



ROCKWOODS
INTERNATIONAL SCHOOL

Celebrate Learning!

BITS & BYTES

Edition 4.0 JANUARY 1ST 2022

From the Management Desk:

Attuning the mind for achievement

To enhance the quality of life one needs to work on being strong and resilient. A strong will to achieve will go a long way in bringing success. It is difficult to overcome the already existing life style or habits. For this, one needs to develop a "bio hack" which will end the old redundant habits and inculcate new practices.

Achievement is closely associated with the accomplishment of targeted goals and aims in life.

It is certainly imperative for all to set goals for various key tasks in life. First and foremost, one needs to focus on one's health and for this, the essential elements are the diet we take, our exercise regime and last but not the least, meditation and mindfulness.

Good dietary habits are key for a healthy life. Balanced vegetarian diet consisting of the right balance of vitamins, minerals and fibre will go a long way in children making this a way of life.

Research also proves that vegetarians have lower cholesterol levels, lower blood pressure, and diabetes compared to non vegetarian eaters.

Next is meditation. This is a habitual process of training the mind to focus and redirect thoughts.

Popularity of meditation is increasing as more and more people are discovering it's health and other benefits like self discipline and healthy sleep patterns.

It is therefore indispensable for children to practice these daily.

These practices are possible only when we train the mind to be attuned to the new regime through what we call as a bio hack.

At Rockwoods we consciously train our students on these three elements. Achieving a healthy body in a healthy mind through proper exercise, diet and meditation. We also create this eco system around the students to enable this process to actualise. This will certainly give Rockwoodians an added advantage and hold them in good stead in life.



Mr. Raman Naidu
Chairman,
Rockwoods Group of Schools.





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From the Principal's desk

How to find your happiness quotient?

I want to feel happy, and each of us have different ways of getting there. Some find happiness in flaunting rules, others in teasing others and finding them sad or disturbed. But one should remember that true happiness comes when we make someone happy or when we bring smile on the face of some person who has been very sad and miserable. For the new year, let me suggest to all my students on how to be truly happy .

Here are some steps you can take to increase your joie de vivre and bring more happiness into your life

1. Hold on to your values. What you find true, what you know is fair, and what you believe in are all values. Over time, the more you honor them, the better you will feel about yourself and those you love.
2. Accept the good. Look at your life and take stock of what's working, and don't push away something just because it isn't perfect. When good things happen, even the very little ones, let them in.
3. Imagine the best. Don't be afraid to look at what you really want and see yourself getting it. Many people avoid this process because they don't want to be disappointed if things don't work out. The truth is that imagining getting what you want is a big part of achieving it.
4. Do things you love. Maybe you can't skydive every day or take vacations every season, but as long as you get to do the things you love once in a while, you will find greater happiness.
5. Find purpose. Those who believe they are contributing to the well-being of humanity tend to feel better about their lives. Most people want to be part of something greater than they are, simply because it's fulfilling.
6. Push yourself, not others. It's easy to feel that someone else is responsible for your fulfillment, but the reality is that it is really your charge. Once you realize that, you have the power to get where you want to go. Stop blaming others or the world, and you'll find your answers much sooner.
7. Be open to change. Even if it doesn't feel good, change is the one thing you can count on. Change will happen, so make contingency plans and emotionally shore yourself up for the experience.
8. Bask in the simple pleasures. Those who love you, treasured memories, silly jokes, warm days, and starry nights—these are the ties that bind and the gifts that keep on giving.
9. Find happiness in setting goals and achieving it.

Happiness and fulfillment are within your grasp, but sometimes just out of reach. Understanding what works best for you is the first step in finding them more often. Wishing all students the very best in finding true happiness.



Subrahmanyam Rangineni
CEO and Principal,
Rockwoods International School.





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The Importance of Good Communication Skills

Developing your communication skills can help all aspects of your life, from your professional life to social gatherings and everything in between.

The ability to communicate information accurately, clearly and as intended, is a vital life skill and something that should not be overlooked. It's never too late to work on your communication skills and by doing so, you may well find that you improve your quality of life.

► As your career progresses, the importance of communication skills increases; the ability to speak, listen, question and write with clarity and conciseness are essential for most managers and leaders.

► In your personal life, good communication skills can improve your personal relationships by helping you to understand others, and to be understood. It is almost a cliché that personal relationships need communication. Failure to talk has been blamed for the breakdown of any number of partnerships and relationships—but the ability to listen is also an important element. Communication is also vital in wider family relationships, whether you want to discuss arrangements for holidays, or ensure that your teenage children are well and happy.

Communication skills are needed in almost all aspects of life: Professionally, if you are applying for jobs or looking for a promotion with your current employer, you will almost certainly need to demonstrate good communication skills. Communication skills are needed to speak appropriately with a wide variety of people whilst maintaining good eye contact, demonstrate a varied vocabulary and tailor your language to your audience, listen effectively, present your ideas appropriately, write clearly and concisely, and work well in a group. Many of these are essential skills that most employers seek. Being able to communicate effectively is perhaps the most important of all life skills. It is what enables us to pass information to other people, and to understand what is said to us. You only have to watch a baby listening intently to its mother and trying to repeat the sounds that she makes to understand how fundamental is the urge to communicate.

Communication, at its simplest, is the act of transferring information from one place to another. It may be vocally (using voice), written (using printed or digital media such as books, magazines, websites or emails), visually (using logos, maps, charts or graphs) or non-verbally (using body language, gestures and the tone and pitch of voice). In practice, it is often a combination of several of these.

Communication skills may take a lifetime to master—if indeed anyone can ever claim to have mastered them. There are, however, many things that you can do fairly easily to improve your communication skills and ensure that you are able to transmit and receive information effectively.

Developing Communication Skills



Good communication skills can improve the way that you operate through life, smoothing your way in your relationships with others.

Poor communication skills, on the other hand, can sour relationships from business to personal, and make your life significantly harder.

Some people seem to understand how to communicate without even trying. They are able to tailor their language, tone and message to their audience, and get their point across quickly and succinctly, in a way that is heard. They are also able to pick up the messages sent to them rapidly, understanding both what is said, and what has not been said. This may seem effortless, but the chances are that they have spent plenty of time honing their skills.

Along the way, they have probably also developed a good understanding of themselves (called self-awareness) and habits of reflecting on success and failure, and the actions that have led to one or the other.

Ms. Lalitha Naidu Injety
Dean & Sr. Principal, Rockwoods International School.





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From Our Dynamic Teachers

Why Shouldn't Students Carry A Lackadaisical Attitude And Be Lethargic?

काल करे सो आज कर, आज करे सो अब ।
पल में प्रलय होगी, बहुरि करेगा कब ॥

The great sneers and saints of various faiths and religions have time and again very dearly conveyed the importance of time and the immense results it has brought forth in achieving prolific desired results.

The above verse of the great saint Kabir Das ji has shared his supreme learning with us relating to the importance of time. It conveys to us to wean the languid attitude and to do the work that needs to be done immediately without procrastinating.

A person with a lackadaisical attitude shows no enthusiasm and puts forth a half-hearted effort. However, it's more of a dreamy, laid back approach rather than sheer laziness. Students who display a passive-aggressive personality style may be dreamy and languid in a variety of ways. They will be extremely tardy, absent-minded in class, running late and being way too late past the due time when submitting assignments, to simply being late to school and many more.

This attitude is obviously a display of resistance or defiance to do the expected things. When questioned about this habitual tardiness and deficient in alertness, students will give you all possible reasons to justify and give excuses in such a manner where the other party ends up feeling culpable or are usually caught off guard and disarmed by such reasons to counsel them thereon. We are made to feel these excuses as authentic extenuations.

It is utmost importance to address this lackadaisical attitude immediately among students so that it is not shrugged off either as issue of least importance saying students will grow out of it with age or transferring the blame onto parents or teachers.



It is important to consider this deficient attitude as the subject of most importance based on the below perspective:

- ▶ Punctuality and self-discipline are important responsibilities to be borne entirely by the student, not the parents or the teachers' – Let's not shift the blame. It is not helping solve anything
- ▶ Prioritizing various responsibilities, sharing the accountability with children to cultivate healthy habits and uprooting lethargic attitude is the most important attitude to be developed for lifelong progress of any student.
- ▶ Tardiness among few students when is accepted often leads to a rude and disruptive form of behavior rising as a cult of easy alternative in most of the students. It is like that rotten apple left in the fruit basket which has spread to other healthy apples resulting in a basket full of bad apples.



- By allowing unenergetic habits and excusing such attitude is a sign of devaluation and contempt of one's own values and education. Though it is unconscious in nature yet when it turns into an integral human attribute beyond correction is the worst side effect which cannot be forfeited later when regret sets in about such behavior.
- Habitual languid of any type among any people be it parents or instructors is the first thing to be checked and corrected and it is not an ideal model for any students.

Strict discipline, rules and awareness of adverse consequences will only allow a self check to this lackadaisical attitude in pupil. When we allow using a clear, fair and proportionate set of rules to be followed and lead by example this can be easily corrected.

It requires a change in consciousness, a herculean task, though not impossible. Cultivating positive habits, relatable and achievable goals will make way for big revolutionary changes. Now, it is established that being languid-tardy-lackadaisical, dreamy or lethargic is not at all an option to nurture in one self. The challenging part is to find ways and means to slowly wean it and gradually uproot it from our life.



Few tips for the same for virtuous and efficient habits in students to remove such lackadaisical attitude which are scientific and actionable steps to cure laziness:

- 1 Cut out distractions: Stop using your smart phones, TV (or video games or whatever else you practice being lazy with). At least try to cut out the major one. You will notice a huge improvement in your energy when you completely quit using these major distractions.
- 2 Start doing positive things every day: Anything which triggers inspiration and motivation like reading a book, following a healthy routine of taking a walk or meditation. Don't miss a day and after a while it will be a routine. Start tuning into what makes you feel passionate. If listening to music is a happy factor then combine it with your not so motivating routine.
- 3 Stop eating junk food. Switch to healthy eating habits. Identify the foods that make you feel lazy and stop consuming them.
- 4 Hydrate yourself: When your body is not sufficiently hydrated, you develop brain fog which prevents you from having a clear mind. So, simple mantra is to keep oneself adequately hydrated.



- 5 Work out regularly: Sitting at once place and having less moment can also cause your mind to be lazy. Work out regularly it helps drive the laziness away.
- 6 Eat enough: Eating less can also make you feel lazy. When your brain lacks glucose it doesn't work that well and makes you feel lazy. Eat healthy, eat enough.
- 7 Have a stress buster: You can bust stress by doing a variety of activities like going to the gym, cycling, running, playing an outdoor sport, hanging out with friends anything that diverts your mind in a healthy way.
- 8 Adequate Sleep: Always have adequate sleep; not more, not less. Adequate sleep re-energizes you and keeps you prepared for a new day. Sleeping for 6-8 hours is enough.
- 9 Break the chain of bad habits: Don't go hard on yourself yet don't be easy too and break the bad habits. Once the chain is broken it is easier to cultivate new good habits.
- 10 Choose logically: Do the difficult part first and leave easy for later. This way you will not feel lethargic to initiate any task and would just be prioritizing tasks in a better way.
- 11 Use your body to crush your mind: Procrastination is state of human mind, you can't be perfect. Sometimes it is okay to procrastinate. However, how much of it is okay is the right question to ask oneself. Our habits become our addictions. So, start breaking your habits. Only a good habit can kill a bad habit. So go to war!

Goodluck!

When you are lazy that means there is no focused goal at that particular moment. So, define that for yourself . Remove all the distractions and always make the right choices.

Follow the 5-second rule: This rule is no brainer. It simply states that if you have an instinct to act on a goal, you must physically move within 5 seconds or your brain will kill it.

The moment that alarm goes off.....

The moment that you decide to finish a chapter.....

The moment that workout idea kicks in.....

Whatever it might be.....

Just start addressing this ultimatum to yourself:

5

4

3

2

1

Go! Go! Go!

Self-discipline, doing one thing at a time, avoiding super procrastination, appreciating your free time, getting yourself a schedule are few easy steps to reach out successfully towards destinations.

By-Ms.Purnima Kasiraju
Primary English/Social Teacher.





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Failures Are The Pillars Of Success

Top the exams!

Crack the best interview!

Have a successful life!

These are the major things which we aim for throughout our lives.

But what if we fail? What if we don't get the best job? or if we have to face too many rejections in life?

Success cannot be achieved in a day. There is an old saying "To be a champion, fight one more round" Only tireless pursuit can create winners. Accept your weaknesses and rejections you face and the failures you experience; All these will be your stepping stones towards success. Failures teach the best lessons in life. Even the most successful man did not taste success without experiencing failures in his life.

In the journey of life, everyone has to struggle by facing ups and downs and hardships are bound to be a part of one's life but what is important is how to tackle them. Embrace both your success and failure; Success will give you appreciation and Failure, an experience or a lesson; both will help you grow in life. It is rightly said," Failures are the pillars of success.

Rita Nath

Economics and Social Science Faculty





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Head Boy
Alvin Paul



Head Girl
Saharika



Deputy Head boy
Anuragh Moni



Deputy Head Girl
D.Lasya



Head,
Sports Committee
D. Surya Teja



Dy. Head, Sports
Committee
Sai Sree Datta



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Student Council 2021-2022



Head,
Cultural Committee
Kaivalya



Dy Art And Culture
Committee Head
Bhavishya



Pocso Committee
Head
**Saswat Sai
Anand Rout**



Dy. Pocso (Child Safety)
Committee
G. Sai Ganesh



Head
Literary Committee
N. Vidya



Dy. Literary
Committee
Joshik.B



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Discipline
Committee Head
Jahnavi Ramavath



Deputy Head
Discipline
Thirumala Tharun



Head Heritage
Committee
Sumit Patel



Dy.head, Heritage
Committee
K. Manish



Head,
Innovation Committee
Abhinav M



Head, Science &
Eco Committee
Abhishek.N



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Student Council 2021-2022



Dy. Head, Science
& Eco Committee
Kushaal . A



Head,
Mun Committee
Shreya Reddy



Dy. Mun
Committee Head
Veda Sri.I



Orchids House
Captain
Nehal Dhaka



Orchids
House Vice Captain
Diddiga Shiva



Lavenders
House Captain
**Gade Rahul
Benedict reddy**



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Lavenders House
Vice Captain

**Samba Rashmi
Induja**



Willows
House Captain

**M Rohith Kumar
-- Willows**



Willows House
Vice Captain

**Vangala
Trivikram Reddy**



Ivy's House Captain
Amar Kumar

Events & Celebrations





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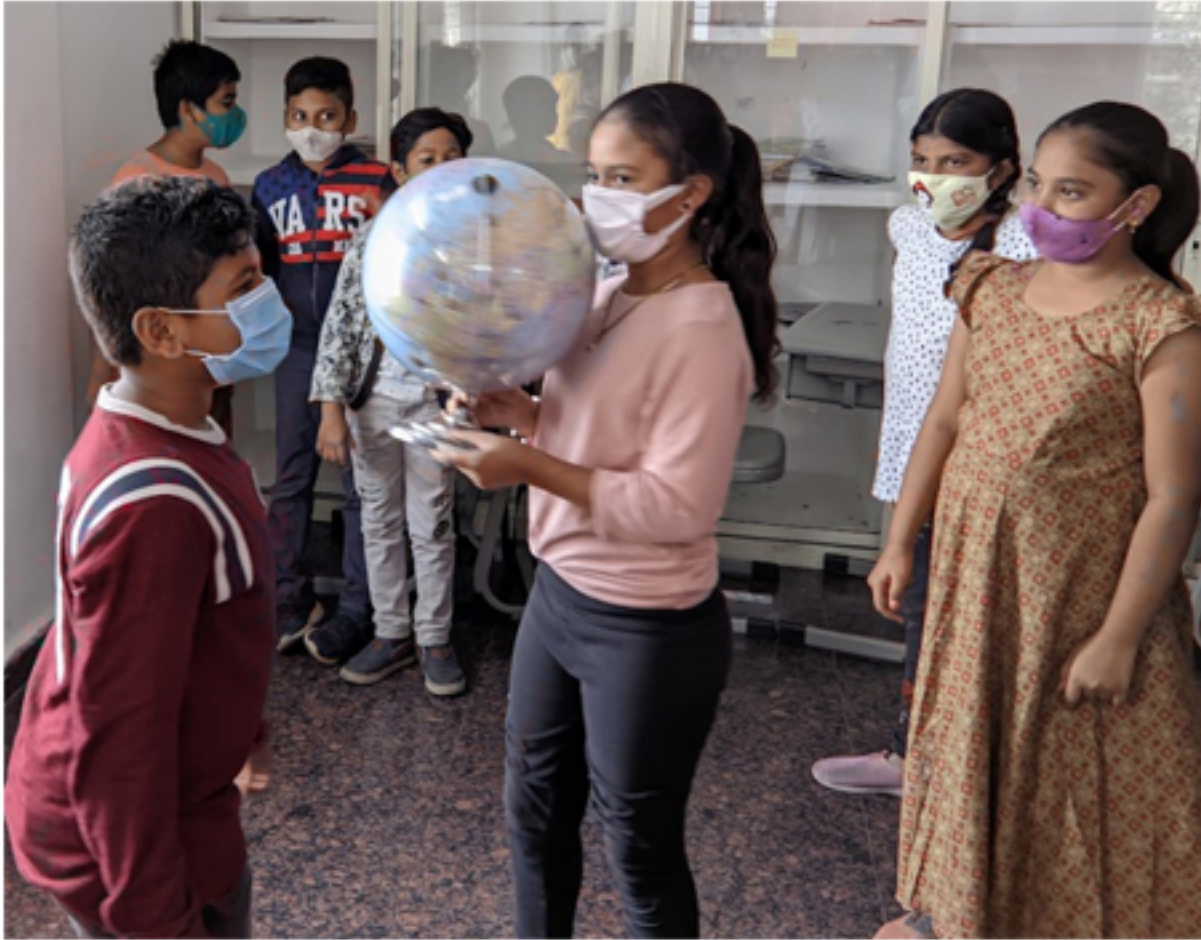




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ROTATION & REVOLUTION



GANESH CHATHURTHI CELEBRATIONS





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CHRISTMAS CELEBRATIONS





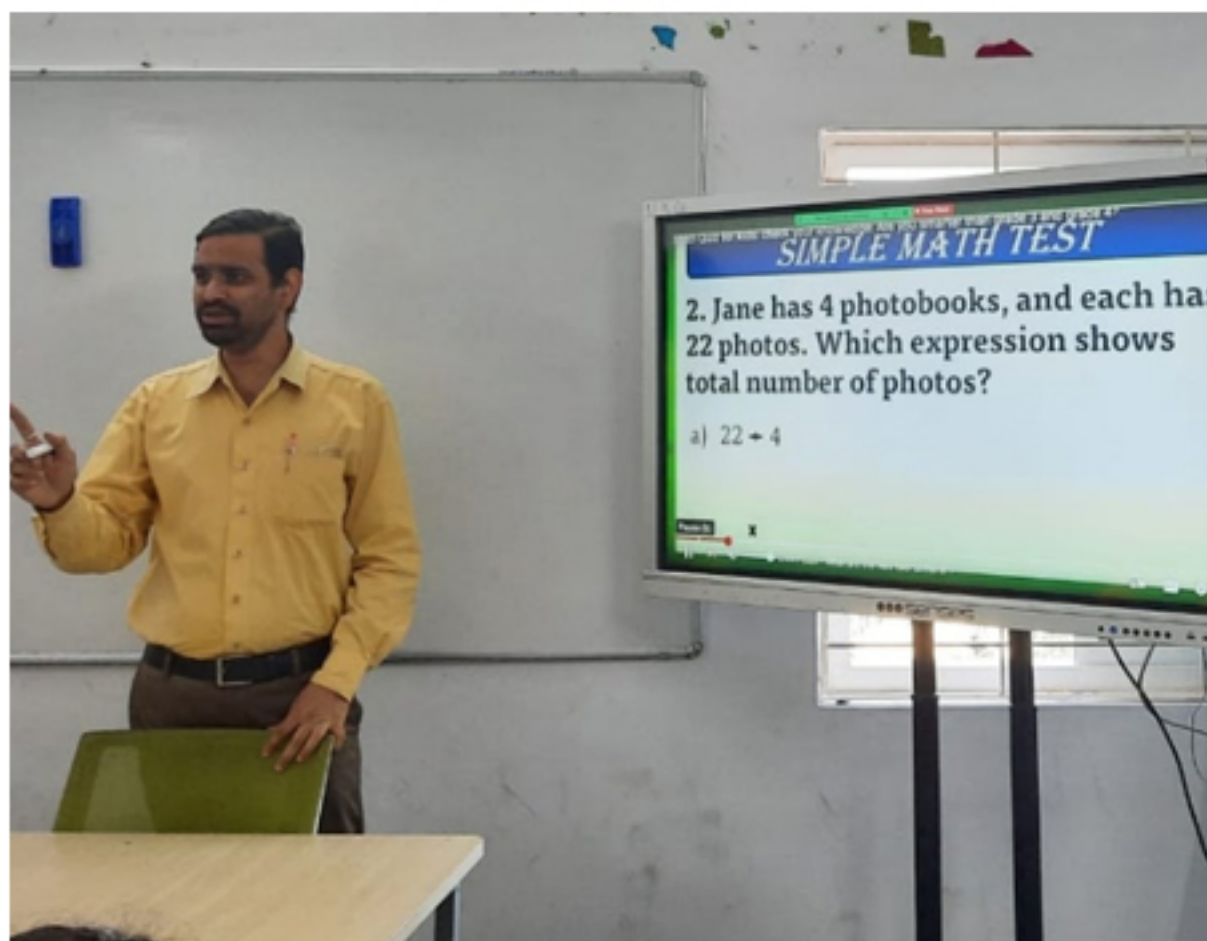
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MOCK ELECTIONS



MATHS QUIZ





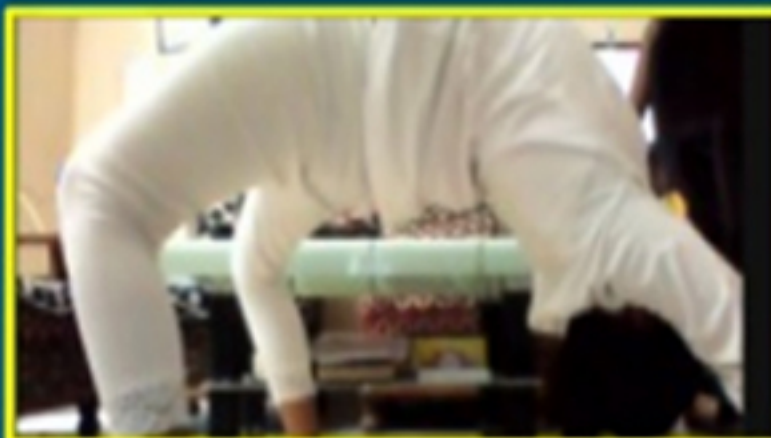
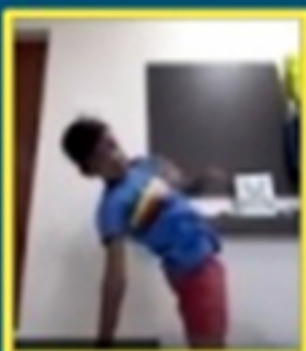
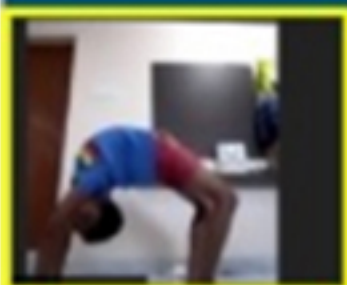
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YOGA DAY
21st June
Grade-VII





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Student work

La Nature

Oh! My Mother
How are you, my Old Lady
You gave us everything we need
But you made us greedy of your wealth
We never gave anything to you
But we took everything from you
It makes me distressed as your children
And it makes me wonder what we had done to 'ma'
It makes me shed tears everyday I see your pain
You are the creature who made me exist in this world,
that is beautiful but it distressed me that
we made it a world of filth.

- Phani Chandra Samala

X





My Favorite Sports Person– M.S Dhoni

My favorite sports person is MS Dhoni. He is one of the most popular cricketers and one of the most successful cricket captains in the world. Born in Jharkhand he was passionate about sports and played shuttle badminton, football and cricket during his childhood. He was a big fan of wicket keeper batsman legendary Adam Gilchrist. Soon; he started impressing people around with his wicket keeping styles and aggressive batting and made it into junior and senior state teams. His talent and consistency got him into a place in the national team under the leadership of Rahul Dravid.

Dhoni soon became the permanent wicket keeper batsman for India. He won many matches for India and was an excellent finisher. He was selected to lead team India in 2007. Under the dynamic leadership of M.S Dhoni; India conquered all cricketing jewels in all formats. India was the top team in Test ranking for eighteen months starting December 2009, won the World Cup in 2011 and the World Twenty twenty on his captaincy debut in 2007. For his outstanding contribution to the sports Dhoni has been the recipient of many awards, He was selected as the ICC One day International Player of the Year award in 2008 and 2009. The prestigious Rajiv Gandhi Khel Ratna award was given to him in 2007. He also won the Padma Shri and Padmabhushan Awards.

MS Dhoni is always a role model for all youngsters. He always demonstrated how to handle pressure situations and earned the name Captain Cool. He even changed his natural aggressive style to play according to the situation and always showed the ability to change gears when required. He is one of the fastest wicket keepers in the world and his helicopter shot which he often uses in twenty twenty matches is amazing. He is also a Lieutenant Colonel in the Territorial Army. He also holds several international records and the most significant of all of them is the most number of stumping done by a wicketkeeper.

-Niharika
Grade-VIII





Favourite Sports–Men Cricketer– Virat Kohli

Virat Kohli(born 5 November 1988) is an Indian cricketer and the captain of India national cricket team in Tests. He plays for Delhi in domestic cricket and Royal Challengers Bangalore in the Indian Premier League as a right-handed batsman. Kohli is often considered as one of the best cricket player in the world and widely regarded as one of the greatest cricket players of all time.

Kohli made his Test debut in 2011 He reached the number one spot in the ICC rankings for ODI batsmen for the first time in 2013. He has won Man of the Tournament twice at the ICC World Twenty20 (in 2014 and 2016). He also holds the world record of being the fastest to 23,000 international runs.

Kohli has been the recipient of many awards– most notably the Sir Garfield Sobers Trophy (ICC Men's Cricketer of the Decade): 2011–2020; Sir Garfield Sobers Trophy (ICC Cricketer of the Year) in 2017 and 2018; ICC Test Player of the Year (2018); ICC ODI Player of the Year (2012, 2017, 2018) and Wisden Leading Cricketer in the World (2016, 2017 and 2018). At the national level, he was awarded the Arjuna Award in 2013, the Padma Shri under the sports category in 2017 and the Rajiv Gandhi Khel Ratna award, the highest sporting honour in India, in 2018.

– P Manishwar
IV





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Sports-Men From Punjab

Balbir Singh

Balbir Singh Dosanjh (10 October 1924 – 25 May 2020) was an Indian Hockey player. He was a three-time Olympic gold medallist, having played a key role. India won the London (1948) Helsinki (1952) (as Vice captain), and Melbourne (1956) (as captain) Olympics.

He is regarded as one of the greatest hockey players of all time, a modern-day Dhyan Chand legend of the sport, and is widely regarded as the sport's greatest ever centre-forward. His Olympic record for most goals scored by an individual in an Olympic men's hockey final remains unbeaten.

Singh set this record when he scored five goals in India's 6–1 victory over the Netherlands in the gold medal game of the 1952 Olympic Games. He was often called Balbir Singh Senior to distinguish him from other Indian hockey players named Balbir Singh

Jamu Deevena
VI



Don't Judge A Book By Its Cover

Everyone knows “Don’t judge a book by its cover”. It’s a famous quote said by George Eliot. It means no one should judge anyone by their appearance alone. For a better understanding let's take a book at a store.

Once, There was a woman who was going on a train journey but forgot her wallet at home. While waiting for the train, she goes to a restaurant. With the little money she had, she ordered the cheapest meal. A plate of rice and goes to the restroom.

Upon returning she notices a shabbily- dressed man sitting on the table eating from the plate of rice. This infuriates her thinking he stole her plate. She starts to eat from the same plate out of the strip. The man gets up and leaves. Soon the lady realizes that she left her belongings on the other table and realizes that he was the C.M of Telangana.

The strongest person is also who shows in front of us but those who win battles know nothing about them.

Tisha
VII





Gender Issues

Men and Women : Big Difference?

No!

Did you ever think of why men and women are treated differently?

Well, the answer lies at the root of the problem and people's mindset.

Let's discuss it.

Firstly, the issue begins in childhood, in a person's life. There is strong evidence that peers and parents are influential in shaping gender norms and attitudes. Similarly, schools, teachers and media play a main role in shaping a person.

Also, societal expressions are made as puberty is associated with an expansion of boys' world and shrinking of girl's world. Boys don't always recognize their privilege and when they do challenge the society they are punished. Girls recognize their disadvantages and are more willing to challenge norms but need more support to exercise their authority.

On top of this, race, ethnicity, class and immigration status influences gender norms and attitudes. Taken together, all of these factors do impact people's lives. So, we must accept that one's gender has little or no bearing on personality, cognition and leadership. Hence, creating inequalities between genders is pointless!

Lastly, a suggestion to the readers would be that whatever dealing with gender issues, they must remember that, the conclusion that we accept today, could change the future.

Saswat Sai Anand Rout
XI

Being Ready With An Alternate Makes You Succeed

Even all around you criticize you...

Even everyone around makes fun of you.....

Even your loved ones lose hope in you....

Even your dreams are vanishing off.....

Till you accept that you are a failure,

You will not be a failure.

Everything is in your hands.

You are never a failure because there will always be an alternate dream and a

Way which can brighten your future more than you expect.

So, don't ever give up on your future. Always be ready with an alternate

which makes everyone shut their mouths.

Remember.....!!! You are the only one who can support you, push you

Because no one will be there to push your front when you are low.

So, Be Yourself, Don't Give Up.

God always creates a beautiful destination or future because he heard many things which we didn't hear. So Be Patient . God will bless you big in front of all your critics because he heard many things which we didn't.

So, I Believe Being Unique, makes you Special and Desirable.

So, Don't Ever Give Up. Always be ready with an extraordinary Alternative by which everyone will be shocked.....!!! And That's You.

At last Just Be Yourself, Don't lose yourself at any Cost. Because No one can play your role as perfect as you can.....!

P Sahasra
VII





Book Review

Wings of Fire is an autobiography of APJ Abdul Kalam covering his early life and his work in Indian space research and missile programs. It is the story of a boy from a humble background who went on to become a key player in Indian space research/Indian missile programs and later became the president of India. The book has been very popular in India and has been translated into multiple languages. I recently picked up a copy and read it in a couple of days. It was very engaging initially, but tended to drag a bit towards the end with lot of technical details and procedural information of his space research and missile projects. I loved the initial chapters of Wings of Fire since it gives a vivid picture of our country during 1930 – 1950s.

Kalam was born in Rameswaram, a southern religious town in Tamilnadu. The initial chapters provides an interesting glimpse of religious harmony which existed before India's partition,

The famous Shiva temple, which made Rameswaram so sacred to pilgrims, was about a ten-minute walk from our house. Our locality was predominantly Muslim, but there were quite a few Hindu families too, living amicably with their Muslim neighbours.

The high priest of Rameswaram temple, Pakshi Lakshmana Sastry, was a very close friend of my father's. One of the most vivid memories of my early childhood is of the two men, each in his traditional attire, discussing spiritual matters.

One day when I was in the fifth standard at the Rameswaram Elementary School, a new teacher came to our class. I used to wear a cap which marked me as a Muslim, and I always sat in the front row next to Ramanadha Sastry, who wore a sacred thread. The new teacher could not stomach a Hindu priest's son sitting with a Muslim boy. In accordance with our social ranking as the new teacher saw it, I was asked to go and sit on the back bench. I felt very sad, and so did Ramanadha Sastry. He looked utterly downcast as I shifted to my seat in the last row. The image of him weeping when I shifted to the last row left a lasting impression on me. After school, we went home and told our respective parents about the incident.

Lakshmana Sastry summoned the teacher, and in our presence, told the teacher that he should not spread the poison of social inequality and communal intolerance in the minds of innocent children. He bluntly asked the teacher to either apologize or quit the school and the island. Not only did the teacher regret his behaviour, but the strong sense of conviction Lakshmana Sastry conveyed ultimately reformed this young teacher.

Kalam in younger years wanted to be an officer in air force, however he couldn't clear the interview. He met Swami Sivananda after this failure and I found his words to Kalam interesting and in a way prophetic, Accept your destiny and go ahead with your life. You are not destined to become an Air Force pilot. What you are destined to become is not revealed now but it is predetermined. Forget this failure, as it was essential to lead you to your destined path. Search, instead, for the true purpose of your existence. Become one with yourself, my son! Surrender yourself to the wish of God, In the book we learn how Kalam started his career in Aeronautical Development Establishment (ADE) and was involved in the design of a hovercraft. Later he moved to Indian Space Research which was the brain child of Vikram Sarabhai.

By-Honey varshith
Grade-VIII

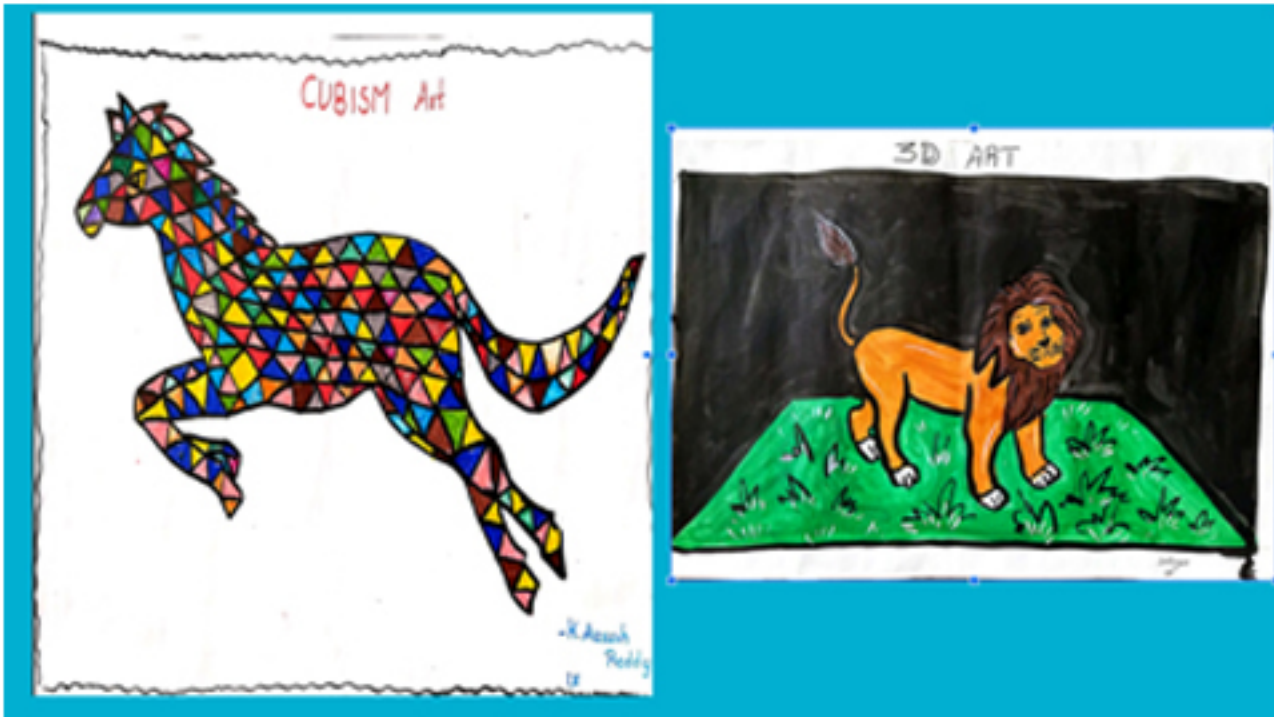




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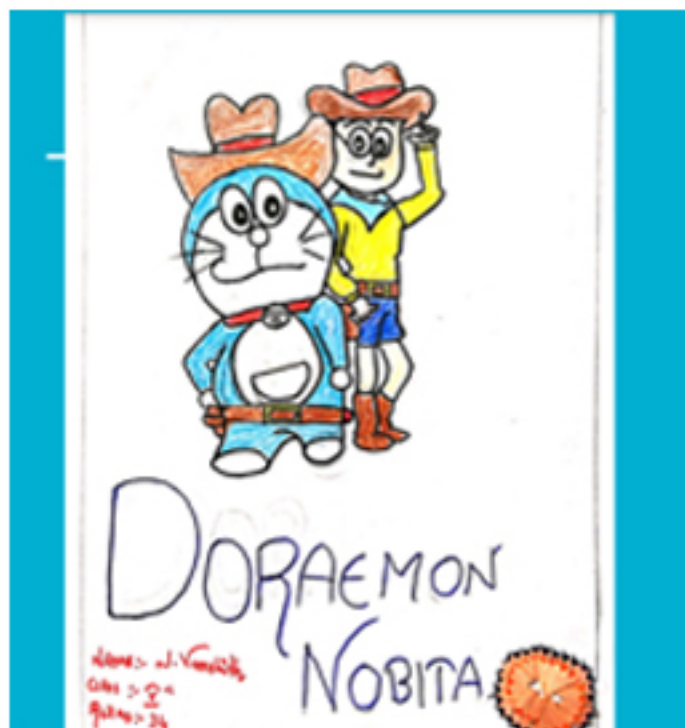
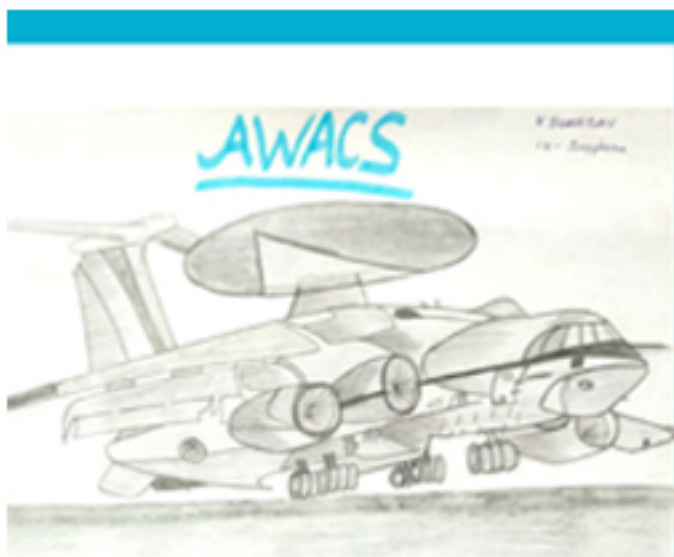
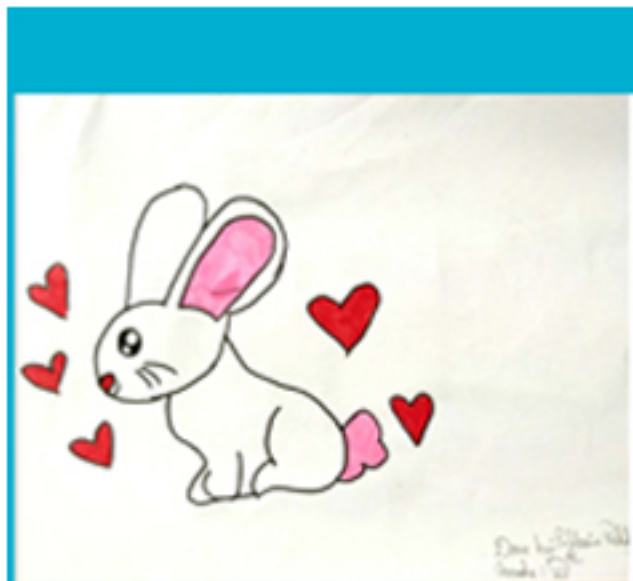
Creativity Unleashed:
Pencil sketches/ Drawings/Paintings





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Global warming

Rise in global temperature due to global warming is dangerous for life on earth. The unsustainable use of natural resources is also a reason for Global warming. The increased rate of deforestation burning of fossil fuels, vehicle and industrial pollution contributes to global warming.

Research shows that the average temperature of the earth may increase by 1.0°C to 5.0°C in the next decade. The rise in the global temperature tends to melt the glaciers and increase the sea level. The unpredictable climate change affects the agriculture and productivity of the nation.

Planting more trees can be a good step towards removing the problem of Global warming.

Change in the global temperature affects the pattern of monsoon winds and changes the time and intensity of rain.

By: B. Rajamurthy





From The Core Team Of The School:

Why education is paramount?

The education system in India has evolved to a great extent from the Vedic days to today's computer age and e-learning. However, there is one thing that remains common, and that is the importance of education. The education system has not only evolved in India but, across the globe and this is only for the better. Education plays a paramount role in the modern technological world. With the technology change, we are blessed with many ways to enhance our education level. Education is an essential tool for a bright future for the entire human race. The tool of education is a very powerful tool that helps in achieving higher goals. Education years is a crucial part of everyone's life, it provides a person unique social standard. The importance of education is seen in every aspect of life.

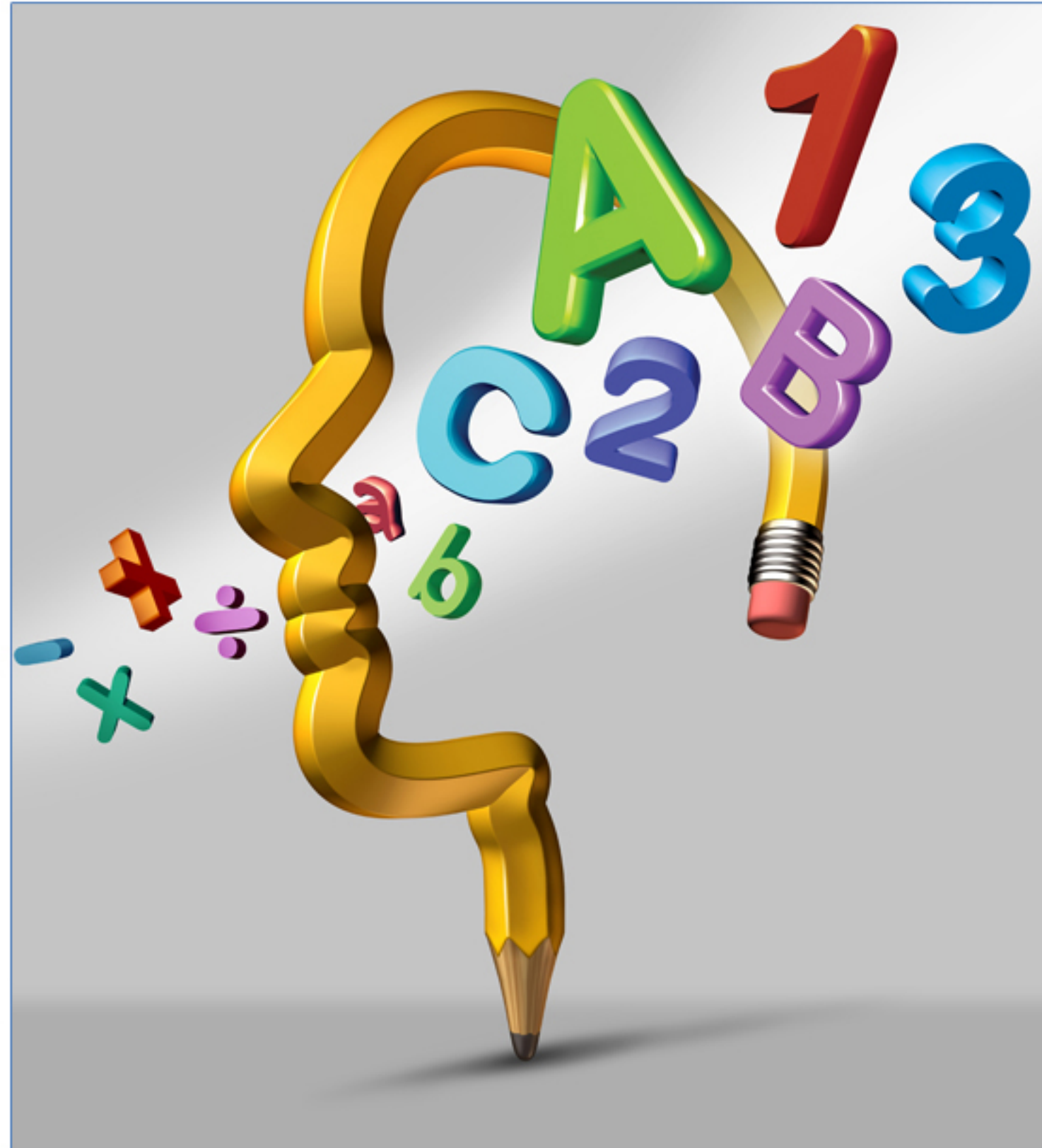
Education plays a paramount role in making us civilized and gaining a better position in society. Education is an empowering tool for every child and youth, it equips them with the knowledge and skills required to unlock their potential and empower them to contribute positively to society.

Education is paramount to developing individuals' self-confidence and self-control, emancipating them from superstitious beliefs and ignorance. Education plays a significant role in imparting knowledge and making every individual think realistically. It also helps them become enlightened citizens.

The ultimate purpose of education is to build a progressed society. Education is a continuous process transmitted from generation to generation.

By Satya swamy

Primary School Head & Campus Incharge.





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From The Core Team Of The School:



Should students be Proactive or Reactive ?

Proactive: Being proactive means thinking and acting ahead of anticipated events. To be proactive means start taking action, embracing responsibilities and controlling of your responses.

Reactive: Being reactive means reacting to the past, rather than anticipating the future. Being Reactive means: waiting for things to happen for you to respond.

In the present scenario, where the Pandemic has played havoc with the lives of students, there is a paradigm shift in the approach and responsibility of student academics and overall development. Earlier, the success of a student was attributed to the efforts of parents, teachers and the student themselves. However, the situation now leaves the complete onus on the student – the one who is focused and diligent tastes success, which the others are forced to take a back seat.

Proactive approach in terms of education involves, the child to be prepared to face all sorts of consequences and be prepared for the day.

The pandemic has taught us all many many lessons, one amongst them is to be open to all sorts of changes and enhance our endurance levels to the extent that we are to mould ourselves to the available resources and get less demanding in our attitudes. When we come to the context of students, a proactive learner would not only travel with the teacher, but would also make sure that he spends adequate time all by himself to ensure that the pace of learning is not disturbed. At the same time, a reactive student would wait till the last moment, which as we see would always create unwanted confusion and tension.

The assessment patterns, approach towards examinations and the very philosophy of education and its methodology are undergoing a tremendous change, so it has become essential that students take up the onus of their success and opt for a proactive approach rather than being reactive and waiting for the turn of events.

So, students, it is time you all pull up your socks and put on your thinking caps – and get going.

All the very best!!!



Sai satyaki- Head Admissions



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From The Core Team Of The School:

Why should students be disciplined, oriented & obedient?

"Discipline is built by consistently performing small acts of courage."

Discipline is defined as the practice of teaching others to obey rules or norms by using punishment to correct unwanted behaviours. In a classroom, a teacher uses discipline to ensure routine is maintained, school rules are enforced, and the students are in a safe learning environment. While the word discipline seems negative, the goal of using discipline is to teach students boundaries and limits to help students achieve personal and academic life goals.

Without discipline, learning cannot be accomplished. If students constantly disrupt the teacher, the others in class are affected. If a student does not follow the rules and does not complete classwork or homework, that student is missing out on valuable learning opportunities. The goal of discipline is to ensure each student receives the most from their education.

Students with good discipline are more likely to get better scores & get more benefit from their classes. Classroom discipline helps students to listen to the teacher properly and develops good listening skills as well. Students with good discipline and focused mind stay active and charged up throughout the day. Students who are disciplined tend to get much better scores & get more benefit from their classes as well. In a student's life, discipline is very important for better education. Education becomes incomplete without learning discipline. Classroom discipline helps students to listen to the teacher well. Obedience means trusting One, on whom you can have blind faith, it can be your parents, your siblings or your teacher. Moreover, obedience means having trust and confidence in the other person that what they decide would be right for you. At times depending on the situation, one should be careful choosing whom they want to be obedient of, cause today's world people prefer their own greed above others basic needs. Being obedient is a good quality till certain limits

By Madhavi

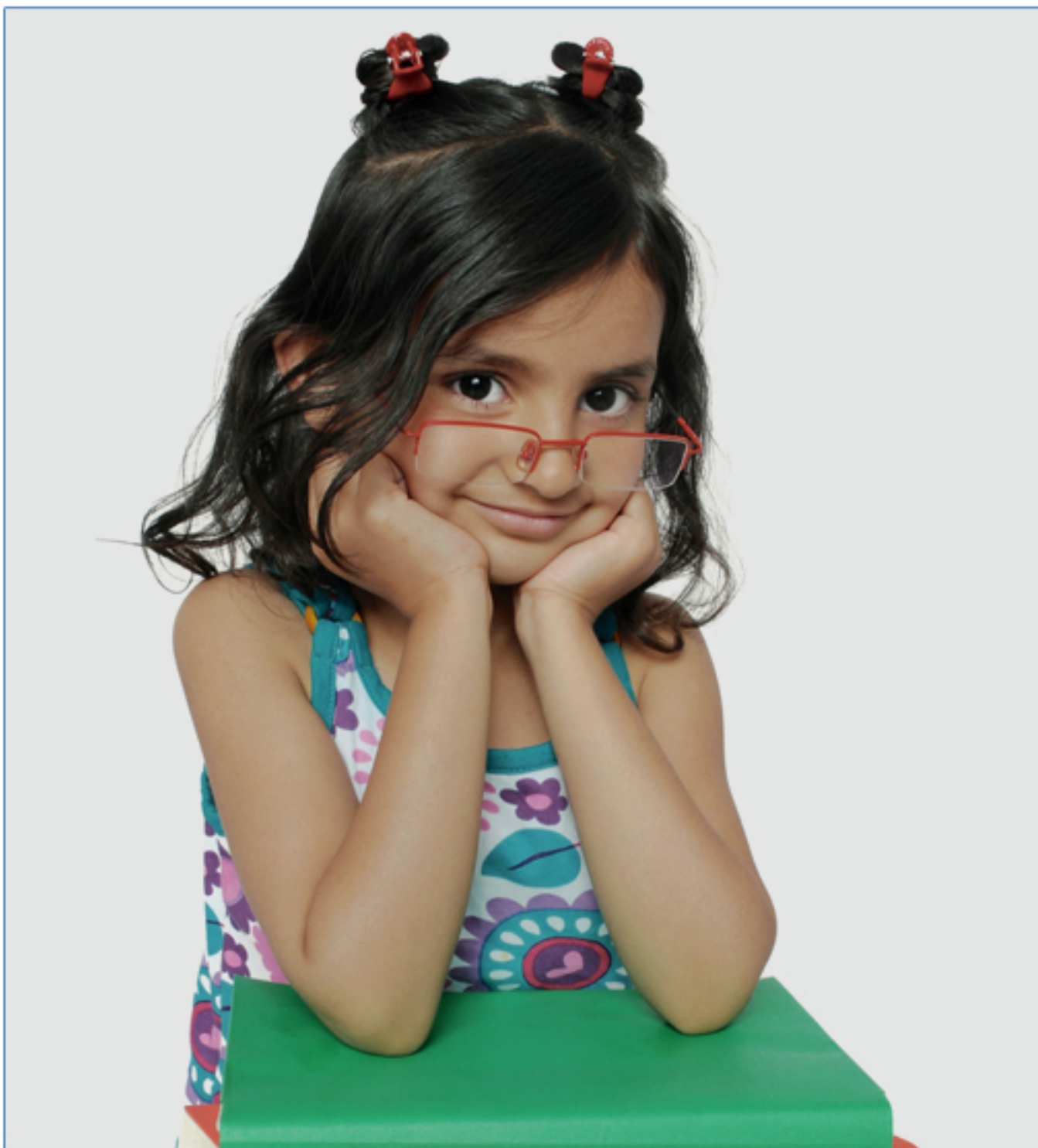
Middle school coordinator





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From The Core Team Of The School:



How to overcome laziness and sleepiness?

Are you decisive, energetic and a doer, or do you tend to procrastinate and prefer passivity?

Do you sometimes ask yourself, how to stop being lazy?

Do you wonder how not to be lazy when you feel so?

What is laziness and how to overcome it?

- It is the desire to be idle, to do nothing, resist effort, procrastinate and postpone doing things.

- It is a state of passivity and of letting things stay as they are.

Sometimes, we enjoy being a little lazy, such as after working hard for several hours, or when we stay in bed on a very cold day. However, if doing nothing occurs too often, something has to be done about it.

Simple tips to overcome laziness:

1. Break down a task into smaller tasks

2. Rest, sleep and exercise

3. The importance of motivation

You can strengthen your motivation through affirmations, visualization and thinking about the importance of performing your task or chore or achieving your goal.

4. Have a vision of what and who you want to be

5. Doing one thing at a time

6. Procrastination

Avoid procrastination, which is a form of laziness. If there is something you have to do, why not do it right now and get through with it? Why let it stay nagging at the back of your head?

7. Repeat affirmations

"I can accomplish my goal."

"I have the energy and motivation to act and do whatever I want or have to do."

"Doing things makes me stronger."

"I have the inner strength to do anything I want to do."

"I can easily awaken motivation in me."

"I will do everything now, not later."

"Doing things makes things happen."

By-Santoshi Jyotsna ECCE Coordinator