THE NEST CHRONICLE

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Celebrating Our Everyday Heroes: Teachers' Day at The NEST School



Teachers' Day at The NEST School was a celebration of the people who make our corridors brighter, our classrooms livelier and every learning experience meaningful. Adding a touch of nostalgia to the occasion, our facilitators dressed in retro style, bringing colour, charm and cheer to the celebrations.



The highlight of the celebration was a special assembly led by our learners, who made sure every teacher was recognised and celebrated. Through thoughtful gestures and heartfelt acknowledgements, they highlighted the unique qualities, talents and little things that make each facilitator special. The day was a reminder that behind every confident learner is a teacher who encourages, empowers and believes in them. At NEST, Teachers' Day was not just about celebrating a profession, but about honouring the people who make our school a place filled with learning, laughter and lasting memories.

Message from the Founder

Dear NEST Community,
September reminded us of one of our core beliefs at NEST, every child has a talent, and our role is to discover it, nurture it and give it the opportunity to shine.

This month, our learners found many ways to express themselves, through stories and creativity at LitFest, sports and teamwork, assemblies and their many individual achievements. Each experience gave them a chance to discover new strengths and grow in confidence.

A special thank you to our parents for enthusiastically participating in the NEST Parent League. Your involvement makes our community stronger, and with several NEST Sports Clubs launching shortly, we look forward to creating even more opportunities to play, participate and grow together.

And now, the excitement builds towards NESTival '26, two days of sport, creativity, technology and talent. I look forward to seeing our learners take centre stage once again!

Warmly,
Deepa Umamaheswaran



Ms. Deepa Umamaheswaran (Founder)

Events & Happenings

LitFest '26: Where Stories Came Alive at The NEST School









What began as an idea to celebrate World Literacy Day grew into a vibrant celebration of stories, reading and creativity at The NEST School. Held on 11 September, LitFest '26 brought learners together through Readathon activities, storytelling workshops and an EYP literary character parade. Learners from TNS and other schools in the city explored storytelling through workshops on Indian folk tales, short story writing, comic strips and manga art, along with competitions in Flash Fiction, Book Cover Design, Poetry Recitation and Memeing the Classics.

LitFest also celebrated the many ways young people connect with stories today. From the Chennai Anime Club and Higginbothams to book publishing showcases and small businesses, the festival brought together books, fandom, creativity and entrepreneurship. Learner-led stalls supporting causes such as animal welfare and people with visual impairments added another meaningful dimension, allowing learners to become storytellers, creators, entrepreneurs and changemakers.



More than a literature festival, LitFest '26 showed us how curiosity and creativity can shape character. A love for a book, story, illustration or idea can spark confidence, empathy, purpose and the courage to create. At NEST, we believe curiosity and interest deserve space to grow, and LitFest was a celebration of exactly that.







Events & Happenings

More Than a Game: Sports Day '26









The NEST School celebrated its 5th Annual Sports Day with two days of sporting spirit, joy and unforgettable moments. The first day was dedicated to the Early Years Programme (EYP), with Ms. Sruthika H, a professional basketball player, gracing the occasion as the Chief Guest. Adding colour and meaning to the celebrations, the young learners were dressed in the seven colours of the rainbow, each representing an emotion reflected by its colour. The little ones enthusiastically participated in the march past, obstacle races and talent showcases, displaying their confidence, coordination and sporting spirit. The celebrations also featured a special event for parents, making the day a memorable experience for the entire NEST community.

The second day brought together learners from the Primary Years Programme (PYP) to the AS Level, representing the five houses: Amazon Caimans, Daintree Pythons, Tongass Bears, Congo Elephants and Sundarban Tigers. With Mr. C. G. Gowthan, a professional competitive swimmer, as the Chief Guest, the day was filled with a spirited march past, displays, exciting races and enthusiastic participation. The learners showcased their athletic abilities, teamwork and determination, cheering for their respective houses and celebrating every achievement. Adding to the excitement, the Amazon Caimans once again emerged as the overall champions, claiming the championship trophy.

The two-day celebration concluded with the presentation of the Overall Championship Trophy and individual championship awards, recognising the dedication, perseverance and achievements of the learners. The 5th Annual Sports Day was a celebration of teamwork, resilience, sportsmanship and the joy of participation; with enthusiastic learners, encouraging parents and a vibrant school community, the event was a grand success, leaving everyone with cherished memories and a renewed spirit to strive for excellence.

Events & Happenings

The month in pictures



NEST Parent Hour



World Dot Day assembly led by Grade 4 learners



Nest Parent League, Pickle Ball edition



EYP Action Plan

ASSEMBLIES: Where Young Voices Take the Stage

Every Thursday at The NEST, our assemblies turn into moments of celebration, creativity and reflection.

September brought two special assemblies to our community. We celebrated Teachers' Day with gratitude for the facilitators who make learning meaningful, joyful and memorable every day.

Grade 4 brought creativity to centre stage with a special World Dot Day assembly, inspired by the idea that a simple dot can be the beginning of something extraordinary. Through stories, activities and thoughtful presentations, our learners explored the power of creativity, courage and self-expression — and reminded us that everyone has the potential to make their mark.



Takeaways & Triumphs

Digital Media & the Adolescent Brain

For adolescents, digital media can support learning and connection, but excessive or compulsive use can affect wellbeing.

The adolescent brain's reward system is highly active while self-regulation is still developing. Digital experiences such as likes, notifications, gaming rewards and endless scrolling can stimulate dopamine pathways, encouraging repeated engagement and habit formation.

Parents can help by setting healthy boundaries, protecting sleep, limiting unnecessary notifications and encouraging offline activities.

The goal is not to eliminate technology, but to help children use it mindfully, rather than letting it control their attention and routines.

Take your time and Solve it!

F H P S F F T W S H D J A M E J Z H R T
Q D H I C K S R Y R O C K E T M S D L A
R W U B O Y W B G K X Y B U X Z A Q R L
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C X V L L U H Z Q G W O X X G L L U N T
Y H K O P S C X O P V Q N V Y M L H U A
S F O X L D D Y U E Y V L B H G I J N B
R O B O T U B D H E E I T S P A T I E R
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T A A T S V R I X N E Y C B Y H B G T Y
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B G S P O R T X T N A H O Y Q H B V V W
Z K O Z R Y I U K V N C X Z V K E H A G
A S V S Z R Z Z W K S Y S H Y G M H L Q
E E P Z N L V Z Z V X M B K B E S F B E
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NESTIVAL || SPACE || ROCKET || TALENT CREATIVE ROBOT || SPORT || EARTH || SATELLITE || SCIENCE EXPLORATION || PROPULSION|| REVOLUTION

Upcoming events

- Cambridge Connect 6th October
- Rocket Revolution 5th & 6th October
- Dussehra Break 14th to 20th October
- NESTival'26 23rd & 24th October

Student Achievements



Jayna – Grade 3
Secured 5th place in Category FL2 at the 16th UCMAS Tamil Nadu Competition 2026 for Abacus.



Eshaan Singhvi – Grade 1
Won 2 gold medals at the State-Level Invitational Gymnastics Competition 2026. At the GPCP State Gymnastics Championship, he secured 3 gold, 2 silver and 1 bronze medal.

Get Involved!

Take part in our competitions and send us your essays, artwork, poems, stories, or other creative pieces for a chance to be featured in our upcoming newsletter to smm@meenakshi.education.