

REQEPOST

The monthly connect initiative of Reqelford International School

Theme of the Month - **JOURNEY** THROUGH **HISTORY**

FOCUS: EXPLORING HISTORICAL DISCOVERIES, INNOVATIONS, AND CULTURES.



DEAR PARENT,

Warm Greetings from Reqelford International School!

As September's vibrant hues unfurled, our school community pulsed with creativity, camaraderie, and achievement. We kicked off the month with a spirited celebration of **Onam**, where students immersed us in the rich tapestry of Kerala's cultural heritage through traditional dance, music, and artistry.

Sports fever gripped the campus as our teams competed in the inter-school events — **SPORTOREQ**, **AQUAREQ**, **REQART**, and **Skating** — showcasing talent, grit, and teamwork. Their performances brought pride and applause to the school.

On **Teachers' Day**, we paused to honour the foundation of our learning journey: our mentors. With heartfelt tributes and tokens of gratitude, students expressed their deepest appreciation for teachers whose dedication shapes futures.

Added to this, our student leaders stepped boldly into the international arena with **REQMUN 2.0 (Model United Nations)**. There, they engaged in passionate debate, diplomatic discourse, and global thinking — raising the bar and representing our school with dignity and insight.

This month has been a crescendo of culture, character, and commitment — and these moments are only the beginning.

Congratulations to Mrs. Shaista Ali – Celebri Teacher 2025!

We are thrilled to announce that **Mrs. Shaista Ali** has been honoured with the “**ATHENA ARISTEIA – Inspiring Teacher**” award by **CBSE Hyderabad Sahodaya Schools Complex**, in recognition of her excellence in teaching, boundless passion, and steadfast commitment to student growth.

Her journey is one of inspiration: through innovative pedagogy, compassionate mentorship, and an unwavering dedication to nurturing every learner, she has left an indelible mark on both academic success and character development.

The **Reqelford Team** beams with pride at her achievement, applauding her as a guiding light in our educational community.

Here's to many more milestones ahead!



02.09.2025: ONAM CELEBRATIONS by PRE-PRIMARY GRADES



03.09.2025: INTER SCHOOL SPORTS & ARTS COMPETITIONS @REQELFORD INTERNATIONAL SCHOOL

The Reqelford International School campus erupted in vibrant energy and creative fervour on the 3rd and 4th of September 2025, as we hosted the much-anticipated Inter-school extravaganza: SPORTOREQ, AQUAREQ & REQART.

We were honoured to welcome **Mrs. Usha Kiran Paul**, Executive Director of Aradana TV, as our esteemed Chief Guest. Guiding us with wisdom and encouragement, **Dr. Vidya Sravanthi**, our Principal, urged all students to embody the true spirit of camaraderie and sportsmanship.

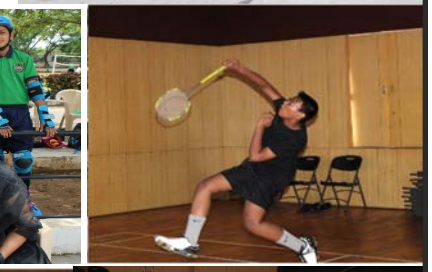
Over two exhilarating days, **1,500 students** from **65 schools** across the region competed across a diverse spectrum of disciplines. On the fields and courts, athletes competed fiercely in **basketball, football, lawn tennis, swimming, skating, taekwondo, and badminton** — the team events of football and basketball particularly drew passionate crowds.

Meanwhile, in the realm of **Visual Arts**, creativity reigned. Students across age groups took on painting, clay modelling, tribal mask making, still life drawing, puppet creation, and short-film production — each piece telling its own story of imagination.

The festival culminated in a dazzling closing ceremony, where winners were honoured with medals, trophies, and certificates. This celebration of athleticism, artistry, and teamwork was nothing short of a triumph — and we eagerly await an even grander edition next year.

















08.09.2025: DR.VIDYA SRAVANTHI, Principal Ma'am Birthday & Teacher's Day Celebrations !







11.09.2025: STORY TELLING BY PRIMARY GRADES



15.09.2025: CHARACTER PARADE ACTIVITY – PRIMARY GRADES

TOPIC: 'SUPER HEROES'



12.09.2025 to 14.09.2025: REQMUN CHAPTER-2.0

Taking a leaf from HMUN experiences, the initiative for REQMUN 1.0, the student Team of organisers with MOHAMMED ANAS & CHAHHEL YODHA from Grade 12 Cambridge embarked on a new journey for 2.0 leading their team and coordinating with school, the chosen Executive Board, the Media Team and the Vendors in all aspects like fees, Delegate kit- Gift needs, Signing up forms, Visiting schools, follow ups. The months and days leading up to the event were filled with anticipation, bumps and hope for a better representation. Even with minor step backs everyone moved forth with determination.

There were Six Committees, each designed with their own Agendas for the debate and the assigned Chairs - Vice Chairs Training and guiding the delegates towards their best experiences. On the First day, Delegates & Faculty Advisors were welcomed with the lighting of the lamp and Gavel strike signifying the official opening of **REQMUN.2.0**, followed by words of encouragement by our Founder Principal Ma'am **Dr. VIDYASRAVANTHI** and a cultural program.

Each day began with committee wise Registrations & breakfast before heading to their committees for the engaging debates, be it Moderated or immoderate leaving delegate to engage in lobbying and forming Global alliances. The end of the 2nd day allowed the delegates of let their hair down with a wonderful Social Evening filled with songs and dance.

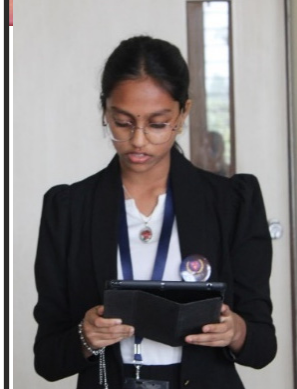
The final day brought with it the urgency of securing votes for one's Resolution Documents and speeches for delegates and Final Marking for EB'S.

Day 3 Ended with an excited relief and anticipation to see whose hard work shone through. The awards showcased the strengths of several Reqelfordians in key awardees along with visiting delegates at the Best Delegate, High commendation, special and verbal Mentions in every committee. H -AIPPM had awards for emerging voices instead of High Commendations. **They also had several records broken with 200 speeches given by delegates in one single session; Newsletters released in 3 different languages for the first time – in English, Hindi and Telugu**

The Chairs noted how delegates came out of their shell and proved their mettle despite tough competition.

The Organising Committee (O.C) wasn't left behind, naming some of their best O.C members who were crucial for the smooth running of the event with good coordination and regular feed backs. The Event ended with the announcement of the leaderships for Chapter 3.0 - Rohan Arun & Suzanna Ivy.











17.09.2025: NATIONAL CADET CORPS (NCC) CADET SELECTION

The National Cadet Corps (NCC) cadet selection process was successfully conducted at our school on 17th September, marking an important milestone in our institution's commitment to instilling discipline, leadership, and a spirit of national service among students.

Students from Grade 8 (CBSE & Cambridge) participated in the selection process, showcasing immense enthusiasm and dedication. The selection procedure was carried out under the supervision of the NCC Officers along with guidance from school authorities.

The selection process involved:

- Ø Physical fitness tests – running, push-ups, and basic endurance drills.
- Ø Personal interviews – to assess motivation, discipline, and leadership qualities.
- Ø Medical screening – to ensure physical fitness as per NCC standards.

Students were evaluated on parameters such as stamina, alertness, confidence, and team spirit. The final list of selected cadets will now undergo regular training as part of the NCC program.

The NCC program offer students a unique platform to develop a sense of patriotism and civic responsibility, leadership and teamwork skills, Opportunities for camps, parades, and national-level events & Preference in higher education and defence services. The cadet selection marked the beginning of a new journey for these young students. We congratulate all the selected cadets and wish them success. Their journey ahead will be one of discipline, hard work, and service to the nation.



18.09.2025: 'SOF OLYMPIAD' SOCIAL STUDIES EXAM



19.09.2025: PINK COLOUR DAY BY PP GRADES



19.09.2025: PARENT ORIENTATION BY G.B INTERNATIONAL ON EDUCATIONAL TOUR@RFIS



**19.09.2025: FUNTASTIC FRIDAY:
ART INTEGRATED JHARKHAND CULTURE &
TELANGANA BATHUKAMMA FESTIVAL ACTIVITIES
by PRIMARY GRADES**

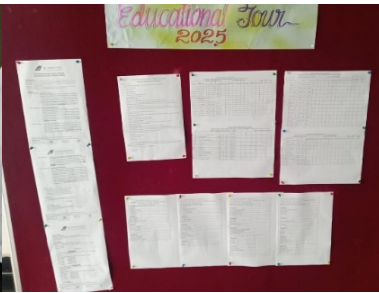


**20.09.2025: PARENT TEACHER MEETING FOR
PERIODIC TEST – 2**

The Parent-Teacher Meeting (PTM) for Periodic Test- 2 was held on 20th September, 2025. The primary objective of the meeting was to discuss the academic performance and overall progress of students based on their performance in the recently conducted tests.

The PTM witnessed enthusiastic participation from parents across all classes. Teachers provided a detailed analysis of students' performance, highlighting their strengths and identifying areas that need improvement. The meeting also served as an opportunity for parents to understand the teaching methodologies and evaluation criteria being followed.









20.09.2025: BOOK FAIR@RFIS



22.09.2025 & 23.09.2025: CBSE CAPACITY BUILDING TRAINING ON 'SCHOOL HEALTH & WELLNESS PROGRAMME'

The CBSE Capacity Building Training on the School Health and Wellness Programme is a pivotal initiative launched under the aegis of the Ayushman Bharat Scheme, in collaboration with the Ministry of Education and Ministry of Health and Family Welfare, Government of India. This program is designed to equip school leaders and teachers (designated as Health and Wellness Ambassadors) with the knowledge and skills necessary to promote holistic well-being among students. **Regelford International School** hosted the two day CBSE Capacity Building Training session on 'School Health & Wellness Programme' on 22nd & 23rd September, 2025. **DR.SANJEEV NAMPALLY**, Principal, Fortune Butterfly School – Mahabubnagar & **MRS.KARANAM BHAVANI**, Principal, Meridian School Kukatpally & were the resource persons.

The primary objectives of the training were to:

- Build capacity among school staff to deliver health and wellness sessions.
- Sensitize teachers about the 11 themes of the School Health and Wellness Curriculum.
- Promote age-appropriate, gender-sensitive health education in schools.
- Empower students to make informed choices regarding their physical, emotional, and social health.
- Foster a school environment conducive to learning and well-being.

Key Components Covered:

- Orientation to the School Health and Wellness Programme
- Vision and implementation strategy
- Role of schools and educators

Introduction to the 11 Themes:

- Emotional Well-being and Mental Health
- Interpersonal Relationships
- Values and Citizenship
- Gender Equality
- Nutrition, Health, and Hygiene
- HIV Prevention
- Substance Abuse
- Safety and Security against Violence and Injuries
- Promotion of Safe Use of Internet and Social Media
- Promotion of Healthy Lifestyle
- Reproductive Health and HIV Prevention

Training on Facilitation Skills:

- Child-friendly and inclusive pedagogy
- Role plays, group discussions, storytelling
- Addressing sensitive issues with empathy and confidentiality.

Implementation in Schools:

- Roles of Health and Wellness Ambassadors and Messengers
- Weekly sessions during school hours
- Monitoring and evaluation framework

Key Takeaways:

- Teachers gained enhanced understanding of physical, mental, and social dimensions of health.

- Participants learned to foster a supportive environment for adolescent students.
- Emphasis was laid on peer education and life skills development.
- Teachers were empowered to act as facilitators rather than just knowledge providers.

Feedback and Reflection:

- The training was received with enthusiasm by Reqelford Teachers. They appreciated the interactive methodology and relevant content. Many expressed readiness to implement the programme effectively in their schools and involve students actively through participatory methods.

Conclusion:

- The CBSE Capacity Building Training on School Health and Wellness Programme is a significant step toward ensuring the holistic development of students. By equipping teachers with necessary tools and resources, the programme aims to build a healthier, more resilient generation of learners. Continued support, monitoring, and follow-up training sessions will ensure its effective implementation across schools.







Activity-6: Mindfulness – Mindful Being Mindful Living

Learning Outcomes
 Demonstrates strategies to overcome challenging emotions

Domains of Resilience

- Physical Resilience:** Endurance, Strength
- Emotional Resilience:** Emotional stability, Self-regulation
- Mental Resilience:** Attention span, Memory, Knowledge, Problem-solving, Creativity
- Spiritual Resilience:** Faith, Hope, Love, Compassion, Gratitude, Forgiveness, Service to others, Inner strength and stability



“24.09.2025-28.09.2025: EDUCATIONAL TOUR TO PUNE-MUMBAI - KANDALA-LONAVALA”.

The Regelford students embarked on an unforgettable educational tour through Maharashtra — visiting Pune, Mumbai, Khandala, and Lonavala. The journey blended fun, discovery, and bonds strengthened along the way.

In **Pune**, they explored historic landmarks and immersed themselves in the rich local culture besides exploring an Adventure Camp. Mumbai dazzled with its fast pace — from Marine Drive's sweeping shoreline to the majestic Gateway of India. A standout was their visit to **Chhatrapati Shivaji Maharaj Vastu Sangrahalaya** (formerly the Prince of Wales Museum): an architectural gem in Indo-Saracenic style housing a vast collection of artifacts spanning India's art, history, and heritage.

The day at **Adlabs Imagica**, near Khopoli, was a highlight: students enjoyed the theme park, water rides, and a snow park — a playful lesson in science, design, and engineering. The final leg in **Khandala and Lonavala** offered serene hills, mist-veiled trails, and breath-taking waterfalls — a perfect counterpoint to the bustling cities.

It was a journey of learning, laughter, and lasting memories — one that deepened friendships and opened new vistas of curiosity.



25.09.2025: TEACHER SESSION ON QUESTION PAPER SETTING AND ASSESSMENT RECORDS – by Mrs.Padma



SPORTS BULLETIN

Congratulations! Vakiti Bharath Simha Reddy of IX Cambridge has been selected in Zonal Volleyball Team.



REQELFORD PLAY SCHOOL - MAHENDRA HILLS

TEACHER AWARENESS SESSION ON CHILD BRAIN & DEVELOPMENT – EARLY IDENTIFICATION & SUPPORT, LED BY DR. VARSHA REDDY, PAEDIATRIC NEUROLOGIST & NEURO-DEVELOPMENTAL PHYSICIAN, YASHODA HOSPITALS.



ONAM CELEBRATIONS:



TEACHERS DAY CELEBRATIONS:



PINK COLOUR DAY:



DUSSEHRA CELEBRATIONS



PARENT TEACHER MEETING:



REQELFORD PLAY SCHOOL
- Habsiguda



Teacher's day celebration

Dussehra celebration



Clay moulding competition



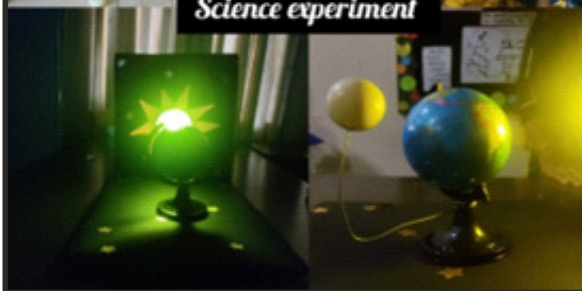
Pink colour day



Science experiment



Grandparents' day



PTM

Theme: EXPLORING SPACE AND THE UNIVERSE

DATE	GRADES	NAME OF THE ACTIVITY	TEACHER INCHARGE
6.10.2025 MONDAY	NUR TO XII	<ul style="list-style-type: none"> SCHOOL REOPENS AFTER DUSSHERA VACATION MENTAL HEALTH WEEK BEGINS ASSEMBLY BY GRADE 7B - EXPLORING SPACE AND THE UNIVERSE 	RAJYALAXMI
7.10.2025 TUESDAY	I TO V	ASSEMBLY BY GRADE V A WORLD HABITAT DAY	SARIKA
8.10.2025 WEDNESDAY	UKG TO II	VISIT TO POST OFFICE ARYABHATTA GANIT CHALLENGE – GR.8 TO 10 CBSE DURING MATH PERIOD International G.K. Olympiad- Registered students	ARLENE ELIZEBETH MARTIN
9.10.2025 THURSDAY	I TO XII	MENTAL HEALTH WEEK CONTINUES - HOUSE WISE COMPETITIONS – MINI-KITCHEN GARDEN; BULLETIN BOARD COMPETITION – BENEFITS OF EATING MILLETS – ASSEMBLY BY GRADE 7IG WORLD POSTAL DAY International Computer Science and International French Olympiad-Registered students	RADHIKA JOSHILA ELIZABETH VARSHA STELLA ESTHER
10.10.2025 FRIDAY	I TO V VI TO XII	<ul style="list-style-type: none"> FUNTASTIC FRIDAY – FIRELESS COOKING COMPETITION – HEALTHY EATS SCOUTS AND GUIDES /CLUB ACTIVITIES WORLD MENTAL HEALTH DAY - WORKSHOP ON MENTAL HEALTH VIKSIT BHARAT QUIZ 	CLUB INCHARGE TR. KIRAN SST DEPT. TEACHERS
11.10.2025 SATURDAY	VI TO XII	UNICORN HOUSE ASSEMBLY ON INTERNATIONAL DAY OF GIRL CHILD INTERHOUSE ATHLETICS COMPETITIONS (BOYS) POSTER MAKING COMPETITON (GIRLS) THEME – GIRL POWER	ESTHER GOWTHAM KIRAN SATYA,SUBRA, KRISHNA PRIYA
13.10.2025 MONDAY	I TO XII	ASSEMBLY BY GRADE 6A BREAST CANCER AWARENESS DAY – POSTER CAMPAIGN IN THE ASSEMBLY	RAMYAROOPA KRISHNA PRIYASATYA, SUBRAMANYAM
14.10.2025 TUESDAY	I TO V	ASSEMBLY BY GRADE V B WORLD STUDENTS' DAY	NAVITHA
15.10.2025 WEDNESDAY	XI TO XII	INSPIRED VALLEY GLOBAL UNIVERSITY CAREER FAIR FOR GRADE XI AND XII	
16.10.2025 THURSDAY	I TO XII	ASSEMBLY BY GRADE 6 B WORLD STANDARDS DAY	SUSHMITHA
17.10.2025 FRIDAY	I TO V VI TO XII	FUNTASTIC FRIDAY / SCOUTS AND GUIDES /CLUB ACTIVITIES- PREPARE CLAY LAMPS	KIRAN CLUB INCHARGE TR. SATYA, SUBRAMANYAM
18.10.2025 SATURDAY	VI TO XII	PEGASUS HOUSE ASSEMBLY ON DIWALI INTERHOUSE SOCCER BOYS AND BASKETBALL SR.GIRLS COMPETITION	JOSHILA GOWTHAM,KIRAN AND HOUSE MISTRESS
20.10.2025 MONDAY		DIWALI HOLIDAY	
21.10.2025 TUESDAY		DIWALI HOLIDAY	
22.10.2025 WEDNESDAY	I TO XII	TERM -1 EXAMS BEGIN	EXAM DEPT.
27.10.2025 MONDAY	ALL GRADES	VIGILANCE WEEK BEGINS – UNTIL 2ND NOVEMBER	SST DEPT.TEACHERS
30.10.2025 THURSDAY	I TO XII	TERM- 1 EXAMS END	EXAM DEPT.
31.10.2025 FRIDAY	I TO V VI TO XII	FUNTASTIC FRIDAY /SCOUTS AND GUIDES SPELL BEE FINAL ROUND/ ELOCUTION SECOND ROUND RASHTRIYA EKTA DIWAS / NATIONAL UNITY DAY RUN FOR UNITY	KIRAN CLUB INCHARGE TR. GOWTHAM,KIRAN, SATYA, MADHUKAR

The Regelford 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.