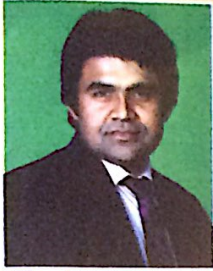


## Warm Greetings from MMIS Family

Happy New Academic Year 2016



New beginnings, fresh starts, reaffirmations of study and promises for a brighter future, all come to mind as we ring in a New Academic Year. There are superficial, yet purposeful, promises we make to ourselves. We resolve to work hard, improve career paths, and the like. Then, there are the heartfelt promises we make to others, whether aloud or in our minds. So try to put your very best to put these desires into reality.

It is a matter of great privilege and immense pleasure to introduce the first edition of The Master Maker. It intends to capture and represent diverse facets of MM International School. The Master Maker is one of the milestones achieved by our school. The newsletter constructs a forum where every individual, be it an educator or a student, may put forward their views, creativity and suggestions. I hope that the newsletter encourages many more, including students, to use it as a platform to express their creativity.

This monthly issue shall in its path be setting standards, values and traditions for generations and centuries to follow. The shaping of ethos and culture shall be reflected in the mirror called 'The Master Maker'.

Warm Regards,

## Take care of your body. It's the only place you have to live in.

# Eat Healthy, Stay Strong

### "World Health Day" programme held at MM International School

Health is one of the most important thing in life. We can also say that life fully depends on health so better health means better life. Every year on the April 7, World Health Organization recognizes World Health Day. World Health Day is held to mark founding of WHO and is an opportunity to draw everyone's attention to the subject of major importance to mankind i.e. Health. Several activities were organized in the school to highlight the significance of the issue of good health and well-being. It was a unique experience to come together for one day to promote actions that can improve our health.

The students celebrated it with great aplomb by enhancing awareness about it. Teachers emphasized on



good eating habits and simple lifestyle measures that include a balanced diet, drinking water, fruit in every meal and a glass of milk every day and cut down intake of salt drastically as it had a bad effect on health. They also spoke about the importance of maintaining normal body weight, regular physical activity, and healthy diet. Each year, WHO focuses on a

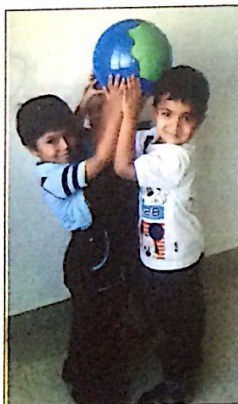
different topic relating to health and the topic for 2016 is 'Stay Super, Beat Diabetes', aiming to increase awareness about the rise in diabetes globally. Many activities were conducted in school with kindergarten planting trees, primary section held drawing competition, Health Quiz, Speech and dance by students. The activities had made the lesson lively and easier to understand.



## Save Earth, Save Life

MM International School students apprised about importance of Earth Day

Students of MM International School were informed ahead about the importance of Earth Day and then through myriad conservation related activities which were planned for the week. A special assembly marked the event in the morning. Banners and colorful charts were put up, reading "Go Green" and "Plant a tree today". A play "The Earth Story" was organized that motivated all to keep the planet beautiful as ever. Children learnt the importance of preserving planet earth. There was a speech on "Importance of nature and its protection". The following day, students made posters



students were told to either find or write an appropriate verse on the occasion and then recite it for the class. Their teachers then elaborated on each one a long side. The weeklong programme helped students assimilate simply yet clearly that our natural resources are limited and we desperately need to use them judiciously.



### 10 Ways to Save the Environment & Make a Difference



1. Take your family to the park and talk to them about the joy of being in green, clean, preserved places.
2. When you are outside, pick up your rubbish and teach your kids that, just as they do not litter at home, they should not do the same in our "global home".
3. Every year, plant new things in your garden.
4. Have a compost bin and put your organic waste in it.
5. Turn off the lights when they are not needed.
6. Use water-saving appliances. Consider the water rating before you buy.
7. Walk instead of driving.
8. Ride a bike instead of driving.
9. Walk up the stairs instead of using the elevator (it will make you healthy too).



SCHOOL CLUBS

1 HERITAGE Club

The Heritage Club was initiated in the year 2015 for the students with the purpose of creating awareness and preserving and promoting our varied and rich ancient culture and traditions, among the young learners. It conducts various activities and educational excursions for students that enable them to appreciate the traditions, culture and religious diversity of our country.

2 Integrity Club

By living ethically, young champions of ethics propagated 'human values' in their families, neighbourhood, school, community and society at large to strengthen value based culture in the country.

- Values of integrity club**
- Integrity
  - Love
  - Patriotism
  - Compassion
  - Tolerance
  - Responsibility
  - Secularism
  - Respect
  - Simplicity
  - Non-violence
  - Honesty
  - Unity

3 Eco Club

Eco Club plays an important role in creating environmental awareness amongst the future generation. 2000 Eco-Clubs have been established in Government aided & private public schools.

4 Health & Wellness

Health of young children is of paramount importance. Health is certainly wealth and the real wealth of nation is its future generation. Hence, it is one of the primary responsibilities of the school to promote among its pupils awareness about the value of good health and how to maintain it. As a part of this endeavor we have the Health and Wellness Club.

5 READING CLUB

MM International School always provides students the skills to access, evaluate and use information and to prepare students to be life-long, 21st Century learners. The program is designed to support the school curriculum.

MMIS students enjoyed Trip to 'Subway'

The MM International scholars are putting on their aprons and hitting the kitchen for an imaginative and healthy food fight, putting their newly-learned skills to the test. Students went for a visit to 'Subway'. The students got the chance to create healthy sandwiches and learnt preparation of a variety of sandwiches. "Young people fall in love with learning in different ways and different phases. Our goal as educators is to create conditions for young people to love learning", said the director of the school. Students got the chance to learn about healthy eating habits, hands-on cooking, kitchen basics, reading and understanding nutrition labels. Children also had the opportunity to meet with local chefs. "Our work is really designed to help young people have a different relationship with food, to



understand that food can be something that fuels their day or ruins their day", said the chef. The students had a great time.

CELEBRATIONS

Feel Active, Energetic & Positive



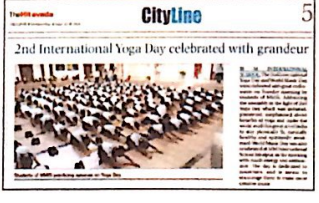
Yoga is the journey of the self, to the self, through the self.

MM International school celebrated International Yoga Day in the school premises. Yoga instructor demonstrated various Asanas. She stated that yoga has been prevalent since ancient times and performing it every day will help people overcome day-to-day stress in life. Stating that yoga received international approval, she asked the students to take the initiative of conducting yoga classes in their locality. The session was concluded by asking the students to do yoga every day. It's beneficial for every human being. If done regularly, one can lead a balanced, healthy & peaceful life.



The World Music Day

The World Music Day was celebrated on June 21st 2016 in the campus with much energy and enthusiasm. Students of all classes performed on the stage. The day is dedicated to musicians, and is meant to encourage them to make more creative music. Music is an important part of life. It plays a vital role in the overall development of the children. Keeping this view in mind, a program was put up by the teachers. Our Music teacher spoke about the importance of music in everyone's life. Right from the birth to death, every occasion we celebrate is incomplete without music. He also said that music is not only for entertainment but also for healing and soothing from all pains. Students, in turn, enthralled the students by rendering melodious songs.

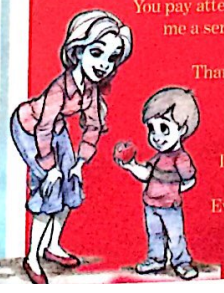


Poem from Teachers to Students

Students Like You

With students like you, teaching is easy  
I look forward to each day;  
Your wondering minds keep me on my toes;  
You make teaching more like play.

Students like you make teaching rewarding;  
When I go home, I'm content;  
You pay attention, you learn—giving  
me a sense of accomplishment.



Thank you for being the way you are,  
For making my job so much fun.  
I'll remember how good you made me feel,  
Even when my teaching is done.

Why do we celebrate Father's Day?

On June 19th, 1910, Father's Day celebration was held in Spokane, Washington, at the YMCA by Sonora Smart Dodd, who was born in Arkansas. Her father, the Civil War veteran, William Jackson Smart, was a single parent who raised his six children there.

The students of all classes celebrated Father's Day and made a special gift for their fathers.





QUOTATION

6 Listen to your teachers when they tell you WHAT to do. But more importantly, think about it later and ask yourself WHY they told you to do it.

AMAZING FACTS



- ✦ In 1889, The Queen of Italy, Margherita Savoy, ordered the first pizza delivery.
- ✦ It's considered rude to write in Red Ink in Portugal.



- ✦ Hummingbird's wings can beat 200 times a second.
- ✦ There are more than 1,200 water parks in North America.
- ✦ Did you know, Kangaroos cannot walk backwards!



THINGS TO KNOW

1. Thirty-five percent of people are born without wisdom teeth.
2. Turtles have no teeth.
3. India has the most post offices in the world
4. 'Navigation' is derived from the Sanskrit word NAVGATHI.
5. A snail can sleep for 3 yrs.

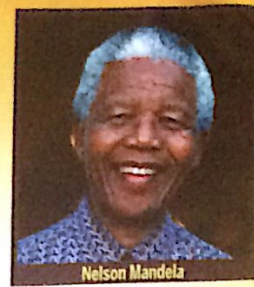
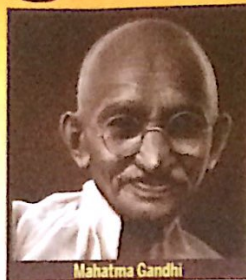
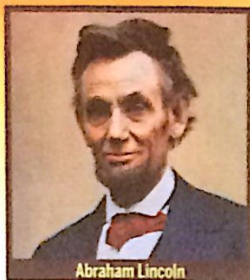


NEW WORDS

1. **Applepick**  
Steal someone's iPhone.
2. **Audiophile**  
Person who loves and collects high-quality audio equipments.
3. **Blook**

Article

Being a Leader



**S**ome are born, some are made! A good leader is one, who is influential enough to get others to follow him willingly. He has a vision, he has a dream, and the passion to pursue it. He has analytical skills, a decision-making ability, and a go-getter attitude. He dreams big and has the grit to bring it into reality. He

possesses virtues like integrity, dedication, fairness, openness of mind to greet new ideas, and innovativeness. Leadership activities and team games can definitely help introduce leadership traits in children. Activities like these help the children identify their hidden leadership traits. The future of any

organization - a firm, an institute, a company, or a nation, is secure only in the hands of able leaders who can influence the masses with their thoughts and actions. Effective leaders are those who have the ability to listen, think, foresee, understand and act. True leaders are those who dare to dream and live to lead!!

Healthy Eating Tips

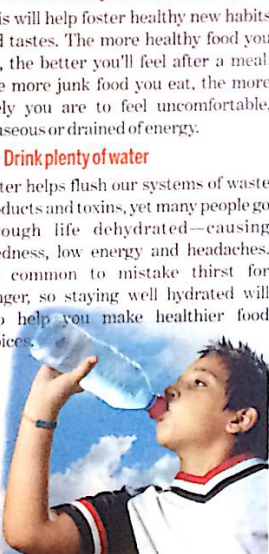
Set yourself up for Success

6 To set yourself up for success, think about planning a healthy diet as a number of small, manageable steps—like adding a salad to your diet once a day—rather than one big drastic change. As your small changes become habit, you can continue to add more healthy choices.

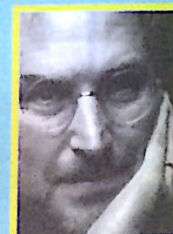
- **Prepare more of your own meals.**  
Cooking more meals at home can help you take charge of what you're eating and better monitor exactly what goes into your food.
- **Focus on how you feel after eating**  
This will help foster healthy new habits and tastes. The more healthy food you eat, the better you'll feel after a meal. The more junk food you eat, the more likely you are to feel uncomfortable, nauseous or drained of energy.
- **Make the right changes**  
When cutting back on unhealthy foods in your diet, it's important to replace them with healthy alternatives. Replacing dangerous trans fats with healthy fats (such as switching fried chicken for grilled fish) will make a positive difference to your health. Switching animal fats for refined carbohydrates, though (such as switching your breakfast bacon for a donut), won't lower your risk for heart disease or improve your mood.
- **Drink plenty of water**  
Water helps flush our systems of waste products and toxins, yet many people go through life dehydrated—causing tiredness, low energy and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.

• **Simplify**  
Instead of being overly concerned with counting calories, think of your diet in terms of color, variety and freshness. Focus on avoiding packaged and processed foods and opting for more fresh ingredients.

• **Read the labels**  
It's important to be aware of what's in your food as manufacturers often hide large amounts of sugar or unhealthy fats in packaged food, even food claiming to be healthy.



FAMOUS PERSONALITY

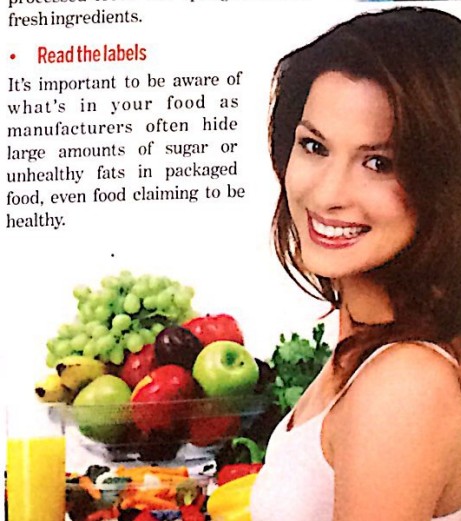


**Steven Paul Jobs**  
(Feb 24, 1955 – October 5, 2011)

**S**teven Jobs was born in San Francisco, 1955. Steve Jobs was an American businessman and inventor who played a key role in the success of Apple computers and the development of revolutionary new technology such as the iPod, iPad and MacBook. "Being the richest man in the cemetery doesn't matter to me ... Going to bed at night saying we've done something wonderful... that's what matters to me." Jobs earned only \$1 million as CEO of Apple. But, share options from Apple and Disney gave him an estimated fortune of \$8.3 billion. Steve Jobs died in 2011 at the age of 56.

10 WAYS TO BE HEALTHY

1. Drink Water. It's what you're made of!
2. Do your exercise!
3. Breathe fresh air.
4. Go outside when the sun is out.
5. Learn to relax.
6. Eat your fruits.
7. Eat your vegetables.
8. Eat Whole Grains.
9. White if you choose meat.
10. Get to bed on time.





### SPARK PLUG of the Month



Our Student SHIVANSH RAO CHIKNE studying in class VI performing as RJ at 94.3 MY FM in "MASTI KI PATHSALA" with RJ ASHWIN.



Shivansh with RJ Ashwin

Due to the motivation you people give in your school. The students become confident this I realized when my son Shivansh Rao Chikne studying in class 6th in your school performed as RJ in 94.3 My FM in Masti ki Pathshala along with RJ Ashwin and did it very confidently. Thanks a lot and keep the good work going on.

Mr. Manish Rao Chikne  
Father



### बड़े बावरे हिन्दी के मुहावरे

हिंदी के मुहावरे बड़े ही बावरे हैं  
 चाले चाले की छोटी से भरे हैं  
 कबरी या जान है तो कबरी आता टाले है,  
 कबरी या मिठाई तो कबरी या मसाले है  
 पाली को ही बाल लें ला  
 आज के आम गुलियो के भी दाम मिलते हैं,  
 कभी आरू चढ़े हैं  
 कभी बाराबूले बाराबूले को दवाकर रंग बदलते हैं,  
 चाली टाल में काला है  
 तो कबरी किसी की टाल ही लारी गलती  
 कोई डेढ़ बाजल की बिचड़ी पकाला है,  
 तो कोई लोहे के चले चबाला है।  
 कोई घर बैठे रोटीवां तोड़ता है,  
 कोई टाल भगत में मुसलचंद बल जाला है।  
 मुकलिसी में जब आता गीला सेता है।  
 तो आते टाल का भाव मानून पड़ जाता है।  
 सकलता के लिए बेलने चढ़ते हैं कोई पापड़,  
 आटे में लमक तो जाता है धल,  
 पर गेहूँ के साठ पूज भी पिस जाता है।  
 अपना खल तो बेखल है, तो मुँह और मसूर की टाल है,  
 गुड़ चाने है, गुलगुले से परहेज करते हैं,  
 और कभी गुड़ का गोबर कर बैठते हैं,  
 कभी रिल का ताड़, कभी राई का पहाड़ बनला है,  
 कभी ऊँट के मुँह में जीरा है,  
 कभी कोई जले पर लमक टिड़कता है,  
 किसी के दौत दूध के हैं,  
 तो कोई दूध के तुले हैं,  
 कोई जानून के रंग से चमड़ी पाके रोई है,  
 तो किसी की चमड़ी जैसे मैटे की लोई है,  
 किसी को छटी का दूध दाद आ जाता है,  
 दूध का जला छाउ भी फूँक-फूँक पीला है,  
 और दूध का दूध और पानी का पानी से जाता है,  
 कोई जलेवी की तरह सीधा है, कोई टेढ़ी सीर है,  
 किसी के मुँह में ची शकर है, सबको अपनी-अपनी तकदीर है,  
 कभी कोई चाद पानी करवाता है,  
 कोई मजपन लगाता है,  
 और जब छप्पर काइकर कुठ मिलता है,  
 तो सभी के मुँह में पानी आता है।  
 भाई साहब अब चुप भी रो  
 ची तो बिचड़ी में ही जाता है  
 सब अपनी-अपनी बीज बजाते हैं।  
 पर नकार खाने की तृती की आवाज कौन सुना है,  
 सभी बदे हैं, बावरे हैं  
 ये सब हिन्दी के मुहावरे हैं।

### Idioms for Kids to use!

- Give it a shot  
Try
- Speak your mind  
Say what you really feel
- A piece of cake  
Very easy
- Slipped my mind  
I forgot
- Cross your fingers  
For good luck
- Be in hot water  
Be in trouble
- It costs an arm and a leg  
It was expensive
- It's in the bag  
It's a certainty
- Get cold feet  
Be nervous
- A rip off  
Too expensive

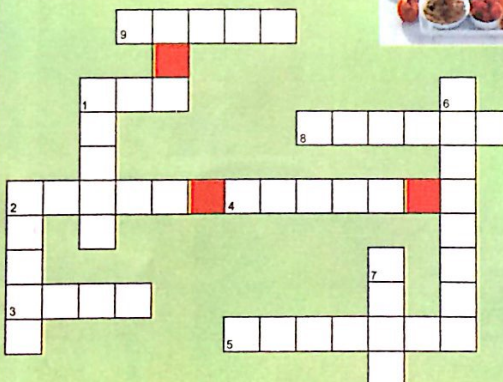
### Upcoming Events - July

- 06th Id-Ul-Fitr (Ramzan)
- 09th Investiture Ceremony
- 11th World Population Day
- 14th Parent Teacher Meeting
- 26th Kargil Victory Day

### TAKE YOUR TIME

### CROSSWORD PUZZLE

#### Breakfast Foods



#### Across:

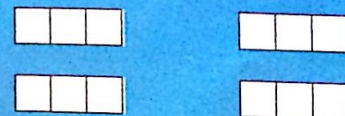
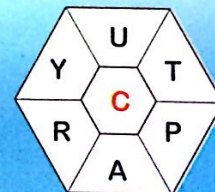
1. A type of fruit spread.
2. \_\_\_\_\_ and eggs.
3. These come from a chicken, served any way you like.
4. Sliced, browned bread
5. Similar to pancakes, but these do not have smooth sides
8. This breakfast food is eaten with milk from a bowl.
9. A sweet sauce poured on top of waffles and pancakes.

#### Down:

1. This drink is made from squeezed or blended fruit.
2. A doughnut-shaped roll. Light baked butter cakes that are cooked in a pan.
7. This drink comes from cows. It is high in calcium.

### Spellathon

Make a new word by combining the letters in the hexagon. The central red letter should be kept common everytime.



Down - 1) Juice 2) Bagel 6) Pancakes 7) Waffles 8) Syrup  
 Across - 1) Jam 2) Bacon 3) Eggs 4) Toast  
 CROSSWORD SOLUTION "Breakfast Foods"  
 SPELLATHON SOLUTION - CAPCUT.CAR.ACT