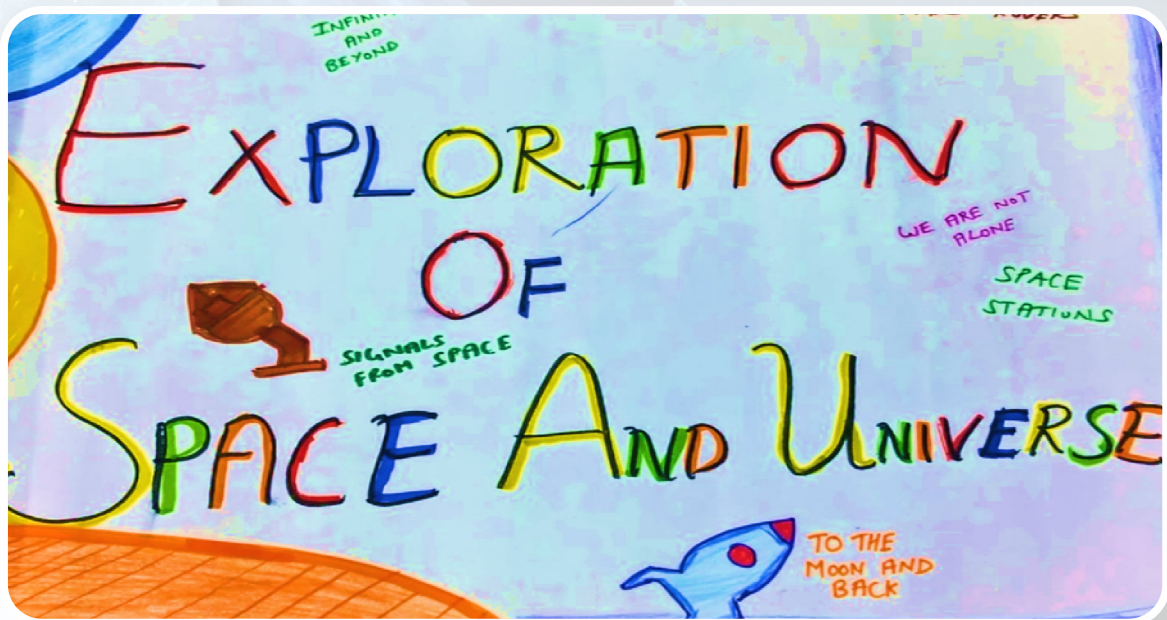


REQQELPOST

The monthly connect initiative of Regelford International School

Theme of the Month - **EXPLORING SPACE & THE UNIVERSE**

focus: **ASTRONOMY AND THE WONDERS OF THE COSMOS**



Dear Parent,

Greetings from Regelford International School!

Mental Health Week reminds us that taking care of our minds is just as important as caring for our bodies. Celebrated every year on October 11, the **International Day of the Girl Child** highlights the power, potential, and rights of girls around the world. **Breast Cancer Awareness Day** served as a powerful reminder of the importance of early detection and support for those affected. We celebrated **World Students' Day**, the spirit of learning and celebrating the birth anniversary of Dr. A.P.J. Abdul Kalam. **The Inspired Valley Global University Career Fair** offered our students a glimpse into future opportunities. Interactive sessions, expert talks, and university stalls guided students toward informed career choices and inspired them to dream big. On October 31, our school proudly celebrated **National Unity Day** in honour of Sardar Vallabhbhai Patel. The spirited **“Run for Unity”** brought together students and teachers, symbolizing our collective strength, togetherness, and love for our nation.

06.10.2025: ASSEMBLY ON EXPLORING SPACE AND THE UNIVERSE BY GRADE VII B – CBSE

The students of Grade 7 'B' CBSE presented the assembly on an exciting and inspiring topic — **“Exploring Space and the Universe.”** From the twinkling stars we see at night to distant galaxies billions of light years away, space has always captured the human imagination. It is vast, mysterious, and full of wonders waiting to be discovered.

They delved into the latest breakthroughs in space science. The students shared fascinating facts about our solar system, the history of space exploration, and the latest advancements in space science. The assembly ended with a powerful thought by the students

“The sky is not the limit — it’s just the beginning.”



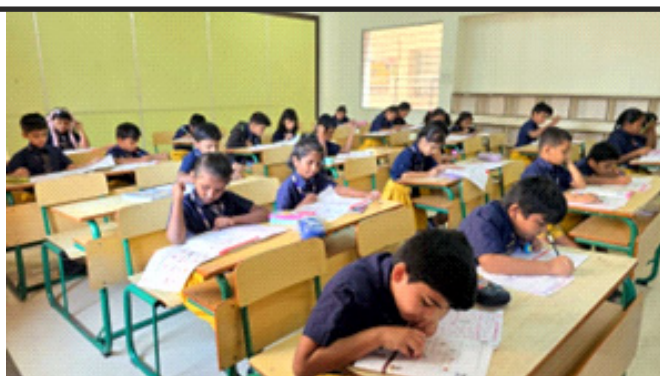
07.10.2025: ASSEMBLY CONDUCTED ON 'WORLD HABITAT DAY' BY GRADE 5A

On 7th October, Grade V students at Reqelford International School conducted a vibrant and meaningful assembly to commemorate 'World Habitat Day'. The assembly aimed to raise awareness among students about the importance of safe, sustainable, and resilient human habitats — and to encourage everybody in the school community to think about what each one of us can do to make our living spaces better.



08.10.2025: SOF OLYMPIAD - G.K. EXAM

SOF GK Olympiad
Date - 8th Oct '25
School code - TS2000



09.10.2025: SOF OLYMPIAD – COMPUTER EXAM



09.10.2025: WORKSHOP ON 'WORLD MENTAL HEALTH DAY'

On the occasion of **World Mental Health Day**, Reqelford International School organized a special awareness workshop on **9th October 2025** to promote emotional well-being and mental health among students. The event was aimed at encouraging open discussions around mental health, reducing stigma, and providing tools for stress management and self-care.

The workshop was led by **Mr. Vijay**, a renowned mind educationalist. He engaged the students in an interactive session where he emphasized the importance of mental well-ness, identifying early signs of stress, and developing healthy coping mechanisms. His empathetic approach and real-life examples resonated deeply with the audience.

To ensure wider accessibility and understanding, the session was also supported by Mr. Swapnil, who served as the Hindi to English translator. His translation enabled non-Hindi speaking students to fully grasp and connect with the valuable insights shared during the session.

The workshop was highly appreciated by both students and faculty, sparking meaningful conversations and encouraging a more compassionate and supportive school environment.



09.10.2025: VISIT TO POSTAL OFFICE BY GRADES 1 & 2

On Wednesday, 9th October 2025, the students of Grades 1 and 2 visited the local post office as part of their experiential learning program. The visit aimed to give the young learners a real-world understanding of how letters and parcels are processed and delivered.

The students & grade teachers were warmly welcomed by the post office staff, who guided them through the various sections of the facility. The students had the opportunity to see sorting areas, mailboxes, and how stamps are used. They were especially fascinated by the postman's bag and the different vehicles used for delivery.

The staff patiently answered the children's curious questions and shared interesting facts about the postal system. The visit helped the students understand the importance of communication and the hard work involved behind something as simple as receiving a letter.

The trip was both informative and enjoyable, helping students connect their classroom learning to the outside world. It was a wonderful experience that left the children inspired and eager to learn more.



10.10.2025: FUNTASTIC FRIDAY – FIRELESS COOKING COMPETITION – HEALTHY EATS

Our little chefs from the Pre-Primary and Primary sections had an exciting and fun-filled Fireless Cooking Activity as part of our Healthy Eating initiative! The goal of this activity was to help children understand the importance of eating nutritious food while learning basic cooking skills — all without using fire.

The young learners enthusiastically participated in preparing simple, healthy, and delicious dishes such as fruit salads, sprout chaat, bhel puri, corn salad, and monaco biscuit bites. Using ingredients like fresh fruits, vegetables, sprouts, and whole grains, the children discovered that healthy food can also be colourful, tasty, and fun to make!

The activity encouraged:

- Ø Healthy eating habits from a young age
- Ø Teamwork and sharing among students
- Ø Creativity in food presentation
- Ø Awareness of nutrition and hygiene

It was delightful to watch our tiny chef's mix, mash, and decorate their plates with great excitement and pride. The activity not only filled the room with joy and laughter but also inspired everyone to make smart and healthy food choices in their daily lives.

Fireless Cooking truly proved that **“Good food doesn't need fire, just love and creativity!”**





10.10.2025: THE SCOUTS & GUIDES PRACTICE SESSION

The Scouts and Guides practice session was conducted with great enthusiasm and active participation from students. The session aimed to develop discipline, teamwork, leadership, and a spirit of service among the members. It provided an opportunity for Scouts and Guides to refine their skills, learn new techniques, and strengthen the values of duty, loyalty, and cooperation.



11.10.2025: ASSEMBLY ON INTERNATIONAL DAY OF GIRL CHILD BY UNICORN HOUSE

The morning of 11th October was filled with enthusiasm and inspiration as Unicorn House conducted a special assembly to celebrate the 'International Day of the Girl Child'. The assembly aimed to recognize the rights of girls, highlight the challenges they face around the world, and promote gender equality and empowerment.



11.10.2025: POSTER MAKING COMPETITION (GIRLS) – THEME: GIRL POWER

To celebrate strength, confidence, and creativity, Reqelford International School organized a vibrant Poster Making Competition exclusively for girls, centered on the empowering theme: "Girl Power." The competition aimed to encourage young students to express their ideas, values, and dreams through art, while promoting gender equality and self-belief.

Students from Middle & High School grades enthusiastically brought their creativity to life on paper, using bold colors, inspiring slogans, and powerful imagery that reflected the limitless potential of girls and women. From messages on education and equality to depictions of real-life female role models, each poster was a reflection of passion, purpose, and perspective.



The Poster Making Competition stood as a proud reminder of the strength and voice of every girl at Reqelford International School — a generation ready to lead, inspire, and transform the world. **Girl Power, after all, is not just a theme — it's a movement.**



13.10.2025: ASSEMBLY ON BREAST CANCER AWARENESS DAY BY GRADE 6A CBSE

Together for a Cause!

The students of Grade 6A observed 'Breast Cancer Awareness Day' to show the support for those who are fighting breast cancer and to learn more about this important health issue.

The students came in pink attire with handmade ribbons, which are a symbol of hope and support for people affected by breast cancer. To raise awareness, they prepared short speeches, and poems. They talked about kindness, courage, and the power of community.

Through this special day, they learned that even as students, they can make a difference. By spreading awareness and showing we care, they can help to fight breast cancer together.



14.10.2025: ASSEMBLY CONDUCTED ON 'WORLD STUDENTS' DAY' BY GRADE V-B

On the morning of October 14th, Grade 5B conducted a special assembly to celebrate 'World Students' Day', commemorating the birth anniversary of Dr. A.P.J. Abdul Kalam, a visionary leader, scientist, and former President of India. The assembly was held with the aim of inspiring students to value education, dream big, and strive for excellence.

The assembly concluded with a heartfelt speech by the class teacher of 5B, who praised the efforts of the students and reminded everyone of the importance of self-discipline, dedication, and continuous learning. It was a meaningful and inspiring morning that left both students and teachers motivated to embody the values that Dr. Kalam stood for.



14.10.2025: ORANGE COLOUR DAY BY PP GRADES

The Pre-Primary students of Reqelford International School celebrated 'Orange Colour Day' with great enthusiasm and excitement! The vibrant colour orange, which symbolizes energy, enthusiasm, and warmth, was the theme of the day.

The tiny tots came dressed in beautiful orange attire – from bright orange dresses and shirts to fun accessories like hairbands, creating a joyful and lively atmosphere.



15.10.2025: INSPIRED VALLEY GLOBAL UNIVERSITY CAREER FAIR FOR GRADES X TO XII (CBSE & CAMBRIDGE)

On 15th October, Reqelford International School hosted 'The Inspired Valley' Global University Career Fair, a special event organized for students of Grades 10 to 12 CBSE & Cambridge, to help them explore higher-education paths, career options, and guidance for making informed decisions about their future. The fair aimed to bring together universities, colleges, educational counselors, and professionals under one roof, to directly engage with students. Various universities and educational institutions set up their own respective kiosks. Each kiosk had information displays (brochures, flyers, posters), representatives to talk to students. Representatives from National and International universities visited, offering insights about courses, admission criteria, scholarship opportunities, campus culture, student life, and unique programs. The Career fair was highly informative!



16.10.2025: ASSEMBLY ON 'WORLD STANDARD DAY' BY GRADE 6B



16.10.2025: ASSEMBLY CONDUCTED ON 'WORLD KUCHIPUDI DAY'

On 16th October, the students gathered in the assembly to celebrate 'World Kuchipudi Day', a day dedicated to one of India's most graceful and expressive classical dance form Kuchipudi. They spoke about the classical dance which is known for its quick footwork, elegant hand gestures, and expressive facial movements, all of which bring ancient Indian tales and mythological stories to life. Every movement in Kuchipudi carries deep meaning, symbolizing devotion, discipline, and artistic beauty. It is celebrated every year to honour the gurus, dancers, and enthusiasts who have preserved and promoted this heritage art form. It reminded us of the importance of keeping our cultural roots alive in a modern world. The students highlighted on the rich diversity of Indian classical arts and remembered that dance is not just movement it's an expression of our soul, our stories, and our traditions.



16.10.2025: PRE-PRIMARY ASSEMBLY ON LIGHT & SOUND BY GRADE UKG 'A'



17.10.2025: FUNTASTIC FRIDAY – ART & CRAFT ACTIVITY BY PRE-PRIMARY GRADES



17.10.2025: SOWING A SEED & SEED GERMINATION ACTIVITY BY PRE-PRIMARY GRADES:

The pre-primary students participated in an exciting hands-on activity on sowing seeds and observing their germination. Each student was given a small pot, some soil, and a few seeds (such as beans or mustard). Under the guidance of their teacher, the student filled their pots with soil, planted the seeds, and gently watered them.

Through this simple yet meaningful activity, students learned about the basic requirements for plant growth — soil, water, air, and sunlight. They also discovered how a tiny seed transforms into a young plant.



17.10.2025: 2D SHAPES – GROUP ACTIVITY BY PRIMARY GRADES

On 15th October, Reqelford International School hosted 'The Inspired Valley' Global University Career Fair, a special event organized for students of Grades 10 to 12 CBSE & Cambridge, to help them explore higher-education paths, career options, and guidance for making informed decisions about their future. The fair aimed to bring together universities, colleges, educational counselors, and professionals under one roof, to directly engage with students. Various universities and educational institutions set up their own respective kiosks. Each kiosk had information displays (brochures, flyers, posters), representatives to talk to students. Representatives from National and International universities visited, offering insights about courses, admission criteria, scholarship opportunities, campus culture, student life, and unique programs. The Career fair was highly informative!



18.10.2025: CBSE ARYABHATT GANIT CHALLENGE (AGC) TEST

The Central Board of Secondary Education (CBSE) conducted the Aryabhata Ganit Challenge (AGC) 2025, an annual initiative aimed at promoting interest and proficiency in mathematics among students of Grades 8 to 10 CBSE. The challenge encouraged Reqelford International School students to appreciate the relevance of mathematics in day-to-day life and develop problem-solving and analytical thinking skills.

The **Stage 1** was conducted at '**School Level Examination**' on 18th October 2025. Students showcased their mathematical aptitude through a variety of objective-type and application-based questions covering key concepts from the curriculum.

After evaluation, the top three students **Bandike Charan Tej of Grade 10-B, N.Harshitha Reddy of Grade 10-A & P.Veera Harsha Tej of Grade 8-C** were selected to represent in the next stage. The **Stage 2** CBSE Aryabhata Ganit Challenge Test will be conducted at '**National Level Examination**' on 10th November 2025. This stage test will be focused on higher-order thinking, logical reasoning, and real-life application of mathematical concepts. Students will participate through an online proctored platform.



The objective of the Aryabhata Ganit Challenge aims to promote joyful learning and appreciation of mathematics, develop logical reasoning, analytical skills, problem-solving abilities, and encourage mathematical talent at the school and national levels.

31.10.2025: NATIONAL UNITY DAY - RUN FOR UNITY

Reqelford International School celebrated **National Unity Day** with great enthusiasm and patriotic spirit on 31st October, commemorating the birth anniversary of Sardar Vallabhbhai Patel, the Iron Man of India. The day was marked by a special event -the “Run for Unity”, organized for students of Grades 6 to 12 from both CBSE and Cambridge.

Students took the Unity Pledge, reaffirming their commitment to the nation’s integrity, peace, and harmony. Following the pledge, the much-awaited Run for Unity was flagged off by the school’s Vice Principal Ma’am Mrs. Rajitha Balasubramanyam, accompanied by teachers and student leaders. The energetic participants ran across the school campus, holding banners and slogans promoting the message of “Ek Bharat, Shreshtha Bharat”. The atmosphere was filled with enthusiasm, teamwork, and a strong sense of national pride. Students displayed exceptional sportsmanship, discipline, and a spirit of togetherness throughout the event. The run served not only as a fitness activity but also as a symbolic reminder of the power of unity in building a strong and progressive nation.



31.10.2025: STUDY ABROAD - MEGA CAMPUS DRIVE BY GATEWAY OVERSEAS @REQELFORD INTERNATIONAL SCHOOL

Reqelford International School hosted a Study Abroad Mega Campus Drive on 31st October, organized by Gateway Overseas. The event was designed especially for Grades X to XII CBSE and Cambridge students, offering them valuable insights into global education opportunities. Representatives from leading International Universities interacted with students, guiding them on admission processes, scholarship options, and career pathways abroad. The initiative aimed to inspire Reqelfordians to dream big and explore academic possibilities beyond borders.



SPORTS BULLETIN!

Manda Yona from Grade IX –A participated in Inter School Tennis competition hosted by Sunflower Vedic School & secured 1st place and won a trophy!



Sricharan Reddy from Grade VII Cambridge participated in 18th Global Art National Competition which was held at Chennai on 12th October 2025 & secured 3rd Runner-up trophy!



Reqelford Soccer Team of U-10 & U-12 participated in Soccer Challenge Cup which was held at Kompally, Secunderabad & were the runner-ups!!



On October 12th, **Ameya Ratnram Devraj** of Grade 10 Cambridge & **Gayika Mati Devraj** who was our former student participated in 'Open Taekwondo Championship' conducted by Somasfit Academy, Manikonda Hyderabad. Ameya Ratnram Devraj won gold medal in Kyrougi and Poomsae.



Reqelford Students participated in Khelo-JHPS Inter School Competitions U-16 Girls Volleyball held at Jubilee Hills Public School, Rampally and were the Runner-ups.



REQELFORD PLAY SCHOOL

- MAHENDRA HILLS

ASSEMBLY ON LIGHT & SOUND BY GRADE UKG



ORANGE COLOUR DAY



FIRELESS COOKING



DIWALI CELEBRATIONS:



REQELFORD PLAY SCHOOL

- HABSIGUDA

MUSICAL CONCERT BY RENAISSANCE SCHOOL OF MUSIC TEAM



FIRELESS COOKING



ORANGE COLOUR DAY



DIWALI CELEBRATIONS



REQELFORD INTERNATIONAL SCHOOL

ACADEMIC YEAR 2025 - 26

CCA PLAN FOR NOVEMBER - 2025

Theme: Explore New Beginnings: Innovations in Science

DATE	GRADES	NAME OF THE ACTIVITY	TEACHER INCHARGE
1.11.2025 SATURDAY	VI TO XII	<ul style="list-style-type: none"> NCC SESSIONS BEGIN 	DAVID
3.11.2025 MONDAY	I TO XII	<ul style="list-style-type: none"> ASSEMBLY BY GRADE- 6 IG ON WORLD RADIOGRAPHY DAY HOUSE ON WEEK DUTY- GRIFFIN 	ANITHA CH
4.11.2025 TUESDAY	I TO V	<ul style="list-style-type: none"> ASSEMBLY BY GRADE- 5 C ON GURU NANAK JAYANTI INTERNATIONAL INFORMATICS OLYMPIAD-SILVERZONE 	CHRISTINA ELIZABETH VARSHA
6.11.2025 THURSDAY	I TO XII	<ul style="list-style-type: none"> ASSEMBLY BY GRADE- 12 A ON INTERNATIONAL DAY FOR PREVENTING THE EXPLOITATION OF THE ENVIRONMENT IN WAR AND ARMED CONFLICT SMART KID G.K. OLYMPIAD-SILVERZONE 	JOSHILA ANITHA REDDY
7.11.2025 FRIDAY	I TO XII	<ul style="list-style-type: none"> AKHIL BHARTIYA HINDI OLYMPIAD-SILVERZONE INTERNATIONAL AI OLYMPIAD-SILVERZONE SPORTS DAY REHEARSAL SCOUTS & GUIDES TRAINING 	EARL/RANU SONI
8.11.2025 SATURDAY	VI TO XII	<ul style="list-style-type: none"> SPORTS DAY -2025 	
10.11.2025 MONDAY	I TO XII	<ul style="list-style-type: none"> ASSEMBLY BY GRADE- 12 B ON WORLD SCIENCE DAY FOR PEACE AND DEVELOPMENT HOUSE ON WEEK DUTY- PHOENIX 	GANESHAN
11.11.2025 TUESDAY	I TO V	<ul style="list-style-type: none"> ASSEMBLY BY GRADE- 5 D ON NATIONAL EDUCATION DAY INTERNATIONAL SOCIAL STUDIES OLYMPIAD-SILVERZONE INTERNATIONAL ENGLISH OLYMPIAD-SOF 	RAMYAROOPA SUSHMITHA ANITA C
12.11.2025 WEDNESDAY	I TO XII	<ul style="list-style-type: none"> INTERNATIONAL MATHEMATICS OLYMPIAD - SOF STEM INNOVATION OLYMPIAD-SILVERZONE 	ELIZABETH GEETHA MARTIN EARL
13.11.2025 THURSDAY	I TO XII	<ul style="list-style-type: none"> ASSEMBLY BY GRADE- 12 IG ON WORLD KINDNESS DAY INTERNATIONAL OLYMPIAD OF ENGLISH LANGUAGE-SILVERZONE INTERNATIONAL SCIENCE OLYMPIAD-SOF 	PADMA ANITA C LALITHA PARVATHI
14.11.2025 FRIDAY	NUR -XII	CHILDREN'S DAY/REQSCIENTIFICA - DAY 1/ SCOUTS & GUIDES TRAINING	
15.11.2025 SATURDAY	NUR TO XII	<ul style="list-style-type: none"> WINTER CARNIVAL-REFESTA/ REQSCIENTIFICA -DAY 2 PARENT TEACHER MEETING FOR TERM-2 	
17.11.2025 MONDAY	I TO XII	<ul style="list-style-type: none"> ASSEMBLY BY GRADE- 11 A ON NATIONAL EPILEPSY AWARENESS DAY HOUSE ON WEEK DUTY-PEGASUS 	SABITHA
18.11.2025 TUESDAY	I TO V	<ul style="list-style-type: none"> ASSEMBLY BY GRADE- 4 A ON WORLD CITIZEN DAY INTERNATIONAL OLYMPIAD OF SCIENCE - SILVERZONE 	EMELIYA LALITHA PARVATHI
19.11.2025 WEDNESDAY	I TO X	<ul style="list-style-type: none"> EVS PROGRAM-HUMMINGBIRD JUNIOR 	EARL

20.11.2025 THURSDAY	I TO XII	<ul style="list-style-type: none"> • ASSEMBLY BY GRADE- 11 B ON UNIVERSAL CHILDREN DAY • SPELLING COMPETITION-HUMMINGBIRD 	PADMAVATHI
21.11.2025 FRIDAY	I TO XII	<ul style="list-style-type: none"> • WORLD TELEVISION DAY • APTITUDE & REASONING OLYMPIAD-HUMMINGBIRD • CLUB ACTIVITIES • SCOUTS AND GUIDES TRAINING 	EARL
22.11.2025 SATURDAY	VI TO XII	<ul style="list-style-type: none"> • ENGLISH OLYMPIAD-HUMMINGBIRD • ENGLISH PROGRAM-HUMMINGBIRD JUNIORS • NCC SESSION 	EARL
24.11.2025 MONDAY	I TO XII	<ul style="list-style-type: none"> • ASSEMBLY BY GRADE-11 C ON INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN • GENERAL KNOWLEDGE OLYMPIAD-HUMMINGBIRD • HOUSE ON WEEK DUTY- UNICORN 	LALITHA ANITHA REDDY
25.11.2025 TUESDAY	I TO V	<ul style="list-style-type: none"> • ASSEMBLY BY GRADE-4 B ON NATIONAL MILK DAY • PRE-BOARD 1 BEGINS FOR CBSE BOARD CLASSES & CAMBRIDGE FEB-MAR SERIES 	SUNANDA
26.11.2025 WEDNESDAY	I TO X	<ul style="list-style-type: none"> • SOCIAL SCIENCE--HUMMINGBIRD 	EARL
27.11.2025 THURSDAY	I TO XII	<ul style="list-style-type: none"> • ASSEMBLY BY GRADE- 11 IG ON WORLD TOURISM DAY • COMPUTER OLYMPIAD--HUMMINGBIRD 	SHERIN
28.11.2025 FRIDAY	I TO XII	<ul style="list-style-type: none"> • CLUB ACTIVITIES • SCOUTS AND GUIDES 	KIRAN
29.11.2025 Saturday	VI TO XII	<ul style="list-style-type: none"> • INTERNATIONAL DAY OF SOLIDARITY WITH PALESTINIAN PEOPLE • HINDI OLYMPIAD—HUMMINGBIRD • NCC SESSION 	EARL



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