



The Foundation School

Annual Report 2018-19

The year 2018-19 has been one of the most exciting years in our school's history. We had 550+ students, over 40 teachers and 30 staff members. The year has seen our school students perform very well in all their various endeavours, be it in academics, sports or in other co-curricular activities. Our teaching methodologies are starting to yield results. This report provides insights into some of the key events and achievements of the school for the year:

1. **Activity Based Learning:** The school implemented Activity Based Learning (ABL) from grades 1 to 8. It started with training teachers on the concepts of activity based learning and then integrating it with classroom delivery. The initiative has been very successful and has taken root, with all teachers adopting it. Teachers have designed activities that are interactive and fun for the students, and produce high impact learning amongst them.
2. **Aspire to Inspire:** The school started a wonderful program to expose students to multiple types of careers. Experts from various walks of life are invited to speak about careers in their fields, how to get into it and what it would take to succeed in it. Through the year, we have had many high achievers unravel their fields to our students. They include a forest officer, an army doctor, an AI expert, a pilot, an automobile professional, an HR expert, a pharmaceutical expert and many more.
3. **Field Trips:** In keeping with our methodology of exposing students to the workings of the real world, several field trips were conducted for various grades. These include:
 - a. Grade 2 visit to the Whitefield Post Office
 - b. Grade 1 visit to The Martin Farm to interact with a variety of animals
 - c. Grade 3 students visit the Whitefield Police Station
 - d. Grade 4 and 7 visit to Carnival cakes and breads to observe a commercial bakery's operations
 - e. Grades 4,5,6 and 7 visit to Lal Bagh for bird watching along with an expert guide
 - f. Grades 8 and 9 visit the Visvesvaraya Technological Museum
 - g. Grade 1 visit to a brick factory to see how hollow concrete blocks are manufactured
 - h. Grade 2 visit to the Varthur market
 - i. Grade 6 visit to a nearby village and the local panchayat member's house
 - j. Grade 3 visit to the fire station
 - k. Grade 8 and 9 visit to Asha Bhavan for Senior Citizens
 - l. Grades 4 and 5 visit to the Indian Music Experience museum
4. **Saturday Enrichment Programs (SER):** The SER programs we conducted successfully for the second year in a row. Students who participated got the opportunity to acquire knowledge and skills in areas such as Performing Arts (Music, Dance and Instruments), Speech and Drama, Robotics, Aeromodelling and sports (Football and Skating).
5. **Sports:** Students participated in several sports activities through the year. The noteworthy ones are:
 - a. **Throwball 1:** Throwball is an exciting non-contact sport that is played by two teams on a rectangular court. The game has its roots with volleyball. The first Inter School Throwball competition was held between the students of TFS Gunjur and Pratham International School. Both the teams exhibited brilliant sportsmanship and determination. TFS Congratulates its participants for bagging the Winner's Trophy and also the students of Pratham International School for demonstrating exceptional skills.



- b. **Throwball 2:** TFS Gunjur was proud to host the second inter school throwball match for girls few days back. The four participating schools were Pratham International, Valepura, Navaprajna School, Kundalahalli, St. Joseph School, Richmond road and TFS, Gunjur. The players worked in unison and had a good understanding of each other's game. They exhibited a dynamic spirit of sportsmanship and team work. Pratham International emerged as winners and TFS as runners up. Our sincere congratulations and best wishes to all the participants.
 - c. **Interschool Skating Competition:** The interschool skating competition held at the Foundation School in Gunjur on Sunday 22nd July received a phenomenal response. Students and parents from various schools showed tremendous enthusiasm. It was a lovely sunny day, and winners showed off their gleaming medals to their friends and family.
 - d. **Football Competition:** Our students participated at the football competition held by a neighbouring school and played with the true spirit of competition. It was an enjoyable experience for everyone.
 - e. **School Sports Day:** "Talent wins games, but team-work and intelligence wins championships ". Sports day is the much needed platform of showcasing the talent, skills and efforts put in by the students to make it a successful event. Sports at pre-primary/primary level is not about competition. It is simply about having fun, being physically active, learning the basics of sports and building co-ordination and motor-skills so that the students are given an opportunity to display their self-confidence, patience, zeal, team spirit and sportsmanship. On 1st Feb 2019 and 9th Feb 2019 The Foundation School had organised the Sports Day for Grades- 3 to 9 and Grades-1,2 and Montessori respectively. The collective energy of the children and the facilitators added up to an energetic and fun filled celebration on both the days.
6. **Special Assemblies:** Throughout the year, the school conducted special assemblies to celebrate various events, or to highlight various social issues. Each special assembly event is conducted by a specific grade. The themes of these assemblies are as follows:
- a. **World Environment Day:** On June 6th, the Grade 9 students conducted a Special Assembly, the theme of which was 'The World Environment Day' which falls on June 5 every year. The motto of the assembly was 'Plastic Ban'. The students of Grade 9 led by their class teacher, Ms. Aditi, brilliantly illustrated the motto through a mime, a song and verbal presentations.
 - b. **Everyone is Equal:** On 13th June, 2018 the students of Grade 8 conducted the Special Assembly led by their class teacher Ms. Anuradha. The motto of the assembly was "Everyone is Equal" and it was brilliantly presented by the students through a skit, a sign language representation of the 26 English alphabets and a musical puppet show. The sheer sincerity of their efforts was further reflected in their thoughtful presentation of the National Anthem through sign language which was nothing short of being a stupendous performance.
 - c. **World Yoga Day:** The students of Grade 7 conducted the special assembly on the 20th of June, 2018 on the occasion of International Day of Yoga, which is celebrated all over the world on the 21st of June. The presentation was led by class teacher of 7, Ms. Ananya with the support of Ms. Geeta, the Yoga teacher. The presentation set a tranquil tone to the morning. The yoga demonstration 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 entire school also joined to perform a few asanas. The essence of the presentation was summed up by the class teacher in the phrase 'collect to connect', emphasizing the importance of collecting our energies to remain connected to our curriculum throughout the day in a meaningful manner. The positivity that emanated from the entire program was captured in a beautiful rendition of the song, 'It's a marvellous day!'

- d. **Road Safety:** Road safety is the an important topic that has been added to various fields like education, social awareness etc. in order to induce more awareness in the public especially the younger generation. In order to make students well acquainted with the rules Grade 6 students under the banner of their class teacher Ms. Usha conducted a Special Assembly on 4th July,2018. The students diligently explained the traffic rules along with the important signs that everyone needs to keep an eye on when they are commuting by road and concluded the assembly elegantly with a graceful dance.
- e. **Water:** Water is the most precious gift to humanity by the nature. Water is the most essential source of life on the earth as we need water in every walk of life such as drinking, cooking, bathing, washing, growing crops, plants, etc. Therefore, sustainability on Earth is directly proportional to the conservation of water. Keeping the importance of water conservation in mind Grade 4 of TFS, Gunjur conducted the Special Assembly under the guidance of their class teacher, Ms. Bhagyashree on 7th August 2018. The students brilliantly illustrated the key idea through a witty skit.
- f. **Cleanliness in School:** On 29th August 2018, Grade 4 led by their class teacher Ms. Suhasini conducted a special assembly on 'Cleanliness in school'. Cleanliness is not a work which we should do forcefully. It is a good habit to lead a healthy life. Cleanliness is essential for our good health whether it is personal cleanliness, surrounding cleanliness, environment cleanliness, or work place cleanliness (like school, college, office, etc). We all should be highly aware about how to maintain cleanliness in our daily lives specially in schools. The students demonstrated this message through an informative skit and a melodious song.
- g. **Sardar Vallabhai Patel:** On 31st Oct a special assembly was conducted to celebrate Rashtriya Ekta Diwas to pay tribute to Sardar Vallabhai Patel, who was instrumental in keeping India united. During the assembly the importance of this day was emphasized. Speech on National Unity and its importance was delivered by Divyashree, a student of Grade 6 and this was followed by a pledge taken by the entire school to promote the importance of staying united. Ms. Nainika of Grade 6 led the pledge.
- h. **Ganesh Chaturthi and Hindi Divas:** On September 19,2018 the students of Grade 3 conducted a special assembly to mark the event of Ganesh Chaturthi and Hindi Divas, under the guidance of their class teacher Ms. Debalina,Hindi teacher- Ms. Sheetal and the Dance teacher-Ms. Sangita. The assembly commenced with a speech illustrating the importance of Hindi Divas, which was followed by a melodious chorus performance by the kids. The assembly concluded with a brilliant Mime performance depicting the birth of Lord Ganesh which was followed by a graceful dance performance.
- i. **United we stand, Divided we fall:** Unity is strength. A united group of people can always achieve more things than a single person. People who are united are the happy people and can accomplish any goal in life; but if we keep on fighting and stay away from each other, we fail. Keeping the spirit of unity in mind the students of grade 3 conducted a special assembly, on 26th September 2018, under the guidance of their class teacher Ms. Raveena. The students wonderfully performed a skit on "The five fingers" sharing an important moral: If



you keep on fighting you cannot attain anything but if work together you can achieve extraordinary things. The pictures of the assembly are shared below.

- j. **Eradicate Corruption – Build a New India:** For inculcating greater awareness on vigilance in public life, The Central Vigilance Commission celebrated Vigilance Awareness Week from 29th Oct to 3rd Nov, 2018. For this year, the theme was "Eradicate Corruption - Build a New India". To commemorate this event, a special assembly was conducted on 31st Oct, during which our Principal addressed the students on eradicating corruption. This was followed by a pledge led by Ms. Esther of Grade 5. To emphasize the same an essay writing competition on the topic, "Role of an individual to create a corruption free India" was held on 2nd Nov, for grades 6 to 9.
- k. **Friendship:** On 16th January, 2019 Grade 2 conducted the first special assembly of the new year under the guidance of their class teacher Ms. Surbhi based on the theme of FRIENDSHIP. The students illustrated the importance of friendship beautifully through an interesting skit and a beautiful dance performance.
- l. **Importance of saying NO when required:** On 23rd January, 2019, the students of Grade 2 conducted the special assembly under the guidance of their class teacher Ms. Aparna. They had presented a beautiful short skit along with a dance performance where they demonstrated the importance of saying 'no' when situation demands so and also stating that it is not a synonym for weakness.
- m. **Dangers of Smartphones:** "Previously telephones were wired whereas we were free, while the vice-versa stands true in the recent times." Based on this thought, Grade 2 conducted the special assembly on 30th January, 2019 under the guidance of their class teacher Ms. Himabindu. The students brilliantly demonstrated the dark side of smartphones and their negative effects on us, through an intelligent skit.
- n. **Plastic Ban:** On 6th February, 2019 the students of Grade 2 under the guidance of their class teacher Ms. Kavitha conducted the special assembly on 'Plastic Ban'. The students thoughtfully demonstrated the negative effects of plastic and how we should refrain from using them, through a beautiful skit and a dance performance.
- o. **Pollution:** On 20th Feb, 2019, the special assembly was conducted by Grade 1, under the guidance of their class teacher Ms. Archana. The children selected the existing perils of pollution, as their theme, and brilliantly demonstrated that through a beautiful skit and a graceful dance.
- p. **Deforestation:** On 27th January, the special assembly was conducted by Grade 1. Through a thoughtful skit and a dance performance, the kids demonstrated the importance of trees and the adverse effects of deforestation on planet Earth.
- q. **Spring:** Spring is here! The most colourful and pleasant month of the year. Keeping the spirit of spring high, Grade 1D conducted the special assembly on 29th Feb, 2019. Their theme was the vividly beautiful festival of Holi, which marks the onset of Spring.
- r. **A Stitch in time Saves Nine:** This is an old proverb that holds relevance even in the current times. Based on this thought, the children of Grade 1 conducted the special assembly on 6th March, under the guidance of their class teacher Ms. Radhika. Through a witty skit and a



dance performance, the children thoughtfully illustrated that if we procrastinate and delay our work, we shall only create problems for ourselves.

- s. **Importance of Planning:** Its almost the end of the 2018-19 session, which means the exams are just around the corner. 'Exam jitters' is a term that almost all of us are acquainted with. Based on this, Grade 1, under the guidance of their Class Teacher Ms. Merin, had conducted the special assembly on 13th March, 2019. They demonstrated, through a witty skit, how the students should plan out everything well in advance so that they don't feel tensed during the examinations.
7. **Investiture ceremony:** "Leadership is the capacity to translate vision into reality"- Warren Bennis. On 27th June, 2018 TFS Gunjur had organised the Investiture Ceremony for the academic year 2018-19. The prestigious event was presided over by the Founders of the school, and the school Principal. It was conducted with a high degree of earnestness and passion. The Investiture Ceremony signifies the reliance and confidence that the school consigns in the newly invested Council Members. Donning the mantle of accountability, the new Council Members pledged to bestow their duties to the best of their abilities for the school.
8. **Eco Club:** Eco Club activities for Grades 6 to 9 were introduced on 14th July 2018. As part of the creative program, plantation of organic vegetables and setting up of the composter was carried out. Students were excited to take part in this activity and were left with a deeper understanding of waste management and nature conservation.
9. **Internal Competitions:** Various competitions were held throughout the year within the school. These include the Rangoli competition that unleashed our students' creative, artistic and imaginative talents. Students exhibited their flair in the art by making beautiful Rangoli designs using floral motifs. The Rangolis were a treat to the eyes of every spectator. Other competitions included quizzes, scrabble, painting, essay writing etc.
10. **External Competitions:** Students participated in external competitions held by other schools. Such activities help children inculcate important skills which prove beneficial to them throughout adulthood. The key is to ensure that it is always constructive competition. Students of our school participated in various inter-school competitions organised by Deens Academy and Global Indian International School. The children were at their best in performing tribal dance, folk song, Mime act, Western Band, Art competition and inter-school football competition organised by the Deens Academy. Similar events where students performed with utmost dedication, hard work and passion were dance, fancy dress, abstract Art in Global Indian International School won accolades for the same. We are proud that Jia Soumya of Grade 1 won the first prize in fancy dress competition conducted by Global Indian International School.
11. **International General Knowledge Olympiad and Maars Spell Bee:** Our students participated in the IGKO held this year, and we are proud to say that there were winners from our grade 2, 3 and 4. We would also like to congratulate Ojaswi Morla for securing a state level rank in the MaRRS Pre-School Bee - English championship earlier this year.
12. **Science Exhibition:** This year too, the science exhibition was very successful. Students of each Grade set up their experiments and demonstrations in their respective classrooms and showcased them to all the visitors and parents. As part of this exhibition, there was a separate exhibition on Caves. This was a large exhibition that showcase life of cavemen.



13. Sell and Excel: In order to foster the entrepreneurial spirit, the school conducted the extremely successful Sell and Excel Program. Students were encouraged to create and sell items during and events to visitors and parents. They were taught to keep track of the costs, and the revenue, thereby introducing them to the financial concept of profit and loss in a practical and exciting way.

14. Other Activities:

- a. **Clay Modelling:** Clay modelling is a fun art activity that involves the sculpting and moulding of modelling clay into different shapes and objects. As part of active learning, students of grade 3 had hands on experience and used clay to shape it out into pots and pans like what would have been used by early humans. To understand the beauty of creation students also collected different materials like cotton, twig, hay, grass and feathers and learnt how to make the nest of a bird. Children learnt to appreciate the joy of decorating and building a nest with scavenged materials.
- b. **Public Speaking:** To enhance public speaking skills a workshop was conducted on Saturday 3rd Nov, 2018 by a young entrepreneur Mr. Abhinav Krishnan. It comprised of step by step focus on building effective research, critical thinking, writing and speech delivery skills to help the students communicate effectively with an impact. The use of various linguistic devices was also emphasized. The workshop was received by the students with great enthusiasm. It was an educative and enjoyable session where the students were given various opportunities to improve their public speaking skills to the live audience.
- c. **Floor Relief Activities:** We are proud to say that all of our students, staff and parents rallied around for the floor relief activities with respect to the floods in Kerala and Coorg. The school was able to collect items, package and ship several boxes towards the larger flood relief operations.
- d. **Childrens' Day:** "There are some things that we cannot buy. One of such things is our childhood." True to the spirit of Children's Day, Montessori teachers at The Foundation School, Gunjur put up a vibrant show for the tiny tots. It was fun unlimited through fancy dress, games followed by a puppet show the next day. It was indeed a celebration of their childhood, innocence and happiness.
- e. **Republic Day, Independence Day and Karnataka Rajyotsava Day:** The school celebrated each of these important days with great pomp. Students performed various activities such as poetry, recitations, speeches, dances and musical performances.
- f. **Musical Performances:** Our school band performed during various occasions to the delight of the students, teachers and parents. They performed both Indian and Western songs.
- g. **Talk by History Expert:** Author, Ms. Shruti Garodia, gave a talk to students from grades 3 to 8 on learning history through the study of animals. Students received the talk very well.

While these are some of the activities listed above, several others are also conducted. For example, the school's signature Parent-In program is always a great hit with parents and students alike. The school has also held book exhibitions and other such events.

The Environment

Environmental awareness and action is a key need of the hour today. India is already a water stressed country, and many towns and cities are gradually running out of ground water. Therefore, water conservation and

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environmental protection are important activities that need to be conducted. So here's is what we do at our school:

- a. Rain water: At our school, rain water is not wasted. Instead, it is directed into recharge pits from where it can percolate into the ground and help maintain ground water levels.
- b. Paper: All one sided paper is reused again either as rough pages, or to print other non-critical material, thereby reducing the total usage of paper.
- c. Tree Plantation: Over 30 trees and several herbs had been planted this year, in an effort to provide more green cover to the school's land.

We now plan to take up more projects for the coming year to further help contribute to the environment and we are consulting experts to determine those that will have the maximum impact.

On the whole, 2018-19 was one of the best years of the school so far and we hope 2019-20 will be even better.

Principal