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ROCKFORDIAN WEEKLY DIGEST – RWD 59

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CELEBRATION OF RED DAY

The colour of love and smiles illuminates the air with energy, vigour and exuberance.....”

Kindergarten & Primary Wing of RockForD conducted ‘Red Day’ activity on 5th July 2024 to introduce children into the mesmerizing realm of colours. The shades of red made our tiny tots feel bright, lively and cheerful.

The tiny tots looked stunning in their red outfits. A Special assembly was conducted with emphasis on the significance of red colour. The young ones sang the Red Day song ‘My red balloon...’ ‘Apples are red... Roses are red.... I love red...red, red, red...’

The ‘Red Day’ celebration was a wonderful learning activity which helped the children to sort out and classify objects based on colours thereby reinforcing their cognitive skills.



Addition with Regrouping

Class: II

Subject: Mathematics

Experiential learning is a method where learners gain knowledge and skills through hands-on experiences. It's not just about reading or hearing about something; it's about being in the thick of it, doing, and then reflecting on those experiences. This approach aligns with the experiential learning theory, which emphasizes that learning is most effective when it's active and involves emotional, physical, and intellectual engagement.



"Me & My Family"

Class: II

Subject: Tamil

"Me" and "my" Family

It is pleasant time to all the students who spoke about themselves and their family members.

Outcome:

It was really wonderful to know about each other.

Mind over Math

Class: III

Subject: Mathematics

Addition enables one to add small numbers in their mind swiftly. By mastering this arithmetic operation, we can perform calculations quickly and accurately. Here our students of class - III have done an activity on the topic "Decoding Additional Values" with curiosity and enthusiasm.



Hunt the Words

Class: III

Subject: English

The students of Class III B this week learnt the poem, 'The water cycle'. The new words were spelt by the students on the world wall. 'Hunt the words' is an activity that sharpens the sight and recognize the new words.



Hunt the Words

Class: III

Subject: English

Students hunt for new words in the text book and fix it on the wall.

The students of class III A this week learnt a poem The Water cycle. A picture was drawn by the students and grammar sessions on kinds of sentences using the words who, why, where, what, which, when and How were taught.

Practice was given orally and written work was also done.

Different Types of Teeth

Class: III

Subject: EVS

Model making

Learning outcome:

Students learnt the types of teeth of animals and human.



Addition

Class: III

Subject: Mathematics

Studies have shown that kinesthetic learning is the most successful way of learning with students. Kinesthetic learning is where a student carries out physical activities rather than listening to a lecture. Doing this helps them gain a superior understanding of the material.

Here our class III charms learnt addition by using paper cut material...

The Rabbit and the Tiger

Class: IV

Subject: Tamil

A rabbit lived in a forest where the Tiger was the king. The rabbit wanted to be the king. The tiger asked the rabbit to prove if he was worthy to be the king. The rabbit cleverly asked the Tiger to carry the rabbit on its back and go around the forest. All the animals were afraid of the Tiger and wished the tiger. The rabbit used their fear as its victory and told the Tiger that all were frightened of it. It sent the tiger out of the forest, and it crowned itself as the king.

Moral: Don't lose your confidence and character because of others.





“Science Is a Beautiful Gift to Humanity; We Should Not Distort It”

Class: IV

Subject: Science

Habitat is the natural home or environment of a plant. Making models allows to express creativity by picking their own colors, patterns, and designs. Here our students of Class IV have learnt about types of plant habitat by making models.

Model Making

Class: IV

Subject: Science

Models provide a simplified, concrete way of representing a physical entity or an idea. Here our students of class - IV have done a model of a Hen with chicks and have explained the lifecycle of a hen with good sentence formation



Unlocking the Power of Math

Class: IV

Subject: Mathematics

Mathematical shapes provide the foundation for understanding other areas of mathematics, especially number and arithmetic, like part-whole relationships and fractions. Here our students of Class-IV have done an activity on "Decoding on shapes" and have developed their critical thinking skills



Northern Plains

Class: IV

Subject: Social Science

Learning Outcome: Students learnt about the six physical divisions of India. Northern plains is one of the important physical divisions of India and they are the main river basins of India.



Solar System

Class: VI

Subject: Social Science

The Solar System, located in the MilkyWay Galaxy, is our celestial neighbourhood. Our Solar System consists of 8 planets; several dwarf planets, dozens of moons, and millions of asteroids, comets, and meteoroids. They are all bound by gravity to the Sun, which is the star at the centre of the Solar System.



Crunching Numbers with Confidence

Class: VI

Subject: Mathematics

L.C.M and H.C.F of two or more numbers help in finding out quick solutions and thus reduce time during examinations. Here our students of Class -VI have Integrated art with Math and solved the given problems.



Visions of Tranquility: Bharathiyar's Dream Home Under the Moonlight

Class: VI

Subject: Tamil

The Poet "Bharathiyar" asks goddess 'Parashakthi' to give him a little land, and in it to build him a white house, with coconut trees around it. It also must have a well. The coconut water must be very sweet. In the moon light he wishes to lie down in a cot and enjoy the gentle breeze.

Poster Making - Save Forest

Class: VIII

Subject: Social Science

Forests are being wiped out and trees are being cut down at a rapid rate. To meet the needs of humans, we are losing sight of the bigger picture. We need to take steps to improve the forest area rather than decreasing it. The government must regulate the cutting down of trees.



Lines and Angles

Class: IX

Subject: Mathematics

In the class room straight lines are drawn on the floor, the entrance, the window, and the zebra crossing on the roadside. Whereas angles are employed in the construction of buildings, they are also interconnected with fields. Types of angles are used in yoga positions, games and fields.

Poster Making – Freedom Fighter

Class: X

Subject: Hindi

* Freedom fighters are the epitome of bravery and their lives personify lessons of Supreme struggle and endurance which have an enormous impact on child.

* Activity provides Child with a higher self - confidence and stability in a dynamic frantic indecisive world.

* Activity taught them that Freedom fighters prospered in a free country free from any kind of colonizers or injustice.

* Children gets inspired, motivated and fight for injustice.

* Children list out the Freedom fighters' names.

* Children understand their rights.

* List out the role of Freedom fighters in the Freedom struggle.



Debate

Class: XII

Subject: English

English Debate: A debate on Gender Inequality was conducted for Grade XII Students . The students presented numerous facts and effectively rebutted questions from the opposing side. Their speeches were informative, well organized, and delivered with great etiquette addressing both sides with respect.



LIBRARY BEST BOOK REVIEWER

The best friend of a human are books. To know the quality of the content we have a quick look at the review part. Our Rockfordians have proven again not only by reading or by writing, they proved that they are excellent book reviewers.

Library Best Book Reviewers are: Ms.Vanya Singh of class VII, Ms. S.Payal Kumari of class VII and Master S.Yaswanth of class VI.

Library Best User: Master J. Vignesh of class XII.





Garbhasana

It calms the mind and relieves stress while gently stretching the hips, lower back, and thighs. It also eases back pain by stretching the back. Balasana, also known as Shashankasana or Garbhasana, serves as a recovery exercise after intense activities, aiding in gradually slowing down of breath.

Kabodasana

- Flexibility: Improves flexibility in the spine, hips, and thighs
- Strength: Strengthens the back muscles, chest, and legs
- Posture: Improves posture
- Pain relief: Relieves lower back pain, sciatica pain, and stiffness
- Stress management: Helps release tension in the hips and calms the mind
- Organ functioning: Stimulates abdominal organs and improves pranic flow in the spine
- Blood circulation: Improves blood circulation in the reproductive system and to the head
- Weight management: Helps improve appetite and prevent eating disorders



MYSTERY CHAMBER

CAN YOU FIND THE MISSING NUMBER?

7	5	4	6
9	8	2	3
5	2	7	8
1	7	9	?



BIRTHDAY CELEBRATION



WEEKEND READING

ಉಮಾಬಾಯಿ ಕುಂದಾಪುರ

ಉಮಾಬಾಯಿ ದಬಾಡೆ ಎಂದೂ ಕರೆಯಲ್ಪಡುವ ಉಮಾಬಾಯಿ ಕುಂದಾಪುರ ಅವರು ಇಂದಿನ ಕರ್ನಾಟಕದ ಉಡುಪಿ ಜಿಲ್ಲೆಯ ಕುಂದಾಪುರದಿಂದ ಬಂದವರು. ಅವರು 1923 ರಲ್ಲಿ ಗ್ರಾಮೀಣ ರೈತ ಕುಟುಂಬದಲ್ಲಿ ಜನಿಸಿದರು, ಅಲ್ಲಿ ಅವರು ಬ್ರಿಟಿಷ್ ವಸಾಹತುಶಾಹಿಗಳ ಅಡಿಯಲ್ಲಿ ಸಾಮಾನ್ಯ ಜನರ ನೋವುಗಳನ್ನು ಕಂಡರು. ಅವರು ಭಾರತದ ಸ್ವಾತಂತ್ರ್ಯ ಚಳುವಳಿ ಮತ್ತು ಮಹಾತ್ಮ ಗಾಂಧಿಯವರ ವಿಚಾರಗಳಿಂದ ಆಳವಾಗಿ ಪ್ರಭಾವಿತರಾಗಿದ್ದರು. ಅವರು ಭಾರತೀಯ ರಾಷ್ಟ್ರೀಯ ಕಾಂಗ್ರೆಸ್ ಸೇರಿದರು ಮತ್ತು 1942 ರ ಕ್ವಿಟ್ ಇಂಡಿಯಾ ಚಳುವಳಿಯಲ್ಲಿ ಸಕ್ರಿಯವಾಗಿ ಭಾಗವಹಿಸಿದರು. ಅವರು ಸಭೆಗಳು, ಮೆರವಣಿಗೆಗಳು ಮತ್ತು ಯಾತ್ರಿಕಗಳನ್ನು ಆಯೋಜಿಸಿದರು ಮತ್ತು ಹೆಚ್ಚಿನ ಜನರನ್ನು ಸೇರಲು ಪ್ರೋತ್ಸಾಹಿಸಿದರು. ಅವರು ಸ್ವಾವಲಂಬನೆ ಮತ್ತು ಸ್ವಾವಲಂಬನೆಯ ಮಹತ್ವದ ಬಗ್ಗೆ ಜಾಗೃತಿ ಮೂಡಿಸಿದರು. ಅವರು ಖಾದಿ ಬಟ್ಟೆ ಮತ್ತು ಸ್ವದೇಶಿ ಉತ್ಪನ್ನಗಳ ಬಳಕೆಯನ್ನು ಉತ್ತೇಜಿಸಿದರು. 1944ರಲ್ಲಿ ಉಮಾಬಾಯಿ ಕುಂದಾಪುರ ಅವರನ್ನು ಬ್ರಿಟಿಷ್ ಅಧಿಕಾರಿಗಳು ಬಂಧಿಸಿ ಬೆಳ್ಳಾರಿ ಜೈಲಿನಲ್ಲಿಟ್ಟರು. ಅವಳು ಅಮಾನವೀಯ ಚಿಕಿತ್ಸೆ ಮತ್ತು ಚಿತ್ರಹಿಂಸೆಗೆ ಒಳಗಾಗಿದ್ದಳು, ಆದರೆ ಅವಳು ಬೆದರಿಸಲು ಅಥವಾ ಮುರಿಯಲು ನಿರಾಕರಿಸಿದಳು. ಅವಳು ತನ್ನ ಸಹ ಕೈದಿಗಳಿಗೆ ಸ್ಪೂರ್ತಿ ನೀಡುವುದನ್ನು ಮುಂದುವರೆಸಿದಳು ಮತ್ತು ಬ್ರಿಟಿಷ್ ಸಾಮ್ರಾಜ್ಯಶಾಹಿ ವಿರುದ್ಧದ ಪ್ರತಿರೋಧದ ಸಂಕೇತವಾದಳು.

Umabai Kundapur

Umabai Kundapur, also known as Umabai Dabade, hailed from Kundapur in present-day Udupi district of Karnataka. She was born in 1923 in a rural farming family where he witnessed the sufferings of the common people under the British colonialists. She was deeply influenced by the Indian freedom movement and the ideas of Mahatma Gandhi. He joined the Indian National Congress and actively participated in the Quit India Movement of 1942. She organized meetings, marches and rallies and encouraged more people to join. She created awareness about the importance of self-reliance and self-reliance. She promoted the use of khadi cloth and indigenous products. In 1944, Umabai Kundapur was arrested by the British authorities and kept in Bellary Jail. She was subjected to inhumane treatment and torture, but she refused to be intimidated or broken. She continued to inspire her fellow prisoners and became a symbol of resistance against British imperialism.



Umabai Kundapur

Weekend Reading

By Mr. Motilal Oswal

#376



7

Years of Inspiring the Future
and Honouring the Past

A luxury watchmaker was struggling to sell one of their high-end models. Desperate, they hired a prestigious consulting firm, which delivered a hefty 200-page report filled with detailed, data-driven strategies. The company rejected the report. They just doubled the price of the watch and made a beautiful marketing campaign. Suddenly, sales soared. You would wonder Why? Because the higher price tag made the watch appear more exclusive and desirable. One must realise that the perceived value often outweighs actual value. This explains why people gladly pay 100 Rupees for a burger that costs only 10 Rupees to produce. The power of presentation and context can elevate an ordinary product into something special.

As in life, in business too the psychology matters more than many other logics. Great leaders get this. Take Apple, for instance. Under Steve Jobs leadership, Apple didn't just sell gadgets; they sold a vision of creative coolness. Owning an Apple product meant you were part of an elite group of innovators and free-thinkers. Despite the high cost and sometimes impracticality of their products, the emotional appeal made them irresistible.

If you aspire to succeed in business, don't just focus on the data and numbers. Invest time in knowing your customers – delve into their hearts, minds and emotions. As the saying goes, people may forget what you said or did, but they will always remember how you made them feel. So, get out there, observe, listen, share stories, create experiences that resonate emotionally and most importantly enjoy the process. Success will follow.

Stay Curious and always be open to new learnings!

Have a great weekend.

