



New Year Resolutions

Wish you all a Happy and Successful New Year 2019!

As we enter the New Year, you must have seen and heard people making New Year resolutions (and breaking them too!). Some of you may be wondering ...

- What are resolutions
- Why do they make resolutions in New Year time
- What kind of resolutions do people make

What are resolutions?

A resolution is a firm decision to start a new good habit or break a bad habit in order to make a positive change.

Let's say a person is overweight. To reduce weight, one must do two things: eat less and work out. So, the person can make a resolution to eat one time meal a day only henceforth. There could be an additional resolution of spending at least one hour a day for workout. This way, a resolution helps you to be determined to set you on your path towards something desirable.

The first step for making a resolution is to know what areas need improvement. The resolution can be either to acquire a new good habit or kick a bad habit. Example of a good habit can be waking up early. Example of a bad habit can be laziness.



Why do people make resolutions on New Year Day?

We all look for some particular and easy-to-remember dates to start something new. Since there is lot of enthusiasm on a New Year's Day, we bring hope for a better future in our lives. That is why people make resolutions on New Year's Day.

We are not saying that you have to start something good only on New Year's Day. Like the old saying goes, "Any day is good to catch a thief." But if this New Year, you are committed to make a few good changes, we suggest go ahead and make them.

What kind of resolutions can I as a student make?

The answer is largely dependent on a person-to-person basis. But every student needs to make a few basic resolutions:

1. **Take responsibility for your learning:** We go to school not because the teacher teaches us. But it is because the teacher and the school help us learn. Remember, the journey is yours. They are only helping you travel better.
2. **Fix an everyday time for studies:** One must give time for studies every day. Yes, every day. You decide how many hours. It could be 2 hours or 4 hours. But once you make up your mind, you must stick to it. In this time, allot some time for homework. And in the balance time, do active reading and even prepare for the next class.
3. **Take care of fitness:** Swamy Vivekananda said, "A healthy mind resides in a healthy body." Engage in physical activities and active sport. Plan a sport and pursue it seriously. One must sweat it out on a daily basis. With a fit body, you are better prepared for future challenges.
4. **Time for prayer:** Prayer gives us the necessary silence inside to understand ourselves better and connect with the Almighty. Prayer gives us the strength and the wisdom to differentiate between the

right and the wrong.

Finally, make fewer resolutions so that you are able to strictly enforce them in your day-to-day life. Give yourself a few months with these new habits. You can experience a remarkable change in yourself! You will get immense confidence that you too can achieve something great, if only you apply yourself.

So, go ahead with your resolutions today.

All the best!

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Principal's Message: Managing Adolescents

Dear Parents,

Just lean back, close your eyes for a while and reflect back on your teenage years, and perhaps you will recall the frustration of longing to strike out on your own. Striving to be your own person, the determination to rebel against established practices, those perceptions based on limited knowledge and huge areas of ignorance and misconception. Yes you would witness the same in your teen child.

Young minds of today are the most promising generation in the history of the world as they set history in later years. They stand at the summit of ages as well as cross roads. They are confused who certainly need to be understood and shown the right way. Now the question is.... Who will show them the way, who will teach them? Home or school? When will it happen, if not now?

Parenting is like growing up all over again.

Parenting an adolescent is a challenge by itself as it puts tremendous stress on the parents. Improper rearing of adolescents would surely have adverse effect on their emotional quotient which would definitely impact their social, cognitive and emotional behaviours during adolescent years and often later too...

The year from puberty to adulthood may be roughly divided into three stages:

- Early Adolescence: Age Eleven - Fourteen
- Middle Adolescence: Age Fourteen - Seventeen
- Late Adolescence: Age Eighteen - Twenty one

During these stages of adolescence, the child develops key tasks like physical developments, intellectual development, social development and emotional development to form its own identity and prepare to adulthood.

In one huge longitudinal British study, babies were followed through childhood and into adulthood for fifteen years. Their success and happiness in life were strongly co-related to their emotional intelligence.

The most revelatory finding of the study has been that emotional intelligence has been the most important factor in lifelong happiness and health. Emotional health leads to better physical health, more academic and employment success and happy marriages.

Now the question is "How to develop stronger EQ among adolescent children as parents?"

1. Most children enter adolescence perceiving the world around them in concrete terms. They start forming perspectives based on their limited knowledge with huge areas of ignorance and misconception and usually determined to rebel against established practices. They rarely set their sights beyond the present, and so, they are unable to consider the long-term consequences of their actions. Though they develop ideas later they think without acting because of inexperience. Handling them smoothly at this stage is very important as friction at this stage can create emotional scares which remain permanently and the perceptions from these conflicts can influence behaviour towards the parents during the later parts of their lives.

Thus, it is important to be empathetic towards them. Empathizing does not mean you agree, just that you see it from their side and acknowledge the position and respect their own perspectives.

This acknowledgement triggers soothing biochemicals and the child learns to soothe himself/herself when growing old.

2. Be friendly with them for understanding them better. Adolescence is a formative stage when children form opinions about their future. Listen to their views, update yourself with current trends related to movies, fashion, celebrities, technology, etc. which makes children more comfortable with you and will also give them confidence that you are in tune with current trends and so what you say will have more relevance.

3. Be aware of their social media activities, be it a Facebook contact of your child, follow them on Instagram, participate in the discussion with their friends and this will give you total track of your child's friends and practices.

4. Communicate about Infatuations and relationships:

Teenage is the age of infatuation. Children usually are infatuated with members of opposite sex or the same sex at this stage. Never assume it is totally wrong and condemn them for that. Experimentation at this age is normal. Their choices of friends, their late night chats, absent-mindedness and reluctance towards academics may upset you. But be supportive till you suspect an unhealthy relationship. Infatuation subsides with age and the child is back to normal. Be attentive yet be supportive to your child and make sure that they feel comfortable asking for advice.

5. Address habits:

Talk to your children about unhealthy habits like smoking and drinking. Let them know that they need not start unhealthy behaviours just because someone does. Talk to them about the long term health effects of those habits.

6. Facilitate building of their esteem and self-confidence:

Certain parents exercise too much control over their children in the name of discipline. Such children often grow up with low self-esteem and seldom become good leaders or decision makers. It is important for children to have respect for the parents but not be afraid of them. Understand that the child has grown up and respect the right to have an opinion different from yours. Be considerate.

7. Encourage the hobbies of your child, provide career guidance, Children in this age usually develop attachments to careers and professions without full knowledge or the details. Help and guide your child about career. Nurture the entrepreneur quality of the child by giving room for exploratory, do it yourself behaviours....

Above all ... **Love Them Unconditionally.**

Though handling a teenager is a tight rope walk for parents, it is the most beautiful one. Accept and appreciate your children as they are.

Happy Parenting.

Celebrations @ MEC

Children's Day

14th November 2018 was a day marked with great excitement and joy at MEC Public School. The teachers celebrated Children's Day by organizing an entertainment programme for the students. The function was a delight for the students as they witnessed their teachers like never before. Students tapped their feet in their places as they sat and watched some of the teachers dance to their favourite songs. Group songs were sung by the teachers to celebrate the spirit of childhood. Classical dance performance by our beloved Principal was eye-catching. Finally, sweets were distributed to all the children. The celebration left the students with wonderful memories to cherish.



Gandhi Jayanthi

Gandhi Jayanthi was celebrated on 2nd October 2018 at MEC Public School, open ground. The assembly began with a special tribute to Gandhiji and by lighting the lamp. This was followed by the school prayer by the choir members in the form of an ode to the Father of our Nation.

M.S. Deepa, the Principal of MEC Public School welcomed the gathering and delivered a motivational speech on the philosophical and pragmatic ideas of Gandhiji. In her address, she upheld the values of Gandhiji and highlighted the life of the great man who lived on the principles of Ahimsa and non-violence. The assembly concluded with the National Anthem.

Annual Sports Day

On 29th of November 2018, MEC Public School hosted its 3-day Annual Sports Meet in our school ground. On that day, the atmosphere of the school took a festive look. A great interest was observed among the students and the guardians. The Chief Guest for the day was Mr. N. M. Vijay Singh, Ex-Commando, Border Security Force (BSF), India. The Chief Guest was welcomed with bouquets. This was entailed by the unfurling of the school flag and the declaration of the meet open by the Chief Guest, marking the commencement of the ceremony, followed by the lighting of the flame and balloons to mark the expression of joy and rejoicement. A spectacular, impressive and well synchronized march past by the students



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rendered the spectators speechless and awestruck. Thereafter the Chief Guest administered oath to the school appointments. The audience next witnessed various displays symbolizing alternative sources of energy. The displays made way for the highly awaited athletics events where competitiveness among the students soared through the roof.

Students from Class I to V competed in events like hopping race, balloon bursting, making bouquet, frog race, lemon and spoon race etc. Whereas students from Classes VI to X had 200 & 400m races, relay race, football match, throw-ball, kho-kho and kabaddi.

On the final day of the sports meet, children entertained the



audience with various cultural programmes. The Chief Guest then declared closing of the annual sports meet by lowering the flag. The programme ended with the National Anthem.

Kannada Rajyostava and Cultural Fest

Kannada Rajyostava and annual cultural programme of MEC Public School were held in the school premises in a befitting manner on 1st, 2nd and 3rd November 2018.

The day started with Kannada Rajyostava celebration with lamp lighting by our esteemed dignitaries Sri. S.N. Sethuram, a writer and a theatre artist, honourable secretary Dr. Vidya.C, our beloved Principal Smt. Deepa Acharya and Vice Principal Smt. Jaya Prabha. Students from Grade I to X enthralled the audience with their scintillating performances in dance, drama and songs. Honourable Chief Guest Sri S.N. Sethuram addressed the audience with motivational speech about the beauty and simplicity of Kannada language and Kannada Nadu. It was followed by the 3-day programme with competitive events in debating, dancing, singing, painting etc.

Everyone enjoyed the cultural function and dispersed with a sincere hope that such mega events should be organised time and again giving the students a chance to display their talents.



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Teachers' Day

Teachers' Day was celebrated on 5th September 2018 in MEC Public School with great fervour. The members of the students' council, who had been preparing for the grand day organised a great show dedicated to their teachers. Students of Grade X delivered a speech on the importance of celebrating Teachers' Day and also gave brief information about Sri Sarvepalli Radhakrishnan. Further it was followed by entertainment programmes by students of Grade X. There was also a special celebration for teachers which included games with many prizes. All the teachers appreciated the efforts put up by the children and blessed them for success.



Parent Teacher Meet (PTM)

A Parent Teacher meet from Classes I to X was held to discuss the performance of students with their parents.

The meeting started with the welcome address by the Principal of the school. She briefed the gathering about the activities and also explained how the school offers the best possible learning environment for the students.

Subsequently students' attendance, academic performance and other special programmes were briefed to the parents. Action plans to improve slow learners' results were shared with the parents.

It was a good interaction between the teachers and the parents for the development of the children where they discussed both the strengths and areas of improvements. The progress report for the first term was shown to the parents and their suggestions were noted.

The PTM came to an end with the acknowledgement that the progress of the students depends on the joint effort of parents and teachers.

External Competitions

Our school children participated in many competitions and won many prizes.

'Bharatiya samskruthi Abhiyan' conducted Yelevara Ramayana and Kishore Mahabharata.

Iskon conducted many competitions like drawing, singing, fancy dress, dancing, handwriting, Bhagvathgeetha sthothram. Our children participated and won prizes.

DVG Abhimani Amruthotsava conducted competition at Bala Bhavan, Rajajinagar; 2 children of MEC Public School won prizes.

Seshadripuram PU College, Yelahanka Newtown conducted "Interschool Fest Merakhi" 2018. They conducted many competitions like best-out-of-waste, volley ball, throw ball, mehendi, group dance, singing etc., in which our children won many prizes.



Interschool Competition Won 1st place in 'Anthyakshari'



Interschool Competition Won 1st place in 'Best out of Waste'

External Exams at MEC

Science Olympiad Foundation (SOF) promotes various subjects and skills among school children in India through various Olympiad Exams. They are

- International General Knowledge Olympiad (IGKO)
- International English Olympiad (IEO)
- International Science Olympiad (ISO)
- International Maths Olympiad (IMO)
- National Cyber Olympiad (NCO)

Other than SOF, our children participated in Indian Talent Exam and NIE.

Workshops Attended by Teachers

Mrs. Divya and Mrs. Anisha, faculty members, Mathematics Department, MEC Public School (CBSE) attended workshop conducted by Oxford University Press at Richmond Circle.

Mrs. Deepa Acharaya, Principal of MEC Public School, attended Principals' Conference on Strategic Planning in NITK, Suratkal.

Famous Personality

Srinivasa Ramanujan

(22 December 1887 – 26 April 1920)



Coming from a humble Tamil Brahmin Iyengar family and without any formal training in pure mathematics, Srinivasa Ramanujan grew up to become a mathematics genius. He made incredible contributions to mathematical analysis, number theory, infinite series and continued fractions. Srinivasa Ramanujan's birth anniversary on December 22 is celebrated as National Mathematics

Day every year.

Though he had almost no formal training in pure mathematics, he made substantial contributions to mathematical analysis, number theory, infinite series, and continued fractions, including solutions to mathematical problems considered to be unsolvable.

Excursion Report

I & II

On 28th December 2018, school organised a one day trip to Dreamland Resort from LKG to Grade 2. We started from the school campus at 8:15 am and reached the spot by 9:30 am. After breakfast, children enjoyed dry games, water games, magic show, and laser show and had rounds in toy train.



Children had great time and lots of fun. We started from Dreamland at 5:00 pm and reached the school campus by 6:15 pm.

III, IV & V

We arranged an educational trip for the students of Classes 3 to 5 on Friday 21st December, 2018. We started off at 7:30 am from the school premises and reached the Malur Krishna Temple. We were blessed to hear the history of the temple. After spending an hour, we moved on to visit Toy Factory. The kids were shown a live demo on toy making. We spent around two hours in toy factory. Last, but not the least, we reached Janapadaloaka Park. The kids saw clipping of Indian cultures in the theatre. We had a live demo of pot making. After playing and having snacks, we started back to school and reached at 7:00 pm.

The trip indeed turned out to be memorable, fun filled and educative. It was nice to hear the kids saying 'East or West, MEC is the Best', 'vande Mataram' and 'Jai Hind' slogans throughout our journey.



VI & VII

A quote in Kannada about travel highlights the importance of travelling to understand life. So an educational tour to Mysore was organised for the students of Grades 6 & 7 for 2 days. At first, on 3rd December at 6:30 am, we visited the Sri Ranganatha temple in Sri Rangapatna. Then we headed towards railway museum. There we were surprised to see different types of trains and had golden opportunity to travel in an antique train. Next, we visited the most magnificent monument of Karnataka - The Mysore Palace. We were mesmerised by seeing its inner beauty. From there, we went to Mysore Zoo. There we saw many endangered animals. Then we went to dormitory, rested for some time and left for Chamundi Hills and returned. The first day ended with a marvellous dinner. The next day, we woke up at 5:30 am, had our breakfast and visited the most wonderful place in Mysore - GRS Fantasy Park. We had great time and enjoyed a lot. We returned to school at 10:00 pm ending the most educational and entertaining excursion.

VIII & IX

According to Francis Bacon, "An excursion is not just a pleasure trip; it enhances the knowledge of the students

beyond the four walls of the classroom". To provide such an enriching experience, our school organized a 3-day trip to students of Grades 8 & 9 to Madikeri. On 13th November, we left the school premises at 7:45 am. On the way, we stopped near the Jain Temple for a quick breakfast. We made up our minds to take a detour to Bylakuppa and hence did not procrastinate for long. Before reaching Kushalanagar, it led us to Bylakuppa, one of the largest Tibetan settlements in South India. Then we came back to Kushalanagar, where we halted, got refreshed, had dinner, enjoyed camp fire and went to bed.

On day 2, after having breakfast we left for Abbe falls. After enjoying the waterfalls and the scenery around, we drove to Bhagamandala to witness the confluence of Cauvery, Sujyoti and Kannika rivers. Our subsequent destination was Talacauvery, the source of river Cauvery, just a few kilometres from Bhagamandala. We were lucky to have been back to Madikeri before dusk and enjoyed the sunset from Raja's Seat which once used to be the place of leisure hours for the kings of Coorg.

On day 3, at around 10:00 am we visited Mysore GRS Fantasy Park. We had dry rides and water rides and had a gala time. We reached Bangalore at around 11:00 pm.

In short, it was an adventurous, wonderful and a memorable trip.



TINY TOTS IN ACTION



Transportation Day

MECians in Action



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शीलं सर्वत्र वै धनम् ।