

#### BILLABONG HIGH INTERNATIONAL SCHOOL ANDHERI WEST B | L L A B O N G B U L L E T | N









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Just a simple expression of thankfulness can change your day or perhaps even your life. It just helps to get rid of all the stress and anxiety that runs through each one's mind each day. You can say it is like a medicine as it makes you feel better and cultivates much needed positivity in your lives. We at BHIS, believe that being thankful is what makes us look forward to each day in our schooling lives, whether it be as simple as helping someone pick fallen stationery in class.



#### **GRATITUDE- AN ATTITUDE**

I am thankful for many things. My life is blessed. But most important is the sister god gave me. My loving, chubby, sensible smart partner. I thank god for hardworking parents. They work hard so I get everything- food, sleep, clothes, school,. home, love, chocolates, pizzas, burgers. I am grateful for my grandparents who look after me all day. They are so old but they stand all day for me. I have gratitude for GOD for giving me all. Poor kids do not have so much. I pray god to give some of my blessings to them. But my sister is the best gift. One day for my singing competition, she helped me practice day and night. I won as she made me strong and not get scared.

- Aadhya Tupe, Grade 1





#### **Gratitude**

A very long new word. I am really thankful for – melted cheese French fries and swimming pools, I told my mom. My mom said think more. I remembered that everyday, my teachers are working hard so I learn. I am thankful to my school and teachers to help me learn. I am also happy that we are safe during the pandemic. My mom had corona. I am thankful she is safe and healthy now. There are so many things but all I want to say is a big thank you to all the people in my life.

- Aaradhya Tupe, Grade 1





#### Gratitude

My life wouldn't be the same without my parents and teachers that have shaped and molded me. They have given me everything I wanted and have helped me succeed, and for that, I am extremely grateful. I think it is important to be humble and remember all the people that helped me come so far, whether it's my parents, teachers or God. Being thankful is to acknowledge everything in my life that has made me better. I am thankful to God, my family, my friends, and even my teachers who helped me improve my life.

-Aiza Ashrafi, Grade 1





#### Gratitude

It was on my 6th birthday this year; I was about to open my birthday gift from my mother. When I opened my gift, I was surprised and happy to get a Box of Lego Toys. Lego Toys helped me to build so many creative and wonderful things. I was also instructed by my mother that I have to pick up all the Lego Toys and keep it back in the box after playing and should be responsible about it. I can say that Lego toys has taught me how to be responsible, helped me to focus, increased by concentration and enhanced my creativity skills. Thus, I am really thankful to my mother for being so thoughtful and gifting me such a wonderful gift of creativity.

-Ayaan Nair, Grade 1







#### Gratitude

I've read somewhere that gratitude is the appreciation of things that are not deserved, earned or demanded ,but of those wonderful things that we take for granted. I am truly grateful for my family ,for our health and being able to get through this past year without too many worries .I am grateful for being able to be present for my kids and being able to look after their every need .This year has taught me that there are only certain things that are truly essential and only certain people that are truly missed. I am grateful that I was able to choose wisely.

-Shruti Karmakar,

**Grade 1 Ayaan Karmakar and grade 5 Reyansh Karmakar's mother** 



#### Corona Kodak Moments

2020 has been quite a roller coaster ride. The year began normally enough, but it was as early as mid January when the first coronavirus article showed up on my google news feed. I remember rolling my eyes at the lengths the media would go, to stir up a ruckus. Doomsday articles about a run of the mill virus, seemed like much ado about nothing. I mean we had dealt with swine flu, bird flu and numerous other virus scares, but life went on. It seems the world could actually be brought to its knees by a microscopic organism. The virus had strength in numbers. It was stealthily multiplying and spreading before even people showed any symptoms. Suddenly one morning in late March, completely out of the bright blue sky, our vibrant city, never known to sleep, came to complete standstill. My balcony affords me a view of a large section of the suburban western express highway and the deserted arterial road made for a haunting sight.

Could our lives actually change so dramatically overnight? So it seemed. The new life took a lot of adjustment. Being confined to home, uncertainty over the availability of daily necessities, messed up routines, and no end in sight, brought untold havoc into our lives. Online school for toddlers sounded like something out of Alice In Wonderland, too absurd for a mind already too saturated with shocks.





Yet, over this year I have learned that we are a resilient species. After absorbing the initial shock everyone worked towards adapting to the situation. School began as usual, though not without hiccups. Compromises and dialogue helped us through some difficult spots, especially since my girls were new students at the school. But as the year came to a close, I realized I had a lot to be grateful for. I had avoided hundreds of frustrating hours that would have otherwise been spent in traffic jams, and turned them into quality time I spent with my girls.

While online school wasn't ideal, it allowed for a routine, and the reduced hours meant my girls were reading a lot more. My younger one polished off half of Enid Blyton's *Five Find-Outers* series while my older one had a chance to explore my favorite science fiction author Isaac Asimov. I loved discussing my favorite parts of these books with both my girls.

Since my girls were both independent readers at an early age, I had only ever read short stories to them. But now, with social obligations terminated, and a lot more time on our hands, I read several *Harry Potter* books out loud to my girls, so we could enjoy them together. My older one had already read a few of the books in the series by herself before, but the enjoyment was tripled with the three of us reading them together. Hogwarts became a truly magical experience. We discovered the joys of doing jigsaw puzzles as a family and worked on about 10 such puzzles of increasing complexity. With the younger one turning six this year we experimented with board games.





During the first half of lockdown the girls rose magnificently to the occasion and helped with a host of simple household chores like loading the washing machine, washing and drying vegetables, filling water bottles and sweeping. They are now better at putting away their toys and making less of a mess while eating or doing arts and crafts. We experimented with a variety of recipes from different cuisines and had fun cooking together, whilst listening to music. My older daughter wrote loads of articles for her blog on a variety of subjects including math, computing, civics and geography. My younger one made a scrap book of paintings to match short write ups on various subjects. The way time flies, it won't be long before my girls are teens and won't want to spend so much time with me. So I am really grateful for this unexpected bonus year, and the opportunity it presented to make precious memories.

I know that as time goes by, I will cherish these corona Kodak moments.

-Krittika Goyal,

Grade 1 Kahani Goyal and grade 3 Kinara Goyal's mother





#### **Gratitude**

Gratitude is the expression of appreciation for what one has. It is a recognition of value independent of monetary worth.

Gratitude is a spontaneous feeling. It is a conscious effort to count one's blessings. It is to feel grateful for loved ones, colleagues, nature and life in general. It is an emotion that only makes the person feel happier but also generates positivity all around.

2020 was indeed a trying and testing year for all of us. In these tough times of the COVID pandemic, being more appreciative and grateful of life definitely helped me to be in a more thankful frame of mind. This pandemic has made us feel stressed and worried. That is why it is perhaps more important than ever to focus on gratitude, the practice of noticing and being thankful for what is meaningful to you.

This year taught me to be immensely grateful to a lot of things. To mention a few here are the things I have been grateful for in the past year-

- •to my family and children, who have given unconditional love and support always. I am grateful that I got to spend valuable time with them and create some amazing memories.
- •to God for keeping us all safe in this pandemic and also for keeping us all together
- •to my friends and neighbors who have reached out and supported us and made me realize the value of friendship





•to all the support we received from our work places and from school, special mention here for BHIS Andheri, (all the staff and teachers) who rose to the occasion and provided brilliant support to the children and made sure they did not lose out on education during the pandemic and also kept them connected to their friends online.

to unexpected acts of kindness from strangers.

Indeed, I am grateful to life for giving us this opportunity to take a break from our hectic lives, sit back and focus on what is really important in life like friends, family, good health, and time spent with nature away from consumerism.

As we weather this pandemic, let us be fortunate enough to remember the lessons it taught us so we can continue to strive for a better tomorrow.

I will finish with a quote I read online which says:

Be Mindful. Be Grateful. Be Positive. Be kind.

Let us all learn to appreciate the small things in life and be grateful to all the things we have and spread joy and positivity all around.

-Poonam Vipradas,

**Grade 1 Maya Vipradas's mother** 





With millions of people struggling to make ends meet, dealing with pay cuts, maintaining social distances in shanties, losing their near and dear ones even without a proper funeral ... it would not be wrong to classify this COVID-19 pandemic as the most challenging period since the 2 World Wars fought in the last century. But difficult times also teach us the most profound lessons and mankind must recognize them lest we forget respecting the laws of Mother Nature. As with the flickering of fireflies in complete darkness, we can see the bright spots, similarly, there are many such positive takeaways in this pandemic, worth being grateful for – that also offered us a second chance to strengthen our roots. The following are such optimistic views of this pandemic:

Hygiene Rediscovered: We have childhood memories of our grandparents being particular about leaving shoes outside their homes, a proper wash before entering the house, washing hands before touching food, and a simple Namaste/Salaam to everyone. Along with time, many such housekeeping rules became relaxed and it became normal to skip wash once a while, namaste was gradually replaced by handshakes/hugs. We are grateful that the fear of being infected by Coronavirus leading to social distancing made us conscious of our physical hygiene and respect our old customs. These are the habits that our families are now going to maintain throughout their lives.

**Minimalistic Living:** During this pandemic, a weekly visit to the mall or a fancy restaurant was replaced by playing indoor games with grandparents, and outside food earned the ignominy of being untouchable, thus paving the way for fresh home-cooked meals. This not only brought out the culinary skills in us but also reduced the dependency on housemaids, offering our menfolk to become reliable cooking and cleaning partners. All of these culminated in significant monthly savings, thus making us aware of this newfound perspective. The standout moment for us was when on his grandfather's 75<sup>th</sup> birthday while we were making dinner plans at a fine dining place, our five-year-old son asked, "Baba, why do you want to go out and eat? You are going to pay money and food is unhealthy" BINGO! That was when we felt that the student had schooled the teacher. We felt so grateful for his awareness of food selection at such a young age.





Learning Continued: With Ishaan and Rohan being new admissions, we were already anxious about their adaptability to the new school. Will they cope up well? Will they lose a year of learning due to the pandemic? Will teachers be friendly enough? Will they feel accepted? All our anxieties started disappearing as the days passed by. When the going gets tough, the tough get going. There is not any better way to describe the efforts and energies put forth by the BHIS staff, teachers, principal, and trustees in ensuring a seamless transition from physical to virtual learning under such constraints. We were pleasantly surprised with the proactiveness and unwavering mission exhibited by Principal Ma'am in not letting the learning being disrupted for our kids despite all odds against her and lending a patient ear to all our concerns that we as parents had during the first 3 months. This virtual learning journey may have started on a bumpy road, but thanks to the BHIS team it could not have got any smoother and we are mighty pleased to be a part of the BHIS family. Lesser School hours also meant Greater Playtime. Whenever our kids complain about online schooling and how badly they want to be back in school, we remind them, that never in life (at least for many more years), they are going to finish school in 3 hours and have the whole rest of the day for themselves. They now realize the value of this opportunity and feel grateful.

We would finally like to conclude by stating that "Identifying the **NEW NORMAL** and establishing a **METHOD TO THE MADNESS** amidst the **CHAOS**, is the newest **LIFE SKILL** that we all have now equipped ourselves with. That is worth being appreciative of !!!

-Rajesh Murthy, Grade 2 Ishaan Murthy's father









It's showtime!



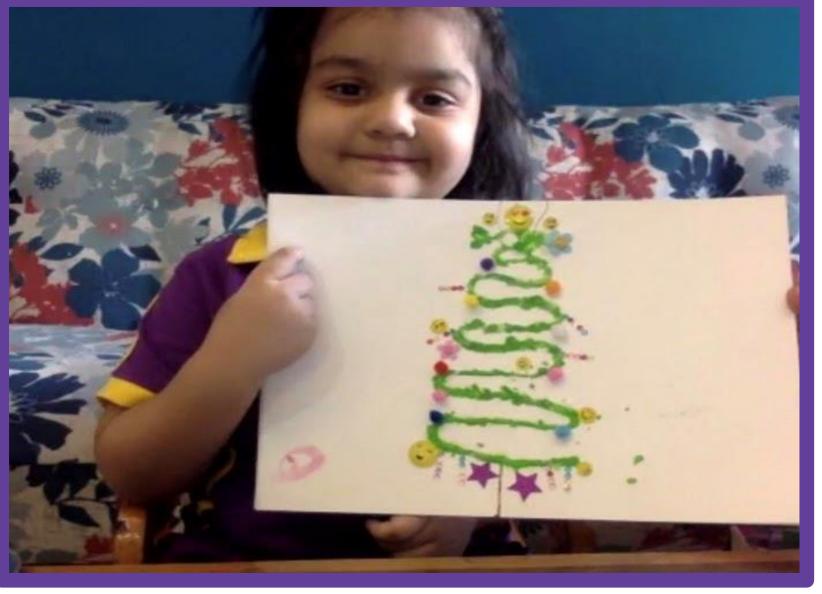




Tis the season to be jolly











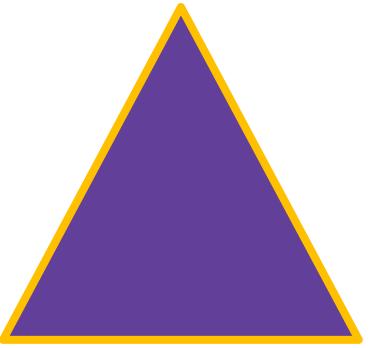


Learning time = Fun times at KKIS

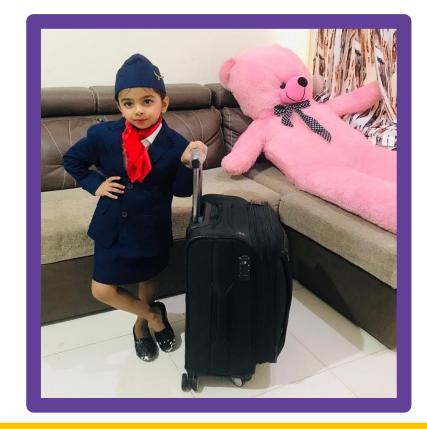








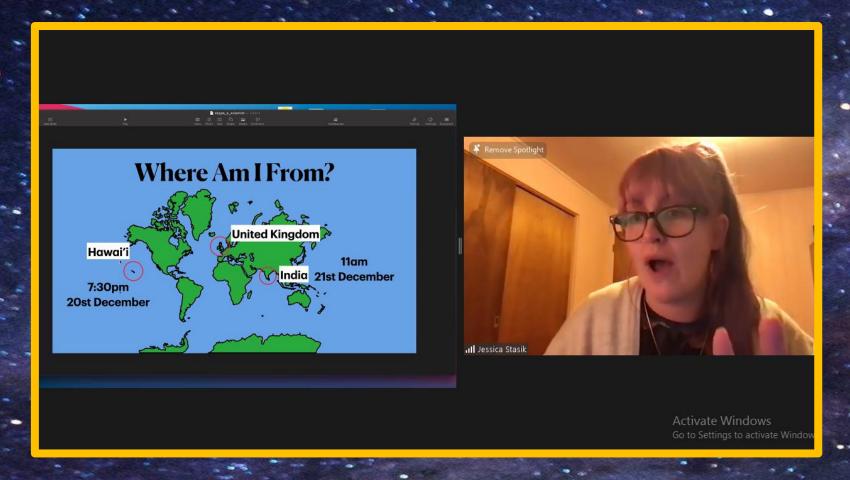


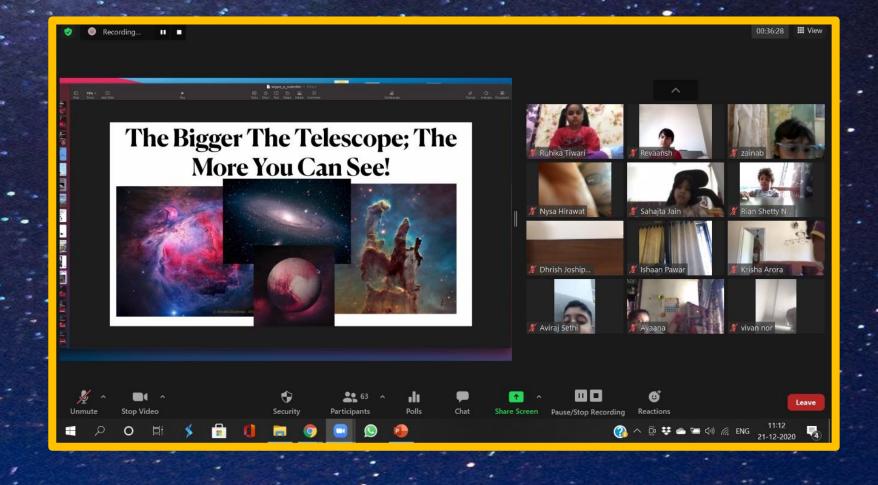






#### Learning from an Astronomer





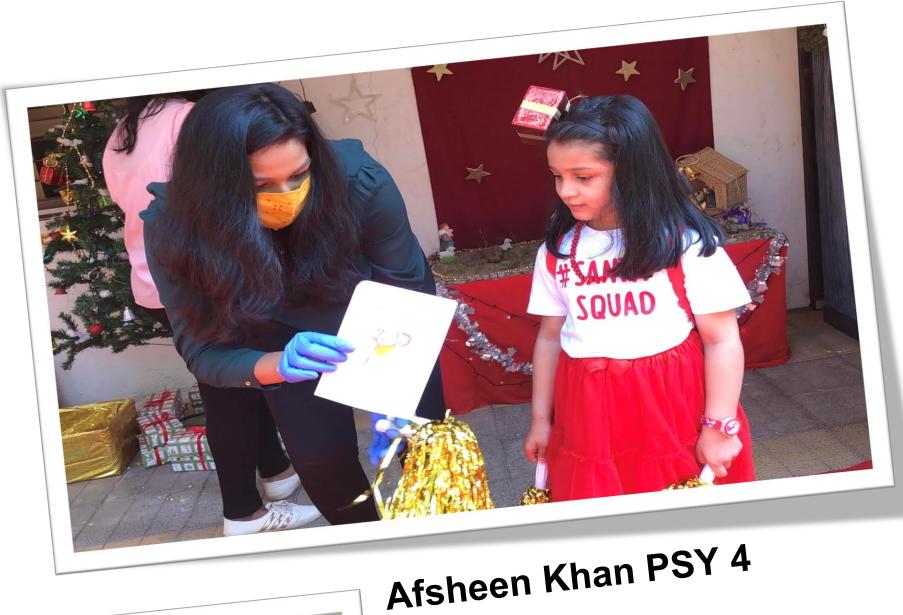














Sarah Suhel Zebra class



Shanya Sharma PSY 3

Choosing Gratitude





#### Expressing Gratitude















Thankful

Grateful



Appreciation







From,

Dhrish

Ravi Unde



#### ACHIEVEMENTS





#### PROUD MOMENT

**WORLD RANK 2** SILVER MEDALIST

2020 SMART MVP SPORTS FOUNDATION

**GLOBAL TAEKWONDO ONLINE SPEED KICKING CHAMPIONSHIP** 

**DIVISION - SENIOR FEMALE** 

**CATEGORY - WELTER FOREIGN GROUP A** 



MS. USHA SHIRKE



#### PROUD MOMENT



**WORLD RANK 4 BRONZE MEDALIST** 

2020 SMART MVP SPORTS FOUNDATION

GLOBAL TAEKWONDO ONLINE SPEED KICKING **CHAMPIONSHIP** 

**DIVISION - SENIOR MALE** 

**CATEGORY - LEIGHT FOREIGN GROUP C** 

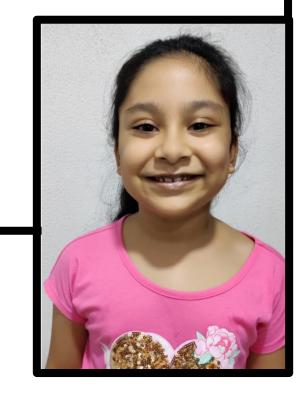






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We are proud to share that Mysha Perwez, our chess master, came 2<sup>nd</sup> in U-12 group of Chotta Grandmaster National Chess Tournament.







# Happy New Yeari Stay tuned for our next edition



