



RIPPLES 2026-2027

VIDYA VIKASINI (C.I.S.C.E)

MONTHLY

NEWS LETTER

DI.01/08/2026 - ISSUE - 02

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<https://vidyavikasinischool.com>



Sr. Dondeti Johnmary

Principal

VIDYA VIKASINI SCHOOL (C.I.S.C.E)



AT THE HELM OF AFFAIRS...INSPIRING WORDS BY OUR PRINCIPAL

Dear Vidya Vikasini Family

GREETINGS ! DEAR STUDENTS, PARENTS, AND
ESTEEMED MEMBERS OF THE STAFF,

“Discipline is the bridge between goals and accomplishment.” – Jim Rohn

July marks an important milestone in our school year. As the monsoon rains refresh the earth, this season symbolizes renewal, growth, and the value of cultivating qualities that shape our children's futures.

At **Vidya Vikasini School**, July is more than just a month; it's a time to emphasize discipline, punctuality, and preparedness. These traits form the foundation for success in both academics and life. Just as rain nourishes the soil, discipline nurtures the mind, helping students stay focused, resilient, and prepared for challenges.

This month also encourages us to uphold values like unity, gratitude, and bravery. Every corrected notebook, punctual arrival, and act of cooperation whether in class, on the bus, or at home, contribute to our school community's strength. Together, we are fostering not only knowledge but also character.

We invite parents to support children in small but impactful ways:



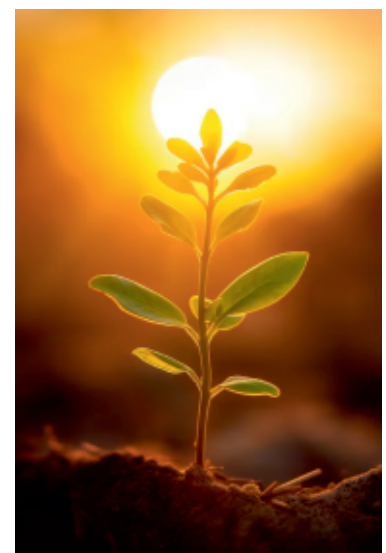
Respect : reminding them to honour teachers, peers, and family.



Responsibility :encouraging consistent, careful completion of tasks.



Resilience: teaching them to recover from setbacks and persist.



July is a time for reflection and renewal. It offers an opportunity to correct mistakes, update records, and set new goals. As parents and teachers, let us collaborate to ensure our children grow in knowledge and in values that will guide them throughout their lives.

“Success is not final, failure is not fatal: it is the courage to continue that counts.” – Winston Churchill

With gratitude and inspiration,

Sr. Dondeti Johnmary

Principal

The Rise of Quality in Education

SR. DONDETI JOHNMARY



Participating in the RISE Training Programme in Hyderabad was more than a professional obligation; it was an exploration into what truly enables a school to flourish. CISCE's review emphasized that quality education is an ongoing journey—not a one-time achievement. It involves continual monitoring, evaluation, and enhancement. Like a flowing river, this process promotes accountability and compliance, shaping the learning environment with discipline and trust.

The core pillars of school quality assurance standards, compliance, outcomes, improvement, and trust served as guiding lights. Each one conveyed that education extends beyond textbooks and tests; it's about cultivating character, courage, and community.

Why is school quality important? Because schools are the foundational seeds of society. When standards are elevated, children's aspirations grow. Ensuring compliance protects core values. Measuring outcomes recognizes progress. Building trust turns education into a fulfilled promise.

The programme was enriching, not just in knowledge but also in spirit. It reminded us that every classroom is a canvas, every teacher an artist, and every child a work in progress. Improving education is equivalent to shaping a better future.

—●—
Dt.29/06/2026 to 01/07/2026



"One of the first conditions of happiness is that the link between man and nature shall not be broken."

- Leo Tolstoy

Being Franciscans, our school celebrates Environment Week every year and we train students from Nursery itself, to become eco-conscious citizens. The Nursery started off the week with the simple & sweet act of caring for a plant in their class.



The students of JR KG proudly displayed and some even spoke about their little treasure brought from home....an item made with the best out of waste with the help of their parents. All three sections thoroughly enjoyed getting their hands muddy with a simple Germination Activity and were awestruck to see the little seeds sprout tiny leaves.



The students of SR KG charmed our entire staff with their campaign on “ Say NO to plastic....Use Cloth Bags!!” They generously distributed their “ designer” cloth bags painted with the help of their parents and we can see our staff using them actively. Green Day with green snacks and proudly wearing their “designer” t-shirts (which were painted along with their Parents at home) made a pretty, green picture in all three sections.



A Nature walk made all appreciate the bountiful natural beauty our school premises are blessed with. The Nursery students did a handprinting activity to make a beautiful peacock and coloured within the outline of a tree.



IT WAS A WEEK FULL OF EFFECTIVE AND MEANINGFUL LEARNING EXPERIENCES INDEED!



Principal's Day

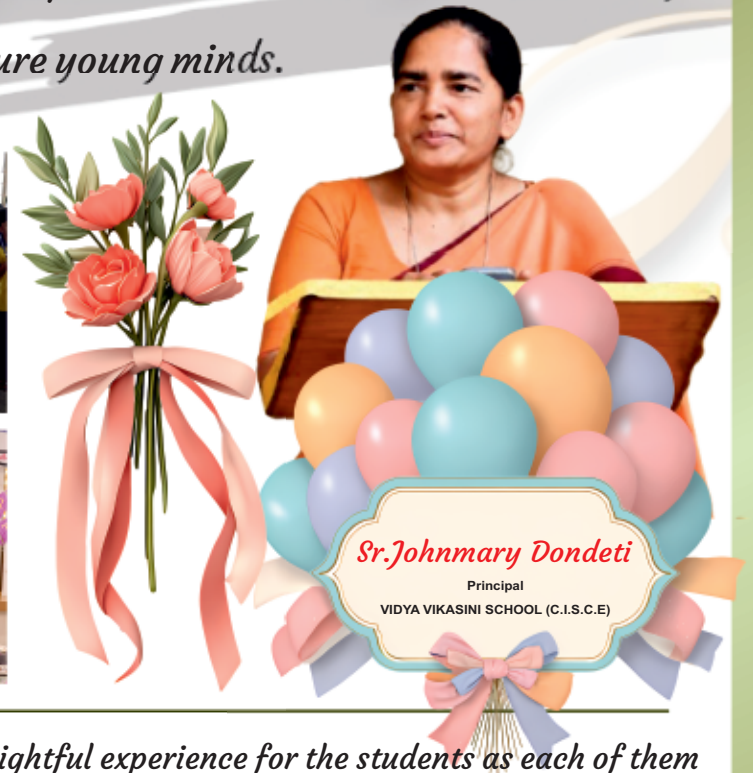
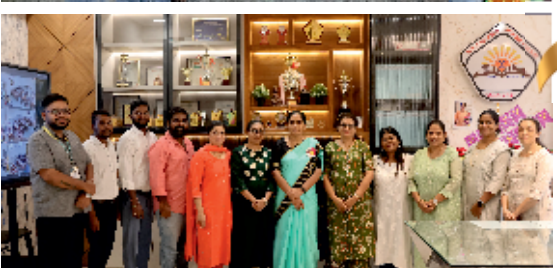
17th July, 2026



CELEBRATING INSPIRING LEADERSHIP AND EXCELLENCE IN EDUCATION



Our school joyfully celebrated Principal's Day to honour our respected Principal, Sister Johnmary Dondeti, for her exemplary leadership, dedication, and unwavering commitment to nurture young minds.



A visit to the Pre-primary Section was a delightful experience for the students as each of them got a chance to wish our Principal in their own precious way. A special assembly was put up by the students of Grade V to honour our beloved mentor.

A graceful prayer dance and a meaningful skit on leadership, portraying the qualities of a true leader and our Principal's positive influence on the school community, were the highlights of the programme.



An inspiring message by Bro. Mariadasu, our School Manager & Superior was followed by a joyful cake-cutting ceremony symbolising gratitude and togetherness. Our Principal was felicitated with bouquets, greeting cards, handmade gifts, and a token of appreciation from the school management, teachers, and students as a mark of love and respect. She expressed her gratitude and love in a heartwarming speech and was all smiles saying we truly lit up her day and made it truly memorable.

Continued ➡ Next Page





A Tribute to Leadership, Dedication & Excellence



02

Hindustan Times KALEIDOSCOPE

18 JULY
TUESDAY
18 JULY 2024

LEADERSHIP

Report on Principal's Day celebration

Theme: Celebrating Inspiring Leadership and Excellence in Education

Date: 17th July

Time: 10:00 a.m.

Venue: Play Area

Our school joyfully celebrated Principal's Day on 17th July at 10:00 a.m. in the Play Area with the inspiring theme, "Celebrating Inspiring Leadership and Excellence in Education," to honour our respected Principal for her exemplary leadership, dedication, and unwavering commitment to nurturing young minds.

The celebration commenced with a Guard of Honour, warmly welcoming our Principal with great respect and admiration. This was followed by a prayer service, seeking God's abundant blessings upon her life and mission. A graceful prayer dance added a spiritual touch to the occasion.

The students then presented a meaningful skit on leadership, portraying the qualities of a true leader and highlighting the Principal's positive influence on the school community. A vibrant theme dance further celebrated her vision, dedication, and inspiring journey as an educator.

The Superior addressed the gathering with heartfelt words of appreciation, acknowledging the Principal's

The school joyfully celebrated Principal's Day on 17th July at 10:00 a.m. in the Play Area.

The theme was "Celebrating Inspiring Leadership and Excellence in Education."

selfless service and remarkable contribution to the institution. The celebration continued with the joyful cake-cutting ceremony, symbolising

gratitude and togetherness. The Principal was then felicitated with bouquets, greeting cards, handmade gifts, and a token of apprecia-

tion from the school management, teachers, and students as a mark of love and respect.

In her address, the Principal expressed sincere gratitude to everyone for the thoughtful celebration and encouraged the students and staff to continue striving for excellence with unity, dedication, and faith.

The memorable celebration concluded with the singing of the National Anthem, leaving everyone inspired by the values of visionary leadership, service, and educational excellence.

Prepared by, Tr Pratiksha Korgaonkar

SEMINAR ON SELF-DISCIPLINE

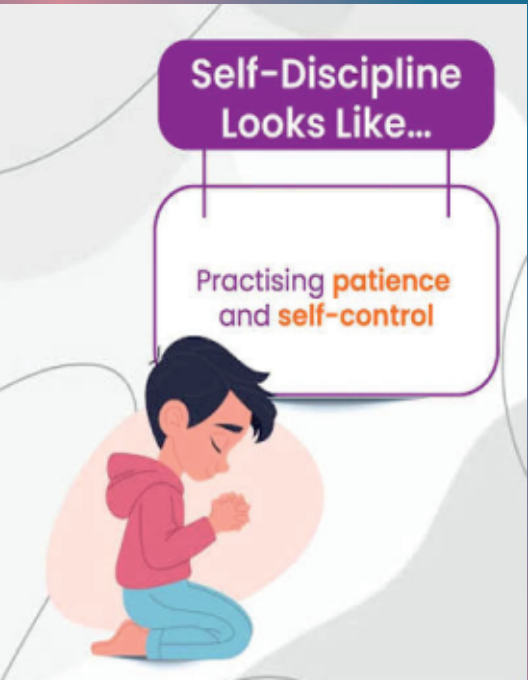
21st July, 2026

"NO PERSON IS FREE WHO IS NOT MASTER OF HIMSELF." - EPICTETUS

A seminar on "Self-Discipline – Your Superpower" was conducted by Ms. Dhanashree Potdar for the students of Grade III and IV . The session aimed to help students understand the importance of self-discipline in their daily lives and encourage them to develop positive habits. The presentation explained that self-discipline means choosing to do the right thing even when it is difficult .



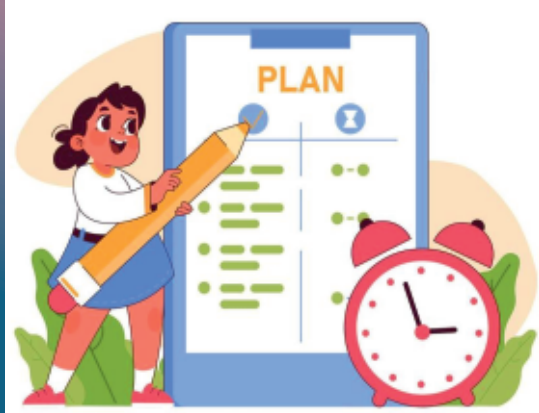
Ms. Dhanashree Potdar



Students learnt how self-discipline helps them succeed, manage their emotions, complete tasks on time, and make responsible decisions.

The resource person used engaging activities, relatable examples such as "Now Me vs Future Me," storytelling, breathing exercises, and discussions on managing screen time, friendship, and discipline at school to make the session interactive and meaningful.

Students were encouraged to set small daily goals, practise good habits, and remain consistent in their efforts. The session was informative, engaging, and well received by all the participants.





"We aspire to inspire a change that remains steadfast through the test of time, leaving a lasting legacy for our school and every student we serve."

- Atharva Prasad

NutriConnect: Food Security in India - Every Plate Matters

Food security means ensuring that every individual has access to sufficient, safe, nutritious, and affordable food at all times. Although India is one of the world's largest food producers, challenges such as malnutrition, food wastage, climate change, and unequal food distribution continue to affect millions. To spread awareness among students, the Opposition party organised NutriConnect, an interactive seminar led by an expert nutritionist.



Objectives:

- To create awareness about food security in India.
- To promote balanced nutrition and healthy eating habits.
- To encourage students to read food labels and make informed food choices.
- To highlight the importance of reducing food wastage.
- To help students understand the role of farmers in ensuring food security.



Our Chief Guest and resource person for the session was

Dr. Netra Khanvilkar, Founder of NutriForge, Clinical Dietitian, Certified Diabetes Educator, and Training Manager & Dietitian at Cipla. She has extensive experience in clinical nutrition, diabetes management, weight management, and public nutrition awareness. Through her work, she promotes evidence-based nutrition and practical healthy lifestyle practices.

The seminar introduced students to the concept of food security and its four pillars—availability, accessibility, utilization, and stability. Students learned about India's food security challenges, including food wastage, malnutrition, climate change, and post-harvest losses.

The session also explained the importance of a balanced Indian diet i.e. the role of fruits, vegetables, whole grains, dairy, and protein-rich foods, and how proper nutrition contributes to growth, immunity, and overall well-being. A special emphasis was placed on making informed food choices by understanding nutrition labels and ingredient lists on packaged foods.



Interactive Activities conducted:

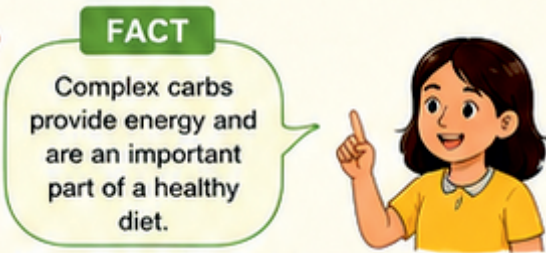
1. Read the Label:

Students analysed the nutrition labels of commonly consumed packaged foods such as Kissan Tomato Ketchup, biscuits, breakfast cereals, and fruit juices. Identify serving sizes, added sugars, sodium, preservatives, and ingredients, learning how to make healthier food choices.



2. Nutrition... Myth vs Fact:

Students participated in an engaging activity where common nutrition myths were discussed and clarified using scientific facts.



3. Interactive Question & Answer session:

Students interacted directly with the nutritionist, asked questions, and received expert guidance on nutrition and healthy eating habits.



Learning Outcomes

By the end of the seminar, students were able to:

- Understand the importance of food security.
- Develop awareness about balanced nutrition.
- Learn to interpret food labels correctly.
- Make healthier food choices.
- Appreciate the contribution of farmers.
- Adopt habits that reduce food wastage and promote responsible consumption.



By the end of the seminar, students were able to:

1

2

3

4

5

6

Understand the importance of food security.

Develop awareness about balanced nutrition.

Learn to interpret food labels correctly.

Make healthier food choices.

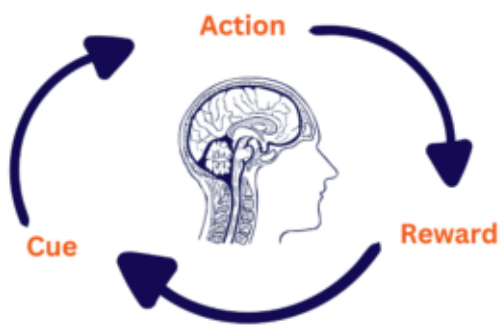
Appreciate the contribution of farmers.

Adopt habits that reduce food wastage and promote responsible consumption.

EAT RIGHT LIVE WELL

Every Plate Matters, Every Choice Counts!

NutriConnect is designed to bridge the gap between knowledge and everyday practice by encouraging students to become informed and responsible consumers. Through expert guidance and interactive learning, the seminar reinforced the message that ensuring food security begins with individual choices. By eating wisely, respecting food, and avoiding wastage, every student can contribute towards a healthier and food-secure India.



"GOOD HABITS ARE THE FOUNDATION OF A MEANINGFUL AND SUCCESSFUL LIFE."

A seminar on "Habit Formation: Building Better Behaviour" was organised for the students of Grade VII and VIII to help them understand how habits are formed and how positive habits contribute to personal growth. The session was conducted by Ms. Dhanashree Potdar, facilitated by Stream Academy, in an engaging and interactive manner.

The seminar encouraged students to reflect on their daily habits and inspired them to adopt positive behavioural changes. The resource person explained the difference between habits and routines, highlighting that habits become automatic through repetition.

Students learnt about the science behind habit formation, including the role of the brain, dopamine, and the habit loop consisting of Cue, Craving, Response, and Reward. Through quizzes, discussions, and group activities, students actively participated and understood how both healthy and unhealthy habits develop over time.

The seminar also focussed on practical strategies for building good habits and breaking undesirable ones. Students were introduced to the WOOP technique (Wish, Outcome, Obstacle, Plan), which helps in setting realistic goals and overcoming challenges. They were encouraged to start with small, consistent actions, use positive cues, and celebrate progress to make lasting improvements.

The session concluded with the inspiring message that small, consistent actions build strong habits, and strong habits shape a successful future.





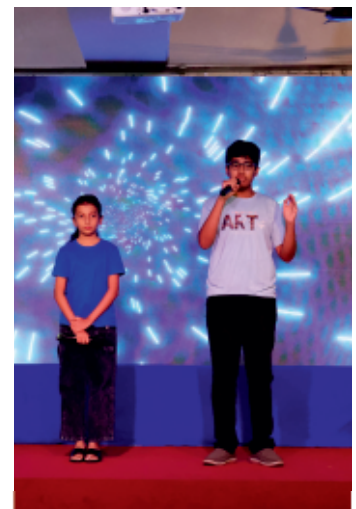
"Learning a language opens the door to understanding a culture."

The French Day Special Assembly was celebrated with great enthusiasm, showcasing the rich culture, history, music, fashion and spirit of France through a series of vibrant performances presented by the students.

A captivating dance drama depicting the significance of the French National Day, a colourful Fashion Show highlighting French-inspired costumes and culture and a lively medley on 'Dernière Danse' added energy and excitement to the celebration.

It was followed by an interactive quiz that actively engaged the audience. The programme concluded with a spectacular special dance performance and grand finale, followed by the vote of thanks and the French National Anthem.

The celebration provided students with a wonderful opportunity to appreciate the French language and culture while developing confidence, creativity and teamwork. The assembly was a memorable and enriching experience for everyone present.



ARTICLES

OF THE MONTH



*Our principal leads us every day,
And shows us the proper way.
With Discipline as a shining guide,
She helps us grow with pride.*

*She teaches us to listen and learn,
For every success is something we earn.
With attentive minds and hearts so true
We try our best in all we do.*

*Her words inspire us high,
To work with courage and try.
She fills our school with care
And teaches us values to share.*

*On Principal's Day, we proudly say
Happy Principal's Day in every way.
Your guidance helps us grow
And shapes the future we will show!*



Diptashree Maji
5C

ARTICLES

OF THE MONTH



MARATHI ARTICLE

माझी शाळा

शाळेची घंटा वाजली की मित्रांची गर्दी जमते
वर्गात शिक्षकांचा गोड आवाज, शिकण्याची ओढ लागते
एक सूर प्रार्थनेत जुळतो व राष्ट्रगीताने मनाला उभारी देतो
शाळा म्हणजे दुसरे घरच
घडवित हर एक माणूस खरा,
स्वप्नांना देते पंख नवे,
आयुष्याला मार्ग दाखविते
शाळा म्हणजे मित्र- मैत्रीणीचा घोळका
एक-मेकांच्या विचारांचा हा एक मोठा सोहळा
शाळा म्हणजे विद्येचे माहेर घर

शौर्या पाटील
८ बी

HINDI ARTICLE

जीतना है हमें

हर पल एक परीक्षा है
हार मानना हमने नहीं सीखा है
संपूर्ण ब्रह्मांड ने देखा है
हमें जीतते हुए

इतिहास ने हमारा नाम सदैव
अपने पन्नों पर लिखा है
फिर उठ खड़ा हो योद्धा बनकर
फिर लड़ना है हमें

अर्जुन सा लक्ष्य रख
कृष्ण की ज्ञान से
यह महाभारत फिर
जीतना है हमें

आलस्य और कामना के
चक्रव्यूह से बाहर आकर
फिर एक बार उठ खड़ा हो
जीतना है हमें

नव्या भट्ट
९ बी

FRENCH ARTICLES

L'amitié

L'amitié est très belle.
Les amis sont importants.
Un bon ami est toujours avec nous.
Les amis jouent ensemble, étudient ensemble et s'amusent ensemble.
Les amis nous aident et nous rendent heureux.
Un vrai ami est gentil, honnête et poli.
Les amis partagent leurs joies, leurs idées et leurs souvenirs.
Nous aimons nos amis. L'amitié est pleine d'amour, de respect et de gentillesse. L'amitié rend la vie belle.
Nous avons de la chance d'avoir de bons amis. Ils sont un trésor que nous devons chérir pour toujours.

Naavya Kumar & Smahi Yedery
6C



Dreams in Those Amber-Hazel Windows

In the depths of her amber-hazel gaze,
Her world unfolds—her children's maze.
With hues that blend with autumn's light,
She fills their lives with warmth so bright.
Within her eyes, the stars align,
celestial dance, serene, divine.
A glimpse of dreams and far-off lands,
In every look, my heart expands.
Beneath the sun's soft, slanting rays,
Her eyes reflect the break of day.

A tapestry of earth and gold,
In every glance, a love untold.
Within her eyes, a story lives,
A silent promise, love that gives.
A window to our souls so wise,
She sees the world through our eyes.



FRENCH ARTICLES

UNE JOURNÉE SPÉCIALE AVEC MA FAMILLE

Aujourd'hui, je vais parler d'une journée spéciale avec ma famille. C'est un jour très heureux pour moi. Les petits moments avec ma famille sont les plus beaux moments de ma vie

.Le matin, le soleil est calme. La lumière entre dans ma chambre. Je me réveille tôt. Ma mère dit, bonjour avec une voix calme. Mon père me sourit. Ce petit moment me rend très heureux. Nous allons à la cuisine et nous mangeons ensemble. Nous mangeons du pain et buvons du lait. Parfois, nous mangeons aussi des fruits. Le matin est calme et plein de paix. Après le petit-déjeuner, mon père raconte une petite histoire et ma mère parle de la maison. J'écoute et je souris. Ces moments sont petits, mais ils sont très précieux pour moi.

l'après-midi, nous allons au parc . Le ciel est bleu et l'air est frais. Nous marchons ensemble et nous parlons et nous sourions. Au parc, je vois des arbres verts et des fleurs de différentes couleurs. Les enfants jouent, les oiseaux chantent, tout est simple mais tout est beau. Le soir nous retons à la maison . C'est un endroit plein d'amour. Nous regardons la télé ensemble.

Après cela, nous mangeons le dîner. Le repas est simple, mais très bon. Nous mangeons ensemble à la table et nous parlons de notre journée. Après le dîner, à la fin de la journée, je dis merci à ma famille. Je suis très contente. Je vais dormir avec un sourire. Mon cœur est calme.

J'aime ma famille beaucoup. Pour moi, une journée spéciale n'est pas une journée avec de grandes choses. C'est une journée simple avec beaucoup d'amour, de sourire et de bonheur.

Misha Thapa
8 A



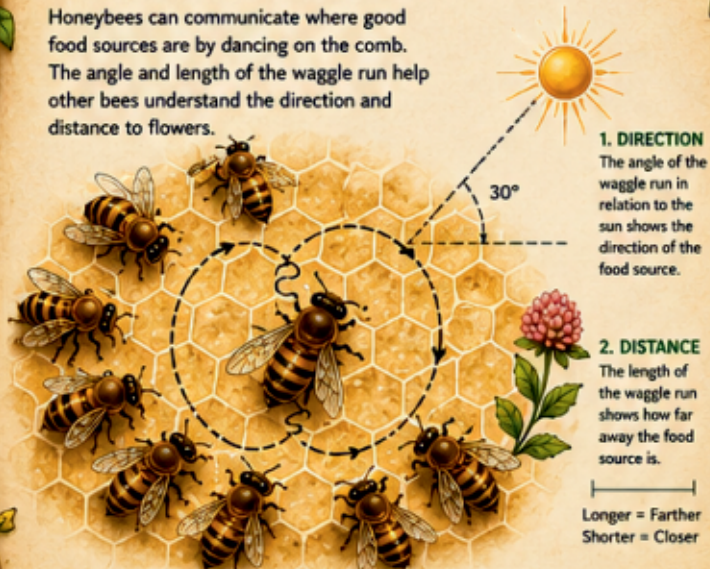
AI

SCIENCE
SNIPPET

The Waggle Dance

HOW HONEYBEES SHARE DIRECTIONS

Honeybees can communicate where good food sources are by dancing on the comb. The angle and length of the waggle run help other bees understand the direction and distance to flowers.



1. DIRECTION
The angle of the waggle run in relation to the sun shows the direction of the food source.

2. DISTANCE
The length of the waggle run shows how far away the food source is.

Longer = Farther
Shorter = Closer

What the Dance Shows

- Direction from the sun
- Distance to the food source
- Quality of the find
- Scent clues from flowers

How It Helps

Instead of searching blindly, foragers can use the dance to focus on promising flowers and work more efficiently as a colony.

Interesting Fact

Bees can share complex travel information even inside the dark interior of the hive.

HOW BEES MAKE THEIR HOUSE: STEP-BY-STEP

1 FINDING A SPOT

A swarm locates a suitable location (cavity, branch) protected from the prison weather.

2 FORMING THE CLUSTER

The bees gather closely to generate the necessary heat for building.

3 PRODUCING WAX

Special worker bees chew honey and secrete flakes of wax from glands on their abdomen.

4 BUILDING THE COMB

Bees use their mandibles to mold the wax into a strong, natural hexagonal matrix.

5 CONSTRUCTING THE HIVE

The process continues, rapidly expanding vertically and horizontally to create thousands of sturdy cells.

6 THE FINISHED HIVE

The finished hive provides cells for storing honey, pollen, and raising new bees (the brood).

Bees are incredible natural architects!

IMPORTANCE OF BEES FOR ECOLOGICAL BALANCE

LEARN ALL ABOUT HONEYBEES & THEIR IMPORTANCE!

1 MASTERS OF POLLINATION

ESSENTIAL FOR WILD PLANT REPRODUCTION & CROP PRODUCTION. Ensures ecosystems survive.

2 SUSTAINING THE FOOD WEB

A KEYSTONE SPECIES: The pollination ripple effect feeds countless birds, insects, and mammals.

3 PROMOTING BIODIVERSITY

Fosters plant & animal diversity. Strengthens ecosystems against disease & changes.

4 SOIL & WATER PROTECTION

Healthy root networks: Prevents erosion and filters water. Promotes clean ecosystems.

5 ENVIRONMENTAL BIODICATORS

Early warning system: Their health reflects the overall health of the environment, flagging pollution or habitat loss.

6 HEALTHY ROOT NETWORKS

Prevents erosion and filters water. Promotes clean ecosystems.

VITAL FOR OUR PLANET! PROTECT OUR BEES!

AMAZING FACTS ABOUT HONEY BEES

QUEEN, WORKER & DRONE

Queen: One Queen per hive
Workers: All female, do all tasks
Drones: Male, mate with Queen

BUSY WORKERS

VISIT 2,000 FLOWERS A DAY

POLLINATION POWER

ESSENTIAL FOR FOOD PRODUCTION
Pollinate many fruits, vegetables, and nuts

MAKING HONEY

REGURGITATE NECTAR
EVAPORATE WATER
STORE IN HONEYCOMB

SUPERORGANISM HIVE

UP TO 50,000+ BEES in a colony
HIGHLY ORGANIZED SOCIETY

WAGGLE DANCE COMMUNICATION

TELL OTHERS ABOUT NECTAR LOCATION
Direction & Distance info

AMAZING ABILITIES

200 BEATS PER SECOND
EXCELLENT VISION
MAINTAIN HIVE TEMPERATURE

LIFESPAN

Egg Larva Pupa Adult
WORKERS: 6 weeks (summer)
QUEEN: 2-5 years

#SAVE THE BEES #POLLINATORS #NATURES WONDERS



2026-27



Winning Laurels...



Won a Silver Medal in
Open State Championship
held at Ahmednagar In
Taekwondo-poomsae and Kyrogi.

Esther Harris (1A)



Won a Gold Medal and Silver Medal
in the open State Championship
held at Ahilyanagar in Taekwondo -
Poomsae and Kyrogi.

Vaidehi Billava (1 A)



Won a Silver Medal In 100m
Freestyle Swimming, at the Khelo Masters
Games Association of Palghar District
(Under 8 Category) held at Ameya
Classic Club, Virar

Dhruvah Konnur (2C)



Won a Silver Medal and a Bronze Medals
in the Cisce Zonal Level Skating Competition
held at Nasik.

Shamita Sorapadi (4 A)



Winner - Badminton Girls Doubles U-11
State Selection Tournament,
Mulund.
Runner up - Badminton Girls Singles U-11
State selection Tournament, Mulund.

Khrisha Goyal (5 A)



Secured Second Prize in the
ASICS Quiz Competition
held at Jasudben M.L. School, Khar.

Aanya Karki (6D)



Achieved 2 Bronze Medals
in the Cisce Zonal Level Skating Competition
held at Nasik.

Tejas Sorapadi (7A)



Secured Second Prize in the ASICS Quiz
Competition held at
Jasudben M.L. School, Khar.

Drishaan Shetty (7B)



Winner - Badminton Boys Single
U-14, Zonal Tournament ICSE.

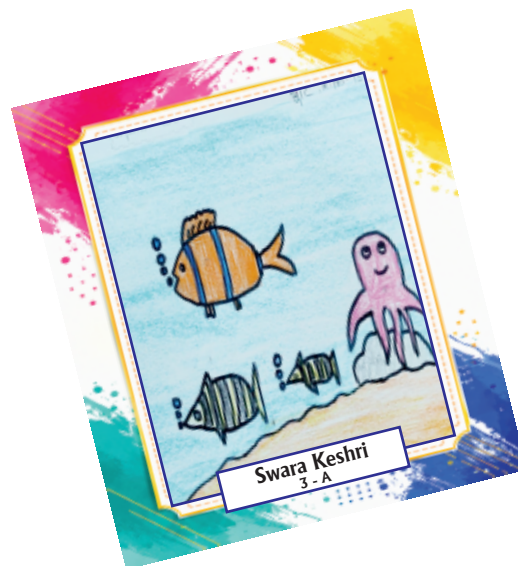
Shlok Goyal (8 A)

Congratulations!





Our Budding Artists



Inspired by Imagination,
Driven by Creativity.