

# REQQELPOST

The monthly connect initiative of Regelford International School

UNITED NATIONS Sustainable Goal

## 3 Good Health and Well-Being



*Dear Readers,*

Welcome to April's Reqelpost. The theme for this month was indeed keeping in line with the United Nations' Sustainable Goal 3 for GOOD HEALTH AND WELL-BEING for all ages.

The April showers were indeed welcomed by all and are often referred to as Mango Showers. Here at Regelford students participated in fun-filled activities.

Assembly: 6.4.23

We celebrated World Health Day on April 6 as part of a special assembly by the Science Department. This year, April 7, marked the 75th anniversary of the founding of the WHO.

The assembly started with the introduction of this year's theme for World Health Day as "Health for All." Students emphasized the importance of mental and physical health for all age groups and gender groups of people. They shared interesting tips for maintaining good health. The assembly concluded with an innovative quiz wherein the audience participated wholeheartedly.

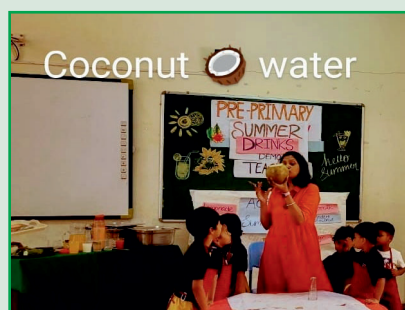
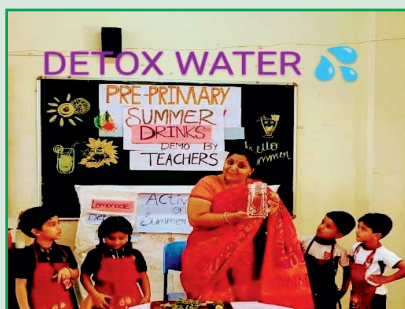


# PRE – PRIMARY & PRIMARY : RAMPALLY BRANCH

Fireless Cooking: 6.4.23

Cooking with kids is not just mindless doling out of Recipes but it about kindling their creativity and imaginative skills!

A “Fireless cooking contest” was conducted on 6.04.2023 (Thursday) for pre-primary and primary grade students at Regelford International School (Rampally branch). Our students, under the guidance of their respective grade teachers, prepared yummy lip smacking items like a variety of flavoured tangy juices, sandwiches, dry fruit snacks, fruit salads etc. and proved their versatility in cooking even without fire! Our kids really amazed us!!



# INTERNATIONAL DAY OF PINK: 12.4.23

Grade VA conducted an assembly on pink day. They were all dressed in shades of pink to spread awareness on the universal drive against bullying, discrimination, homophobia and transphobia. They presented charts and spoke about the importance of the day across the world.

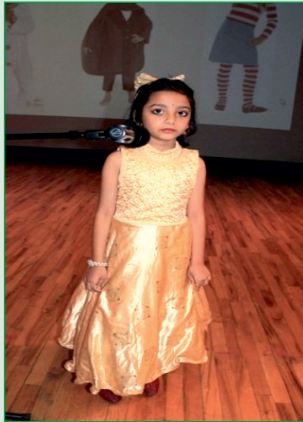


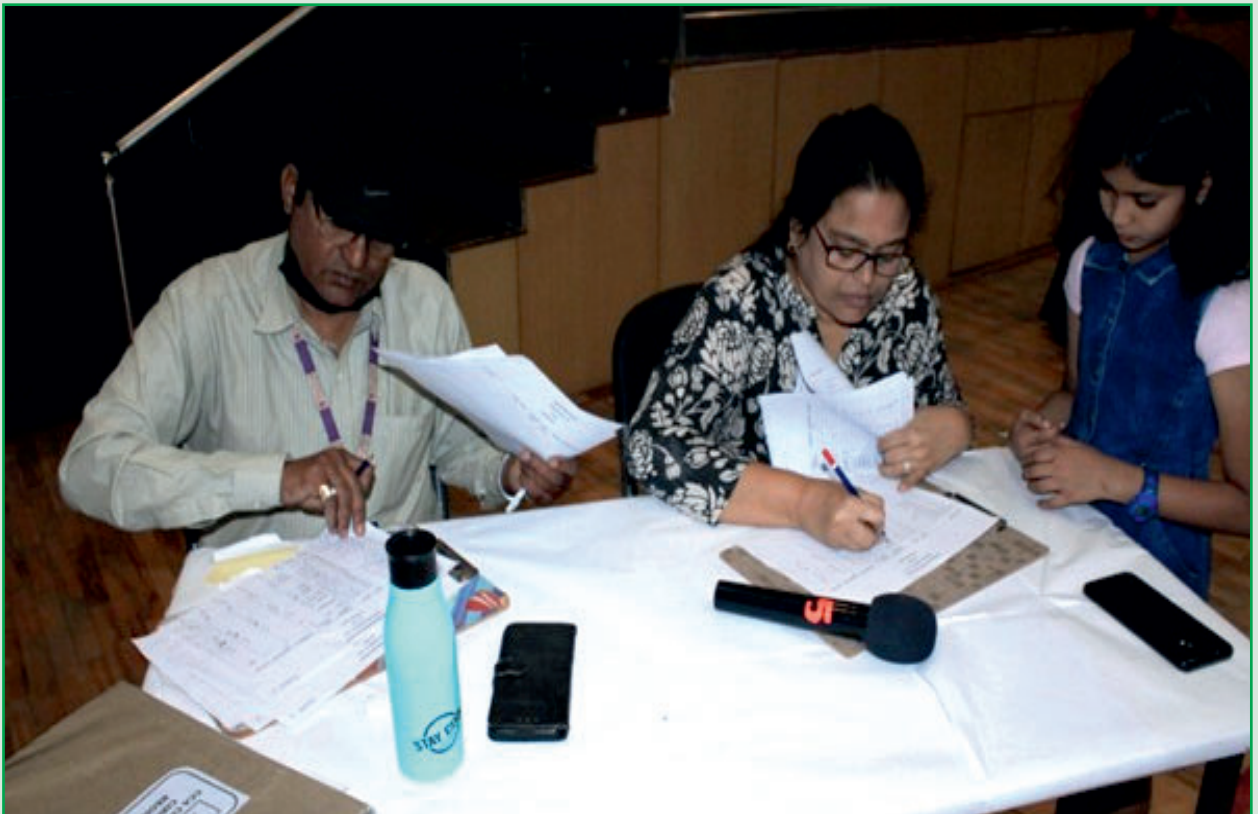
# CHARACTER PARADE – 13.4.23



The Character Parade was conducted for primary students (I-V) in the UK Arena. The key objective of this event was to promote the excitement of reading stories and enhance communication skills. It also gave them a golden opportunity to enjoy dressing up like their favourite story characters - Elsa, Ariel, Rapunzel, Tinker Bell, Piped Piper, Aladdin, etc. A student from grade IV dressed as Marshmello, his favourite artist. They thoroughly enjoyed the activity.







# Chairman's Visit to Regelford : 13.4.23





## 15.4.23: RESOURCE TALK ON JUNIOR MBA PROGRAMME – CLEVER HARVEY

Subhadra Venkateswaran is a senior mentorship coach at Clever Harvey. She joined Clever Harvey 3 years ago as Master trainer. She has carefully nurtured a team of trainers at Clever Harvey who have mentored 13000+ Junior MBA Graduates. At Clever Harvey, she has personally mentored 800+ students on Entrepreneurship, Data Analytics, and Consulting.

Ms Subhadra gave a resource talk on the Junior MBA Programme for students of Grades from 8 to 12.



# PRE-PRIMARY/PRIMARY: RAMPALLY

## RAIN DANCE BY RAMPALLY PLAY SCHOOL STUDENTS: 18.4.23

'Life isn't about waiting for the storm to pass...its learning to dance in the rain' – by Vivian Greene

“Splish and splash” were the sounds coming from the RFIS Kindergarten corner. The children came all dressed in their bright coloured rain jackets with smiley faces ready to dance beneath a “cloud of rain”. Since it was a bright sunny day children were curious as to where the rain would come from since there were no clouds. As if by magic it began to drizzle and captured the children’s attention. With upbeat music and splashing of water, children danced happily. It was a great sight to see, and we had many spectators wishing they could do the same.





## 19.4.23: WORLD ART DAY

Students of grades 6 to 12 participated in a talent show and showcased their talent in the field of music, dance, instruments, and singing. They also presented a magic show.



## 20.4.23 – GOOD AND BAD TOUCH

On Thursday 20/04/2023, RFIS Kindergarten told children about good and bad touch.

Children need to understand about good touches and bad touches and this extends beyond just the body. The orientation involved highlighting the following points:

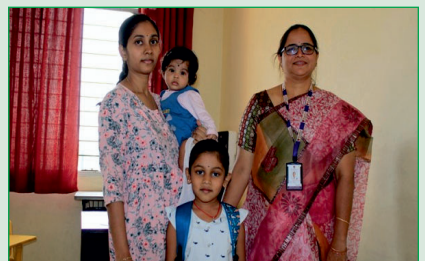
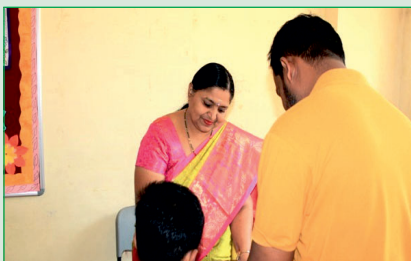
- Safe (good) touches express a sense of caring, like pats on the back or wanted hugs. Unsafe (or bad) touches hurt your body or feelings, such as pinching or hitting.
- Children should know its ok to say no even if it's a family member or friend.”
- Good touches are OK touches that feel like the person is helping, like a hug from mum when you fall down. Bad touches are ones that make you feel scared or yucky and you want them to stop.”



## ACADEMIC FRONT: PTM: 21ST

CYLIC TEST-1 for AY 2023-24 began on 10th April and concluded on 18th April. Thereafter a PTM was held apprising parents on their ward's performance. It was a welcoming meeting and parents attended in good numbers.





# SUMMER CAMP



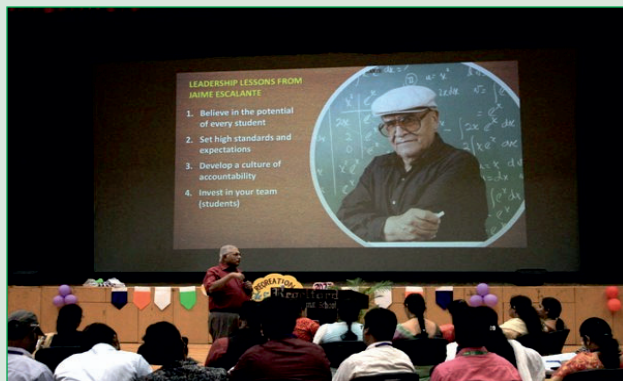
SUMMER CAMP REQXITICA began on 22nd April. The opening ceremony was conducted in the UK Arena on 21st April wherein parents attended the venue after the PTM. The event began with a prayer followed by an introductory speech by the Vice Principal. Glimpses of 2022 summer camp were shown. A group song, dance and instrumental presentation were part of the programme. Activity in-charges demonstrated their art in Taekwondo, Skating, Archery and Robotics. More updates on Reqxitica will be given in May.





# TEACHERS' WORKSHOP: 24.4.23

On 24.4.23 a teachers' workshop was conducted on Leadership Skills by Mr. Paul. Teachers from St.Peter's Model School and Reqelford attended the workshop. It was indeed a great presentation with clear objectives and very effective for classroom teaching. Mr. Paul spoke on Goals and how to achieve them through the acronym SMART. The Wheel of Life was a personal and interesting exercise. Story Time was by far the best activity and groups presented their creativity narrating exciting clips of their productions.



# Play School@ Habsiguda

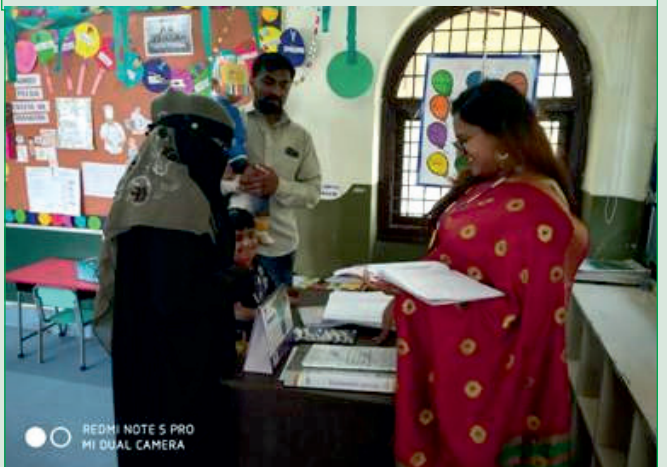
The month of April concluded with a teachers' get together on the 29th of April. They treated themselves to a potluck lunch.



# Play School@ Mahindra Hills

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# REQELFORD INTERNATIONAL SCHOOL

ACADEMIC YEAR 2023 - 24

CCA PLAN FOR JUNE - 2023

THEME OF THE MONTH-UN SUSTAINABLE GOAL - CLIMATE ACTION

DATE	GRADES	NAME OF THE ACTIVITY	TEACHER INCHARGE
1.6.2023 THURSDAY	FACULTY	TEACHER WORKSHOP	
2.6.2023 FRIDAY	FACULTY	TEACHER WORKSHOP	
3.6.2023 SATURDAY	FACULTY	TEACHER WORKSHOP	
5.6.2023 MODAY	6 TO 12	WORLD ENVIRONMENT DAY- POSTER MAKING COMPETITION. STUDENTS SHOULD DO AT HOME AND SEND IT TO THE CONCERN GRADE TRS.	RESPECTIVE GRADE TRS.
7.6.2023 WEDNESDAY	FACULTY	WORLD FOOD SAFETY DAY	
8.6.2023 THURSDAY	FACULTY	WORLD OCEAN DAY	
12.6.2023 MONDAY	1 TO 12	SCHOOL REOPENS AFTER SUMMER VACATION WELCOME ASSEMBLY BY GRADE- 12 A	JOSHILA
13.6.2023 TUESDAY	1 TO 12	ASSEMBLY BY GRADE- 12 B	GANESHAN
14.6.2023 WEDNESDAY	1 TO 12	ASSEMBLY BY GRADE- 12 IG	PADMA
15.6.2023 THURSDAY	1 TO 12	ASSEMBLY BY GRADE- 10 A	ESTHER
16.6.2023 FRIDAY	1 TO 12	ASSEMBLY BY GRADE- 10 B	MADHUKAR
17.6.2023 SATURDAY	6 TO 12	INTER HOUSE SPORTS COMPETITION SELECTIONS	GOWTHAM
19.6.2023 MONDAY	1 TO 12	INTRA CLASS ATHLETICS COMPETITION BEGINS ASSEMBLY ASSEMBLY BY GRADE- 10 IG	JHANSI
20.6.2023 TUESDAY	1 TO 12	ASSEMBLY BY GRADE- 9 A	VIKRAM
21.6.2023 WEDNESDAY	1 TO 12	INTERNATIONAL YOGA DAY/ WORLD MUSIC DAY/ LONGEST DAY OF THE YEAR SPECIAL ASSEMBLY BY GRADE- 9B	STELLA
22.6.2023 THURSDAY	1 TO 12	ASSEMBLY BY GRADE- 9 IG	ELIZABETH
23.6.2023 FRIDAY	1 TO 12	SPL ASSEMBLY BY GRADE- 8A ON INTERNATIONAL OLYMPIC DAY	JYOTSNA
24.6.2023 SATURDAY	6 TO 12	PARENT ORIENTATION INVESTITURE CEREMONY -MARCH PAST PRACTICE	CORDINATORS GOWTHAM
26.6.2023 MONDAY	1 TO 12	ASSEMBLY BY GRADE- 8B	SOWBHAGYA
27.6.2023 TUESDAY	1 TO 12	ASSEMBLY BY GRADE- 8 IG	VARSHA
28.6.2023 WEDNESDAY	1 TO 12	ASSEMBLY BY GRADE- 7 A	LEENA
29.6.2023 THURSDAY	1 TO 12	BAKRID HOLIDAY	
30.6.2023 FRIDAY	1 TO 12	ASSEMBLY BY GRADE- 7 B	ANITHA REDDY



**Regelford**  
INTERNATIONAL SCHOOL

WHERE KNOWLEDGE IS BLISS

The Regelpost Newsletter is a monthly initiative of Regelford International School to keep parents informed about the exciting happenings that fill up your child's day at school.  
Please post in your feedback and valuable inputs on our website.

www.regelfordfordinternationalschool.com