



Talents Day 2024



CISCE Karate Tournament 2024



Empowering to Excel

CHRIST SCHOOL

(AFFILIATED TO CISCE, NEW DELHI)
Bengaluru - 560029, Karnataka



The Monthly Newsletter

EXCELSIOR

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Ever upward and still higher...

Editorial



*'Jubilant in heart and exuberant in mind, life is a joy to treasure'
- Harold W Becker*



Ms. Poornima R
Editorial Board

Dear Christites,

We undoubtedly had a month of celebration to jubilate our hearts and minds. We had the Talents Day, where, almost a week or two, competitions were conducted at school. In addition to these events, you had the opportunity to join the DCL competitions. Above all, you also have the Karnataka Regional level KISA competitions. The pulse of competition and celebration was felt everywhere on the campus.

Ample opportunities are provided to explore your talents and skills. Alongside this, we should also delve deep within ourselves and analyse whether we truly experience jubilant days in a personal way. The real celebration in life is when we are not enslaved by – circumstances, society, peer pressure, fear, disobedience, and so on and so forth.

The most important part of our personality is our speech. Our talents, skills and beauty can gain only attraction but our speech can win hearts forever. Let's check how we use our tongue. Are we a slave of our tongue or is the tongue in our control? Do we use our words to encourage, support, and uplift others, or do we use them to criticize, hurt, and tear down others? Our speech has the power to build or break relationships, and it's up to us to use it wisely.

The tongue is a very small member of our body and boasts great things. As a great forest is set on fire with a spark, so also the tongue is a fire that can set the course of our lives on fire. It is unruly, evil, full of deadly poison, a world of iniquity, and it defiles us. Every kind of beast has been tamed by man. But he is unable to tame his own tongue. If only he can do so, then he would be able to have a control over his whole body and thereby becomes a perfect man. By 'a perfect man', I mean a person who has mastered self-control, who is able to use their speech and actions to build others up, and who is a positive influence in his/her community. In fact, a person's struggle is to become perfect in this sense.

May I encourage you all, dear students, to always make a choice, no matter what, to safeguard a jubilant spirit. Being jubilant should be the secret to our strength and success.

Let our speech always be with grace, radiating joy, peace, and hope...

Wish you joy and success in all your endeavours.

Editorial Board



Ms. Divya P M



Ms. Revathi K



Ms. Poornima R



Ms. Lalitha Bisht



Ms. Vidya Dev



From the Principal's Desk

Fr. Nilson Davis CMI

Positive Emotion : The key to unleashing student potential

Dear Christites,

“Keep your face always toward the sunshine—and shadows will fall behind you.”

-Walt Whitman

In today's fast-paced world, the pursuit of well-being is more important than ever. At Christ School ICSE, we believe that a foundation of positive emotions like zest and hope is essential for building happy and healthy lives. These emotions not only improve our outlook but also fuel our capacity to learn, grow, and overcome obstacles. By cultivating zest and hope, we empower ourselves and those around us to lead lives of purpose, enthusiasm, and resilience. Zest fills our hearts with energy and passion, motivating us to embrace every opportunity. Hope allows us to look beyond today's challenges and envision a brighter tomorrow. Together, these emotions act as a powerful force, shaping not only individual success but also the collective spirit of our school community.

One powerful example of this from the 2024 Paris Olympics was when Dutch athlete Sifan Hassan, during the 10,000-meter race, fell but got back up and continued with unmatched determination. Despite the fall, she managed to finish the race in 5th place, earning immense respect from athletes and spectators alike. Hassan said afterward, "I had hope that I could still make a difference, not by winning, but by finishing." This powerful display of perseverance and zest in the face of adversity reminds us that hope can drive us to push past limitations, even when the outcome seems uncertain.

Teachers and parents are the pillars in a child's life, influencing their emotional and intellectual development. As role models, they have the ability to instill positive emotions through their actions, words, and guidance. When teachers bring zest into their teaching, they inspire students to engage actively in the learning process. Similarly, parents can foster hope by encouraging children to set realistic goals and remain optimistic during difficult times. Both teachers and parents need to create a safe, supportive environment where children feel valued and empowered to grow with zest and hope. Children thrive when they are surrounded by positive reinforcement, and by working together, we create a foundation where hope and enthusiasm flourish in their daily lives.

Let's work together to ensure our students grow into empowered, resilient individuals who approach life with joy, courage, and determination. As a community, we are shaping not only the academic success of our students but also their emotional and mental well-being. Through the collective efforts of our teachers, parents, and students, Christ School ICSE will continue to be a place where positive emotions are nurtured, and each student is given the opportunity to shine.

Let us always remember that the seeds of hope and zest we plant today will grow into the successes of tomorrow. Excelsior My dear Christites!



Vice Principal's Message

Fr. Reji Koodapattu CMI

Creating Positive Emotions: Wellsprings of Zest, Hope, and Well-Being

In the vibrant community of Christ School ICSE, the well-being of our students, teachers, and staff remains our highest priority. This year, as we focus on the theme of well-being, it is essential to understand how positive emotions, such as zest and hope, contribute to our overall sense of wellness. These emotions are not merely fleeting feelings but foundational elements that can significantly shape our character, enhance our quality of life, and foster a nurturing environment.

Zest, the spirited enthusiasm for life, infuses us with the energy and motivation to approach each day with a positive mindset. When we embrace zest, we become more engaged in our activities, whether in the classroom, on the playground, or in our personal endeavors. This engagement leads to a deeper sense of fulfillment and joy, both of which are critical to our well-being. Zest inspires us to explore new opportunities, face challenges with a can-do attitude, and maintain a vibrant spirit even in the face of difficulties.

Hope, on the other hand, acts as a guiding light through uncertain times. It instills in us a sense of purpose and the belief that, no matter the situation, better days lie ahead. By nurturing hope, we develop resilience—the ability to bounce back from setbacks and continue moving forward. Hope encourages us to remain positive, look for solutions, and support one another, which strengthens our community and individual well-being. A hopeful outlook equips us to face adversity with courage and inspires us to extend compassion and understanding to those around us.

Together, zest and hope serve as essential building blocks of well-being. They encourage us to be mindful of our thoughts, actions, and interactions. By fostering an environment filled with these positive emotions, we can cultivate a school atmosphere where everyone feels safe, supported, and encouraged to thrive. The connection between well-being and positive emotions is profound; when we actively work on building these emotions, we lay the foundation for a balanced, healthy, and joyful life.

Let us commit to creating wellsprings of zest and hope within ourselves and our community. Let us practice gratitude, show kindness, and celebrate each other's successes. By doing so, we not only enhance our well-being but also build a resilient and compassionate school environment. Together, as we embrace the themes of zest, hope, and well-being, we pave the way for a brighter, more optimistic future where every individual feels valued and empowered to shine.

Scholarship Examination

"Education is the most powerful weapon which you can use to change the world." — Nelson Mandela

Christ School ICSE conducted the IFSE's Global ELT (English Language Test) on July 31, 2024, in St. Thomas Hall for students from classes I to X. The exam featured objective-type questions covering general grammar, comprehensive passages, application, and critical thinking. It is designed to assess students' abilities to read, write, and use language effectively through a diverse range of carefully selected questions.

We witnessed a remarkable turnout, with over 163 participants demonstrating exceptional talent and enthusiasm. The IFSE scholarship exam continues to be instrumental in nurturing young talent.

We look forward to supporting more students in their educational endeavors and encourage everyone to apply for future opportunities.

Ms. P. Sivaranjani,
Scholarship examination Committee.



July at Glance

- ✦ SCHOLARSHIP EXAMINATION
- ✦ THE NCC ANNUAL TRAINING CAMP
- ✦ HOLY MASS
- ✦ CISCE KARATE TOURNAMENT
- ✦ TALENTS DAY
- ✦ WINGS OF COMPASSION
- ✦ SPECIAL ASSEMBLY
- ✦ SESSION ON HEALING PLANTS

The NCC Annual Training Camp

The NCC Annual Training Camp took place at Brindavan Group of Institutions from July 30th to August 8th. The campus was large, with numerous engineering blocks, and the food provided was highly praised by all cadets.

Each day began with PT Parade, followed by breakfast, khaki parades, and tea breaks. Lunch was at 1:00 PM, and the afternoon included lecture sessions in tracksuits. Evenings featured games and a Roll Call Parade, concluding with dinner at 7:00 PM.

On the third day, a Cultural Day allowed for group performances in dance, song, and ballet, which was a highlight for many. A notable achievement was the Gold Medal won in the Best Drill competition.

Training included CPR and safety measures by the NDRF, as well as eye tests. Evening lectures covered cyber-crime, mental health, and other important topics.

The camp taught valuable lessons in time management, self-discipline, independence, and unity. It also deepened our respect for the Indian Army. Overall, the camp was enjoyable and memorable, providing experiences and skills that will be cherished for a lifetime.



Keerthana U N
of Christ School (ICSE)
under 9 Karnataka BN Battalion



Holy Mass

“Pray with a grateful heart. Talk to God, listen to your heart.” On July 19, 2024, a Holy Mass was celebrated for the Catholic students of our school in the chapel, with a special focus on the students of Class IX and their teachers. The offertory was reverently presented by the students of Class IX, adding a personal touch to the sacred proceedings. The atmosphere was made heavenly by the beautiful hymns performed by our school choir, whose melodious voices uplifted the spiritual experience. The Holy Mass was celebrated by Rev. Fr. Reji Koodapattu CMI, Vice Principal, who delivered an inspiring sermon on the importance of spiritual growth in the lives of students. He emphasized that while God is ever ready to perform miracles, we must prepare ourselves to receive them by striving for purity of heart and soul.

Ms. Beena Koshy
Animator, Class IX



CISCE Karate Tournament

On July 8th and 9th, Christ School, ICSE, proudly hosted the CISCE Karate Tournament. The event was a significant success, with 167 schools from across Karnataka participating and nearly 950 students competing in various karate categories.

From our school, 20 students participated, and their achievements were noteworthy. In the Under 14 Boys category, Christeve of 7H won a Silver medal, and Roshan of 8A also earned a Silver medal. In the Under 17 Boys category, Yashmith S. of 9F secured a Gold medal, while Abhishek of 9C achieved a Bronze medal. In the Under 19 Boys category, Syed Hasnain of 10B claimed a Gold medal, and Tushanth of 8E received a Bronze medal.

For girls, in the Under 14 category, Rehana of 6E was awarded a Bronze medal, and Yugitha of 8F also earned a Bronze medal. In the Under 19 Girls category, Bhumika of 9E achieved a Gold medal.

We extend our heartfelt thanks to Fr. Principal Nilson Davis CMI for his exceptional support in hosting the CISCE Karate Tournament. Our sincere appreciation goes to the Sports Department and the officials, Mr. Sunil and Mr. Ganga, whose guidance and efforts were crucial to the event's success. Additionally, we are grateful to the administrative staff, especially Mr. Jineesh, for their invaluable contributions.

The successful execution of the tournament was due to the collective efforts and dedication of everyone involved. We thank each person who supported and contributed to making this event a tremendous success.

Mr. Saravanan A
Sports Department





Talents Day

On the 26th of July 2024, Christ School ICSE celebrated Talents Day with great enthusiasm, providing a remarkable platform for students to showcase their diverse talents across various events. The day was vibrant with energy as students from different grades participated in a wide range of activities, demonstrating their skills in dance, music, and art.

The event was graced by the presence of the Chief Guest, Mr. Arun Shiva Ganesh, a renowned world music percussionist. His presence added a special touch to the occasion, inspiring students with his words of encouragement and passion for the arts.

Competitions such as debates and creative writing highlighted the intellectual capabilities of the students, while stage performances showcased their artistic flair. Each event reflected the dedication and hard work of the participants, making Talents Day a truly memorable occasion.

This day not only celebrated the students' talents but also fostered a strong sense of camaraderie and sportsmanship, reinforcing the values of teamwork and mutual respect among the students. The success of the event was evident in the joy and pride displayed by all who took part.



*Ms. Stella S
Talents Day Committee*





Wings of Compassion

“Helping one person might not change the whole world, but it could change the whole world for one person”. We the CSSA (Christ Social Service Association) with immense happiness celebrated “Charity Week” at our school from 22nd July 2024 to 27th July 2024. During this week, students of classes 1 to 11 contributed a lot of resources enthusiastically. Teachers and supporting staffs also contributed kind heartedly. This created an atmosphere of sharing and caring for one another. Together, we were all able to take that great step to make a significant difference in the lives of those in need.

We extend our heartfelt gratitude to our Principal and Vice Principal, for creating this great opportunity. We thank all the teachers, supporting staffs, students and parents for their valuable contributions in making this a great success. May God Almighty bless you all and your loved ones.



Ms. Sheryl Stephen
CSSA Committee



Special Assembly

On July 24, 2024, 9th standard conducted Special Assembly aiming at maximizing student participation on stage. Rev. Fr. Principal presided over the program. Students from all sections of the 9th standard performed various acts, including a prayer, a prayer song, pledge, and wishing the birthday celebrants. In addition, the students presented a skit, a mime, and a group song, all centered around the themes of gratitude and hope for Jubilant July and well-being. The assembly also commemorated important events of the month, such as the Feast of St. Thomas, Muharram, and the feast of Carmelite of Mary Immaculate. The program concluded in 45 minutes.

*Ms. Beena Koshy
Animator, Class IX*



Session on Healing Plants

On 30th, July 2024, the Quality Enhancement Committee (QEC) organized an insightful session on healing plants conducted by Dr. Shantha Kumar, a renowned educator and dietitian. The session took place in St. Thomas Hall from 3:15 PM to 4:00 PM.

Dr. Shantha Kumar shared his extensive knowledge on various healing plants and their benefits for health and well-being. The session was highly informative, providing the teachers valuable insights into the role of diet and natural remedies in promoting a healthy lifestyle.

In acknowledgment of Dr. Shantha Kumar's contributions to the field of health, a financial donation was made to his organization, supporting their efforts in caring for orphaned children.

*Ms. Jincy Ouseph
Quality Enhancement Committee*



ACHIEVEMENT



ISHAN ARYA (X C)
Secured 2nd place in 100 meters Backstroke and in 50 meters Freestyle and secured 3rd place in 50 meters Butterfly



AARISH R (VIII A)
Secured 3rd place in 200 meters individual medley



YUVANESH (VII B)
Secured 1st place under 14 boys category selected for the NATIONAL LEVEL CHESS TOURNAMENT in CISCE Sports & Games 2024
Secured Gold KSSTCC in the category 6 open



Kovidh Muraleedhara (VII E)
Secured Silver KSSTCC in the category 6 open



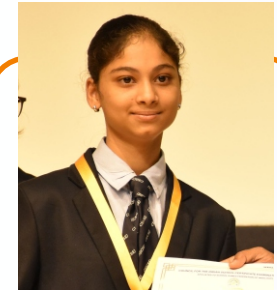
Harshit Kiran Nayak (VIII F)
Secured Bronze KSSTCC in the category 6 open



Syed Hasnain (X B)
Secured 1st place under 17 boys category Selected for National level Karate Championship



Yashmith (IX F)
Secured 1st place under 17 boys category Selected for National level Karate Championship



Bhumika N L (IX E)
Secured 1st place under 19 girls category Selected for National level Karate Championship



Roshan (VIII A)
Secured 2nd place under 14 boys category



Christive Amul (VII H)
Secured 2nd place under 14 boys category



Abhishek (IX C)
Secured 3rd place under 17 boys category



Thushanth S (VIII E)
Secured 3rd place under 19 boys category



Yugitha (VIII D)
Secured 3rd place under 14 girls category



Rehana Benazir (VI E)
Secured 3rd place under 17 girls category



Sai Harshitha (Class VI D)
2nd Place in Overall Under the Category of Junior Girls



Danda Yuvika (Class II B)
KRSA 2nd State Ranking speed skating Championship-2024 won 2 Gold Medals (100mts & 1500 mts) and Silver Medal(1000mts)

The school team received 9th place for the number of entries in the tournament

Christ School team bagged Silver Medal



Class Leaders For The Month Of July



Smart Class Award for the Month of July



Class : I A
Class Teacher : Ms. Leema Rosy
Class Leaders : Mahesh R
Jashvika G



Class : II C
Class Teacher : Ms. Jessymol George
Class Leaders : Evan Davis Abin
Thanvika S



Class : III D
Class Teacher : Ms. Avinasree
Class Leaders : Muhammed Zaid
Anjali Sharma



Class : IV A
Class Teacher : Ms. Swapna V Nair
Class Leaders : Mia Ligesh
Abhivansh K



Class : V B
Class Teacher : Ms. Gismy T Paul
Class Leaders : Aiden H Thomas
Jovita Inbaraj



Class : VI A
Class Teacher : Ms. Deepa Dev
Class Leaders : Pranev U
Parvathi S Nambiar



Class : VII B
Class Teacher : Ms. Ranjini S
Class Leaders : Yuvanesh A
Arya Sharma



Class : VIII C
Class Teacher : Ms. Arshiya Tabasum
Class Leaders : Ansh Anand
Oviya Settu



Class : IX C
Class Teacher : Ms. Jaseentha
Class Leaders : Milan Sharma
Nandita Maria Julia



Class : X E
Class Teacher : Ms. Anitha Joseph
Class Leaders : Prithvi P
Tanvi Rao

CONGRATULATIONS

ANEESHA KURIYAPPAN

A little about myself:

I am a happy go lucky person who is god loving and love being around my family and friends.

My educational background:

M.Sc. Botany, B.Ed.



***My birth date:** : 3rd June

***Zodiac:** Gemini

***My hobbies:** Listening to Music

***Favourite colour:** Navy Blue

***Favourite movie:** Om Shanti Oshana

***Quality I admire about myself:** Always Smiling

***Favourite food:** Masala Dosa

***Ambition as a kid:** Nurse

***Favourite book:** My Experiments with Truth by Mahatma Gandhi

***Dream destination:** Kullu-Manali

***Favourite subject as a student:** Science

***Favourite quote/Motto in life:** God has a plan for you... Trust it,
Live it and Enjoy it.

MUNISWAMY .P

A little about myself:

I always desire to learn something new

My educational background:

M.A B.Ed(History)



***My birth date:** : 1st August

***Zodiac:** Leo

***My hobbies:** Reading Books, Dancing, Listening to Music

***Favourite colour:** Blue

***Favourite movie:** Stalin

***Quality I admire about myself:** Empathetic and patience

***Favourite food:** Ragi ball & green leaves sambar, Some times Biryani

***Ambition as a kid:** Teacher

***Favourite book:** Wings of fire

***Dream destination:** Kashmir

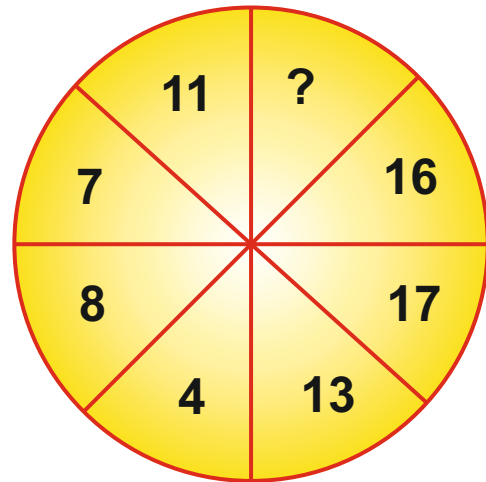
***Favourite subject as a student:** Political science

***Favourite quote/Motto in life:** To be a good citizen in the society

PUZZLE FOR THE MONTH OF JULY

What is the missing number
in the following puzzle?

Answer the Riddle within the
next 24 hours
and WIN an E-certificate from
the Excelsior team!

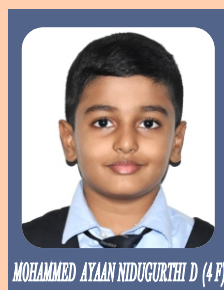
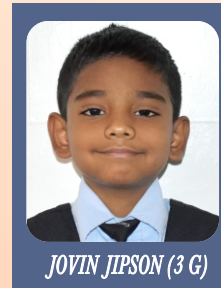
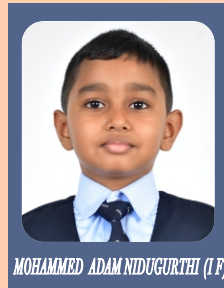


To enter for a chance to win:

- ✓ Answer the riddle correctly and send it at the earliest.
- ✓ You can send your answer by tomorrow - 31st August, 2024 by 4:00 p.m.
- ✓ The first 10 correct answer shall be awarded with the E-certificates.
- ✓ Your time starts from today (30.08.24) at 4:00 p.m. and ends by tomorrow (31.08.24) at 4:00 p.m. Late answers will not be entertained.
- ✓ Mail your answers to:

christnewsletter2015@gmail.com

- ✓ Mention your NAME, CLASS, SECTION. Attach your photograph in school uniform.



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