



## FROM THE PRINCIPAL'S DESK



Dear Parents,

Greetings from HIS! In this academic year we have been focusing on the theme, Honour and Respect. The students are being taught to honour each other through their words, actions and thoughts. Home being an extension of school, I would encourage parents to hold your children accountable to the theme of honour and respect at home.

Through observation and conversations with teachers, we have discovered that our students are experiencing learning gaps due to the two years of online education. In an effort to bridge the gap, we have been working with individual students after school. As I mentioned during the orientation, in order to be successful in school, our children need consistent support from both the home and school. We believe that together, we can make a huge impact on your child's education. As partners with you, we share the responsibility for your child's success, and we at HIS will do our very best to do our part. We ask that you guide and support your child's learning by ensuring that he or she:

- Attends school daily, arrives on time and is ready for the day's learning experience.
- Completes all homework assignments given by teachers.
- Reads daily to develop a love for reading and to improve literacy skills.
- Shares school experiences with you so that you are aware of his/her school life.
- Informs you if he/she needs additional support in any area or subject.
- Understands that you expect him/her to succeed in school.

I am looking forward to a great and successful academic year!

Best Wishes,  
Lovely Thannickal  
Principal



~ HONOUR AND RESPECT ~

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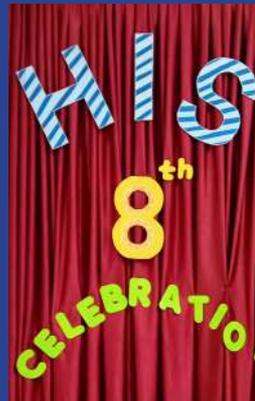
# HIS School Events

## Student Leaders Investiture Ceremony

**L**earning Together  
**E**mpowering Others  
**A**chieving Goals  
**D**iscovering Potential

On Friday, June 24, we installed the student leaders for the 2022-2023 academic year during the Student Leaders Investiture Ceremony. We were honoured to have Mr. George Mattackal encourage the new leaders towards good leadership skills. As part of the ceremony, student leaders pledged to serve as a positive role model, leader and voice for the student population. Please pray for the student leaders to grow in both leadership and service.





This year HIS celebrated its 8th birthday on July 14. We were excited to invite alumni to join in the celebrations and host the First Annual Alumni Meet. During the assembly, everyone enjoyed a video that looked back over the 8 years of HIS. Then alumni brought smiles to the assembly as they shared fun and positive stories about their time at HIS.



## Language Day

The Hindi, French, and Kannada language teachers coordinated Language Day on July 8 to highlight the value of language education, as well as to appreciate the many languages represented at HIS. During the July 8 Friday chapel, language teachers and students presented the advantages of learning a second language, such as cognitive and health benefits. Students also performed multilingual songs and poetry and put together a poster displaying this year's theme, Honour and Respect, in different languages.



# Other Events

## Prayer



## New Play Equipment Dedication



## Math-a-palooza



## Read-a-thon



## Interhouse Football Competitions



# Secondary Section



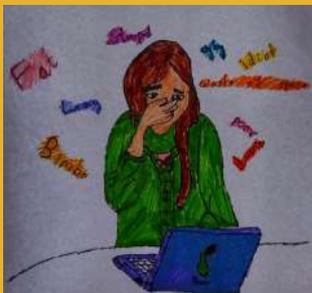
## 2:52 Fitness

Grade 10 Global Perspectives class organised a health awareness drive for grades 6-9 and based it on Luke 2:52, "And Jesus grew in wisdom and stature, and in favor with God and man." 2:52 Fitness endeavoured to help students learn and understand all aspects of growing up right.



## Anti Bullying Campaign

As the use of technology rose over the pandemic, so did cyber bullying. HIS is committed to raising awareness and encouraging students to protect themselves as well as to stand up for others. After talking about cyber bullying in class, Grade 7 Students made posters to address cyber bullying and posted them around the stairwell.





# Global Perspectives Focus: Caring for God's World



"Then the Lord God took the man and put him into the garden of Eden to cultivate it and keep it."  
-Genesis 2:15

From the very beginning, God placed Earth under human care. Earth was God's own creation, and He entrusted us, who were made in His image, to care for that creation.

The more we explore and study God's world, the more we can see how truly incredible God's design is. That should inspire us to be grateful for His handiwork and to take responsibility to care for what He has given us.

During this first term, students in Global Perspectives (grades 4-10) researched environmental issues and sought steps our community could take toward greater environmental awareness and sustainability. Each group focused on one aspect of environmental care, including environmental, waste and water management. The following highlights one problem identified by each team and the proposed solution, along with the team's slogan.



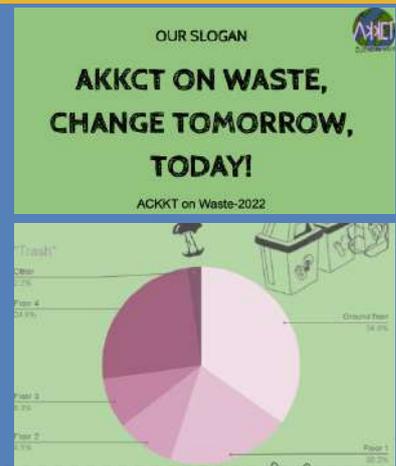
## Waste Management

### Problem

The waste management team discovered, as there is only one waste bin in each classroom, the helper aunties are segregating classroom waste by hand before setting the waste out for city collection.

### Solution

To solve this problem, they proposed to keep segregation bins in each classroom and request students to put waste in the proper bin. Doing so will help manage waste in our school and possibly reduce the work of the helpers at school.



graph showing the amount of classroom waste per floor.

## Water Management



### Problem

The water management team looked at water use throughout the school, including water used for cleaning and hand washing. They estimated that each student spends at least 1 minute washing hands per day, and according to ground water governance, every minute of hand washing uses approximately 8 - 10 litres of water.

### Solution

The team proposed fixing aerators on all the taps to reduce water usage. They referred to a study reported in Bangalore Mirror in which 3 lakhs litres of water and 39,000 rupees was saved after the office of the Police Commissioner installed aerators on the taps.



## Environmental management

### Problem

The team looked at a variety of environmental factors around the school that affect the quality of air. This included the use of cement, cleaning products and poor ventilation. In regard to cleaning products, they found that products, such as lysol and harpic contain harmful ingredients. Lysol contains denatured ethanol; high concentrations of Lysol can cause lung irritation. Harpic toilet cleaner contains a high amount of hydrochloric acid, which affects air quality.

### Solution

The team proposed the use of eco-freindly cleaning supplies.



# Primary Section



# Kindergarten



Playdo Time

Craft Time



Show and Tell



Assembly



Superheroes





1) What is the best part about being back to on-campus school?

- "meeting friends"
- "Interacting with teachers"
- "play"
- "Easier to ask questions"
- "Learning with/from friends"
- "Understand more"
- "Focus Better"
- "just raising my hand"
- "Catching up with learning"
- "birthday sweets"
- "Stars / Stickers"
- "Dancing is better"

2) What is the hardest part about being on campus?

- "Nothing"
- "Writing"
- "Waking up earlier"
- "Keeping up with teachers (online, info was posted)"
- "Cold Food"
- "Stairs"
- "Noisy classroom"
- "Getting to school"

3) Do you miss anything about online school?

- "Just showing up to log in"
- "No, Nothing"
- "Hot lunch"
- "Fun games and videos"
- "Freedom to travel"
- "Missing link = free time"
- "Bunking"
- "Shorter time"
- "Homework was easier -- could research online"

4 What was hardest about online school?

"Internet issues"



"Power cuts"

- "No interactions"
- "Constant Screen"
- "Distracted by chats"
- "Parents always checking in"
- "Trying to make friends as a new student"
- "feeling left behind when internet failed"

You Are Not Connected to the Internet  
This page can't be displayed because your computer is currently offline.

What one word would you use to describe being back to in-person school?

Interactive

Amazing!!

fun

Relief

good

Really, really, really nice!

Excited!!

Incredible!

Enjoyable



A few teachers were asked how they felt about being back to on-campus school. Here's what they said:

## 1) What is the best thing about being back to school?

"Students are gaining more confidence."

"being able to see them and see their expressions. It's beautiful to hear their opinions in person."

"connections with the kids, having them around you, one on one time, play"

"no disappearing students; live responses"

"leading music class, singing with little ones"

"connections, work on a personal level, hugs"

"being face to face and learning in-person; warmth of company"

## 2) What is the hardest part about returning?

"Impact of being online, children have difficulty focusing, trying to fix the gaps"

"Children have difficulty listening and obeying."

"Trying to catch up after 2 years online"

"Children are still in masks, so there is a reminder of Covid."

## 3) What would you like students to gain from this year?

"Be consistent and diligent in whatever they do"

"work hard"

"obedience"

"self-motivation"

"confidence"

## 4) What encouragement would you like to give?



"Be the best you can be; keep trying; make mistakes and learn from mistakes; keep shining like the true stars you are"



"Enjoy all the experiences you are having emotionally, socially, academically; push each other to learn; take in experiences to thrive"



"Don't give up; keep at it; even though it's like a mountain, little by little, you will get through"



## Announcing: Newsletter Contest: Poetry, Art and Photography

We recently celebrated India's 75th Independence Day. For the next edition of Heritage Herald, we would like to feature the Beauty of Freedom. We are calling all poets, artists and aspiring photographers to create and submit a work that expresses the theme: Beauty of Freedom. Winners will be featured in the upcoming newsletter, plus treated to one meal item from the canteen. We look forward to beholding HIS talent.