



30th June, Issue 1

June 2019

THE ADITYA BIRLA INTEGRATED SCHOOL



Dear Parents,

I welcome you all to another academic year. Every new year brings with it hope, excitement and the promise of a fresh start.

20/20 Vision represents clarity and sharpness of sight. We endeavour to stay clear about our goals and sharp enough to identify the best ways forward. Given that we move into the year 2020 in just 6 short months, we have dedicated our year's theme to this endeavour.

Our theme for the academic year 2019-2020 is Vision 2020.

We look forward to another fulfilling year with you dear parents and, as they say, well begun is half done!

My best wishes for the new year.

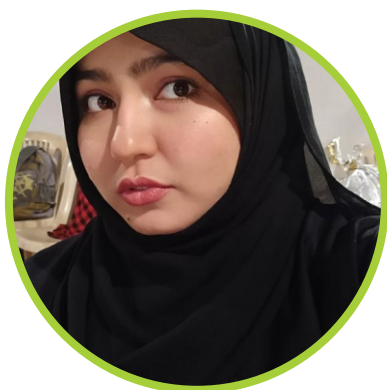
Ms Piya Marker
Director - Head of School



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**Welcome to
Aditya Birla
Integrated School**



Ms. Zarina Qureshi

Zarina has completed my B.S.C in Zoology from Wilson College, Mumbai. She has also completed her B.Ed in Special Education in Autism Spectrum Disorder and Learning Disability, from Suvidya Center of Special Education. She has interned in various different special schools during the course of her B.Ed, and has worked with children with special needs.

Ms. Nimita Jeevan

Nimita Jeevan has completed her Masters in Clinical Psychology from SNDT University followed by a certificate course in Counseling Therapy. She has worked with children with special needs at an academic learning center for over 4 years now. She has trained Teachers, Principals and Associates in several cities across India on "Structure of Intellect" which is a US based program.



Ms. Moushmi Gupte

She has completed her M.A. in Psychology followed by Post Graduate Diploma in Special Education from SIES, Mumbai. She has completed various certificate courses in Personal Counselling, REBT, CBT and Child Psychometric Testing. She has an experience of 8 years plus working with children facilitating different skill based programs.



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Ms. Leena Khatri

Leena Khatri is a Commerce graduate from Mumbai University followed by Bachelor in Education in Commerce and Economics from SNDT University, Mumbai. She has teaching experience of 11 years. Prior to working in the Education field, she has worked with the Banking Sector and as an auditor cum tax consultant in CA firm.

Mr. Krunal Patel

Krunal has earned his Bachelor of Computer Application. An IT professional with an experience of more than 7 years, Krunal has a vast knowledge of computer hardware, software and networking. He has worked on servers, WiFi controllers, Sonic Wall systems.



Mr. Vishal Patil

Vishal Patil has done B.com and did Bachelor in physical education and now pursuing sports management. His been working with International school for past 5 years and is very enthusiastic about sports and fitness. Vishal is also a good Iyengar Yoga practitioner.



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Our therapists firmly believe in a holistic therapeutic approach and realize that alternative methods, combined with traditional therapy, allows children to acquire functional and developmental skills and retain them.



In this journey, as we start our new academic year 2019-20, we are glad to welcome



Ms. Pooja Waghulde

(Speech-Language Pathologist and Audiologist)

Pooja Waghulde completed her Masters in Audiology and Speech Language Pathology from Ali Yavar Jung National Institute for Hearing Handicapped, Mumbai. She has an experience of more than 3 years in varied pediatric and geriatric settings. She is registered with RCI and is a Life Member at both ISHA and MISHA.

Ms. Mary Meenu

(Speech-Language Pathologist and Audiologist)

Mary Meenu graduated from the masters' program in Audiology and Speech Language Pathology (MASLP) of the Maharashtra University of Health Sciences (AYJNIHH). She has over 7 years of prior work experience, the majority of which has been as speech therapist and department coordinator at a multi-disciplinary specialist centre for children.



Ms. Ummesalma Tambawala

(Occupational Therapist)

Ummesalma Tambawala completed her Bachelor of Occupational Therapy (BOTH) from Lokmanya Tilak Municipal Medical College, Sion.

With learning experience from different fields of OT, she also has keen interest in accessibility for persons with disabilities and Ergonomics.

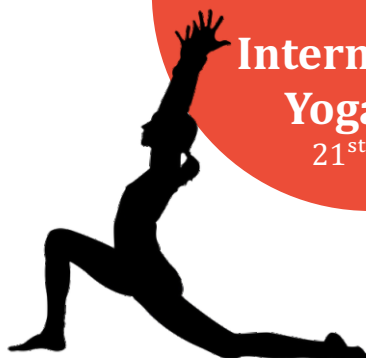


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THE ADITYA BIRLA INTEGRATED SCHOOL

Grade 7
School Assembly

International
Yoga Day
21st June





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THE ADITYA BIRLA INTEGRATED SCHOOL

Grade
Senior Level - 1

Economics
Activity

The more I do, the better I learn!

Grade SL1 students become a part of different types of economies as producers, employees and consumers to get a first-hand experience of its features."





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THE ADITYA BIRLA INTEGRATED SCHOOL

Professional
Development

BRIGHT Team

Building a Resilient Introspective Generous Happy and Tolerant Team

As Team TABIS, we all know how challenging our professions can get – We work in classrooms with an unpredictable assortment of personalities, energies, and needs which forces us to make hundreds of small, exhausting decisions over and over again. This often wears down our patience and tests our confidence. We can learn all the techniques, plan outstanding lessons, and set up a water-tight classroom management system, but to do this work and stick with it long enough to get good at it, we need a level of **emotional resilience** most other jobs will never require.

“Change the way you look at things and the things you look at change”

Building resilience - When things go wrong, **resilience** is what helps you to cope and get through hard times. Sometimes it makes you even stronger than you were before. The first part of the “BRIGHT” workshop focused on the unpredictability of life itself. How we choose to adapt and cope with our ever changing situations predicts our emotional health. Building resilience comes through practice and vows are a great way to remind us of the values we need to strengthen our practice. As TEAM TABIS, we made the vows of **Curiosity, Openness, Patience, Compassion, Flexibility and Trust** to remind us that we can cope and adapt to any situation if we uphold these values.





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The second part of the workshop focused on **“Mental Health in the classroom”** – Research shows that children diagnosed with learning disabilities are 33% more likely to develop mental health issues as they grow into adults. During our discussion, we debunked myths around mental health, looked at ways we can identify a child going through mental health issues and through case discussions, we looked at how we can manage our own thoughts, feeling and reactions as we deal with children facing mental health issues.

The last part of the workshop, focused on us as a **TEAM**. Teaching can sometimes be a very isolated profession that is why having a **supportive community** around you makes all the difference. We looked at our similarities and our differences through a simple game of “crossing the line”, I am sure most of us had more in common than we suspected. As we “walk through life”, it's a given that we will face joys and hardships along the way but it's our choice to listen to the positive or negative voices around us.



Conducted by: Ms. Avalanne D'souza