

A LETTER TO TEACHERS

Dear teachers

Greetings from Shriram Foundation!

This month we begin a new feature: it is a feature about your school. In the new feature *From Our Schools*, we would like to share interesting ideas, activities and programs that you run in your school. So if you have started or conducted a program that is popular and unique, please write to us about it. Or tell our Coordinators when they visit your school. Send us photos of the program. We will feature you in our new column.

Tell us about your school's good work. Let everyone learn from you.

At Shriram Foundation, we look forward to hearing from you about your experiences. Write to us at m100.shriramfdn@gmail.com.

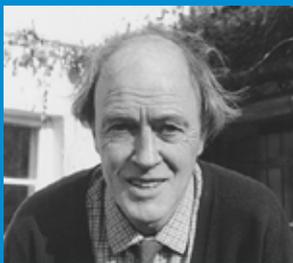
Warm regards

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.



"There are a whole lot of things in this world of ours you haven't started wondering about yet."

– Roald Dahl

"We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort."

– Jesse Owens



DID YOU KNOW?

Weight of the Brain

Do you know the weight of the brain? It weighs less than 2 percent of your body weight. Surprisingly, it consumes 30 percent of the oxygen we breathe and around 20 percent of the blood supplied in our body. A Lack of energy reduces your brain function as it reduces the oxygen supply to your brain. Deep breathing for a couple of minutes can improve oxygen and blood supply to the brain.



THEME OF THE MONTH

World Heart Day



World Heart Day falls on 29th September. It is a day where everyone should take a moment to remember and resolve to take care of their health. The heart is one of the most important organs in the body. It pumps blood throughout the body, which carries oxygen and nutrients, and also removes waste. World Heart Day was created to spread awareness among people of the importance of adopting healthier lifestyles.

You can observe World Heart Day in the following days:

Get your students to make a chart with a labelled diagram of the heart to hang on the classroom wall. They could also have a picture of the circulatory system as well.

Get your students to make Healthy Heart Habits posters. They can make out lists of important things to do in the right amounts that will help them live in a healthy manner.

Teach children, how to check their pulse. You can check your wrist by turning your left hand and placing the middle and index fingers to the base of the thumb and then moving them down your hand to just below the crease on your wrist, and keep them just to the left of the large tendon. You must not press too hard or you will not be able to feel it anymore. It can take a few seconds to find your pulse, and you may have to adjust the position of your fingers up and down your wrist until you find it. The children can check if their pulses are regular. If they could procure a watch which can measure seconds, they could count the number of beats that occurred in 20 seconds, and, by multiplying it into 3, they could work out their heart-rate per-minute. The children could also run up and down stairs or around the playground until they feel their heart rate increasing significantly. They could measure their pulse-rate immediately before and immediately after the said activity, and also measure the time it takes for their heart-rate to come down.

To promote and reinforce the importance of exercise, the children could conduct a marathon for the entire school, at the beach, or at a park, where they could first talk about the importance of good health to prevent heart disease.



DID YOU KNOW?

In commemoration of the International Day of Democracy, which falls on 15th September, we have compiled a few relevant and interesting facts on the subject of democracy.



Democracy

- The word democracy is derived from the Greek word *dēmokratiā*, which was coined from *dēmos* ("people") and *kratos* ("rule") in the middle of the 5th century BCE
- It is a system of government by the whole population or all the eligible members of a state, typically through elected representatives.
- The concept of democracy can be traced back to the ancient Greeks, around 2500 years ago. This way of governing was a departure from the autocratic systems of governing, where a single person or a small group of people had the power to make decisions for the state.
- The Greek city Athens was the first city to adopt it. It allowed ordinary citizens access to government offices and courts, and all citizens were allowed a voice and to vote in the assembly. However, women, foreigners, slaves, freed slaves, and individuals whose parents were not citizens of Athens did not have these rights. So only a minority of the population benefited from it.
- There are two kinds of democracies:
 Direct democracies are democracies where the citizens themselves gather in assemblies and meetings and decide policy and law.
 Representative Democracies are democracies where representatives are elected by the people and decide policy and law on behalf of the people who elected them. This is the most practical form of democracy for large societies and nations. Nearly all modern societies are representative democracies. Elections are conducted on regular basis to choose these representatives.

LEARNING THROUGH PLAY

Role Play



Role play and acting are important classroom activities. It helps to build presentation skills, cooperation, and self confidence. By putting themselves in another persons place, students experience challenges and dilemmas new to them. These help build the value of empathy.



Playing pretend and inserting themselves in roles allows them greater understanding and makes the entire lesson more memorable. The children could act out parts of stories that they are studying, which would help them commit lines to memory better, gain a greater understanding of the characters and the plot, and improve their vocabularies. Playing roles in different kinds of lessons can also be helpful; such as if the children are learning mathematics, they could pretend to be vendors or bankers, and exchange money for goods or large notes for change. This can lead to better reading and comprehension of data in statement sums.





Just like a windmill, wind energy turbines have been around for over 1000 years. Windmills have been used for pumping water or grinding grain.

- The largest wind turbine in the world, located in Hawaii, stands 20 stories tall and has blades the length of a football field.
- An average wind speed of 22.5km per hour is needed to convert wind energy into electricity.
- One wind turbine can produce enough electricity to power up to 300 homes.
- Wind energy is the fastest growing segment of all renewable energy sources.

SCIENCE VOCABULARY PUZZLE: HEALTH

Test your students' vocabulary in science concepts in this fun way. Here is a word search puzzle on the theme 'Health'. Words related to the theme are hidden in the grid. Your students will need to search them out. The words in the grid are listed below the puzzle. As an added challenge, ask students to define or tell you what each of the words mean. You can assign this as group work and get small groups of students to work on the puzzle and define the words.

Name: _____ Date: _____

Wildlife

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

Word List:

FAUNA	HABITAT	CONSERVATION	FLORA
SPECIES	LIVESTOCK	HUNTING	REPTILES
AMPHIBIANS	VEGETATION	FORESTS	SANCTUARY
EXTINCTION	DEPLETION	RESERVES	CARNIVOROUS
HERBIVOROUS	VERTEBRATE	MAMMAL	OMNIVOROUS
DOMESTICATED	JUVENILE	LANDSCAPE	CANOPY