



Cambridge Assessment  
International Education  
Cambridge International School

# THE FEATHER FILES NEWSLETTER

September '25 edition



## Teachers' Day & Onam Celebration @ TNS

**Date:** 3 September 2025

**Venue:** Amphitheatre

**Organised by:** Learners of PYP & CIE



### Honouring Our Teachers & Celebrating Culture

We started this month's first assembly with lots of joy — celebrating the amazing teachers who guide us, and also embracing the festival of Onam and its beautiful traditions. This year's theme was "Recognising the Essence of Gurū". Our CIE learners shared how important a guru or teacher is, and expressed gratitude to all those who help us find our way. Meanwhile, our PYP learners explained the story, traditions, and meaning of Onam, giving us a peek into Kerala's rich culture.

### From Idea to Reality

Putting the assembly together took teamwork, creativity, and careful planning. Learners from Grades 9 and 10 worked with Ms. Praseeda (Head of Academics) to make it happen. They: wrote scripts, Recorded videos, Choreographed dance performance, Designed games. It was a fun, busy process — and it turned into a beautiful, memorable event.



## Bringing Onam to Life

Students from Grades 4 and 5 helped bring Onam's spirit to the stage by telling its story and explaining its customs. It felt like passing along a piece of our heritage to everyone present. We also decorated the stage with Pookolams (flower rangoli)—vibrant, floral designs that added charm and color. What made the day extra special was seeing our teachers join in — dancing, singing, celebrating with us. We laughed, learned, and enjoyed every moment together.



## Time to reflect on our shared experiences

*Time to reflect on our shared experiences:*

*Our assembly was a true celebration of creativity, collaboration, and community spirit. As part of our growth mindset, we asked ourselves: What went well? What could be even better next time? We noticed,*

- Performance timing could be improved for a smoother flow
- A few roles and responsibilities needed a bit more clarity.

*Looking ahead, we're excited to carry these lessons into our next event — aiming for something even more seamless, engaging, and meaningful for everyone involved.*

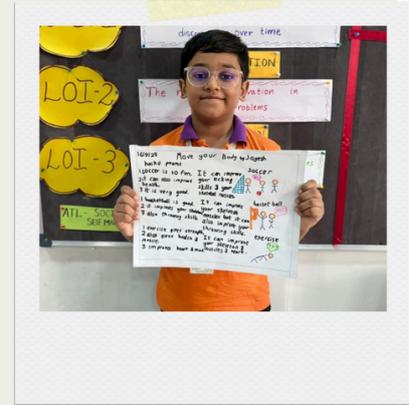


# IN OUR OWN WORDS!

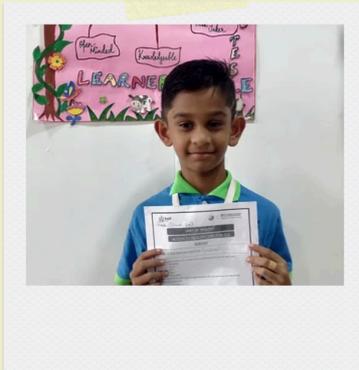
## TAKING CARE OF OURSELVES!

This week, we learned about well-being using the PERMA theory, which has five parts that help us feel happy and healthy. We made a colourful chart with drawings for each part: P is for Positivity – we drew a yellow sun for happy thoughts. E is for Engagement – blue swirls showed our focus and excitement. R is for Relationships – hearts and people showed friendship and kindness. M is for Meaning – green leaves represented growth and doing things that matter. A is for Achievement – yellow stars show how proud we feel when we reach goals. This activity taught us how to care for ourselves and feel good every day!

— Jogesh Grade 3B



## MY RESEARCH ON MEDICAL CARE



This month, our class learned about hospitals and medical care in India. We wanted to know how much people know about it, so we did a survey with some of our school facilitators. The answers showed that people know a little—not too much, not too little. I found it really interesting! I didn't know some of these things before. It made me want to learn more and help others understand too. I think if more people know about medical care, it can help make things better. I'm happy we did this project! – Sasiharani, Grade 4

## BEING MIND-FULL VS MINDFUL

This week, we learned about mindfulness. We made two hand-shaped charts—one for healthy mindfulness and one for unhealthy mindfulness. In the healthy chart, we wrote things like sharing good thoughts, singing happy songs, and making sure people feel safe and cared for. In the unhealthy chart, we showed how bad thoughts can distract us and make us feel upset. This activity helped us understand that healthy mindfulness means staying focused and taking care of ourselves and others.

– Mellina, Grade 3A



## INTERNATIONAL MINDEDNESS IN PRACTICE !

*This month, we learned about International Mindedness. I discovered that people around the world have different cultures, and it made me proud to share mine. In my family, we speak Telugu. We celebrate festivals like Sankranti with delicious food and lots of fun. I learned about the traditional clothes we wear, such as sarees for women and dhotis or kurtas for men, as well as our beautiful dance form, Kuchipudi. It was a lot of fun sharing and exploring my culture with my friends. Learning about other cultures is exciting because I get to see how people from different places celebrate and do things in their own unique way. I feel happy knowing that my culture is part of a big, diverse world, and I can learn from others while also sharing.*



**-Shruthika-Grade 2**

## GROWING TOGETHER AS GLOBAL CITIZENS: KINDNESS, CARE, AND COMMUNITY

*"This month, we explored what it means to be a global citizen. We learned that people all around the world are different, and we should be kind to everyone. I can be a global citizen by helping people, caring for animals, and protecting the Earth. I try to save water, throw trash in the bin, and be gentle with animals. I also show kindness at home by helping my family, at school by sharing and being a good friend, and in my community by being respectful and helpful. Being a global citizen helps me remember that we all belong to one big world, and we can make it better by being kind, respectful, and learning from each other. It makes me feel proud! I'm excited to keep learning and growing as part of this big, wonderful world!"*



**-Kanishka-Grade 2**

## KNOWING ALL ABOUT MYSELF!

*In the theme Who We Are, we thought about ourselves and what makes us happy. In this activity, we did an identity web and I wrote about my family, favourite food, clothing, hobby and what I would like to become when I grow up. I enjoyed this activity because it is all about myself and what makes me special.*

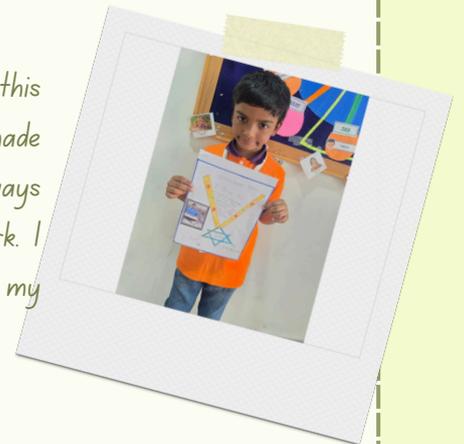
*- Avika-Grade 1B*



## EXPRESSING GRATITUDE

*In our class, we explored the theme "Who We Are." I learned that this theme is about understanding our identity and building relationships. I made this gratitude card for my father because I love him very much. He always cares for me, shares things with me, and helps me with my homework. I would like to show my appreciation by giving this gratitude medal to my father.*

*- Enoch -Grade 1A*



## BUILDING RELATIONSHIPS AT HOME AND AT SCHOOL

*In class, we explored the theme 'Who We Are'. I learnt that the theme is all about us - our identity, relationships and how I am special. I made this 'Thank You' card for my dad because he makes me who I am by teaching and helping me whenever I find something difficult to do. When I presented this card, he felt very happy*

*- Zwe Htet-Grade 1C*



# JOURNEY OF DISCOVERY

In class, we explored ideas about who we are, how we feel about ourselves, and how the choices we make shape our lives. One of my favorite activities was Identity Boxes. We filled boxes with things that tell our story — our interests, memories, traditions. For example, I included how I've changed over time and symbols from my culture. It was amazing to see how everyone's boxes showed so much heart.

We also did a Graffiti Board activity. Using sticky notes, we wrote messages of self-confidence, support for each other, and reminders of our strengths. It turned our classroom into a space full of encouragement.



Then came Decision-Making Keys. We looked at real-life situations and thought through possible choices and what could happen next. It taught us to think carefully and take responsibility. We ended the unit with a Kindness Assembly — singing songs about empathy and inclusion, and celebrating all the things we had learned.

-Prathyangi, Grade 5

# LANGUAGE, SPORTS, AND SPIRIT: A MONTH OF CELEBRATION @ TNS

**Date:** 11 September 2025

**Venue:** Amphitheatre

**Organised by:** Learners of The Nest School



## Hindi Diwas – A Day to Celebrate Our Language

On September 11th, we celebrated Hindi Diwas, where the entire school came together to honor our language. The day began with a special assembly where students, including younger ones, spoke about the importance of Hindi in our lives. The highlight of the day was a beautiful song sung by everyone, which celebrated the glory and beauty of Hindi, uniting us all in its rhythm and pride. Throughout the event, students performed skits and dramas that showcased the power of storytelling in Hindi. The performances were full of energy, creativity, and emotion, making us realize that Hindi is not just a language but a rich medium for expressing stories, culture, and feelings.



## Football Awards Ceremony – Honouring Hard Work and Team Spirit

We also celebrated our Football Awards Ceremony this month. The excitement in the air was infectious as our football team was recognized for their dedication. Every player who took part in the inter-school matches received a certificate, and three players stood out:

- Boys Under 11 category: Master Saharsh (Grade 4) won the best player of the tournament
- Girls Under 15 category: Kuvirah (Grade 8) was named Best goalkeeper of the tournament
- Priyanka (Grade 4) earned the title of The Most Promising Player

## Prevention of communicable diseases

Grade 8 students gave an impressive presentation as part of their Global Perspectives project on health and hygiene. After weeks of research and preparation, they shared practical tips through posters, videos, and real-life examples. Their message was clear and powerful — good habits like staying clean, eating well, and sleeping enough are key to staying strong, both in school and on the field. Their presentation was insightful and a great reminder of how small actions can lead to a healthier life.



## A Month of Growth and Joy

Looking back, it's clear that school is about more than just books. Whether through language, sports, or creativity, we get to explore who we are and what we love. Hindi Diwas reminded us of our roots, while the Football Awards showed us the power of teamwork and hard work. We're lucky to have teachers and parents who support us every step of the way!

## Looking Back at Our Progression Tests

Now that the progression tests are behind us, both students and teachers have taken time to reflect. These tests weren't just about grades — they gave insight into how far each child has come and where support is still needed.

For students, the experience brought nerves, excitement, and valuable growth. They discovered their strengths and identified areas to build on. Many felt a sense of pride, while others embraced the chance to ask for help and move forward. For teachers, the tests revealed how well students grasp key concepts, helping them shape even better lessons.

Most importantly, these tests reminded us all that learning is a journey. It's not just about scores — it's about steady progress, resilience, and celebrating every step forward.



## Hearts in Rhythm, Feet in Motion

With Sports Day just around the corner, our school grounds are alive with energy and determination — especially as march past and drills take centre stage.

Each day, students line up with focus and enthusiasm, practising their steps, posture, and coordination. The steady beat of the drums guides them as they move together in sync. It's not just about marching — it's about teamwork, discipline, and the pride of representing their school. Drill routines add an extra layer of excitement, blending fitness and fun. These group exercises strengthen not just bodies, but friendships, trust, and unity. Though it requires patience and effort, the thrill of performing in front of proud families keeps every child motivated. As Sports Day approaches, we look forward to stepping onto the field — ready to showcase our dedication, spirit, and the joyful journey we've taken together.

# DUSSEHRA CELEBRATION

**Date:** 24 September 2025  
**Venue:** Amphitheatre  
**Organised by:** Learners of TNS



On the last day of school before the festive holidays, The Nest School celebrated Dussehra with a vibrant cultural event that showcased India's rich traditions. Grade 1 students opened the program by sharing the story of Dussehra, emphasizing the triumph of good over evil. This was followed by a colorful dandiya dance by Grades 1–2, filling the morning with festive cheer. Grade 7 learners then delivered a thoughtful Tamil speech on the significance of Navratri, highlighting India's cultural and linguistic diversity.

Students from Grades 6–8 added a devotional touch with soulful songs and heartfelt prayers, creating a serene atmosphere. The grand finale—a captivating dance by Sirishma (Grade 10) and Sashvina (Grade 7)—beautifully blended Bengal's traditions with the vibrant energy of Garba, leaving the audience spellbound. The celebration served as a joyful reminder of how cultural events foster unity, learning, and festive spirit within the school community.



## MEET & GREET - TEAM UKG

As part of LOI 2, our young learners participated in a 'Meet and Greet' session within the school community. They interacted with the security guard, housekeeping staff, teachers, and the school nurse. Through these conversations, they were able to ask questions, understand their roles, and appreciate how each member contributes to the school community. This experience helped learners build confidence in communication while showing respect and gratitude to the people who support them every day.

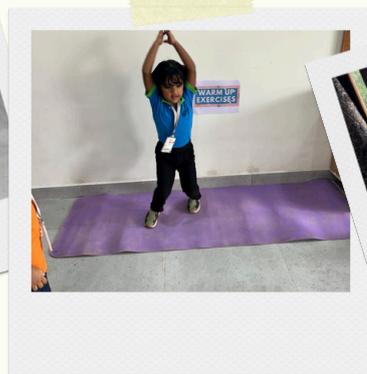


## MOVEMENT ACTIVITIES - TEAM LKG

Our young learners are discovering the joy of exercise through fun and engaging movement activities that develop their strength, coordination, and body awareness. From walking in zig-zags, sideways steps, and hurdle jumps to skipping, animal yoga poses, and even using light dumbbells, children are staying active in creative ways.

These exercises not only help improve motor skills and balance but also build a lifelong understanding that movement is a key part of a healthy lifestyle. And of course, we keep it playful and age-appropriate, so every session is filled with laughter and energy!

Healthy bodies, happy minds — we're off to a great start!



## LOOKING AHEAD

Diwali Celebrations

Annual Sports Meet



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