



NLK'S AKHBAR

WENDY HIGH SCHOOL, NARAMAU

1ST EDITION

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A Note of Encouragement

Dear Students,

Good health and proper hygiene are essential for a happy and successful life. It is our responsibility to take care of ourselves and maintain a clean and healthy environment around us.

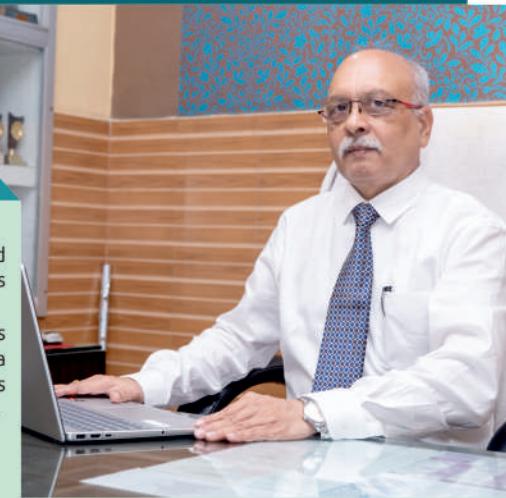
I encourage everyone to follow good hygiene practices, such as washing hands regularly, keeping surroundings clean, eating a balanced diet, and staying physically active. These small habits can prevent illnesses and contribute to a healthier community.

I urge everyone to follow these essential hygiene practices:

- Wash hands frequently with soap and water.
- Cover your mouth and nose while sneezing or coughing.
- Keep classrooms, corridors, and common areas clean.
- Maintain personal hygiene, including wearing clean clothes and taking regular baths.
- Avoid junk food and consume a nutritious diet to stay strong and active.
- Exercise regularly and get enough rest for overall well-being.

As a school community, let us take responsibility for maintaining good health, supporting each other, and creating a hygienic environment. By making small but impactful efforts, we can ensure a better and healthier future for ourselves and those around us.

Stay safe, stay healthy, and continue learning with enthusiasm!



Awadhesh Tripathi

Associate Director
NLK Group of School Kanpur

Celebrating Academic Excellence

We are incredibly proud of our ICSE and ISC toppers for their outstanding performance in the 2024 board examinations. Their hard work, determination, and dedication have brought great pride to the school. Congratulations to all our achievers—you have set a shining example for your peers. We wish you continued success and excellence in all your future endeavors!

ICS TOPPERS 2025



ICSE TOPPERS 2025



A Sweet Welcome to a New Beginning



The new session began with joy and excitement as children were warmly welcomed back to school. Teachers greeted them with smiles and applied **akshat** on their foreheads as a blessing for a bright start. Preschoolers celebrated their first day with a delightful **Candyland Party**. Colorful candies were distributed along with a special craft takeaway for each child. The little ones enjoyed fun games, laughter, and cheerful music. They also posed for photos at the beautifully decorated selfie corner. It was a joyful day filled with sweet memories and a perfect start to the new academic journey.

Exploring Sense Organs with Sensory Bins



Our preschool children had a fun and learning-filled activity on sense organs using sensory bins. The little ones touched models of different sense organs placed inside the bins and enjoyed describing what they felt. This hands-on experience helped them understand how our sense organs help us see, hear, smell, taste, and touch. The senior preschoolers added more excitement by showing flashcards and explaining each sense organ to their friends. It was a joyful and engaging way for the children to explore and learn through touch and play, making learning more meaningful and fun.



Little Hands For A Greener Earth

Our enthusiastic preschool and primary children celebrated Earth Day with great zeal. They spoke a few heartfelt words on saving the Earth and sang a lively rhyme dedicated to our planet. As part of the "Say No to Plastics" activity, they sowed seeds and gifted plants along with thoughtful "Save the Earth" tags to their parents. These meaningful gestures helped instill awareness and responsibility towards nature.

The activity was not only educational but also full of joy and hands-on learning, making it a skillful and memorable experience for all the young participants.



Nurturing Healthy Habits



At our school, a dedicated Health and Hygiene Program is conducted every Saturday to instil healthy habits in children. They are guided on the importance of nutritious food, a balanced lifestyle, and minimizing screen time. Students bring homemade meals according to a carefully planned menu, promoting mindful eating. The initiative fosters awareness about hygiene, physical activity, and the harmful effects of excessive mobile use.



Learning Maths with Ganit Mala

Our Grade 1 children enjoyed a fun-filled activity while learning Maths through Ganit Mala. They explored mental math concepts like counting, addition, and subtraction using colorful bead strings. The hands-on experience made learning easy and exciting. Every child in the class took part and showed great interest. They used the Ganit Mala to solve problems quickly and confidently.



Celebrating the Spirit of Motherhood

Mother's Day was celebrated with immense love and joy across the school. Our preschool children stole hearts as they sang, danced, and confidently spoke a few lines to express their love for their mothers. In the grade school, a house-wise singing competition was held, where each house presented soulful songs dedicated to mothers, creating a heartwarming atmosphere. Students of Grades 1 and 2 showcased their creativity by making beautiful crafts as special gifts for their moms. The day was a touching tribute to the unconditional love of mothers.



Splish Splash Fun for Nursery Kids

A delightful Pool Party was organized for our Nursery kids, filled with laughter, splashes, and sunny smiles! The little ones came dressed in vibrant, colourful swim costumes, adding charm to the cheerful poolside setup. The beautifully decorated area created a perfect summer vibe, making it an unforgettable experience for all. Children gleefully enjoyed their time in the pool, playing with friends and soaking in the joy of water play. To add to the fun, a refreshing Lemonade Party was also arranged, where kids relished cool drinks. It was a day of pure fun, excitement, and happy memories!



Honoring Our Helping Hands: A Day of Gratitude

At our school, we celebrated a special day to thank and honor our helpers who take care of us every day. The children gave them small gifts to show their love and respect. It was a happy moment for everyone, and the helpers felt very special and appreciated. This activity helped the children understand the importance of our helping hands and how they make our school a better place. The students learned to be kind, thankful, and respectful. It was a simple but meaningful way to teach children the value of hard work and the joy of saying "thank you."



Parent-Teacher Conference: Building Strong Partnerships

A Parent-Teacher Conference was held for Preschool and Grade 1 to strengthen the connection between home and school. Parents were informed about important school rules, fee submission details, syllabus, use of the Almanac, notebooks, and other academic matters. It was a meaningful two-way discussion where teachers shared their plans and expectations, and parents shared their thoughts and concerns. The session helped build better understanding and trust. All queries raised by the parents were addressed with care, making it a successful and productive interaction for everyone involved.

Mindfulness Matters

As part of our well-being initiative, students from Grades 6 to 8 took part in a mindfulness activity designed to nurture mental clarity and emotional balance. The session included deep breathing exercises, guided visualization, and moments of silent reflection. Students were encouraged to focus on the present, acknowledge their thoughts non-judgmentally, and build self-awareness. This calm and focused environment allowed them to better understand their emotions and the importance of mindful practices in everyday life. It was a refreshing pause that left everyone feeling grounded and recharged.

-HARSHITA SINGH (8B)



The Power of Thank You

Gratitude is the art of being thankful-and at Wendy High School, we believe it's a value that shapes kind, thoughtful individuals. In a special school-wide gratitude activity, students took time to reflect on the blessings in their lives-from the love of family and friendship to the care of teachers and the comfort of home. They expressed their appreciation through letters, drawings, and spoken words, filling the school with warmth and positivity.

The activity reminded us all that gratitude isn't just a feeling-it's a way of living.

"For thankful hearts, there is beauty in every moment."

-SUMATI TRIVEDI (8C)



Wellness First with Tarang!

Wendy High School organized a Health Camp under the Tarang program to promote health and hygiene awareness among students. The camp included general health checkups, eye and dental screenings, and informative sessions on personal hygiene and nutrition. Medical professionals provided personalized care, and students actively participated in the activities. The event emphasized the importance of regular health monitoring and healthy habits. It was a successful initiative that reflected Tarang's commitment to nurturing a healthier, happier school community.



Tarang Parent-Teacher Orientation

The Tarang Parent-Teacher Orientation gave us a vibrant glimpse into our school's health and hygiene program, focused on fostering healthy habits and a balanced lifestyle. Parents joined us to learn about the importance of hygiene, nutrition, and physical activity in their child's well-being. The session was an exciting opportunity to collaborate with health experts, share practical tips, and discuss how Tarang supports students in leading healthy, active lives.

Together, we are building a foundation for a healthier, happier future for our students!

- HARSHITA SINGH (8B)



Voices for the Planet!

Save Earth, Save Life!

•"Voices for the Planet" highlights our growing concern about the damage being caused by harmful greenhouse gases. Our planet is suffering from the effects of climate change and pollution. To raise awareness, we celebrated Earth Day with poster-making and discussions on the greenhouse effect. This initiative aimed to educate students on environmental issues and inspire action to protect our Earth. Together, small steps like reducing waste, conserving energy, and planting trees can make a big difference. Let's protect our planet for future generations! -AKSHAYA DWIVEDI (8A)

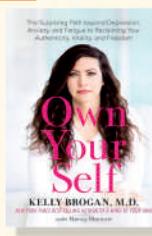


The Power Pens: Our Editorial Board

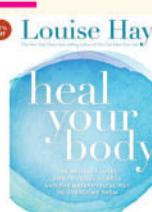
We are proud to introduce the dedicated and talented individuals who make up this year's Editorial Board. These students are the creative minds and diligent hands behind every article, story, and publication you see. Each board member brings a unique perspective, strong leadership, and a commitment to excellence that will shape the pages of our newsletter throughout the year. Their enthusiasm for journalism, creativity, and teamwork is truly inspiring. Proudly presenting our Editorial Board for 2025: Punam - Grade 8A, Akshaya - Grade 8A, Kinjal - Grade 8A, Aayushi Shukla- Grade 8B, Aditi Savita - Grade 8B, Aayushi Tripathi- Grade 8B, Navya Tiwari- Grade 8B, Harshita- Grade 8B, Ananya -Grade 8B, Avika - Grade 8C, Sumati- Grade 8C, Aadarsh - Grade 8C, Aastha- Grade 9A and Arpita- Grade 9A.



Book Recommendations



By
AYUSHI
TRIPATHI
(8B)



By:
ADITI
SAVITA
(8B)



Clubs That Inspire!

"Notes that soar, numbers that score, colors that roar—building dreams forevermore."

At Wendy High School, we are proud to offer a range of exciting clubs designed to help students explore their passions and develop valuable skills. For students in Grades 6 to 8, we offer eight dynamic clubs:

- **The Melody Kingdom Club**—Dive into the world of music, rhythm, and song.
- **The Artistry Club**—Unleash your creativity through colors and imagination.
- **The Creative Masters Club**—Bring your visual ideas to life with stunning projects.
- **The Literary Club**—Sharpen your writing and confidently express your thoughts.
- **The Maths Magician Club**—Solve fun, engaging math puzzles and challenges.
- **The Brainiac Club**—Fuel your curiosity with exciting quizzes and intellectual challenges.
- **The Eco-Warriors Club**—Promote sustainability and environmental awareness.
- **Next Generation Leaders Club**, where students can develop leadership skills to inspire and guide the future. -KINJAL TIWARI (8A)



Heart, Mind, and Strength: Our Board Speaks

Stronger, Calmer, More Focused

As a student, the pressure of exams and deadlines often stressed me out. Once I focused on my mental health—by taking breaks and talking to friends. I became more focused, less anxious, and more confident. It made a huge difference in both my studies and well-being.
-ANANYA PAL (8B)



Sleep: The Body's Natural Healer

Sleep plays a crucial role in physical health. It helps the body repair, boosts immunity, and improves concentration. Children and teens should get 8–10 hours of sleep each night. Remember, a well-rested body performs better in every aspect of life.
-ADARSH (8C)



Did You Know? Fun Health Facts

- Sleep is crucial for fitness- Most muscle repair and growth happen during deep sleep, not during your workout.
- Exercise acts like medicine for brain - Regular physical activity can boost your mood, reduce anxiety, and even help with depression by releasing feel-good chemicals like endorphins.
- Pets can improve your mental health - Studies show that interacting with pets can make less stress, reduce feelings of loneliness, and even lower blood pressure.
- Enhanced brain function - Physical health also helps with stress management and can reduce the risk of age-related cognitive decline.
- Early signs of mental illness can appear in youth- Half of all mental health conditions start before the age of 14.



DID YOU KNOW?

-NAVYA TIWARI (8B)

“स्वस्थ जीवन की कुंजी”

संगठित शरीर से हर दर्द दूर हो जाए।
व्यायाम से तन-मन सजीव हो जाए।
स्वस्थ आहार से शक्ति बढ़े विन भाए,
स्वास्थ्य का रहस्य यही जीवन में समाए।
सपनों को साकार करें हर कदम बढ़ाए,
स्वस्थ जीवन की ओर हम कदम बढ़ाए।

— आयुषी शुक्ला, कक्षा 8वीं

“Reflections of the Soul”

In the mirror's gaze, a reflection stares,
A fragmented soul, with emotions bare,
The weight of thoughts, a heavy chain,
Binding me tight, causing me to strain,
To break the mold, to shatter the glass,
And find the strength, to let my true self pass.

-AVIKA DWIVEDI (8B)