Cornerstone Times

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WE RISE BY BEING RESPONSIBLE

- THE CORNERSTONE WAY...

July 2025

Stirring the Sugar - The Unspoken Ingredient in Parenting

Because love, like sugar, changes everything—when expressed.

The deepest feelings are often the quietest. Stir them, speak them, and watch relationships bloom."

I take this moment to share a story close to my heart.
Once a successful businessman was hosting an old friend after years. Wanting to make the meeting special, he prepared fresh lemonade himself. He squeezed lemons, added water and sugar with care, and handed the chilled glass to his friend.

His friend took a sip - and made a face. "Too sour?" asked the businessman, surprised.

"Maybe," replied the friend gently. "Did you forget the sugar?" "Not at all! I added it myself," said the businessman.

They both looked into the glass - and there it was. The sugar had sunk to the bottom, untouched. It had never been stirred. With a quick stir and another sip, the friend smiled, "Now this is perfect!"

Such is the case with our emotions - especially in parenting. We love our children. We admire their energy, their kindness, their curiosity. We are proud of their efforts, even when they fail. But more often than not, we forget to say it aloud.

Just like the sugar in that lemonade, our appreciation stays quietly at the bottom-felt, but not shared. And so, the relationship feels incomplete, or even sour at times.

But the moment we stir - with kind words, warm hugs, patient listening, and a little praise - everything changes.

Dear Parents, here's your gentle nudge:

Tell your children you love them - often and unconditionally.
Appreciate their little victories and efforts.
Encourage their quirks, and let them know they're cherished.
Let your love be seen, heard, and felt.

Because when love is expressed, not assumed - homes become warmer, and hearts grow stronger.

Regards
Sharmila Solomon

Health First: A Step Toward Holistic Well-being

In our continued commitment to student wellness, our school conducted its Annual Health Check-up Week spanning four days, covering students from Grades 1 to 12. This initiative, which included general health screening, dental check-up, and eye examination, was more than just a routine - it was a reminder that health is the foundation of learning and growth.

A team of experienced medical professionals, including general physicians, dentists, and ophthalmologists, worked seamlessly to ensure that every child received individual attention. The check-up not only helped identify unnoticed health concerns but also reinforced the importance of regular health monitoring and early intervention.

What made the experience truly enriching was the students' enthusiastic participation and awareness. Many walked away with not just a medical report, but also a stronger understanding of how to care for their body and mind.

By embedding healthy habits and preventive care into the school environment, this annual exercise has once again proven that education goes beyond textbooks. It nurtures the whole child—mind, body, and spirit.

As we say at our school, "Healthy students are happy learners."

More Than Just a Picture: The Annual Photograph Tradition

Every year, there's one day that brings smiles, a touch of excitement, and a whole lot of memories - it's the Annual School Photograph Day.

For students across Grades 1 to 12, this isn't just about striking a pose or fixing collars. It's about freezing a moment in time - a class full of laughter, friendships, inside jokes, and growing minds. The annual photograph becomes more than an image; it turns into a keepsake, treasured for years to come. As students look back, these pictures tell stories - of friendships formed, milestones achieved, and moments lived together. But it's not just the students who look forward to this day.

Our staff photograph is equally special. It's a rare frame that captures the pillars of the institution - the educators, mentors, and facilitators - ogether in unity and pride. Teachers often say it's one of the few moments where they pause amidst the year's hustle, stand shoulder to shoulder, and reflect on their shared journey. It's a photograph they cherish deeply and eagerly await - a symbol of belonging and collective effort. In a world that moves so quickly, these photographs remain still reminders of all that school life holds: joy, connection, and the beauty of growing together.

Because some memories don't fade - they're framed.

Periodic Tests: Fostering Growth, Not Fear

At our school, we believe that exams are not just a measure of learning, but an opportunity to build confidence and reduce the fear of assessments. The periodic tests conducted across all grades serve as a gentle reminder that learning is a process—one that requires reflection, improvement, and perseverance.

These tests are designed to help students understand their progress and identify areas for growth. By breaking down the intimidating idea of exams, we encourage students to view them as stepping stones, rather than hurdles. With each test, the goal is simple: to embrace the experience and continue growing without fear.

Together for Every Child: The Power of Parent-Teacher Partnerships

At the heart of every child's growth is a strong partnership between home and school. Our recent Parent - Teacher Meetings (PTMs) served as a valuable bridge, connecting parents and educators in a shared mission-to understand, support, and guide each child better.

These meetings offered more than academic updates; they opened doors to meaningful conversations about learning styles, emotional well-being, strengths, and areas of support. When parents and teachers come together, it enables us to gain deeper insights into a child's world—helping us tailor our approach to their unique needs.

We extend our heartfelt appreciation to all the parents who attended the PTMs. Your presence, engagement, and shared observations play a crucial role in shaping an environment where every learner can thrive.

At our school, we believe that when parents and teachers walk together, the child never walks alone.

Field Trips: Where Learning Steps Outside the Classroom!

At our school, education is not confined to textbooks and classrooms. We believe in bringing lessons to life, and one of the most powerful ways we do this is through field trips - a vital part of our curriculum that blends exploration with experiential learning.

Grade 2 students were taken on a trip to Prajwal Nursery (Tellapur), students of Grade 4, were taken on enriching field trips to places like A Cold-Pressed oil extraction unit BHEL and Grade 10 students were taken on a trip to ICRISAT.

For our little learners in Prajwal Nursery, the recent field trip was nothing short of a delightful adventure! With tiny backpacks, excited chatter, and curious eyes, our youngest explorers stepped out of their classroom into a world full of wonder. The children visited [insert destination – e.g., a nearby park, farm, or garden], where they saw birds, trees, flowers, and more—all the things they've been learning about in class, now coming to life before them. It was a day filled with smiles, songs, nature walks, and playful learning.

They touched, observed, and asked the most adorable questions, showing us once again that every moment is a learning moment when seen through the eyes of a child. This outing wasn't just a change in scenery - it was an opportunity to nurture their senses, social skills, and love for the world around them. The field trip echoed what we believe deeply at Prajwal: "The world is the best classroom for the curious child."

Equally fascinating was the visit to the cold-pressed oil unit, where students got a first-hand look at traditional methods of oil extraction. They observed the machinery, understood the health benefits of cold-pressed oils, and even made connections to their science and EVS lessons. It was a moment of realisation that the world outside the classroom holds countless stories of innovation, tradition, and learning.



Science Meets Soil: Grade 10 Explores ICRISAT

As part of our commitment to experiential learning, our Grade 10 students embarked on an insightful field trip to ICRISAT (International Crops Research Institute for the Semi-Arid Tropics)—a global hub for agricultural innovation and sustainability.

The visit opened doors to real-world applications of science, especially in the fields of biology, environmental science, and sustainable agriculture. Students explored research stations, interacted with scientists, and witnessed how cutting-edge technology is used to develop climate-resilient crops and promote food security.

From soil testing to seed banks, and from irrigation methods to genetic research, the trip provided a deeper understanding of topics they've encountered in class - now brought to life through observation and inquiry.

More than just a science lesson, the visit to ICRISAT ignited curiosity about global challenges like food scarcity, climate change, and sustainable farming. It encouraged students to think beyond the classroom and consider their role in shaping a greener, more resilient future.

As one student reflected, "It was inspiring to see how science is used not just to study, but to solve real problems."

Field trips like these offer far more than just a break from routine - they nurture observation, critical thinking, and meaningful connection with the world around us. They spark questions, deepen understanding, and most importantly, help students discover that learning is everywhere.

After all, as we often say: "Not all classrooms have four walls."



CBSE Workshop on Happy Classrooms: Where Joy Meets Learning

In our pursuit of creating meaningful and engaging learning environments, our teachers recently participated in a CBSE workshop on "Happy Classrooms" - a powerful initiative that reinforced a simple yet profound truth: learning thrives where happiness lives.

The workshop was conducted by Ms. Iffat Ibrahim, Principal Chirec International School and Ms. V.N Chakravarthy, Principal Pragathi Central School focusing on emotional well-being, teacher-student relationships, stress-free teaching, and creating a positive classroom culture. Through interactive sessions, real-life scenarios, and reflective discussions, educators explored how a joyful atmosphere can significantly enhance students' motivation, participation, and retention.

It reminded us that a happy classroom isn't about noise or celebration alone - it's about empathy, connection, encouragement, and emotional safety. When children feel seen, heard, and valued, they open up - not just socially, but intellectually as well.

Our teachers returned not only with practical strategies but also with renewed enthusiasm - to make classrooms places where students look forward to learning, and where every child feels that school is a safe and joyful space to grow.

After all, it's only when the classroom is happy that learning happens at its best - and we are committed to making that a daily reality.

Capacity Building on Competency-Based Assessment in Social Science

A two-day Capacity Building Programme on Competency-Based Assessment in Social Science was held on 11th and 12th July at Sri Vidyaranya International School, bringing together educators and academic leaders dedicated to redefining classroom assessments.

The sessions were led by eminent resource persons - Ms. Chandra Shiva Kumar, Principal of The Gaudium School, and Ms. Shampa Gosh, Principal of Creek Planet School. With their rich experience and insightful facilitation, the programme offered a deep dive into the principles and practices of competency-based education - an approach that prioritizes skills, understanding, and application over rote memorisation.

Participants engaged in interactive modules, case studies, and hands-on tasks aimed at realigning assessment patterns to better reflect 21st-century learning goals. The focus was on assessing conceptual clarity, critical thinking, real-life application, and analytical skills in Social Science.

The programme not only equipped teachers with practical strategies but also encouraged them to reflect on the shift from traditional testing to meaningful, learner-centered assessment.

Workshops like these reiterate our collective commitment to enhancing educational practices and ensuring that learning goes beyond marks—into minds that think, question, and apply.



PREPARING MINDS, NURTURING GROWTH

The Grade 11 orientation, conducted on July 5, 2025, marked a key milestone for the students as it provided them with insight into the working pattern and structure of the CBSE Board Examinations for the academic year 2026-27.

As the academic year 2025-26 continues, students in Grades 3 to 8 geared up for their first Periodic Tests, which were held from July 22, 2025, to July 30, 2025. These tests played an essential role, as it helped them assess their progress and preparedness for the Half-Yearly Examinations.

CORNERSTONE INNOVOYAGE - EXPERIMENTING, EXPLORING, EVOLVING

The second round of the Science Fair 2025, held on July 10 and 11, marked a significant step in promoting scientific inquiry and innovation among students. Following the successful completion of Round 1 (June 17–20), this phase featured 96 projects by 122 students, selected for Level 2 of Innovoyage 2025. Students in Grades 3 to 5 presented under the theme "Young Innovators for a Greener Planet", while students from Grade 6 onward explored "Innovations for a Sustainable Tomorrow". The exhibits reflected age-appropriate application of research, creativity, and practical problem-solving focused on sustainability.

The exhibition witnessed active participation from the parent community, who were invited to engage with the student presenters and view the work on display. Their presence and constructive feedback added immense value to the event. The Science Fair served not only as a platform to exhibit innovative ideas but also as a space that reinforced 21st-century competencies such as critical thinking, communication, and environmental awareness. The school extends its appreciation to all participating students, guiding mentors, and parents for contributing to the continued success of Innovoyage 2025.



ASSEMBLIES THAT SPOKE - AWARENESS THROUGH ART AND ACTION

With Ms. Mandabi's creative leadership, Grade 3A performed a lovely performance honouring the joy of reading. Beloved storybook characters stepped out of pages to highlight the value of imagination and books. The performance was both delightful and impactful, reminding all of the power of storytelling.

The Grade 5A students, led by Ms. Namita, held a patriotic assembly to commemorate Kargil Vijay Day. Poems, narration, and musings emphasised our warriors' courage. It was a moving homage that evoked pride and patriotic spirit amongst everyone in the audience.

Students in Grade 6B, guided by Ms. Resmi Pillai, conveyed a strong message against plastic waste. They promoted environmentally sustainable options by integrating facts, images, and slogans. The act had a long-lasting effect on how important sustainable living is.

Under the guidance of Ms. Rani Kalpana, Grade 7A presented a funny and realistic performance about screen addiction. Students depicted their attempts to go screen - free, stressing their challenges and discoveries. The performance concluded with a powerful message about mindful technology use.

The Grade 8A students, under the supervision of Ms. Latha, gave a reflective assembly on gender equality. To combat prejudices and advance inclusivity, they employed roleplay and real-world situations. The audience was deeply moved by the performance and was motivated to consider justice and respect for others.

Grade 11A students were led by Ms Binu as they explored themes of failure, responsibility, and perseverance. The students promoted a growth mindset by exchanging ideas and examples from not only their own lives but also those of the most successful. Their talk inspired others to overcome obstacles with courage and self-confidence.



ART WITH PURPOSE - CREATIVE MINDS, SUSTAINABLE MESSAGES

As part of our ongoing commitment to awareness-based education, our four house teams created impactful display boards aligned with key Sustainable Development Goals (SDGs). These boards showcased not only artistic skill and research, but also student voice on pressing global issues.

Elephants House raised awareness about the dangers of excessive sugar consumption and its long - term impact on health. With slogans like "Eat less sugar, you're sweet enough!", the board encouraged mindful eating, aligning with SDG 3's emphasis on health and well-being.

Rhinos House tackled climate change with a powerful visual of the Earth wrapped in a cooling banner. Surrounded by the 5 R's - Respect, Reduce, Reuse, Regenerate, Recycle - the board blended student reflections with real newspaper cuttings. It served as a visual call to action, supporting SDG 13's climate-focused mission.

With a striking blue ocean backdrop, Lions House brought attention to marine pollution and plastic overuse. Featuring marine creatures and slogans like "Protect oceans to protect our future", the board emphasised the importance of preserving aquatic life - effectively promoting SDG 14 and a deeper respect for life below water.

Pandas House used lush green visuals and 3D effects to spotlight endangered species like tigers, gorillas, and red pandas. With thought - provoking slogans such as "If animals could speak, humans would weep", the display inspired compassion and action - echoing SDG 15's goal of halting biodiversity loss.









RHETORIC RHAPSODY - WHERE CREATIVITY WAS CROWNED

Cornerstone School proudly participated in Rhetoric Rhapsody, an interschool literary and visual arts fest hosted by Birla Open Minds International School on 11th July 2025. With over 280 participants from 20 reputed schools, the event provided a vibrant platform for creative expression across mediums - blending poetry, visual art, storytelling, and voice modulation in unique and imaginative ways.

Our students delivered outstanding performances, earning accolades in key categories. Kanishka Choudhary of Grade 9 secured First Position in Strokes and Stanzas, while Kriti Vattakavil of Grade 12 and Pranamya Nibhanipudi of Grade 11 achieved First and Third Positions, respectively, in Visual Verse. We applaud all our participants for their creativity, poise, and representation of Cornerstone's spirit of excellence.

LITTLE HANDS, SWEET CREATIONS

Our youngest students from Pre-Primary to Grade 2 participated in a delightful No - Cook, No - Bake Chocolate Pudding activity as the Event of the Month. They combined, swirled, and produced delectable goodies, creating memories while learning through hands - on, sensory - rich experiences.

With this, we wrap up this month's edition. Thank you for being part of our school journey. Stay tuned - we'll be back with more stories, updates, and achievements in next month's newsletter!