



# IMAGINE

OCT - DEC 2025

## MESSAGE FROM CORE TEAM



**Ms. Mubarak**

Vice Principal  
Balsam Academy

Dear Students,

As the Vice Principal of Balsam Academy, I have the privilege of witnessing your growth each day not only in your academic learning, but in the values, attitudes and character you develop along the way. I would like to share a personal belief about leadership, one that I hope will guide you during your time at our school and beyond.

True leadership is not about authority, position or being the loudest voice in the room. It is about the quiet strength to influence others positively, take responsibility for one's actions and work earnestly towards shared goals.

Leadership is not reserved for a few; it is a journey open to every student at Balsam Academy. It is shaped through daily awareness, consistent practice and the choices you make in classrooms, on teams and within friendships.

Leadership development is deeply connected to the world around you. At home, parenting provides the foundation. The integrity, empathy and responsibility modelled by your families form the core of your character and confidence. At school, teaching intentionally creates the environment in which this growth takes place. Your teachers empower you by modelling collaboration, encouraging ethical thinking and designing learning experiences that require teamwork and mutual respect.

True leadership begins with a clear vision and a willingness to lead by example. As John C. Maxwell states, a leader 'knows the way, goes the way and shows the way'. Stephen Covey reminds us to 'begin with the end in mind'. From my own experience, the most effective leaders are those who communicate with clarity, listen with the intent to understand and remain focused on solutions rather than obstacles. Their influence is built on integrity, initiative and respect—qualities that foster trust and inspire others to follow.

Your learning journey at Balsam Academy is the primary training ground for developing these qualities. Every group project becomes an opportunity to practise collaboration and shared vision. Every honest decision strengthens your integrity. Every challenge you face builds resilience and self-belief. These everyday moments, though they may seem small, shape the leader you are becoming.

I encourage each of you to recognise your potential and lead through your actions, attitudes and values. By doing so, you will not only unlock your own capabilities but also inspire your peers to grow alongside you. This is the lasting legacy of true leadership - a legacy built through the partnership of parenting, teaching, learning and realised through your daily choices.

With confidence in every one of you,

Mubarak

# **TABLE OF CONTENTS**

**School Events and Highlights**

**Academic Corner**

**Aaramba**

**Creative Corner**

**Sports Corner**

**Teacher's Insight**

**Community Involvement**

**Health and Wellness**

**Sneak Peek**

**Credits**

# SCHOOL EVENTS AND HIGHLIGHTS

## Children's Day Celebration

The Children's Day celebration was filled with joy and vibrant energy across the school. Teachers and administrative staff set an enthusiastic tone with lively songs, humorous cartoon mimicry, and energetic dance performances, strengthening the bond between teachers and students. The freestyle dance by the entire school and the teachers' ramp walk were the most exciting highlights of the day. To mark the occasion, the management gifted students from Grades 1 to 10 with age-appropriate, value-based books, while kindergarten children received colourful lunch towels and garden gifts, adding to the joy of the celebration.



## Outbound Learning Experiences

Students across all grades participated in engaging OBL trips that enriched classroom learning through real-world experiences. Early learners explored Ayilam Farmhouse, RS Palkova Factory, and Pallavan Integrated Farm, while Grades 1 and 2 visited the Post Office and Mani Mark Factory. Students from Grades 3 to 5 explored the Kancheepuram Handloom Cluster, ICF Railway Museum, and Dakshina Chitra. Grades 6 to 8 visited the Birla Planetarium, Chennai Government Museum, and SDF India Pvt. Ltd., gaining hands-on insights into science, culture, and industry.





### **Inter-House Dance Competition**

The Inter-House Dance Competition for Levels 3 and 4 students was held on 1st November 2025 with great enthusiasm. The event showcased the talent and creativity of young dancers through solo and group performances. In the solo category, students presented Freestyle Fusion dances, captivating the audience with confidence and expressive movements. The group dance category celebrated India's rich cultural heritage through vibrant folk forms such as Bhangra, Garba, Lavani, and Tribal dances. Colourful costumes, energetic rhythms, and synchronized movements created a joyful and festive atmosphere.



The event was honoured by the presence of the Chief Guests, Mr. Tipu Sultan and Mr. Manikandan, whose participation greatly motivated the students. Mr. Tipu Sultan captivated the audience with an energetic vocal performance, while Mr. Manikandan presented a dynamic dance performance, adding vibrancy to the celebration. All four houses—Alpines, Grands, Himalayans, and Tylers—participated with commendable spirit and enthusiasm. The programme concluded on a high note with appreciation and applause for all the participants, making the event a memorable and enriching experience.

### **Assembly highlights - “The Power of Public Speaking”**

Grade 10B, under the guidance of Ms Khushrang, presented an impressive special assembly on the theme “Public Speaking.” All 27 students actively participated through a variety of engaging performances, including a TED Talk, Thirukkural recitation, skits, speeches, dance, mime, and a ramp walk. The assembly provided students with valuable opportunities to overcome stage fear, build confidence, and enhance essential skills such as idea organisation, body language, and voice modulation. It also fostered teamwork, leadership, and effective communication. The programme successfully highlighted the students’ growing confidence and their ability to express ideas clearly and impactfully.

Grade 5-B presented an inspiring assembly on “Healthy Body, Healthy Mind” on 12th October 2025. Through speeches, a skit, songs, health tips, simple exercises, and a pledge, the students highlighted the importance of physical and mental well-being. The assembly reinforced healthy habits, positive thinking, and teamwork, while building confidence and communication skills among the participants.



### **Ayudha Pooja Celebration at Balsam Academy**

Balsam Academy celebrated Ayudha Pooja with devotion and cheer, filling the campus with a spirit of gratitude and togetherness. The celebration honoured the tools and resources that support our work, symbolising progress and productivity. The day began with traditional rituals, followed by a sumptuous breakfast for all staff. As a gesture of appreciation, sweets and cash gifts were distributed, reinforcing values of respect, unity, and gratitude within the Balsam family.



## **Pre-Diwali Safety Awareness Session at Balsam Academy**

Balsam Academy conducted a Pre-Diwali Safety Awareness Session focusing on fire safety, eco-friendly celebrations, and basic first aid. The session was led by the Fire & Rescue Department, SIPCOT, under the guidance of Mr Arasu, who demonstrated safe practices and emergency handling through activities involving students and teacher volunteers. Students learned important do's and don'ts, safe handling of sparklers and diyas, and the importance of choosing eco-friendly alternatives. The programme concluded with a vote of thanks by Master Gokul Kishore and appreciation from the Assistant Directors, reinforcing the message of celebrating a safe and responsible Diwali.



## **Balsam Dream Chasers Shine at NASA Hackathon 2025**

Balsam Academy proudly participated in the global hackathon NASA Space Apps Challenge 2025. The team comprising Surendranath J., Nishal V., and Himalayan P.K., guided by Mr. Varun, developed a project prototype and successfully reached the finals of the Chennai edition. All participants received NASA participation certificates. The event provided valuable exposure to teamwork, problem-solving, and the use of open data. We appreciate the sincere efforts of the students and their mentor and look forward to supporting more such meaningful learning opportunities in the future.

## **Mental Arithmetic Contest Enhances Students' Skills**

The Inter-House Mental Arithmetic Contest - Final Round, held on November 11, 2025, strengthened students' speed, accuracy, and mental calculation skills. Through rounds such as Quick Solve, Relay Calculations, Buzzer Challenges, and Rapid Fire, participants showcased focus and strong numerical ability. The event encouraged logical thinking and a love for numbers, boosting confidence in solving problems mentally.

## **Beyond the Page: Journal Writing Contest Fosters Expression and Critical Thinking**

The final round of the Level 3 Journal Writing Contest was held on 25th October 2025. The competition assessed students' creativity, organisation, fluency, grammar, reflective depth, and presentation through engaging activities such as real-time reflective writing, read-alouds, prompt relays, and narrative sequencing. Judges Ms. Khushrang and Ms. Pavithra commended the participants for their originality, confidence, and reflective thinking. The contest provided a valuable platform for strengthening writing skills, collaboration, and critical thinking.



## Spell Bee Success: Building Vocabulary and Confidence



Our school recently organized a Spell Bee Contest with great enthusiasm to enhance students' vocabulary, spelling accuracy, and confidence in language usage. Students from various grades participated actively, displaying keen interest and excitement throughout the event. The contest featured multiple engaging and challenging rounds that tested listening skills, word comprehension, pronunciation, and quick recall.

As the competition progressed, participants demonstrated remarkable focus, presence of mind, and a strong command of the English language. The event created a vibrant learning atmosphere, encouraging healthy competition while fostering a love for discovering new words. Students not only refined their spelling skills but also gained valuable exposure to advanced vocabulary in an enjoyable and supportive environment.

The Spell Bee Contest concluded on a joyful and celebratory note, with winners being duly recognized and appreciated for their outstanding performance. All participants were encouraged and motivated for their efforts, making the event a memorable learning experience that highlighted the importance of language development through fun and meaningful activities.

## From Etymology to Excellence: Showcasing Our Word Challenge Winners

Students of Grades 6-8 enthusiastically participated in the 2025-26 Inter-House Word Challenge Contest, themed "Celebrate Learning Through Words." The event, designed to strengthen spelling, vocabulary, logical thinking, and creative communication, began with a preliminary written round, from which top performers from four houses advanced to the finals held on November 8, 2025. It featured engaging rounds like "Spell It Right," "Word in Context," and "Word Quest," along with an optional "Etymology Explorer" segment for deeper language exploration. Judged by a dedicated panel, the contest was marked by impressive student confidence, quick recall, and spirited sportsmanship. Overall, it successfully promoted healthy competition, teamwork, and inclusive learning, leaving participants with enhanced language skills and a renewed appreciation for the power of words.



Judged by a dedicated panel, the contest was marked by impressive student confidence, quick recall, and spirited sportsmanship. Overall, it successfully promoted healthy competition, teamwork, and inclusive learning, leaving participants with enhanced language skills and a renewed appreciation for the power of words.

## Uravugal Meet: Strengthening Bonds, Building Trust

We are delighted to share the warmth and success of our recent Uravugal Meets—special, informal gatherings thoughtfully designed to nurture meaningful connections between parents and the core members of Balsam Academy. These interactions help us understand diverse family perspectives while offering parents clarity and alignment with Balsam Academy's purpose, philosophy, and educational initiatives.

The three Uravugal Meets were successfully conducted on 6th, 13th, and 20th December, with enthusiastic participation from our parent community. These gatherings have beautifully strengthened the bond between the school, children, and parents—reaffirming our shared commitment to holistic growth and lifelong learning.



### **Christmas Celebrations**

The spirit of Christmas came alive on campus as our Level 1 students celebrated the festival with smiles, music, and festive cheer. For many, it was their first school Christmas, making the occasion even more special.

Dressed in colourful festive attire, with Santa caps and sparkling accessories, the children spread joy as they exchanged cheerful Christmas wishes. The highlight of the celebration was a delightful Christmas dance, where their tiny steps, enthusiasm, and confident expressions won everyone's hearts. The celebration concluded with melodious carols, creating a warm atmosphere of love, sharing, and togetherness.



## Professional Development Spotlight: Nurturing Every Unique Learner

In a recent Professional Development session led by Mr. Yaashin, teachers explored the link between student behaviour, mental health, and multiple intelligences. The session emphasized that every child is unique and should not be compared with others. Educators learned practical strategies to engage different intelligences—linguistic, logical, kinaesthetic, visual, musical, interpersonal, and intrapersonal—through varied activities. The key message was to create student-centered classrooms built on empathy, positive reinforcement, and tailored instruction to support both learning and emotional well-being.



## SMC Meeting

Balsam Academy conducted its second School Management Committee meeting of the 2025-26 session on December 27, 2025, where key updates and future plans were shared.

The gathering began with a reflection on recent achievements across scholastic, co-scholastic, and administrative domains, celebrating progress in sports, arts, values, parent engagement, and infrastructure upgrades such as improved audio systems, strengthened IT security, and the maintenance of transport and campus facilities. A strong emphasis was placed on safety and wellness, highlighted by the successful Pre-Diwali Fire Safety Programme in partnership with the Tamil Nadu Fire & Rescue Department, along with student health assessments and a parent webinar on Positive Parenting & Child Well-being.

Looking ahead, the committee outlined its key priorities for the period from January to March 2026, focusing on continuous growth for both staff and students. Several new initiatives were announced to enrich the school community, including Uravugal Saturdays, April Sessions, Ek Bharat Shreshtha Bharat, Teacher Training Programme, Extended Study Support, and an upcoming Sports Carnival. The meeting also served as a moment of recognition, with heartfelt appreciation extended to dedicated staff members, including Ms. Bharathi (SQAA Coordinator), Mr. Toji Jose (Social Science Subject Head), Mr. Havas (Librarian), Mr. Dinesh and Mr. Vikram (Art Teachers), Ms. Fathima (Math Teacher), Ms. Kalpana (Science Teacher), Ms. Pavithra (Aaramba Facilitator), Mr. Anand (System Administrator), Ms. Saraswathi (Campus Upkeep Head), and Mr. Ashwin Kumar (Logistics and Infrastructure Officer). As the term progresses, preparations are underway to onboard new SMC members, ensuring sustained leadership and a collaborative path forward for the academy.

## ACADEMIC CORNER

### Grade by Grade, Page by Stage: A Limerick Chronicle

*Grade One made their Book of Friends with pride,  
With photos and kind words tucked inside.  
Grade Two shared first-day feels,  
Made collages with festival zeal,  
And listed foods healthy and wide.*

*Grade Three learned words under the sun,  
Through flashcard games, spelling fun.  
Grade Four posters declared,  
"Waste Not!" and showed how they cared,  
For a greener world to be won.*

*Grade Five told the story behind a name,  
With costumes and timelines to acclaim.  
Grade Six on India taught,  
With PowerPoints carefully wrought,  
Showing culture and national fame.*

*Grade Seven presented on overfishing's threat,  
With solutions the world mustn't forget.  
Grade Eight as heroes took stage,  
In a climate-change comic page.  
Grade Nine played "If I Were You" with wit.*

*And Grade Ten in debate,  
Learned to argue and relate.  
What a term of creating, exploring, and growth—  
In every grade, excellence shone through, forsooth!*

### कठपुतली मंच पर जीवंत हुई "प्यासा कौवा"

कक्षा 3 के विद्यार्थियों ने कहानी को केवल सुनाया नहीं, बल्कि उसे जीवंत बना दिया। प्रसिद्ध कहानी "प्यासा कौवा" को बच्चों ने कठपुतली नाटक के रूप में बड़े उत्साह और आत्मविश्वास के साथ प्रस्तुत किया। रंग-बिरंगी कठपुतलियाँ—कौवा, घड़ा और कंकड़—बच्चों की कल्पनाशक्ति और मेहनत का सुंदर उदाहरण थीं। प्रस्तुति के दौरान कौवे की प्यास, उसकी निराशा और अंत में चतुराई से मिली सफलता को बच्चों ने अभिनय और संवादों के माध्यम से प्रभावशाली ढंग से दिखाया। छोटे-छोटे कंकड़ों की मदद से पानी ऊपर लाने का दृश्य सभी के लिए रोमांचक रहा। इस गतिविधि ने न केवल कहानी को रोचक बनाया, बल्कि विद्यार्थियों में समस्या-समाधान, रचनात्मक सोच और टीमवर्क जैसे महत्वपूर्ण जीवन कौशल भी विकसित किए। तालियों की गड़गड़ाहट के बीच यह संदेश गूँज उठा—

"जहाँ चाह, वहाँ राह।"



## A Mathematical Journey : From Measurement to Mastery

This term, the Mathematics Department emphasized hands-on, experiential learning to build conceptual clarity and enthusiasm. Early graders measured using handspans and cubits, created multiplication wheels, modeled multiplication with marbles, and explored rotation through toy windmills. Older students participated in an Algebraic Expressions quiz and used GeoGebra to visualize polynomial factorization. Grade 8 also completed a transdisciplinary project linking statistics with disaster management, while Grade 9 derived the area of a circle through sector rearrangement to validate  $A=\pi r^2$ . Across grades, activities promoted problem-solving, collaboration, and meaningful understanding of mathematical concepts.



## From Ballots to the Constitution: Student-Led Explorations in Social Science

Grade 3 students learned about democracy through a mock election, experiencing nomination, campaigning, and secret ballot voting. Grade 8 explored tribal communities under British rule through a performance highlighting indigenous culture and resistance movements such as the Munda rebellion. Constitution Day was observed across the middle wing: Grade 6 studied the Preamble, Grade 7 illustrated constitutional ideals, and Grade 8 participated in a quiz, strengthening civic awareness and national pride.



## From Molecules to Models: A Cross-Grade Exploration in Science

This term, our students across grades engaged in hands-on scientific inquiry, exploring fundamental concepts through experimental learning. Grade 2 investigators delved into the properties of gases, discovering that air occupies space and serves as a medium for sound propagation, using simple tools like balloons and whistles.

In Grade 4, young chemists and physicists examined states of matter. They demonstrated gas expansion through thermal applications and explored solubility by creating homogeneous solutions, while also conducting qualitative analysis for starch detection using an iodine reagent in a biochemistry-inspired lab. Our Grade 6 biologists modeled the musculoskeletal system, classifying synovial joints—including ball-and-socket and hinge joints—and explaining the skeletal framework's role in support, protection, and locomotion. Grade 7 learners constructed detailed anatomical models of the human excretory system, illustrating renal filtration, urine transport via the ureters, and storage in the urinary bladder to demonstrate homeostatic waste removal. Finally, Grade 9 researchers undertook an interdisciplinary project on agronomy and sustainable food production, analyzing modern agricultural methodologies, resource management, and biotechnological applications in crop improvement—showcasing their findings through digital presentations and experiential skits. These activities collectively fostered scientific literacy, experimental competency, and critical thinking, reinforcing the integral role of science in understanding natural and engineered systems.



# AARAMBA

## A Month of Colours, Light, and Gratitude at Aaramba

This month at Aaramba felt like a gentle unfolding—of colour, curiosity, and quiet confidence. In the midst of ordinary days, the children were invited to notice more closely: the world beneath their feet, the shifting moods of light, and the beauty that appears when we slow down enough to truly see. Rather than rushing from one task to the next, our classrooms held space for meaningful experiences—moments that encouraged observation, imagination, and a growing sense of gratitude. The children explored nature with their hands and hearts, asked thoughtful questions, and discovered that learning often begins not with answers, but with wonder.

### When Art Becomes a Way of Listening

Artistic experiences this month were not about “getting it right,” but about being present. As the children worked with colour and form, we saw something deeper than creativity: calm focus, emotional expression, and the joy of watching something new emerge. These moments supported inner stillness and helped children experience learning as something peaceful, alive, and deeply personal.

### Growing Confidence Through Meaningful Work

Alongside this, the children engaged in hand-based work that invited patience and perseverance. Step by step, they practiced careful effort, steadiness, and follow-through—skills that quietly strengthen the will. In early childhood, these experiences matter: they build confidence not through performance, but through the simple pride of “I can do this.”

### Open House: A Shared Feeling of Calm

Our Open House was a beautiful reminder that a learning space can speak for itself. As parents and visiting families spent time in the classroom, many shared that they felt an immediate sense of warmth and peace—as though the room invited them to slow down and breathe. Conversations lingered, smiles came easily, and families noticed the thoughtful journey reflected in the children’s work.

It was heartening to witness how strongly the spirit of Aaramba was felt—not through grand displays, but through quiet details: care, rhythm, and a child-centred approach that honours growth in its own time.



## CREATIVE CORNER

### Nature's Canvas: Student Art with a Sustainable Soul

In an ode to mindful creativity, the young artists of Grades 4–6 orchestrated an Eco-Art Exhibition—a harmonious tableau where sustainable vision met tactile artistry. Transcending conventional mediums, they rendered Thirutikala masterpieces, artisanal wall-hangings, and sculptural pen stands, each composition an eloquent testament to creative sustainability. Through an alchemy of reclaimed elements and organic matter, they redefined refuse into refined art, casting a powerful narrative on preservation and ingenuity.

Parents who graced the PTM were enveloped in a gallery of conscious creation—a curated space where eco-conscious craftsmanship spoke through texture, form, and repurposed beauty. This was not mere display, but a pedagogical performance in environmental poetics, illuminating the dialogue between human hands and the earth's offerings. In fusing aesthetic discipline with ecological reverence, our students have woven a legacy of awareness—an invitation to see, feel, and foster a greener world through the lens of art.



### Children's Day District-Level Art Contest

Loga Mithran of Grade 4 was awarded First Prize at the District-Level Drawing Competition conducted at the Vellore Government Museum on the occasion of Children's Day.

His beautifully illustrated painting on the theme "National Bird - The Peacock" showcased remarkable creativity and brought great pride to the school. This achievement stands as an inspiring milestone for all learners.



## Paper Collage Making



Students of Level 1 showcased their creativity by crafting vibrant paper collages using colourful paper pieces. With joyful collaboration, they shared materials, supported one another, and completed their creations with admirable teamwork. The activity not only enhanced their fine motor skills but also nurtured cooperation, patience, and confidence. The classroom buzzed with excitement as the young artists proudly displayed their imaginative collages. Their delightful effort truly reflected the spirit of unity, creativity, and joyful learning.

## State level Art contest

Sri Narayani School organised a state-level drawing competition in association with the North Arcot Artists' Association at Vellore on 29th November.

Jeyashanmugani, a Grade 2 student of our school, secured first place. Her remarkable achievement has brought great pride to the school and the community.



## Art Expo - Level 1

The artworks of Grades 1 and 2 were displayed for the public during the EBSB and Open House events on 6th December. Their artwork reflected their imagination and storytelling skills while also creating awareness about recycling and reusing materials. Parents and visitors were delighted to witness the importance of inculcating art and the creativity of the children.



# SPORTS CORNER

## Fit India & Mental Wellness Campaign

Balsam Academy successfully conducted the Fit India & Mental Wellness Campaign from 4th to 14th November 2025, promoting holistic development among students and staff. The campaign focused on physical fitness, mental well-being, and cultural awareness through daily morning exercise sessions, mindfulness practices, dynamic stretching, and breathing techniques.

Thematic days such as Unity in Movement and Mental Fitness Olympics, along with grade-specific challenges, ensured active participation across all levels. Informative campus displays featuring motivational quotes and fitness tips further reinforced healthy habits. The campaign resulted in increased physical activity, improved stress management through mindfulness, and a greater appreciation of global fitness traditions.



## Balsam Academy Sports Chronicle

Balsam Academy witnessed electrifying action during the Inter-House Matches 2025-26, as the four houses—Alpines, Grands, Himalayans, and Tylers—competed with great intensity and sportsmanship. Students showcased impressive skills across Football, Basketball, Kho-Kho, Volleyball, and Throwball, displaying excellent teamwork, precise assists, and strong defensive grit. Each match reflected strategic gameplay, resilience, and determination, with athletes pushing their limits and delivering confident performances under pressure. The league table remains closely contested as teams continue to battle for every point, making the tournament an exciting spectacle.



# TEACHER INSIGHT: A Glimpse into the Educator's Mind

Featuring: Ms. Nadhiya & Ms. Arifa



**1. What inspired you to choose teaching as a profession, and what keeps you motivated every day in the classroom?**

I chose teaching because I love children and enjoy helping others learn and grow. Seeing my students understand a new concept or skill motivates me every day.

**2. If you could describe your teaching style in three words, what would they be and why?**

My teaching style is patient, engaging, and supportive. I want my students to feel comfortable, interested, and encouraged.

**3. What is one classroom strategy or activity you've found works like magic with students?**

Group discussions work very well, as they help students learn from one another.

**4. How do you build strong connections with your students and create a positive classroom atmosphere?**

I build connections by listening to my students, being approachable, and showing genuine interest in their lives. A positive atmosphere comes from mutual respect and kindness.

**5. Can you share a time when technology really helped you make a lesson more engaging or effective?**

Using educational videos and interactive quizzes makes lessons more engaging. Students especially enjoy visual learning.

**6. What is one creative way you use to spark curiosity in students who find a topic difficult or "boring"?**

I use real-life examples and storytelling to make the topic more relatable and interesting.

**7. How do you check whether students have really understood a lesson, beyond just tests and grades?**

I use class discussions, project work, and one-on-one interactions to assess understanding. This helps me gauge their level of comprehension.

# COMMUNITY INVOLVEMENT

## Wellness Court: Voices for a Healthier Tomorrow

Students participated in an engaging courtroom-style debate on key health issues affecting youth today. Topics included the impact of social media on mental health, the role of physical education in schools, and the effects of technology and junk food. By taking on roles such as judges, lawyers, and reporters, students enhanced their communication, critical thinking, and teamwork skills while thoughtfully examining contemporary health concerns.



## Herbal Tell and Show Activity

Students explored the health benefits of herbal plants through a hands-on activity that involved planting herbal saplings. The experience introduced learners to natural remedies while emphasising sustainable living and the importance of traditional knowledge in promoting overall well-being.



## Moral Story Listening Activity

Students listened to impactful stories focusing on values such as self-control, time management, and mental peace. The activity encouraged reflection on personal behaviour and emotional well-being, providing a calm space for students to develop a deeper understanding of moral values that support mental health.

## Stress Awareness, Reflection, and Relaxation Strategies Activity

Students participated in a structured session that helped them identify personal stressors such as academic pressure and social challenges. Through reflection and group discussions, they developed emotional awareness and insight into stress triggers. Building on this understanding, students were introduced to practical stress-management strategies, including time management, relaxation techniques, and seeking support, enabling them to adopt healthier approaches to manage stress and promote mental well-being.

## Pollution Awareness

Students engaged in a thoughtful awareness session on the environmental impact of lake pollution. Through focused group discussions, they examined the major causes of pollution and suggested practical solutions such as installing adequate dustbins and improving waste management practices in factories and industries. The session encouraged responsible citizenship and reinforced the importance of collective civic action in protecting and preserving local ecosystems for future generations.

# HEALTH & WELLNESS

## Academic stress management

### Academic Stress

Academic stress is a common part of student life. While a little pressure can motivate learning, excessive stress can affect confidence, focus, and emotional well-being. Finding the right balance is essential for healthy academic growth.

### Understanding Academic Stress

Students may feel stressed due to heavy homework and exams, difficulty understanding concepts, high expectations, peer comparison, lack of routine, or fear of poor performance. Common signs include irritability, poor concentration, sleep issues, fatigue, headaches, avoidance of studies, and feeling overwhelmed.

### Tips for Students

Break learning into small, manageable parts and begin with short study periods. Follow structured study cycles, keep the study space organised, use mind maps, practise deep breathing, seek help early, and ensure adequate sleep.

### Tips for Parents and Teachers

Parents can support children by maintaining routines, providing a calm study environment, encouraging effort over perfection, and communicating daily. Teachers can help by spacing homework, giving clear instructions, including short brain breaks, noticing stress signals, and appreciating effort.

### Counsellor's Support

Students benefit from time-management guidance, individual counselling, mindfulness practices, and strong collaboration between parents and teachers.

### Quick Stress Busters

Deep breathing, stretching, water breaks, positive self-talk, short walks, calming music, and writing down worries can help students reset and refocus.

### Supporting Diverse Learners: Strengthening Study Habits

Every child learns in their own way. With small, consistent support at home and school, children—especially those needing additional guidance—can develop effective study habits that build confidence and independence.

### Why Study Habits Matter

Strong study routines help children stay focused, complete work on time, reduce exam stress, and develop lifelong learning skills while fostering responsibility and confidence.

### How Parents Can Support at Home

Establish a predictable daily study time and create a quiet, distraction-free study space. Break tasks into small, manageable steps to avoid overwhelm. Use visual schedules, charts, or checklists to support organisation. Encourage active learning through reading aloud, highlighting, mind maps, and explaining concepts back to an adult.

### Support at School

In the classroom, we provide individualised instruction, multisensory teaching approaches, structured routines, positive reinforcement, and additional time or simplified directions when required. Our focus is to help every child feel capable and successful.

## SNEAK PEEK

### January

- 24 - EBSB (Grades 3-8)
- 30 - SDMC Mock Drill
- 31 - Inter-House Matches (Grades 6-8)

### February

- 7 - Inter-House Matches (Grades 6-8) Healthy Cooking (Parents and Core Team)
- 21 - Professional Development Workshop for Teachers
- 28 - Family Orientation - G10 (2026-27)

### March

- 23 - Kondattam - Level 1
- 24 - Kondattam - Level 2, 3 and 4
- 28 - Family Orientation - G9 (2026-27)

## CREDITS

Dear Esteemed Parents, Valued Stakeholders, and Students,

As we reflect on the second term of this academic year at Balsam Academy, we are filled with immense pride and gratitude for the vibrant tapestry of achievements woven by our community. This School Magazine stands as a testament to our collective spirit and unwavering commitment to excellence.

These pages do more than document events; they capture the stories of triumph, creativity, and growth that define us. It is through your steadfast support and invaluable contributions that we are able to showcase the remarkable talents and accomplishments of our students. To our dedicated contributors—parents, students, and staff—we extend our deepest appreciation. Your willingness to share your perspectives and experiences has given this publication its depth and resonance. Every article, artwork, and reflection has helped create a chronicle that truly embodies the essence of Balsam Academy.

Looking ahead, we are inspired by the possibilities. Your continued engagement is vital as we strive to elevate future editions with greater innovation and excellence. Together, we will keep celebrating our shared journey and upholding the values that unite us. We sincerely thank each of you for making this magazine a genuine reflection of our community's spirit. Your contributions are priceless, and we eagerly anticipate the collaborations that will enrich our publication in the years to come.

Warm regards,  
Mr. Prabakaran  
Principal, Balsam Academy