VOL JULY-SEPT 2023

New Shoots

The Ambience Newsletter



Illustrated by : Khushi Srivastava , Grade 7

Message from the Principal's Desk



Dear Learners,

As we move to second half of the session, we are delighted with the learning journey that you all have undertaken, during the first half of session . I am sure the coming months will bring more exciting opportunities for you to wonder and explore. Through this letter I would like all of us to ponder over how we all communicate? Is there a pattern in it? Does this help in fostering better relationship with people around us?

Communication we all know it is the cornerstone of human interaction, and the way we communicate can have a profound impact on our lives and the lives of those around us. A scientific and humanistic way of communication is known as Nonviolent Communication (NVC).

What is Nonviolent Communication - NVC?

NVC, is a communication process developed by Marshall Rosenberg. At its core, NVC is a compassionate approach to addressing conflicts, resolving differences, and connecting with others on a deeper level. It has four key components:

- **Observation:** This involves making objective and factual observations about a situation, behavior, or event without attaching judgments, evaluations, or interpretations. Observations are what you see or hear and are free from subjective opinions.
- **Feelings:** In NVC, individuals are encouraged to identify and express their feelings in response to the observed situation. These feelings are expressed without blame, allowing people to express their emotions in a nonjudgmental way.
- **Needs:** NVC emphasizes the recognition of human needs, which are universal and shared by all individuals. By identifying and articulating our needs, we can better understand why we have certain feelings and reactions in different situations.

- **Requests:** In the final step, individuals make clear and specific requests to meet their needs or address their concerns. These requests are framed in a way that allows for negotiation and collaboration, promoting understanding and cooperation.

How NVC can affect our lives?

- **Improved Relationships**: NVC fosters empathy and understanding, which can lead to healthier, more fulfilling relationships with family, friends, and colleagues.
- **Conflict Resolution:** NVC provides a peaceful and constructive way to resolve conflicts, reducing hostility and misunderstandings.
- **Enhanced Emotional Intelligence:** It enhances our ability to recognize and express emotions, promoting emotional intelligence and self-awareness.
- **Increased Compassion:** NVC encourages compassion for ourselves and others, creating a more compassionate and harmonious world.

By incorporating the principles of Nonviolent Communication into our lives, we not only improve our personal relationships but also contribute to a more compassionate and empathetic community.

As you continue your educational journey, I encourage you to explore NVC and practice it in your daily interactions. By embracing the power of Nonviolent Communication, you can make a positive impact not only within the school but also in your broader communities.

With warm wishes for festivities ahead!

-Mr. Vivek Kumar (Principal)

Border Illustration credits : Avyaan Bansal, Grade 6

Awards and Recognition



Iknoor Kaur Matharu from Grade 3 and Harika Moza from Grade 4, 1st position in the 'Regard Before You Discard-Best Out Of Waste' , Excelsior American School, Gurugram.



Jivika Chaudhary & Samiksha Kaushik , 1st position , Persona-Face painting category, Inter-School Event hosted by Excelsior American School!



Anshum Bisla & Vaanya Gautam have secured the 2nd position in the Grade 9 to 12 Persona-Face painting category at the Inter-School Event hosted by Excelsior American School!



Iknoor Kaur Matharu from Grade 3 and Harika Moza from Grade 4, 1st position in "Regard Before You Discard- Best out of Waste"category, Excelsior American School, Gurugram



Rudraveer Singh, Grade 4, 1st position, Artsy Poster Making category, Excelsior American School!



Alyesha Gill, Grade 2, third position in the Mask-making category , Lancers International School.



Vrishaank Gautam, Grade 3, Second position , The First Open Invitational Artistic Gymnastics Championship.



Riddhima, 3rd position, Rotary Southern India Ladies and Junior Girls Golf Championship in age category 11-13 years



Ashima Singh, 1st Position, Independence Cup Taekwondo Championship -2023, Pragyanam School, Gurugram



Jaskaran, 3rd position , Gurgaon Skaters Roller Skating Championship 2023.



Iknoor, 3rd position , Gurgaon Skaters Roller Skating Championship 2023.



Dhriti Singh, 2nd place, Category E, Golf Haryana Amateur & Junior Tour 2023.



Kreeti Sangwan of Grade 3 secures 1st position in Inter school Roller skating championship - Speed skating. Category - Inline. Age group under 8 .

Road Safety Education







To create awareness among the students regarding various road safety measures and precautions that should be taken, members of the Community Outreach Club organised a special session on the same. The purpose of road safety was highlighted. Traffic rules and road safety measures such as wearing a seatbelt, not using mobile phones while driving, maintaining the speed limit, etc. were discussed with the learners.

Inter House Competitions
















The Inter-House Competitions were a bag of thrilling events where our talented learners took center stage and wowed us all with their incredible skills and maneuvers.

Investiture Ceremony





We, at Ambience School, believe that delegating responsibilities and leadership roles to learners, helps them develop several important life skills.

The school investiture ceremony was a momentous occasion where the school and house flags and the responsibility of the school and the houses were handed over to the newly elected student council. The ceremony was presided over by Honourable Deepit Purkayastha, founder of the popular InShorts app- a short news app with millions of subscribers.

To further add some spark to the ceremony and to infuse optimism in our learners, a song by the school choir and a dance drama were organised. The ceremony concluded with an enchanting instrumental rendition of the divine Shiv Stratum by our learners.
















INVESTITURE CEREMONY


INVESTITURE CEREMONY
2023-24


INVESTITURE CEREMONY
EDITORIAL MEMBER


INVESTITURE CEREMONY


EDITORIAL MEMBER


INVESTITURE CEREMONY
2023-24


INVESTITURE CEREMONY


INVESTITURE CEREMONY
2023-24
EDITORIAL SECRETARY




INVESTITURE CEREMONY


INVESTITURE CEREMONY


INVESTITURE CEREMONY




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INVESTITURE CEREMONY


INVESTITURE CEREMONY


INVESTITURE CEREMONY
2023-24

Independence Day Celebration









We celebrated Independence Day with pre-primary learners in joyful ways. They performed role plays of Gandhi's protests and Rani Lakshmibai's battles, shared historical moments, aced a quiz, and enjoyed patriotic stories and songs. The day ended with a delicious tricolored treat, rekindling the spirit of freedom and our nation's journey to independence.













Sneak Peak into the School Events

Achieving Gender Equality and Empowerment

To spread awareness and promote this crucial concept, a unique and powerful approach combining dance, Nukkad Natak (street play), and choir was organized by Grade 7 learners through their class assembly. This multidimensional artistic endeavor aimed to inspire and ignite conversations about gender equality, challenging societal norms, and fostering positive change.







Learners of Grade 8 also gathered to conduct an assembly centered around the theme of 'Women Empowerment.' The assembly delivered a compelling message, motivating all attendees to wholeheartedly embrace the ideals of empowerment and gender equality.





TEACHING IS A WORK OF HEART





Superheroes in disguise. Assembly commenced with a song of gratitude dedicated to their loving teachers. A power packed performance of our learners in a skit based on vital roles played by teachers in our lives along with rhythmic presentation of Saraswati Vandana was an absolute showstopper. Class assembly with a blend of creative and vibrant presentations was appreciated and enjoyed by all.

जन्माष्टमी

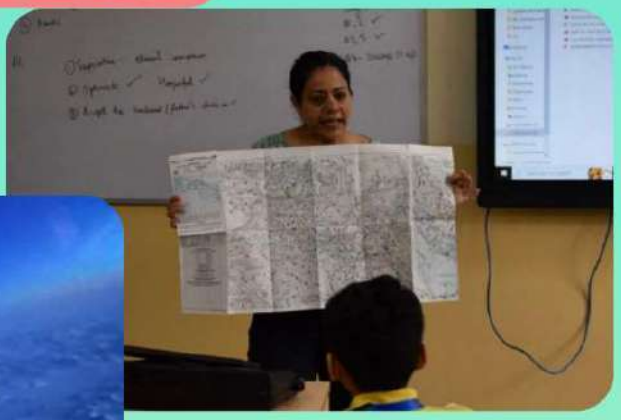


Our Grade 1 students shone brightly in our Janmashtami-themed assembly, where parents were invited to witness their incredible talents. In a vibrant display of dance, music, and acting, our young learners portrayed the life of Lord Krishna. They shared the timeless wisdom from his teachings, reminding us of their relevance in today's world.



Parent-Learner Collab!

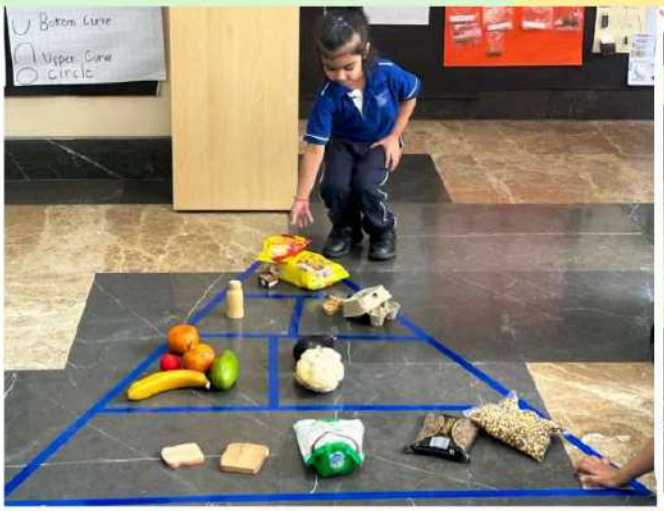


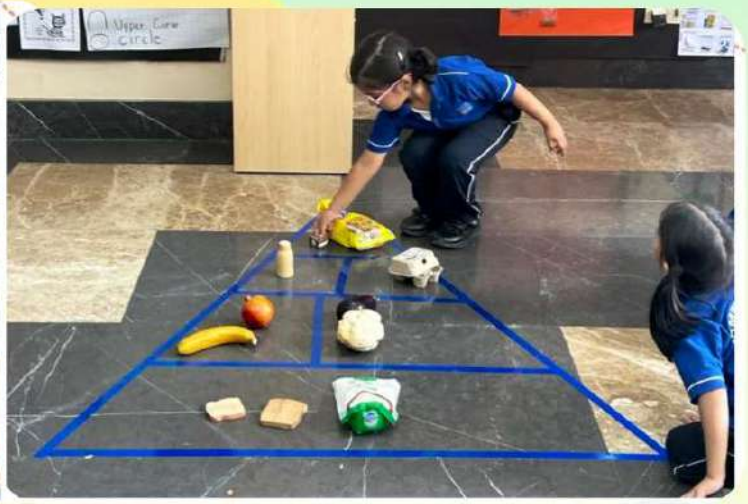




A comprehensive discourse regarding the practical application of longitudes and latitudes was conducted, wherein Captain Vandana Kapoor, our esteemed class parent and a distinguished member of Air India, presently engaged in piloting B777 aircraft, graciously imparted knowledge on the significance of longitudes and latitudes within the realm of aviation. In the course of sharing her extensive professional experiences, she regaled the learners with captivating anecdotes and intriguing visual aids, including images of a Magnetic Compass and the North Pole

Food Pyramid Adventure





Our curious kindergarteners delved into the world of healthy eating through an immersive Food Pyramid activity! Engaging discussions and role play empowered learners to understand the importance of each food group. They eagerly shared their thoughts on how different foods fuel our bodies and keep us strong and healthy

अंतर्सदनीयवादविवाद प्रतियोगिता

हिंदी सिर्फ भाषा ही नही, ज़रिया है खुद को व्यक्त करने का अपनी भावनाओं को सहज और सरल रूप में कहने का। एम्बिएंस पब्लिक स्कूल, गुरुग्राम में 'आज़ादी का महोत्सव' के अंतर्गत प्रत्येक सदन से दो प्रतिभागियों ने दिए गए विषय पर अपने विचारों को व्यक्त किया।





National Sports Day







Our learners of Kindergarten, Grade 1 and Grade 2 participated in the celebrations of National Sports Day by taking part in diverse activities, including a mini marathon. Furthermore, they joined in team-oriented games like tug of war and successfully passed a hula hoop along a human chain.

Creative Corner

The sea saw me!

Beneath the blazing sun, a radiant sphere,
Welcoming the day, bidding night disappear,
With hunger driving, a peach I did reach,
Sprinting toward the shore, the beach within reach.
Then, a sight of blue, the sea's tranquil cool,
Dolphins gracefully playing, a joyful school,
A singing bird in the breeze, pure delight,
By the sea's embrace, everything feels right.
-Aadya Munjal, Grade VI

SEA-RIFFIC!!

The sea is sea-riffic,
The sea breathes in and out
on the shore.
See the sea, sometimes it's calm like the - people after coffee
Sometimes as harsh as the kids who don't get a toffee.
Come to the beach and dance with the waves,
Explore the depth and the underwater caves,
The sea is terrific.
-Jayant Gadiraju, Grade VI





DIFFERENCES!

Why poor on a dirty ground,
Why rich on a soft sofa.
Because poor has a poor bound,
Because rich has a royal bound.

Why pink pouches only for girls,
Why black not suitable for girls.
Because society decided it for us,
Black for boys and not for girls.

I request everyone to erase
differences from boys and girls,
Repair the fate oh lord!
Change the thinking if the society,
Send an angel to fix this up oh lord!
-Vinayak Vikram Singh, Grade VI

Echoes of Equality

In days of old, we dreamed of equality's grace,
A wistful longing in a bygone time,
When hearts were bound by hope in every place, And in our memories, the bells would chime.
Through sepia-tinged lenses,
we recall, The struggle, battles fought in days of yore, Nostalgia's whisper, still within us all,
For a world where equality we adore.
Though years have passed, that dream remains alive,
In nostalgia's embrace, our hearts revive.

-Ms. Vishakha.



An Ode to Remarkable Teachers!

On this very special day,
A note of thanks I am sending your way.

Not a day goes by,
Without you working to the core,
Teaching kids to count is fine,
But teaching them what counts is best,

A love of learning you instill,
In all minds small and big.
Correcting notebooks, making exam sheets and what not!

And so less time you've got
I wonder how you manage it,
If you ever get time to relax and sit,
Or think about YOURSELF.

Racing up and down,
Without making a single frown,
Or letting anyone down,

I wonder if ...
I wonder why...
I can't think of another line

Nevertheless, you are an inspiration,
For this generation
So thank you once again.
-Khushi Srivastava, Grade VII



The day my mother switched off the Wifi!!!

The day my mother switched off the wifi, there was no peace in the house. It was a weekend so my mother said lets go on a trip to Rishikesh where there was no internet. So we disagreed. I kept reading, doing my homework and playing sports for these two days.

Reyansh Sapra
Grade III B



Overcoming My Greatest Fear

When we conquer our greatest fears, we experience a profound sense of freedom. Fear can serve as both a protective mechanism, preventing us from making poor choices, and a limiting force, causing us to doubt ourselves. Let me share my personal story with you. One day, during my time in Grade 2, I was tasked with delivering a speech on Independence Day. Initially, I didn't feel overly nervous, but as soon as I stepped onto the stage, panic set in. Dozens of eyes were fixed upon me, and suddenly, I forgot my lines, fearing that everyone would laugh at me. My heart skipped a beat, and my cheeks flushed with embarrassment. However, I took a deep breath and recollected the practice and effort I had put into preparing. I couldn't let it all go to waste. In that moment, my mother's wise words echoed in my mind: "If you don't conquer fear, it will conquer you." This was the perfect opportunity to achieve victory over my fear. This realization boosted my confidence, and I went on to deliver a successful speech. So, my friends, remember that fear is merely a state of mind.
-Kreeti Sangwan, Grade III-B

The Delhi Sultans



Scene from the 12th Century:
Tomara Rajputs: "Ha Ha! We are the Tomara Rajputs! We founded Delhi; no one can defeat us. We are so strong. We will kill all the Chahamanas.
Chahamanas: "The Tomara Rajputs will kill us. They don't even know what we are called. We are called the Chahamanas.
The war began, with horses marching back and forth, weapons clanging, shields made of pure metal and steel, and gold shining. The Tomaras, on the other hand, were led by their wisest leader named Anangpal Tomar.
Chahamanas: "You think you are going to defeat us, Anangpal Tomar? You might break our bones but not our brave hearts."
It was a terrible war! The Rajputs fought very bravely, but finally, the Chahamanas defeated the Tomaras.
Alas, we lost! The Rajputs looked silent from outside, but they kept the storm raging inside their hearts.
It was under the Tomaras and Chauhans that Delhi became an important commercial center. There was a rich merchant who said, "As the war is over, let's build a beautiful temple." Coins were minted here and had wide circulation.

-Kashish Srivastava, Grade VII



स्वच्छता: हमारा दायित्व

मेरा देश स्वच्छ रखना है,
हम सबको ये काम करना है...

कचरा नहीं रखना,
सबको ये ध्यान रखना है...

गन्दगी नहीं फैलाना
स्वच्छता को फैलाना है...

घर घर में सफ़ाई करना,
हर गली में सफ़ाई का गुण गान गाना है....

मेरा देश स्वच्छ रखना है,
हम सबको ये काम करना है...

कोई भी अकेला नहीं कर सकता,
मिलके सबको इस देश को आगे ले जाना है...

मेरा देश स्वच्छ रखना है,
हम सबको ये काम करना है...

मेरा देश मेरा वतन मेरी जान,
हमें बढ़ानी है इसकी शान...



मेरा देश मेरा वतन
वन्दे मातरम् !!
-Lorisa, Grade III A

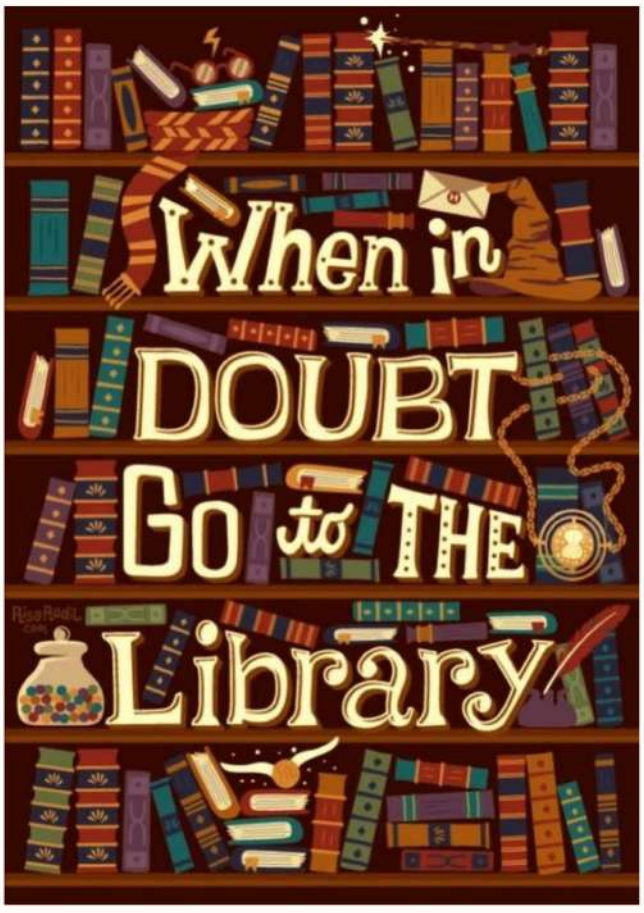


Riddles!!

1. What appears once in a minute twice in a moment but not in a thousand years?
2. What has many rings but no finger?
3. What goes up but never comes down?
4. What word begins with e and ends with e but has only one letter?
5. What two things you can never eat in breakfast?
6. What goes in bird path but never gets wet?
7. I am light as a feather, yet the strongest person, can't hold me for 5 minutes. Who am I?
8. What can you break even if you never pick it up or touch it?
9. What is something that the more you take forward, the more you leave me behind

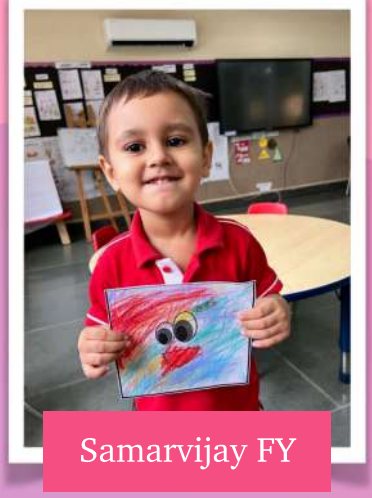
Divija
Grade III-A

1.Letter M
2.A Telephone
3.Your Age
4.Envelope
5.Lunch And Dinner
6.Bird Shadow
7.Your Breath
8.A Promise
9.Footstep





Deeyana FY



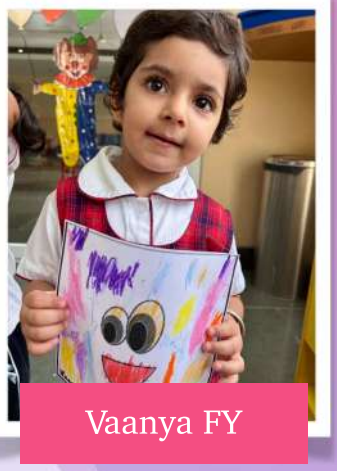
Samarvijay FY



Oujaswi FY



Tyra FY



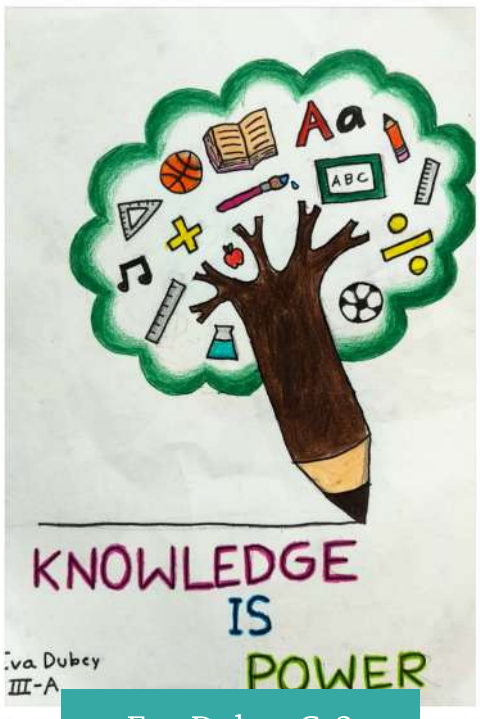
Vaanya FY



Foundation Years



Miransh FY



Eva Dubey Gr3



Viera FY



Iknoor Matharu Gr3



Abhinav Chitta Gr5



Pranusha Chitra Gr5



My Epiphany

Waking up to a beautiful view, filled with hope, to the melodious songs of birds, in the midst of a scenic morning, observing the birds in flight - such a freefall, a liberating high, their chirping echoing the dawn of new hope.

It took me a while to pause, to truly look around, to peer through the morning's bliss, and grasp the promises and possibilities it held for the day. Hmm... what a waste it has been until now. It only required a brief pause and a change in perspective. Perspective, often an underrated concept, wields tremendous power. It's not merely a notion; it alters the world around you, the same world you've inhabited for years but couldn't truly see.

Finally, it's rewarding to anchor my thoughts, to take that pause, to simply gaze without my mind's constant chatter, to experience the calm of the dawn, and savor the best of what I have. I become thoughtless while gazing, witnessing how the horizon transforms into something ethereal. It's just us - my gaze, thoughtlessness, and the serenity. This solitude is good, surprisingly fulfilling, not lonely but filled with peace.

This is not just another mindfulness docuseries, but rather a profound reckoning at dawn. It's about experiencing the experience. An Aurora. Oh, my reader! Join hands with me until next...

-Trisha Bhandoola, Grade VII



गिलहरी गिलहरी सब बुलाये मेरा नाम
हरि सब्जी बीज और खाऊं बादाम
मै हूँ कौआ काला लोग कहे मस्तिवाला
करू मै काऊं काऊं मजबूत मेरा पाऊँ
चोरी चोरी चुपके चुपके लोगो के भोजन चुराउं
नैना मेरा नाम है घूमना मेरा काम है
चोच नारंगी रंग की और गर्दन मेरा काला है।।
देखो देखो भालू आया
सबको ये मनाने आया
प्यारी प्यारी बाते करके.....
मैं हूँ मेढक करता मै ट्टर ट्टर
पानी मे रहूँ बारिश मे निकलु
मिलकर बैठे कश्ती मे झूमे गाये मस्ती मे
मैं हूँ मेढक करता मै ट्टर ट्टर

-A song composed by Mr. Kaushik Mitra

प्रकृति है वरदान

प्रकृति अद्भुत कलाकृति,
कीमती उपहार के रूप में हमें है मिली ।
प्रकृति अनगिनत रंगो से घिरी,
प्रकृति हमारे जीवन का मूल आधार,
जिसके बिना जीवन की कोई कल्पना नहीं होती साकार ।
जिसने अपनी गोद में सभी को सुरक्षा और आश्रय दिया ।
प्रकृति जिस सेवा भाव से हमारा लालन-पालन करती है,
उसकी रक्षा व संरक्षण हमारी भी ज़िम्मेवारी है ।

जिव्या
कक्षा-7

प्रकृति

सुबह-सुबह सूरज का उगना, उसकी गरम किरणों से
हमारा उठना,

पंछियों का चहचहाना,
हरी-भरी पत्तियों का लहराना,
सब है प्रकृति का ताना-बाना | बागों में फूलों का खिलना, तितलियों का उनपर मंडराना, गगनचुंबी पेड़ों पर ,
पंछियों का घोंसला बनाना
सब है प्रकृति का ताना-बाना । छम-छम करती बारिश की बूंदों का आना,
हरे-भरे खेतों को सहलाना,
तपते सूरज को बहलाना,
ठंडी पवन का लहराना
सब है प्रकृति का ताना-बाना |

जसकरन सिंह
कक्षा - 7



An Ode to Remarkable Teachers!

On this very special day,
A note of thanks I am sending your way.

Not a day goes by,
Without you working to the core,
Teaching kids to count is fine,
But teaching them what counts is best,

A love of learning you instill,
In all minds small and big.
Correcting notebooks, making exam sheets and what not!

And so less time you've got
I wonder how you manage it,
If you ever get time to relax and sit,
Or think about YOURSELF.

Racing up and down,
Without making a single frown,
Or letting anyone down,

I wonder if ...
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Nevertheless, you are an inspiration,
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So thank you once again.
-Khushi Srivastava, Grade VII





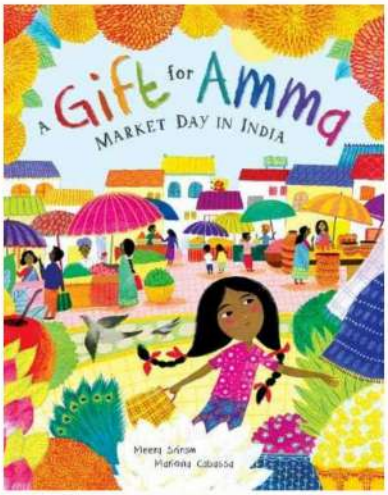
Overcoming My Greatest Fear

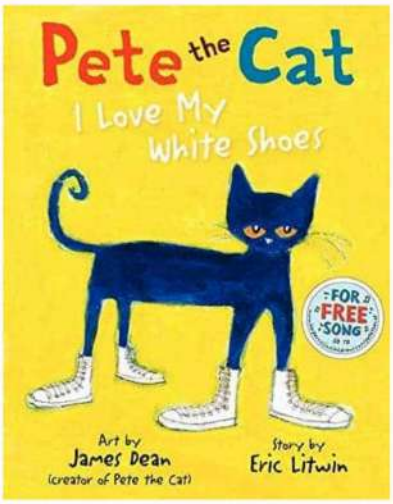
When we conquer our greatest fears, we experience a profound sense of freedom. Fear can serve as both a protective mechanism, preventing us from making poor choices, and a limiting force, causing us to doubt ourselves. Let me share my personal story with you. One day, during my time in Grade 2, I was tasked with delivering a speech on Independence Day. Initially, I didn't feel overly nervous, but as soon as I stepped onto the stage, panic set in. Dozens of eyes were fixed upon me, and suddenly, I forgot my lines, fearing that everyone would laugh at me. My heart skipped a beat, and my cheeks flushed with embarrassment. However, I took a deep breath and recollected the practice and effort I had put into preparing. I couldn't let it all go to waste. In that moment, my mother's wise words echoed in my mind: "If you don't conquer fear, it will conquer you." This was the perfect opportunity to achieve victory over my fear. This realization boosted my confidence, and I went on to deliver a successful speech. So, my friends, remember that fear is merely a state of mind.

-Kreeti Sangwan, Grade III-B

Book Recommendations

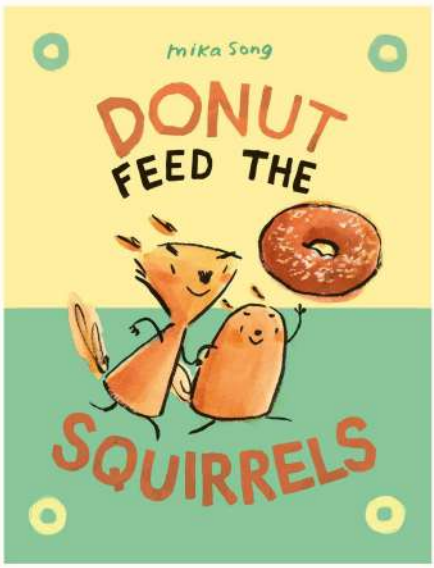
Ages 3–5

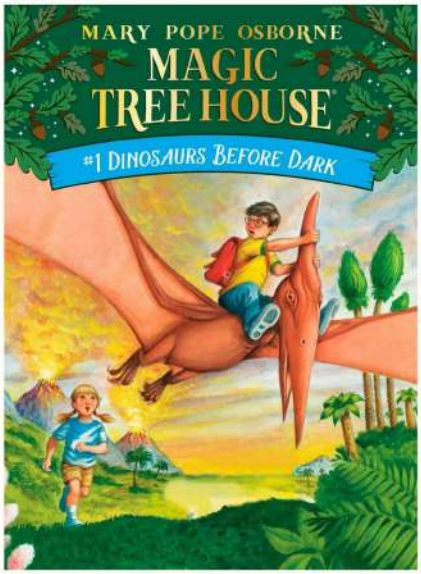


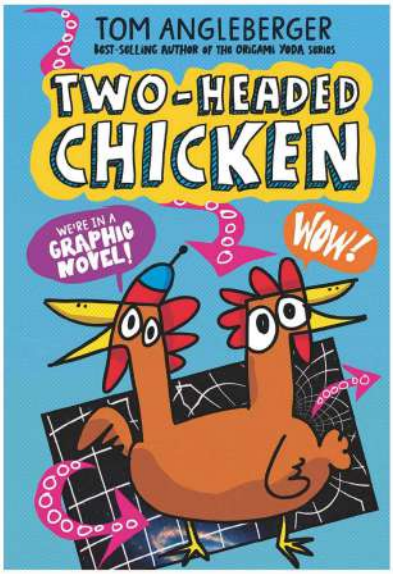




Ages 6–8







Ages 9–12

