corpulence (BMI) for physical fitness. Children were made to prepare a BMI chart for their family to become aware

of their health status. Then, children were encouraged to prepare their own diet plan for eating a healthy, balanced diet which will help them to reach their BMI goals and support overall health and well-being.



ART INTEGRATED ACTIVITIES

Art Integrated learning is a strong contender for experiential learning and cross-curricular pedagogical approach in the process of teaching and learning. The goal of arts integration is to increase knowledge of a general subject area while concurrently fostering a greater understanding and appreciation of the fine and performing arts. It works in collaboration between the core subject and its propagation through arts (performing/ visual).

Little Orchardians performed various activities amalgamating various art forms with academics. Theme based activities like preparing Jhal Muri (Bhelpuri), Collage work, Food mela (Traditional food items), Vegetable printing, singing, making puppets, debates, making 3D models, Role Plays etc., were conducted.

Grade 1 – World of Animals | Grade 2 – Fruits and Flowers | Grade 3 – The Solar System
Grade 4 – Wonderful World of Weather | Grade 5 – Food for Health | Grade 6 – Water – The Elixir of Life | Grade 7 – Natural Resources | Grade 8 – Natural Disasters



SPECIAL DAYS AND ASSEMBLIES



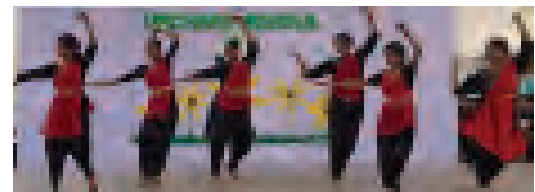
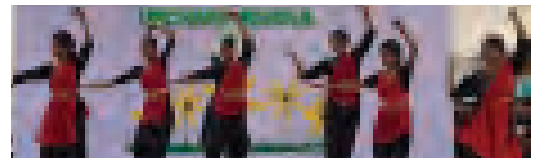
“Every day is a gift but some days are packaged better”

Remarkable days were given emphasis and observed at Orchard among the students in order to enlighten their minds and thoughts with its significance and integrated moral and social values. The following special days were commemorated at Orchard during Term 1.

- * World Food Safety Day
- * World Environment Day
- * World Yoga Day
- * Pre Primary B-day Celebration
- * Kamarajar Birth Anniversary

The Teachers presented a crisp and clear assembly during the beginning of the Term 1 to create an impact on students to say no to plastics.

Remarkable Assemblies were presented by students of various grades on Women Equality in family, significance of National Integration, the boons of Nutritious food Vs harms of processed Junk food, etc



CHILDREN'S DAY

"One test of the Correctness of the Educational Procedure is the Happiness of the Child" -Maria Montessori

Children's Day was celebrated at Orchard in a vivacious Aura. The teachers dressed up like students and drenched them in the joy rain with their imitating enactments, Motivating song and rejoicing dances. The Entertaining Debate was a remarkable one. The entire day was absolutely relished by the children.



RELIGIOUS CELEBRATIONS



"Our ability to reach Unity in Diversity will be the Beauty and the Test of our Civilization"

-Mahatma Gandhi

At Orchard every religious festival is celebrated with its unique Customs, flavors, festoons and vibes to foster religious and cultural integration with the feeling of oneness. We see truth through the door of Art and knowledge across the parameters of religion, region, culture or language. We celebrate each festival with its unmodified authenticity in its every rituals and cuisines. Onam Celebration served as the most dedicated merry-making when teachers came up with Kerala's signature recipes and had a scrumptious feast.



PRE-PRIMARY ACTIVITIES - TERM - I

In our kindergarten, we embark on an exciting journey each week, filled with engaging activities and adventures that ignite the imagination and nurture young minds. Here's a glimpse into an enriching experience of your little ones enjoying new adventures. Each day is designed to be educational and fun-filled starting from art and craft to storytelling sessions providing children with diverse experiences.



MARKET VISIT:

A trip to the market opens up a world of learning. Exploring fruits, vegetables and interacting with local vendors is a hands on lesson in everyday life.

COMMUNITY HELPERS' DAY:

A highlight was when our beloved teachers dressed as different community helpers, showcasing their roles and tools. This immersive experience helped children understand the importance of these helpers in our society.



SALAD DAY:

We are excited to share the vibrant highlights of our recent Vegetable Day celebration at Orchard School on 13-12-2023.

We conducted it to enlighten students about the nutritional value of various vegetables from the importance of vitamins to the fiber-rich goodness. Our young learner's gained valuable insights to the world of healthy eating. We hope that the Vegetable Day celebration has not only enriched our students understanding of the nutritional value of vegetables but also instilled the sense of responsibility to cherish and utilize this gift from the nature wisely.



FRUIT SALAD DAY:

Learning about healthy eating habit, our young learners participated in creating delicious fruit salads, discovering the joy of food preparation and nutritious choices.

The Pre-Primary curriculum is designed with an emphasis on breath balance in coherence with infusion of technology into the core. Curriculum enables personalized and mastery based learning to give students the essential skill for 21st century careers. At Orchard, every child will be able to master and develop age-appropriate skills and meet learning requirements according to NEP in order to sharpen their memories, toughen their bodies and polish their spirit.



- MY DAY
- PINK DAY
- YELLOW DAY
- GREEN DAY
- VEGETABLE SALAD DAY
- COMMUNITY HELPERS' DAY
- FAMILY DAY
- RECITATION COMPETITION
- BROWN DAY
- BIRTHDAY CELEBRATION

We believe in nurturing the holistic development of our students. Our unique focus allow us to integrate technology seamlessly into our core subjects providing personalized and mastery based learning experiences.

COLOUR DAY:

It was a vibrant journey of discovery and joy as we celebrated colour day with our little ones. Colour day is not just about hues and shades, it is a fantastic opportunity to ignite creativity and foster learning in our children through interactive activities. We aim to make the world of colours come alive for them.



ART INTEGRATED / MULTI-DISCIPLINARY PROJECTS

Our commitment goes beyond academics through integrated, project-based learning that spans all subjects. We aim to engage the students not just their minds but also their bodies. This approach fosters a deeper understanding of concepts and encourages creativity and critical thinking. Together, we empower our students to develop the skill, knowledge and resilience they need to succeed in an ever-changing world.



ANIMAL MASK MAKING:

Incorporating art into different subjects. Our students created vibrant animal masks. This project not only enhances the artistic skills but also integrates lessons on biodiversity habitats and characteristics of animals.

MUSIC BASED ACTIVITY:

Bring music and movement into the classroom, our students danced to the lively tune of "Old McDonald had a farm". This activity merged music appreciation with physical expression, fostering coordination and rhythm.

BIRD COLLAGE:

Utilizing feathers, our budding artists crafted diverse birds, linking art with lessons on birds. This hands-on activity promoted fine motor skills and appreciation for nature's beauty. By infusing art into a curriculum, we aim to foster a deeper understanding of subject, encourage creative thinking and provide a multi-dimensional approach to learning.

We facilitate interactive learning experiences for students of Grade 9 to 12. We delve into diverse activities aimed at honing critical skills and encouraging active participation among students.

FLOWER COLLAGE:

A flower collage is a creative and educational approach including visuals. Flower collage can indeed enhance children's understanding of different types of flowers with its function and structure.

BOOKS AND NEWSPAPER REVIEWS:

We instill a love for reading by organizing book review sessions. Encourage students to explore a different genres and themes, then share the insights in lively discussions. Similarly newspaper reviews can spark discussions on current events and critical analysis.

Debates and Group Discussion foster healthy debate environments where students can express their opinion on relevant topics. Seminar prepare students for real world scenarios by guiding them in creating and delivering presentation.

These activities serve as platforms for students to enhance their listening, analytical and presentation skills while fostering a deeper understanding of various subjects.

BIRTHDAY CELEBRATION:

There was a special Birthday celebration for the students of Grade 1 to 3, to pause and reflect and appreciate all that we are and have been. The theme of the day was "Minion". Kids were treated to a real feel of a Birthday celebration with decorations, cakes, favors, party games and activities which the kids enjoyed to the core.



FAMILY DAY

"The Memories we make with our Family is Everything"

The kids along with the parents enjoyed themselves in participating in fun games and fun activities as a family.



INTRA SCHOOL COMPETITION

INTRA-SCHOOL COMPETITIONS AT ORCHARD:

- Card Making Competition
- Story Telling
- Story Writing
- Clay Modelling
- Penmanship
- Drawing
- Origami
- Elocution
- Art From Waste
- Singing
- Essay Writing
- Collage Contest
- Spell Bee Contest
- Fancy Dress
- Poster Making
- Colouring Contest
- Pot Painting
- Solo Dance
- Recitation

Exams and group assignments may not always capture students' unique skills or ability. Competitions play a pivotal role in motivating students to perform and excel and offer a lot more reward than just the winning prize. It's like a stepping-stone to achieve greater things in life. It encourages students to work harder in the process and triggers their confidence. Students of Orchard School participate in various competitions to adopt innovative techniques and develop their ideas and skills. The school organizes clusters of competitions for the students of Grade I to XII at various levels throughout the year.



CBSE

- Samvidham Diwas (Constitution Day) Online Quiz Competition
- Heritage Online Quiz Competition
- NDA Online Quiz Competition
- Online Quiz Competition held by Ministry of Parliamentary Affairs
- Online Quiz Competition by Ministry of Education on Life Style for Environment
- Sardar Unity Trinity Quiz Competition- Samridh Bharat
- Chandrayan Maha Quiz

OTHERS

- Heartfulness International Essay Writing Competition
- Macmillan Budding Scientist 2023
- Gadget Free Hour from Parent Circle Drawing Competition
- Match up Release English Debate Competition
- 15th International Commerce Olympiad and 1st International Competency Test
- Wizquiz-2023- State Level Quiz Competition
- Kamarajar Elocution Competition- State Level

- Time Kids Pre-school in collaboration with Guru Arts National Level Drawing Contest
- Who is the next Ravi Varma?
– National Level Drawing Contest
- Art Marathon-2023 by Design School
- PINTURA 2K23 Inter-School Painting Competition
- Paintica 2023 District Level Mega Drawing Competition
- Veetukku oru Vignani 2023 by Puthiya Thalaimurai
- Talent Fest Contest 2023
- Kalai Utsav by Kalaiyugam Natyalaya
- Danzee 22 by Twinkle Toes
- TOE FEST 2022

SPORTS

- Inter District Table Tennis Tournament- YMCA Madurai
- Chief Minister's Trophy
- 1st Trichy District Ranking Table Tennis Tournament
- 2nd Trichy District Ranking Table Tennis Tournament
- 2nd State Level Open Silambam Competition
- District Level Silambam Competition- Manapparai
- District Level Silambam Competition- BHEL, Trichy
- Amateur Silambam Competition (Open District)
- Illan Talent Show (Group Event- Silambam)
- 13th Tiruchirappalli District Speed Skating Championship-2023
- 6th Inter-School/Club Roller Skating Championship-2023
- Shakotan Karate World Federation Championship
- Inter-District Taekwondo Championship Kyorugi-2023
- State-Level Open Karate Championship-2023
- Regional Level Hockey Tournament-2023-24 by Trichy Hockey Academy
- Open Indoor Archery Championship-2023
- Children's Motivational Chess Tournament
- District United Karate Organisation Tournament held in Trichy

We at Orchard School understand the importance of competition for the children especially as they progress and develop through the school. The children are given opportunities to compete in interschool competitions, against other schools, in a wide variety of sports, debates, dance and music, art, dramatics etc. We promote the idea of sportsmanship and fair play through all of these opportunities and the understanding that the taking part is the most important thing. It is important that as our children grow and develop into the future, they understand the important role that competitions has for them in developing and maintaining their health both physically and mentally.

SPORTS AND GAMES COMPETITION:

The school believes that the students who often participate in sports have higher self-esteem and better social interaction than those who don't. Both sports and education have a significant role in our lives, but beyond just the fun and games, sports and games have an important role to play in education. They also provide an opportunity to build teamwork skills, increase self-confidence, and teach social skills. Undoubtedly, there is a lot of importance of regular physical activity in a person's life that helps them stay healthy and improve their emotional fitness.

LIST OF SPORTS AND GAMES HELD ON SATURDAYS

- Fire on the Mountain
- Zig-zag Race
- Collecting the Ball
- Balance Walk
- Snatching the Tail
- Crossing Hurdles
- Cone and Ball Race
- Ball Passing
- Throw Ball
- Hand Ball



STALWARTS OF ORCHARD

ACHIEVEMENTS IN GAMES AND SPORTS

Mas. Nitin Palaniappan Arun is an eminent Table-Tennis player who has brought countless laurels in State, District and Inter-District level tournaments adding a feather to our cap.

Miss. Nethra W has had a stupendous tour in Table Tennis bagging all credits in all the State, District and Inter-District level tournaments in Singles, Doubles and Mixed Tournaments.

Miss. Shravya Soundarya Namburi an ardent Lawn Tennis Champion has bagged enormous achievements in Asian, National and State level tournaments bagging 1st place in National level Lawn Tennis Tournament held in Chennai.

Mas. Thiru Varenga Nayagam S has spun his magic with his silambam bagging 1st place in almost all the District and Inter-District tournaments held around.

Miss. Krithika P has been a spearhead in silambam competitions by snatching a handful of awards with her imminent and rigorous valour.

Mas. Pakirthan T has been the pride of cricket in Orchard being the Under-14 Trichy District Captain and Under-16 Vice-Captain by scoring 5 100s and 18 50s in his career.

Game	Venue	Category	Position	Level	Participant's Name	Grade
Lawn Tennis	Mumbai	Under 12	1 st	National	Shravya Soundarya Namburi	9
	Chennai		2 nd	National		
	Hyderabad	Under 14	4 th	Asian		
	Bangalore		1 st	Super Series		
	Hyderabad		1 st	National		
Table Tennis	Musiri	Junior Girls	Runner	District	Nethra W	11
		Youth Girls				
		Women Singles				
	BHEL, Trichy	Junior Girls	Winner	District		
		Youth Girls				
		Women Singes				
	Chennai (CM Trophy)	Under17 Girls Singles	Quarter Finalist	State		
Chennai (CM Trophy)	Under17 Girls Doubles	Quarter Finalist	State			
Madurai	Women Team Event	Bronze	Inter-District			
Swimming	Mount Zion International School	Under-10 Boys	Third	Inter-District	Mohamed Hamdaan M	4
Silambam	Manapparai	Individual	3 rd	District	Thiru Varenga Nayagam S	12
	BHEL, Trichy	Sparing	1 st	District		
	Trichy	Individual	1 st	Open District		
	Manapparai	Sparing	2 nd	District	Krithika P	12
	BHEL, Trichy	Sparing	2 nd	District		
	Trichy	Individual	2 nd	Open District		
	Trichy	Mini-Sub Junior Boys	Bronze	District	Sanjeev S	5
	Trichy	Sub Junior Boys	Bronze	District	Sanjay S	9
	NMC	Open	2 nd	State	Kiruthik D	5
	World Record 2023- Kiruthik D of Grade 5 achieved The Largest Silambam Record for 33 Minutes 33 Seconds held in Nehru Memorial College, Trichy					
Roller Skating	Chandigarh	Sub-Junior Mixed	Silver	National	Bhavanithikka Sri A K	8
	Trichy	Beginner	Silver	District	Joshna Steefy J	3
		Beginners-Rink I	3 rd		Sella Kumaran S K	7
		Beginners-Rink IV	2 nd		Sella Kumaran S K	7
		Beginners-Rink I	1 st		Rohan Sakthivel J	4
		Beginners-Rink III	1 st			4
Karate	Trichy	Open	Yellow Belt	World Federation	Sella Kumaran SK	7
	Trichy	Sub-Junior	Gold	Inter-District	Vetrivel S	3
		Open	2 nd	State	Amothini N	7
		Sub-Junior	2 nd	District	Kiruthik D	5



ORCHARD
Learning for Life

ORCHARD SCHOOL (CBSE)

Iyer Thottam, K.K Nagar, Trichy - 620 021

0431 2457990 | +91 96008 74553

www.orchard.edu.in | info@orchard.edu.in