SHRIRAM Foundation
EMPOWERING LIVES

chalk board

Monthly newsletter for teachers – June 2017

A LETTER TO TEACHERS

Dear teachers,

Welcome back to school and to Shriram Foundation. As always this year too, the Foundation has planned a number of activities and events for our Krishna District schools and teachers. We trust and hope you will participate in all of them and be benefited.

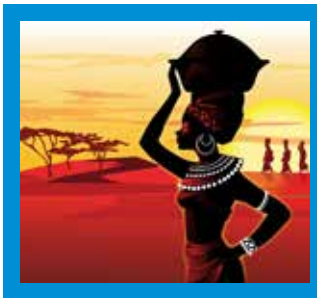
In this issue we take great pride in announcing the list of winners of our first Pre-Primary Teacher Evaluation Scheme. Our heartiest congratulations to the winners and to the school managements who supported them. We hope more and more of you will be motivated to change to a more joyful and less stressful mode of teaching learning in the best interests of our young wards.

We hope you find our newsletter useful and interesting. We encourage you to write in to us at m100.shriramfdn@gmail.com with your suggestions, comments and feedback.

Warm regards
Editor

WISE WORDS

Here are some proverbs, sayings and quotations from all over the world to inspire you. You may write or display them on your blackboards or notice boards, explain and discuss them with your students.



"Not to know is bad; not to wish to know is worse"

– African Proverb

"The highest result of education is tolerance"

– Helen Keller

LEARN THROUGH PLAY

Tongue Twisters

A tongue twister is a sentence that is hard to read aloud. Children love tongue twisters because they are challenging. You can use tongue twisters as warm up exercises in your reading or language class. Get children to first pronounce them correctly and slowly and then speed up!

Here are some tongue twisters.

1) Red lorry, blue lorry.

2) A loyal warrior will rarely worry why we rule.

3) Sheela saw Sharif's shoes on the sofa. But was she so sure those were Sharif's shoes she saw?

STORY OF THE MONTH — Helen Keller

WHAT I AM
LOOKING FOR IS
NOT OUT THERE,
IT IS IN ME.
-Helen Keller

Did you know that we celebrate Helen Keller's birthday on June 27? Helen Keller was a teacher and humanist. She became famous because she was deaf, dumb and blind and yet went on to graduate and become a teacher. But Helen was not born with these disabilities. Let us read her story.

Helen Keller was born in 1880 in Alabama, USA, to Arthur Keller and his wife, Kafe. Her father served as captain in the army. In 1882, Helen Keller was severely attacked by an illness. The illness took away both her sense of sight and hearing.

Even after she became blind and deaf, she would communicate with her family with signs. She had a friend called Martha Washington who was the young daughter of the family cook. Martha and Helen developed many signs with which they effectively communicated with each other. But during this period Helen became so wild and uncontrollable that people felt she should be sent away to an asylum. Her mother started searching for ways to educate Helen and soon she started schooling in the Perkins Institute for the Blind in Boston. There she found a 47-year-old teacher named Anne Sullivan. It was Anne Sullivan who changed her life as well as her character.

At the age of 24, Helen graduated. She was the first blind person to hold a degree.

Slowly Helen Keller learnt to speak and then she spent much of her life in giving motivational speeches to disabled people. She travelled far and wide and inspired people with her speeches. Many of her speeches were in support of women's rights. She wrote many books and articles. She also worked for American Foundation for the Blind in raising funds.

In 1964, she received the Presidential Medal of Freedom in the U.S. and was elected to the National Women's Hall of Fame in New York. She died on June 1, 1968. Even today, her birthday is celebrated as 'Helen Keller Day.'

Classroom Activity

Tell your students about Helen Keller and ask them
1. how they felt after listening to her story?
2. to make a poster on Helen Keller.

THEME FOR THE MONTH — Yoga

International Yoga Day is celebrated every year on June 21. In 2014, the United Nations General Assembly declared June 21 to be observed as Yoga Day every year, and the first Yoga Day was celebrated in 2015. Doing yoga keeps one healthy, free of stress and relaxed.

DID YOU KNOW

that the ancient sage Patanjali who lived during the second century B.C. is considered the father of Yoga?

that the word Yoga comes from the Sanskrit word *yuj* meaning 'to join'? It is a practice which is supposed to unite the body, mind and soul in harmony.

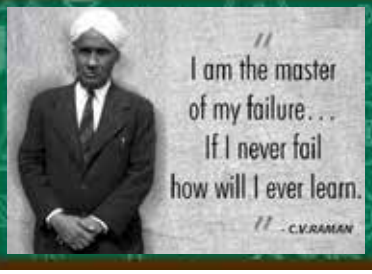
that the Chinese Postal Department released a set of eight postage stamps on Yoga in 2011? These stamps featured yoga guru B.K.S. Iyengar in yoga postures.

You can celebrate International Yoga Day in several ways.

If your school teaches yoga, you can

- ✓ organise a mass yoga drill of all students. Invite parents to watch.
- ✓ organise a three-day yoga camp for parents. It could be for one hour early in the morning before school commences. You could organize two separate sessions every day for mothers and fathers. Your yoga teacher along with senior students could teach the parents ten simple asanas.
- ✓ organise a demonstration of yoga by your students and teachers as a sudden unannounced activity at a marketplace or on a busy street. This will invite the curiosity of passersby. Your school team could demonstrate yoga, talk about its benefit and encourage the crowd to learn yoga.

If your school does not teach yoga, you can identify a yoga master in the neighbourhood and organise a demo-cum-teaching session for students and parents in your school.

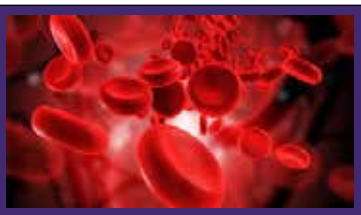


Science At School
Science Newsletter for Teachers

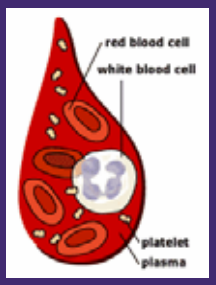
Dear Science Teachers,

Welcome to the June edition of Science at School – the monthly magazine specially for you!
As you welcome students to a new academic year, we bring to you science activities, ideas for setting up your classroom, and much more!

Discovery of the Month: Blood types



Much of what we know today was not even thought of, a hundred years ago! Did you know that it took many years to think of the fact that blood could be of different types? Until the late 1800s, it was thought that blood was the same in all human beings.



The landmark discovery was made by Dr. Karl Landsteiner in 1897. He used to conduct regular cause-of-death medical examinations at the University of Vienna hospital in Austria.

During one such series of tests, he observed something strange: each of the patients had undergone surgery and been donated blood for it. And they had all died of the same reason - blood clotting. Late that evening, while he was playing piano, he suddenly thought: what if everyone's blood was not the same?

The next morning, he collected blood samples from 20 patients. In long rows of test-tubes, he mixed few drops of blood from one sample with few drops of blood from every other patient. He then examined them all under the microscope and was stunned to find that blood was indeed different! He classified blood into four types based on his observation.

This simple idea revolutionized the field of medicine and millions of lives were saved.
The next time you have an idea, don't throw it away because it is too simple. Always question, always wonder and never stop with what you know!

- Did you know that other than the ABO blood types, there's also another group called the Bombay blood group (or the HH blood group)? This is called so because it was discovered during an accident case in Bombay (now Mumbai) in 1952. People with this group can only donate or receive from those of the same group. It is the rarest blood group found, there's likelihood of only about 1 person in 4 million people having this type.
- Did you know that dogs have 4 blood types; cats have 11; cows have about 800?

Announcement: IGNITE Awards 2017

Have you noticed that children are often very observant about the problems around them and sometimes have simple solutions to them? Take the example of Maidari from East Godavari district, who came up with the idea of a container cleanliness indicator to help her mother in the kitchen, or two sisters from Tamilnadu, Elakkiya and Pavithra who designed a loom for the physically challenged.

The National Innovation Foundation (NIF) organizes Dr. A.P.J. Abdul Kalam IGNITE competition every year to promote creativity among students as well as to sensitize them to the issues around them. Encourage your students to think of innovative machines/devices as solutions to day-to-day problems. Help them in writing it up, but do not suggest your own ideas. The completed documents can be sent to NIF through mail or post. If NIF considers the idea as innovative/useful, it might provide financial support and guidance for the same. The ideas might also be patented in the student's name!

The last date for submission is August 31, 2017. More details can be found at the NIF website: *http://nif.org.in/announcement/ignite-competition*.

Why not make your classroom the space for your students to explore, question and innovate?

Science At School
Science Newsletter for Teachers

In the classroom: Science through stories

The beginning of the first term sets the tone for the rest of the academic year. This is the best time to set up student routines and build their interest in Science.

A simple idea to do this is to create your classroom's Science bulletin board.

For the bulletin board, encourage students to look for articles from newspapers or magazines. News about new scientific discoveries and findings may be put on the board. Latest health news, cautions about new viral infections or other diseases in town etc is useful information.

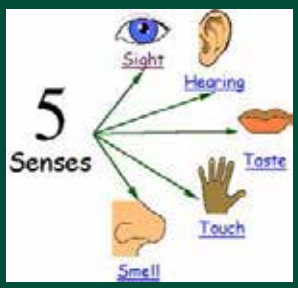
Quotations from scientists and interesting or curious facts from the world of science are always popular. Students can be encouraged to put up drawings or writings of their own pertaining to science.

The Science bulletin board should be an invitation for students to explore and inquire. You can put up questions and let them find the answers for them.

Let's Teach Science: Observation Skills

Most science teachers use textbooks and the chalk-and-talk method of teaching science. Some practically demonstrate principles of science in the laboratory. Some use instruments and tools to show their students details and workings of things. But a true teacher of science does a lot more than giving information and demonstrating principles. A good science teacher excites her students, makes them ask questions, observe keenly, make their own models, find connections in the real world, gather information, sort them, come to conclusions, find out for themselves and a lot more. Through this column we explore how we can become better science teachers and make our students better students of science.

Building observation skills



All of us know that oranges are juicy, sweet and have a distinct fragrance. But do you know how many portions there are in an orange? And how many seeds there are in every portion?

Can you say by sniffing at a strange food item, what it is made up of?

Details such as these call for keen observation. Observation means using all five senses in gathering details. It means noting details about all observable qualities or properties such as size, shape, colour, texture, weight, sound, smell, taste and anything else that seems special. Observed data needs to be recorded and described in great detail if it has to be useful. This may be done by using words appropriately and also by taking photos, drawing and labelling, doing audio and video records etc.

Classroom Activity: Ask students to bring lotus, lily, rose, hibiscus, marigold or any other big-sized flower. Allow them some time to observe the flower keenly. Ask them to count the petals, draw pictures of the shapes of the petals and how they are organized. If you have a magnifying glass, get students to look at the different parts of the flower under it, particularly small parts like pollen grains. Ask them to draw what they see.

Think of more such activities and include these as a part of your classroom science teaching. Watch your young scientists bloom!

Fun with Yoga

How well do you know your yoga asanas? Match the pictures of asanas given below with their names.

1

2

3

4

5

a) Padmasana b) Chakrasana c) Halasana d) Dhanurasana e) Ushtrasana

Puzzles

Here are some easy puzzles to get your students to exercise their brain cells.

1. For Upper Primary students:

I have three special four-sided dice. They have one letter on each side.

When I roll them together, I get three random letters which I try to rearrange into a word.

In my eight goes so far I have made the words:

CAT, SON, POD, RIG,

PEG, TAP, DIN, APE.

What are the letters on each dice?

2. For Primary students:

In a certain country,1/2 of 5 = 3. If the same proportion holds, what is the value of 1/3 of 10?

QUIZ — Sports

Children love games and sports. Here are some quiz questions to test their knowledge of sports and sportspeople.

1. Who is the first woman chess Grandmaster of India?
2. When is the National sports day of India?
3. Name the Indian sportsperson who won a gold medal in Paralympics 2016.
4. First Indian woman to win an Olympic medal was ……..
5. First sportsperson nominated for the Rajya Sabha is ……..
6. Name the Indian woman who won the silver medal in badminton in 2016 Olympics.
7. Federation Cup in India is associated with ……..
8. Deodhar Trophy is associated with which sport?
9. Where is Indian Sports Research Institute located?
10. Which game is Murugappa Gold Cup associated with?

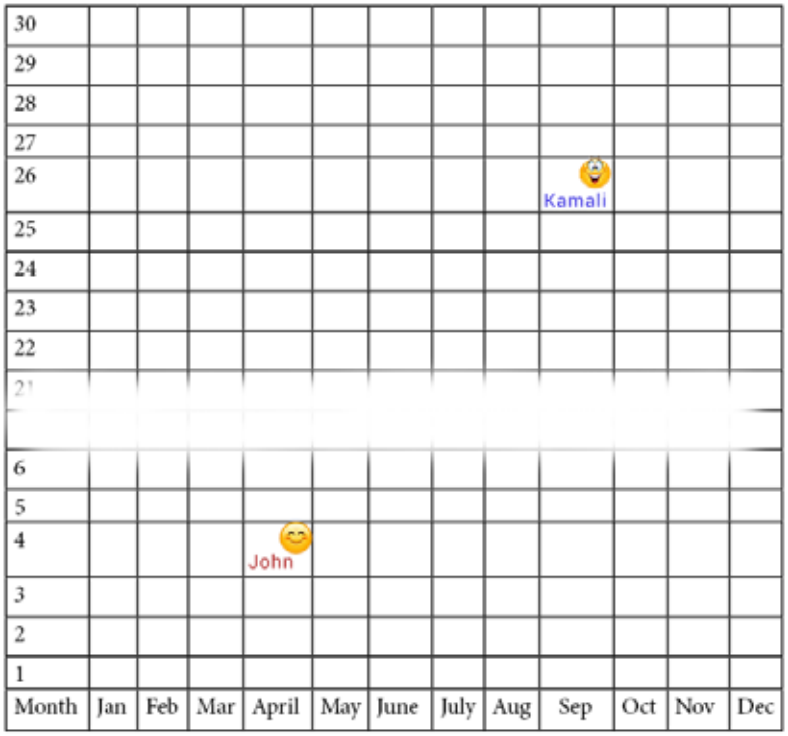
TEACHER TIP

Reopening Day Activity

Here is a simple data handling activity for classes 4 and 5. This is a simple mathematical birthday chart. This can be done on "School reopening day" to help children get motivated and activated for school after their long holiday. It will also help new students interact with old ones and settle down fast.

Get the students to take a big chart paper and draw up a table like this. The months are named in the X axis and the dates are mentioned in the Y axis.

Then ask every student to stick their stamp-sized picture or a smiley along with their name on the cell that corresponds to their birthday. Hang up the big birthday chart in class when it is completed and ready.



Answers

Quiz

1. Subbaraman Vijayalaxmi
2. August 29
3. Mariyyapan Thangavelu
4. Karnam Malleshwari
5. Sachin Tendulkar
6. P.V. Sindhu
7. Football
8. Cricket
9. Patiala, Punjab
10. Hockey

Theme for the month – Fun with Yoga

1) e 2) a 3) d

4) c 5) b

Puzzles

1. The letters on the three dices are: CNPR; AGDS; EIOT
2. 1/2 of 5 is 3. This means 5 is 6. Therefore 10 will be 12. Therefore, 1/3 of 10 will be 4

"శ్రీరామ్ ఫౌండేషన్" విద్యా వ్యవస్థ యొక్క స్వరూపాన్ని సమాజాభివృద్ధికి తోడ్పడేలా, ఉన్నతమైన ఆశయాలతో, ఉపాధ్యాయులను ఆదర్శవంతులుగా, విద్యార్థులతో సన్నిహితంగా మెలుగుతూ, తరగతి గది వాతావరణాన్ని ఉన్నతంగా, ఆదర్శ పూర్వకంగా, విద్యార్థి ఇష్టపూర్వకంగా ఉండేలా తీర్చిదిద్దడానికి విశేషంగా కృషి చేస్తున్న స్వచ్ఛంద సంస్థ.

ఈ ప్రయత్నంలో భాగంగానే చిన్నతరగతులు అనగా నర్సరీ, ఎల్.కే.జీ, యు.కే.జీ బోధిస్తున్న ఉపాధ్యాయుల నైపుణ్యాన్ని సామర్థ్యాన్ని మరింతగా అభివృద్ధి చెందించుటకు "ఆంధ్రమహిళా సభ" వారి ఆధ్వర్యంలో ప్రతీ మాసమూ శిక్షణా తరగతులను నిర్వహించటం జరుగుచున్నది.

ఈ శిక్షణా తరగతులలో ఉపాధ్యాయులకు, చిన్న తరగతులలోని పిల్లలకు పాఠాలను ఆసక్తికరంగా, ఆట, పాటలతో కృత్యపూర్వకంగా బోధించే విధానాలను ప్రతీ విషయంలో పిల్లలను భాగస్వాములుగా చేస్తూ, వారిచేత నమూనాలను, కృత్యాలను చేయిస్తూ, ఆసక్తి పూర్వకంగా పాఠ్యాంశాలను బోధించే విధానాలను వివరించటమే కాకుండా, తరగతి గది వాతావరణాన్ని ఆహ్లాదకరంగా, ఉల్లాసంగా, ఉత్సాహంగా, చిన్నారుల మానసిక, శారీరక అభివృద్ధికి తోడ్పడే విధంగా, కృత్యాధార బోధనా విధానాలను అందించుట జరుగుచున్నది. (తరగతి గదిలో వచ్చే అనేక సమస్యలకు పరిష్కార మార్గాలను వివరిస్తూ వాటిని అధిగమించే మార్గాలను వివరించుట జరుగుచున్నది).

ఈ ప్రయత్నం విజయవంతం చేయుటకు ప్రతీ పాఠశాలకు, మూడు పర్యాయములు శ్రీరామ్ ఫౌండేషన్ అధ్యాపక నిపుణులు సందర్శించుట జరిగినది. ఆ పాఠశాలలోని ఉపాధ్యాయులు, వారి బోధన పద్ధతులను, వారు చేస్తున్న నమూనాలను పరిశీలించి, అవి తరగతి గదిలో ఉపయోగిస్తున్న విధానాలను, చేయిస్తున్న రకరకాల కృత్యాలను గమనించి ప్రతీసారీ నూటయాబది (150) మార్కులను కేటాయించి పరిశీలించుట జరిగినది. మూడు పర్యాయములకు గాను నాలుగు వందల యాబది (450) మార్కులు నిర్ణయించుట జరిగినది. వీటి సగటు మార్కులను తీసుకొని, ర్యాంకులను కేటాయించుట జరిగినది.

అలా కేటాయించిన ర్యాంకుల ప్రకారం ఉత్తమ ఉపాధ్యాయులను ఎన్నుకొనుట జరిగినది. వీరిని "ఆంధ్ర మహిళా సభ" వారి ప్రత్యేక శిక్షణా తరగతులకు పంపించుట జరుగుచున్నది. ఉపాధ్యాయుల నైపుణ్యాభివృద్ధి కోసం జరిగిన ఈ ప్రయత్నం అత్యంత విజయవంతమైన కార్యక్రమము అయి ఈ మండు వేసవిలో పండువెన్నెలను కురిపించి ఉపాధ్యాయుల సర్వతోముఖాభివృద్ధికి కారణం అయినది.

ఈ కార్యక్రమం విజయవంతంగా జరిగించుటకు కారణం అయిన

ప్రతీ ఒక్కరికీ హృదయ పూర్వక శుభాభివందనాలు.

శ్రీమతి షేక్ ఫాతిమా (138) షోఫి హై స్కూల్, నున్న :

ఈమె తను నేర్చుకున్న AMS తర్ఫీదు మరియు శ్రీరామ్ ఫౌండేషన్ నుంచి తీసుకున్న బోధనా పరికరములు, సలహాలను బోధనాభ్యసన, బోధనాభ్యసన వస్తువులు తయారు చేయుటలో ఉపయోగించుటయందు నైపుణ్యం, విద్యార్థులకు బోధించుటలో కృత్యములు నిర్వహించుట యందు, విద్యార్థులతో మమేకమై ఉండుట వంటి నైపుణ్యతను ప్రదర్శించారు.

శ్రీమతి గొర్ల సుధారాణి (127), సెయింట్ జాన్స్ హై స్కూల్, కంభంపాడు :

ఈమె మంచి బోధనా పద్ధతులు, పాఠ్యప్రణాళికలు, బోధనాభ్యసన పరికరములు తయారియందు, ఉపయోగించుట యందును, విద్యార్థులను తల్లిలాగా దగ్గరకు తీసుకొని ప్రోత్సహించుటయందు, మంచి పటిమను కనపరచినారు.

శ్రీమతి వి. రాధా (123), నిర్మల్ హృదయ్ ఇ.యం. స్కూల్, చిల్లకల్లు :

ఈమె AMS తర్ఫీదును పాటించుటయందును, ప్రతీ విద్యార్థి కృత్యములు చేయుట యందును, శ్రీరామ్ ఫౌండేషన్ వారి సలహాలు అమలు పరచుటయందును, స్వయంగా బోధనా అభ్యసన పరికరములు తయారు చేసికొని, పిల్లలను భాగస్వాములను చేయటం వంటి విషయాలను తరగతి గది పరిశీలనలో గమనించడం జరిగినది.

శ్రీమతి గజరాజు రాజేశ్వరి (100), షోఫి హై స్కూల్, నున్న :

ఈమె విద్యార్థులను వివిధ కృత్యాలలో భాగస్వాములను చేసి వారి అవసరాలకు తగినట్లుగా బోధనాభ్యసన పరికరాలను కృత్యాలను వారికోసం తయారు చేయడం, వివిధ పద్ధతులలో స్వయంగా అభివృద్ధి చేయడం గమనించుట జరిగినది.

శ్రీమతి కె. లక్ష్మీ (120) నిర్మల్ హృదయ్ ఇ.యం. స్కూల్, చిల్లకల్లు :

ఇచ్చినటువంటి బోధనాభ్యసన సామాగ్రిని స్థానికంగా దొరికే వివిధ వస్తువులను ఉపయోగిస్తూ TLM తయారు చేయడం, విద్యార్థులతో మంచి సహసంబంధాన్ని కలిగి ఉండటం, వారమునకు రెండు రోజులు AMS కృత్యాలను నిర్వహించుటలోనూ మంచి నైపుణ్యం కలిగిఉన్నారు.

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