



The Foundation School

Annual Report 2022-23

The academic year 2022-23 was decidedly one of the most challenging yet fulfilling years since our school's inception. The year heralded the gradual return to normalcy post the pandemic, and with it, we witnessed our school students re-learning the joys of socializing, participating in learning opportunities in an offline setting, and excelling in their areas of strength via intra-school and interschool platforms. Our adaptation of technology to enhance learning during the online era, was used effectively to complement offline teaching in the past year, as well.

This report provides insights into some of the key events and achievements of the school for the year as given below:

A. Academics:

- 1. Collaborative and Project-based Learning:** The school took up the implementation of Collaborative Learning approaches in Grades 1 to 8, with a special emphasis on Project-based Learning (PBL) in Grades 5 to 12. From training teachers on how to encourage students to work together, carry out research and make effective joint presentations of learnings, to deliberately inter-weaving these approaches into the daily lesson plan, the effort and time invested bore rich dividends. In keeping with NEP's guidelines regarding interconnected learning methods, 360° feedback, and reflective approaches to the curriculum, teachers designed activities that made students take ownership for their learning and understanding of concepts.
- 2. Structured Approach to Portfolio and Record Work in Grades 9 to 12:** In keeping with CBSE's requirements in the Secondary and Higher Secondary sections, teachers ensured a seamless planning, execution and recording of student work towards the maintenance of Portfolios, Multiple Assessments and Subject Enrichment activities, capturing the essence of Formative Assessment as an integral part of an intense curriculum. From Speaking and Creative Writing Activities in the Languages, to Research-based Projects and Group Discussions in the Humanities, and to structured instruction in the Science and Math Laboratories to maximise conceptual grasp, the entire gamut of approaches yielded excellent outcomes in results across the senior grades.
- 3. Hands-on Science:** A unique offering at The Foundation School, this initiative saw students of Grades 1 to 8 exploring the engineering, constructive and observational aspects of science, through hands-on exploration. The outcome of the programme was an increased curiosity and deeper understanding of scientific concepts.



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B. Co-Curricular Activities:

1. **Dance, Music, Art and Craft:** Across Grades 1 to 12, the exposure to skill development and acquisition of appreciation for various fine art forms is an integral part of the school's philosophy and guiding principles. Students were trained in gradual increments in each of the specified areas, providing them an opportunity for holistic development over the past year.
2. **Sports and Physical Fitness:** A healthy mind must be housed in a healthy body, and what better way than regular sports classes. The students were trained and exposed to skill development in various sports categories as given below, under the able tutelage of qualified coaches:
 - a. **Football:** Grades 1 to 12
 - b. **Basketball:** Grades 3 to 12
 - c. **Skating:** Grades 1 to 4
 - d. **Taekwondo:** Grades 1 to 5
 - e. **Yoga:** Grades 1 to 5
 - f. **Indoor Games (Table Tennis and Chess):** Grades 3 to 12
3. **Life Skills Programme:** Students of Grades 1 to 10 were taken through a regular, well-designed, in-house, age-appropriate Life Skills programme during the academic year, focusing on self-management, wellbeing, presentability, skills for independent daily functioning and all-round development. The outcomes were truly visible in the latter part of the year when students hosted smaller events and stalls that brought these life skills to the fore.
4. **Creative Thinking:** Another unique offering at The Foundation School, this initiative involved students of Grades 3 to 8 engaging in out-of-the-box thinking activities, where the guiding principles were to "let go of all preconceptions" and "be fearless thinkers"! Students created games, methods and objects that turned out to be innovative solutions to mundane problems.

C. Extra-Curricular Activities:

1. **Inter-House Cultural and Art Events:** The revival of in-person inter-house cultural competitions was a welcome sight on campus. Unlike competitive events in most places where the number of winners is limited, these cultural events aimed to recognize the latent talent in every child and appreciate them accordingly. The gamut of events included:
 - a. Sound of Music
 - b. Kaleidoscope
 - c. Petal Patterns
 - d. Mad Ads



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- e. JAM
- f. Sculpt It
- g. Criss Cross
- h. Magical Minds
- i. Dress Up!
- j. Rhythm
- k. Sherlocks and Enolas
- l. Step Up!
- m. Story Weavers
- n. In Character!
- o. Authors of TFS
- p. Twist n Twirl
- q. Podium

2. **Inter-House Sports Events:** From Football and Basketball to Athletics, Chess and Table Tennis, students were given the opportunity to bring laurels to their Houses by participating in inter-House fixtures in various sports and games. Heats and trails were conducted in a fair and transparent manner that allowed every student to come forward, after which the final teams and representatives for each House were chosen to compete in the finals.
3. **Inter School Competitions:** Students participated in external competitions held by other schools. Such activities help children inculcate important skills which are beneficial to them throughout their lives, by making them confident of their talents. The key is to ensure that there is always constructive competition.

Pen It! Inter School Event: Our School hosted the Pen It! Literary Competition in association with BSSCA for all schools in Bangalore. We received active participation from close to 60 Schools and rousing reviews for the efficiency and heart with which the event was organized and conducted.

Our Students In External Events: Students of our school participated in various inter-school competitions organised by other schools, organisations and clubs. The children were at their best in performing in a variety of cultural, fine arts and sporting events.

Here is a long list of our achievers!

SPORTS EVENTS:

- i. **U-13 Girls Team** – Inter School Football Tournament @DPS, Whitefield: **Fair Play Award**
- ii. **U-15 Boys Team** – Inter School Football Tournament @Vahe Global School: **Runners-up Trophy**
- iii. **U-13 Girls Team** – Inter School Football Tournament @Vydehi School: **Runners-up Trophy**



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- iv. **U-11 Girls Team** – Inter School Football Tournament @Vydehi School: **Third Place**
- v. **U-10 Boys Team** – Inter School Football Tournament @Euro School: **Runners-up Trophy, Pranav Sugur – Best Player, Aarav Bist – Best Goalkeeper**
- vi. **U-15 Boys Team** – Inter School Basketball Tournament @NPS Gottigere: **Runners-up Trophy**
- vii. **U-11 Girls Team** – Inter School Football Tournament @Greenwood High School: **Runners-up Trophy**
- viii. **Anish Muthukrishnan, U-14 State Level Basketball** – Mini Olympics 2022: **Gold Medal**
- ix. **Shloka Krishna, U-14 State Level Football** – Mini Olympics 2022: **Gold Medal**
- x. **Shloka Krishna, U-17 State Level Football** – Khelo India Football Tournament: **Champions**
- xi. **Sai Praneet (Grade 7)** – 11th Bangalore District Wushu Championships: **3 Silver Medals**
- xii. **Divit Koorra (Grade 7)** – 11th Bangalore District Wushu Championships: **Silver Medal**
- xiii. **Sri Charan (Grade 8)** – Decathlon Sports-Independence Day Cup, U-16 Football: **Gold Medal**
- xiv. **Vedanth Jay Karthik (Grade 2)** – Freestyle Skating Championship, Gunjur Club: **Gold and Silver Medals**
- xv. **Anvith Jay Karthik (Grade 1)** – Freestyle Skating Championship, Gunjur Club: **Silver and Bronze Medals**
- xvi. **Advith (Grade 5)** – Gnana Bhaskara Public School Skating Tournament: **Gold Medal**
- xvii. **Siya (Grade 1)** – Gnana Bhaskara Public School Skating Tournament: **Silver Medal**
- xviii. **Suhana Mehar (Grade 2)** – Gnana Bhaskara Public School Skating Tournament: **Bronze Medal**
- xix. **Jidnyasa (Grade 5)** – Gnana Bhaskara Public School Skating Tournament: **Bronze Medal**
- xx. **Vihaan (Grade 2)** – GJR International School Skating Tournament: **Gold Medal**
- xxi. **Nihanth (Grade 3)** – GJR International School Skating Tournament: **Gold Medal**
- xxii. **Advaita K P (Grade 3)** – GJR International School Skating Tournament: **Gold Medal**
- xxiii. **Advith Nandamuri (Grade 2)** – GJR International School Skating Tournament: **Gold Medal**
- xxiv. **Suhana Mehar (Grade 2)** – GJR International School Skating Tournament: **Silver Medal**
- xxv. **Paaritosh (Grade 6)** – GJR International School Skating Tournament: **Silver Medal**
- xxvi. **Aadityaa Sankar (Grade 3)** – GJR International School Skating Tournament: **Bronze Medal**
- xxvii. **J Merrick Jason (Grade 3)** – Holy Cross Inter School Skating Competition: **Gold Medal**
- xxviii. **Advaita Nandamuri (Grade 3)** – Holy Cross Inter School Skating Competition: **Gold Medal**
- xxix. **Arnav Singh (Grade 3)** – Holy Cross Inter School Skating Competition: **Silver Medal**
- xxx. **Advaita K P (Grade 3)** – Holy Cross Inter School Skating Competition: **Silver Medal**
- xxxi. **Nihaanth Eaturi (Grade 3)** – Holy Cross Inter School Skating Competition: **Silver Medal**
- xxxii. **Trishna Veda V (Grade 2)** – Holy Cross Inter School Skating Competition: **Silver Medal**
- xxxiii. **Arnav Rajiv (Grade 6)** – Holy Cross Inter School Skating Competition: **Silver Medal**
- xxxiv. **Paaritosh A G (Grade 6)** – Holy Cross Inter School Skating Competition: **Silver Medal**
- xxxv. **Vivaan Parkar (Grade 2)** – Holy Cross Inter School Skating Competition: **Bronze Medal**
- xxxvi. **Hruday Sathya V (Grade 5)** – Holy Cross Inter School Skating Competition: **Bronze Medal**



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xxxvii. **Mukilan Prabhakaran (Grade 6)** – 7th Karnataka State Schools U-11 Chess Championships: **Silver Medal**

xxxviii. **Vedant Biyani (Grade 11)** – 7th Karnataka State Schools U-18 Chess Championships: **Bronze Medal**

ORATORICAL, CULTURAL & FINE ARTS:

- i. **Sampada Kavathekar (Grade 9)** – VITM: 75 Years of Independence Elocution State Level Event: **3rd Prize**
- ii. **Rianna Jacob (Grade 3)** – “Wings of Fire” Inter School Fest, Fancy Dress Event, Whitefield Global School: **1st Prize**
- iii. **Pramiti Prasad (Grade 5)** – Euro School Fest, Drawing Competition: **2nd Prize**
- iv. **Shraddha Chapparapu (Grade 3)** – SASYA, Harvest International School Fest, Best Out of Waste Event: **2nd Prize**
- v. **T S Naren (Grade 1)** – *Bangalore Ke Sitaare*, Vishwa Vidyapeeth School Fest, Best Out of Waste Event: **1st Prize**
- vi. **Keyur Chaitanya (Grade 8)** – Deens MUN: **Special Mention Award**
- vii. **Vihaan Parmar (Grade 6)** – Oakridge International School MUN: **Honourable Mention**
- viii. **Daiwik Banik (Grade 7)** – Gopalan International School MUN: **Special Mention Award**

BRAINIAC, INNOVATION & ACADEMIC EVENTS:

- i. **Myra Sharma (Grade 3)** – Cube Competition by Delhi Cube Association: **3 Gold and 2 Bronze medals**
- ii. **Kanishka Iyengar and Aarya Rao (Grade 12), Aanya Rao (Grade 8)** – Ernst & Young STEM City-Level Showcase: **Most Innovative Project Award**
- iii. MaRRS Spell Bee Junior State Level Championship: **Adhrit Kumar and Rachna (1st Place), Adarsh N and Rehansh Ved Poddar (2nd Place), Vibha Surekha (3rd Place)**
- iv. **Suhas Kristam (Grade 6)** – SASYA, Harvest International School Fest, Sudoku Event: **1st Prize**
- v. **Sadhana (Grade 5)** – International Abacus Olympiad, Brainybobs: **Gold Award**
- vi. **Aarush Pradhan (Grade 2)** – NSF Junior Bee Event: **1st Prize**
- vii. **Jacob Kavin (Grade 5)** – Innoventure National Finals: **Finalist**

D. Special Programmes and Initiatives:

- a. **International Yoga Day:** On the occasion of the International Day of Yoga, which is celebrated all over the world on the 21st of June, our students’ set a tranquil tone to the morning by performing yoga at a joint assembly and through the day in smaller groups. The yoga session started with the Surya namaskara, followed by various balancing asanas, backward bending asanas, arm balancing asanas, balancing poses and shoulder stand poses. The effort put in by the children was evident in the flawless execution of all the asanas. The essence of the



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presentation was summed up by the class teachers in the phrase 'collect to connect', emphasising the importance of collecting our energies to remain connected to our curriculum throughout the day in a meaningful manner.

- b. **Student Council Elections and Investiture Ceremony:** A glorious return to the democratic process and franchise at school was witnessed through the well-organised campaigning, election via secret ballot, declaration of winners and official initiation into office, of the Student Council members from the Senior School for the year 2022-23. The Investiture marked the beginning of delivering on their commitments to the electorate and their journey towards realizing the responsibilities of elected office.
- c. **TFS Carnival:** The school's flagship event was a gala affair organized by the students and teachers of Grades 1 to 12. From Parent-In presentations by Grades 1 and 2, and a spectacular Science & Technology Exhibition by Grades 3, and 7 to 12, to the wondrous journey through a museum setting by the Social Science department in Grade 4, the Refreshments and Fine Arts Stalls by students of Grades 5, 6, 8 and 11, and the tremendous cultural performances on stage by students across the school, the 2-day Carnival was a treat for all the senses and enriching in its themes. Every parent who visited left with a sense of awe, satisfaction, fulfillment and looking forward to more!
- d. **Annual Day:** A cultural extravaganza showcasing student talents across drama, music, dance and stage presence, this 3-day event across Montessori to Grade 12 was a grand success. In a gargantuan effort, every child from every class and section was showcased on stage! Woven together through themes that conveyed not just beauty but meaningful messages appropriate to each age group, this mega opus made every student and parent feel special and that they were in the right school!
- e. **Sports Day:** The athletic prowess of our student body was put to the test through well-organised Sports Days for every age group. From drills and group presentations to athletic races, special races and team sport presentations, the Sports Day events did justice to providing every student the opportunity to put their best foot forward. There were many winners, and much to celebrate for every individual at the end of the day!
- f. **Graduation Day Ceremony and Orientation Event for Grades:** The school conducted a memorable graduation ceremony for the students of grades 10 and 12. Orientation programs were conducted for the new students of grades 10 and 12 as well.
- g. **Teachers' Day:** Led by the Student Council, the teachers were treated to a cultural programme of sorts, handmade greeting cards, a sumptuous lunch and heartwarming gifts in the form of



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potted plants, to bring much joy to their special day.

- h. **Children's Day:** The Teachers made the day memorable for their students, as they donned the role of actors, musicians and dancers to enthrall the young ones! Special little gifts from class teachers to their students, and bookmarks with special messages for every child made the day a colourful and memorable one.
- i. **Independence Day, Rajyotsava Day and Republic Day:** All days of National and State-level importance were observed and celebrated with patriotic fervour. Special programmes were arranged to showcase speeches in honour of the day, music, skit, dance and oratorical presentations to instill a deep sense of gratitude in all for the freedom that we cherish.
- j. **Inspire to Aspire Programmes:** A well-thought out programme to expose students of Grades 7 to 12 to various career paths available, in-depth understanding of specific streams, and opportunities for interaction with specialists and stalwarts from the field.
- k. **SOF Olympiad Exams and Spell Bees:** In collaboration with external agencies, the IGKO, NSO, IEO, IMO, NCO and Spell Bee programmes were conducted at school. Many students won laurels and placed in prestigious ranks in these events.
- l. **Online Art Exhibition:** The artistic works and impressions of our young and budding talent were showcased through a virtual 3D Online Exhibition. Students of Grades 1 to 9 contributed their works to the same.
- m. **Online Book Fair:** The musings of our upcoming authors across the school were showcased in the form of e-books in an Online Book Fair and shared with all parents at the end of the school year.
- n. **Saturday Special programmes:** To promote interest and involvement in beyond academic activities, the school organized Robotics Classes on Saturdays for students of Grades 1 to 8. Their learning was showcased at the end of the year through project presentations of live, working models.
- o. **Morning Sports Programmes:** Excellence is derived out of conscious and consistent practice. The students of our school Sports Teams were given the opportunity to undergo specialized coaching to make them match-ready, by participating in early-morning coaching sessions 4 times a week.
- p. **SER Programme:** Every child will excel if given the impetus and scaffolding at the right time



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and pace. To help students with learning gaps draw level with the expected benchmarks, Subject Enrichment classes in Math and English were conducted on a regular basis during school hours.

- q. **Counselling:** The school introduced an in-house counselling cell accessible to students of ages. This proved to be very therapeutic in addressing challenges faced by youngsters as a part of their growth and development.

E. Initiatives to Promote Responsibility and Awareness:

The school conducted the following special programs:

- a. **Safety and Infrastructure:** The school's stakeholders (teachers and parents) signed a petition to submit to the local authorities requesting expedited action on repairing regularly used roads leading up to the school premises, for the safety of all commuters.
- b. **Cleanliness Warriors:** To enforce the idea that "Cleanliness begins with a single individual step in a collective environment", students of Grades 1 to 12 along with their teachers started on a Cleanliness Drive to maintain their classrooms, corridors and school grounds spic and span, by setting aside time every Friday during Lunch break to clean up their surroundings. This instilled a sense of pride, collective responsibility and joy in all students and faculty.
- c. **Environment Day:** Students were gifted vegetable saplings to nurture at home and initiate their own little kitchen garden. The value of soil preservation, growing one's food and caring for the environment were instilled silently through this activity. Many children shared their produce after a few months and rejoiced in the crop that they reaped! Additionally, all one-sided paper was reused either as rough pages, or to print other non-critical material, thereby reducing the total usage of paper.

F. CBSE and Faculty Training Programmes:

1. **In-house training and CBSE training for teachers:** Teachers have attended around 800 CBSE training sessions. Also, in-house training and Sahodaya trainings were attended by our teachers to enhance their teaching skills and for getting updated on NEP.
2. **CBSE Activities conducted in school:**
 - World Environment Day Speeches
 - Fit India Quiz - July
 - Rashtra Gaan - July
 - Expression series – July-August



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- Ek Bharat Shreshtha Bharat – June to January
- Hindi Diwas -14 September
- Career Guidance – Through Inspire to Aspire programmes
- Rashtriya Poshan Maah -September
- Aryabhata Ganit Challenge - September
- Art Intregation Project- conducted across the year
- Vidyarthi Vigyan Manthan- September
- Brick MATH - October
- Constitution Day- 21st Nov
- Pariksha Pe Charcha – Essay writing by teachers and students, December 2022-January 2023

Our school is all geared up to work as per NEP, SAFAL and SQAAP for the next academic year and we lookforward to an equally exciting year 2023-24.

Sinduja T S

Principal