



ASPEE NUTAN[®]
ACADEMY
(AFFILIATED TO CISCE)

Nurturing dreams, Creating futures

SCHOOL NEWSLETTER



Expressions

June 2025

Meet Our Team



Mrs. Nuzhat Khan
(Principal)



Ms. Freda Almeida
(Senior Editor)



Ms. Saleena Cardoz



Mrs. Foram Shah



Ms. Jhanvi Sisangiya



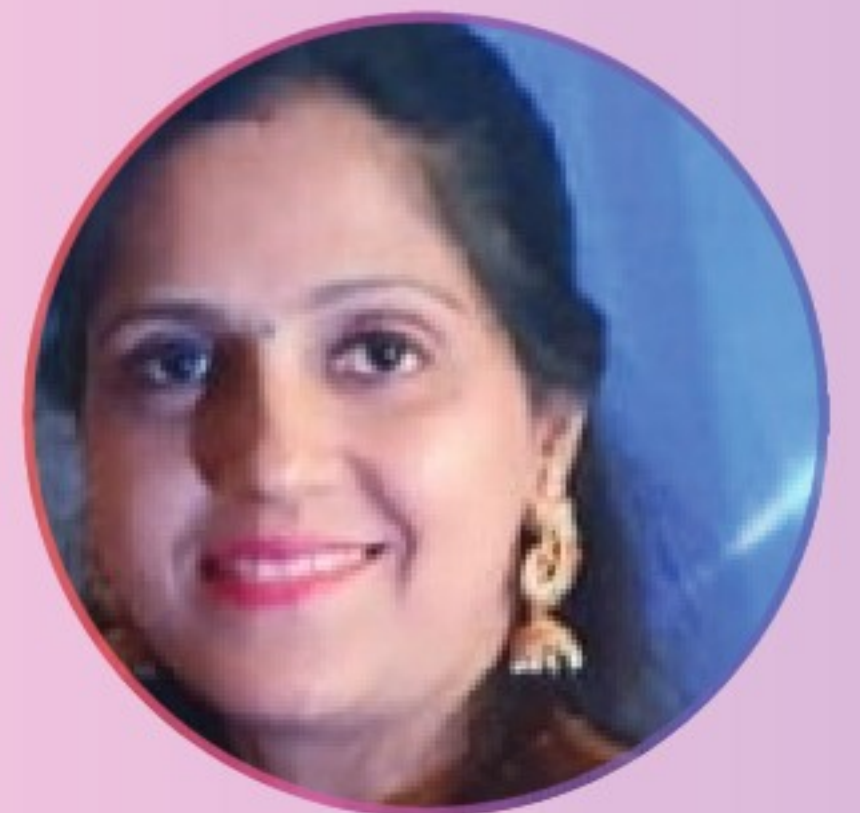
Ms. Numa Shaikh



Ms. Ruchi Goyal



Ms. Shefali Kajarekar



Mrs. Ashwini



Ms. Charmi Sheth



Mrs. Tanushree Prajapati



Mrs. Ramya Menon



Ms. Petrea Costa



Mrs. Sangeeta Yadav



Ms. Sinny Parmar

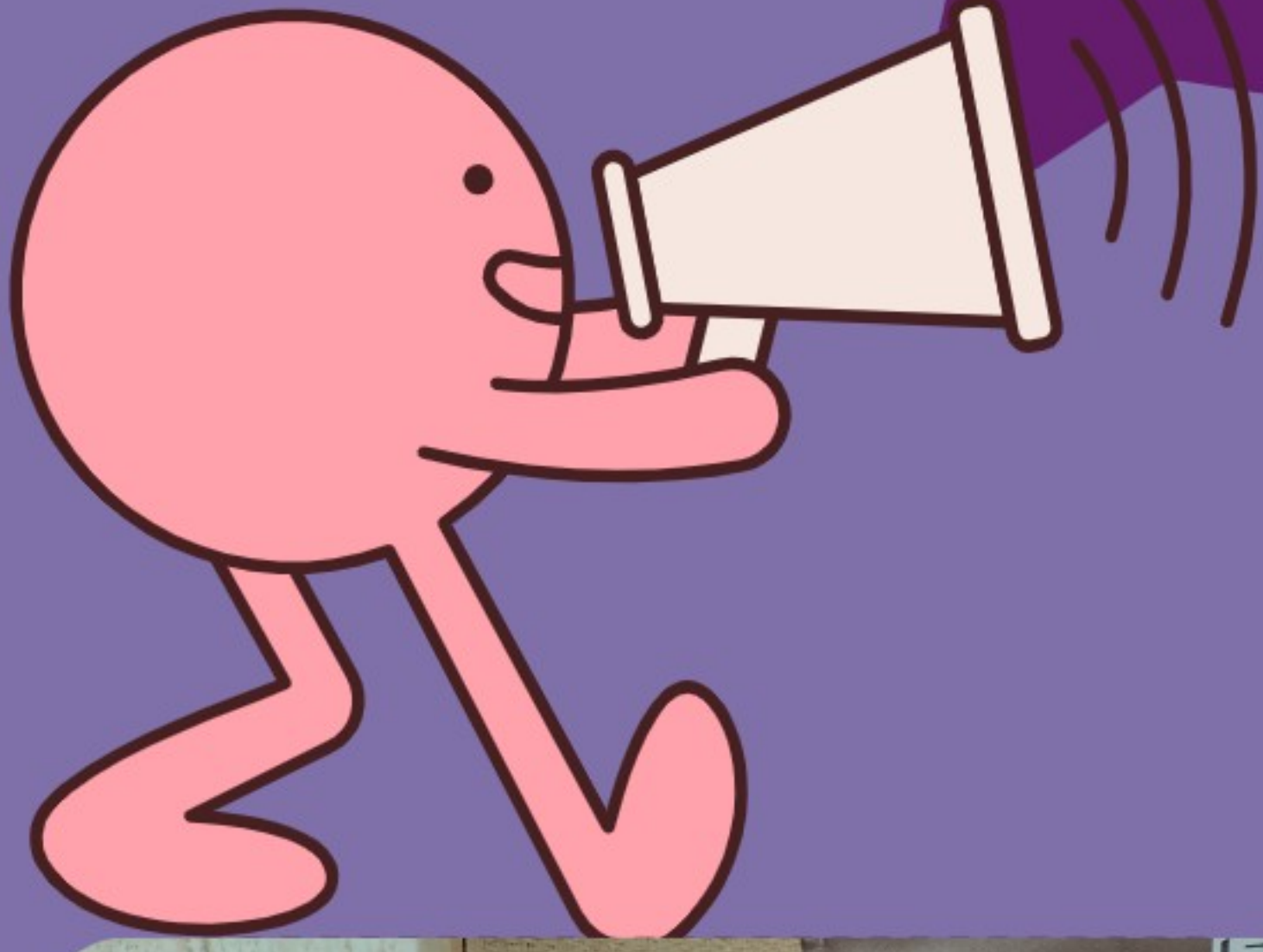


Sr. Cristopher Britto



Ms. Nashrah Patel

BEYOND THE CLASSROOM



Young Champ in Action!

MEET DARSH, A SPIRITED 7-YEAR-OLD WHO'S ALREADY MAKING HIS MARK! HE RECENTLY WON A SILVER MEDAL IN A U-7 KARATE TOURNAMENT, SHOWING INCREDIBLE SKILL, DISCIPLINE, AND DETERMINATION. BALANCING SCHOOL AND SPORTS LIKE A TRUE CHAMP, DARSH IS AN INSPIRATION IN AND OUT OF THE CLASSROOM.

KEEP KICKING HIGH, DARSH—THIS IS JUST THE BEGINNING! 🥋🌟

DARSH DHAKAN, GRADE 2C

India's Hidden Gems: Villages That Inspire!

Dharhara— Where Trees Grow With Daughters



Nestled in the Bhagalpur district of Bihar, Dharhara is an ordinary-looking village with an extraordinary tradition. While many parts of the country still battle with gender biases, Dharhara celebrates the birth of a girl by planting trees a practice rooted in love, legacy, and environmental consciousness.

This unique tradition began over a decade ago, when villagers started planting at least 10 fruit or neem trees every time a girl was born. The idea was simple yet profound: treat daughters as a blessing, not a burden, and give them — and the Earth — a future worth nurturing. These trees are more than just symbols; they are living savings. As they grow, they offer fruits, shade, and even timber — forming a green inheritance for the girl's education or marriage.

What started as a family practice soon became a community culture. Over 100,000 trees now flourish in Dharhara, turning the village into a lush and thriving example of how age-old values can lead to modern solutions. The initiative also supports biodiversity, improves air quality, and prevents soil erosion — all while making a bold statement for girl child empowerment.

Dharhara reminds us that big changes don't always need big budgets — just big hearts. Through a simple gesture of planting trees, this small village is growing a greener, kinder, and more equal world.

CULTURE ON A PLATE



Paella: Spain's Golden Dish of Togetherness

When you think of Spanish food, one dish shines as bright as the Mediterranean sun: Paella (pronounced pa-eh-ya). More than just a meal, paella is a symbol of celebration, a story of the countryside, and a gathering of flavors and people.

Paella was born in the fields of Valencia, a region on Spain's eastern coast. Long ago, farm workers would gather around lunchtime and cook rice in wide, shallow pans over an open fire. They added whatever ingredients were on hand—vegetables, snails, beans, or rabbit. This simple dish became the famous Paella Valenciana. The word Paella actually comes from the old Latin word “patella,” meaning a flat pan. Over time, the name came to refer not just to the pan, but to the delicious dish itself! What makes paella special is not just its flavor—it's how it brings people together. In Spain, paella is usually made for large gatherings: birthdays, village festivals, or Sunday family lunches. The giant pan is placed at the center, and everyone eats together, laughing and sharing stories.

Cooking paella is a social ritual—with roles passed down through generations. It's not just a dish; it's a celebration of Spanish culture and community.

Paella has traveled far beyond Spain. From fancy restaurants in New York to food markets in Delhi, it's loved for its bold flavors and festive feel. Though many versions now exist, the spirit of paella remains the same—sharing, celebration, and togetherness. In Valencia, there's even an annual World Paella Day (September 20), where chefs from around the world come together to cook and compete—with giant paella pans that can feed hundreds!

Act of Kindness

Spreading Kindness at the Cow Shelter - A Heartwarming Experience



- A recent initiative by a Gujarati community aimed to spread love between humans and animals, while teaching children the value of compassion. The focus was to encourage kindness toward voiceless beings—especially among the younger generation.
- A group of 17 of us—including 2 children, teenagers, and volunteers—visited a cow shelter in Munibas, Palghar (West). We brought: 2800 kg of cucumbers and tomatoes, 3000 jaggery filled Gujarati chapatis 200 kg of lapsi (sweet dish)
- Children were excited to feed the cows, and we volunteers guided them with care and humility. The atmosphere was full of joy, learning, and love. A sudden downpour added to the fun, making the day even more memorable.
- Personally, it was fulfilling to teach kids the values I learned from my elders. True happiness, I realized, lies not in material things but in giving, sharing, and caring.

~ SANCHI SHAH (TXA)

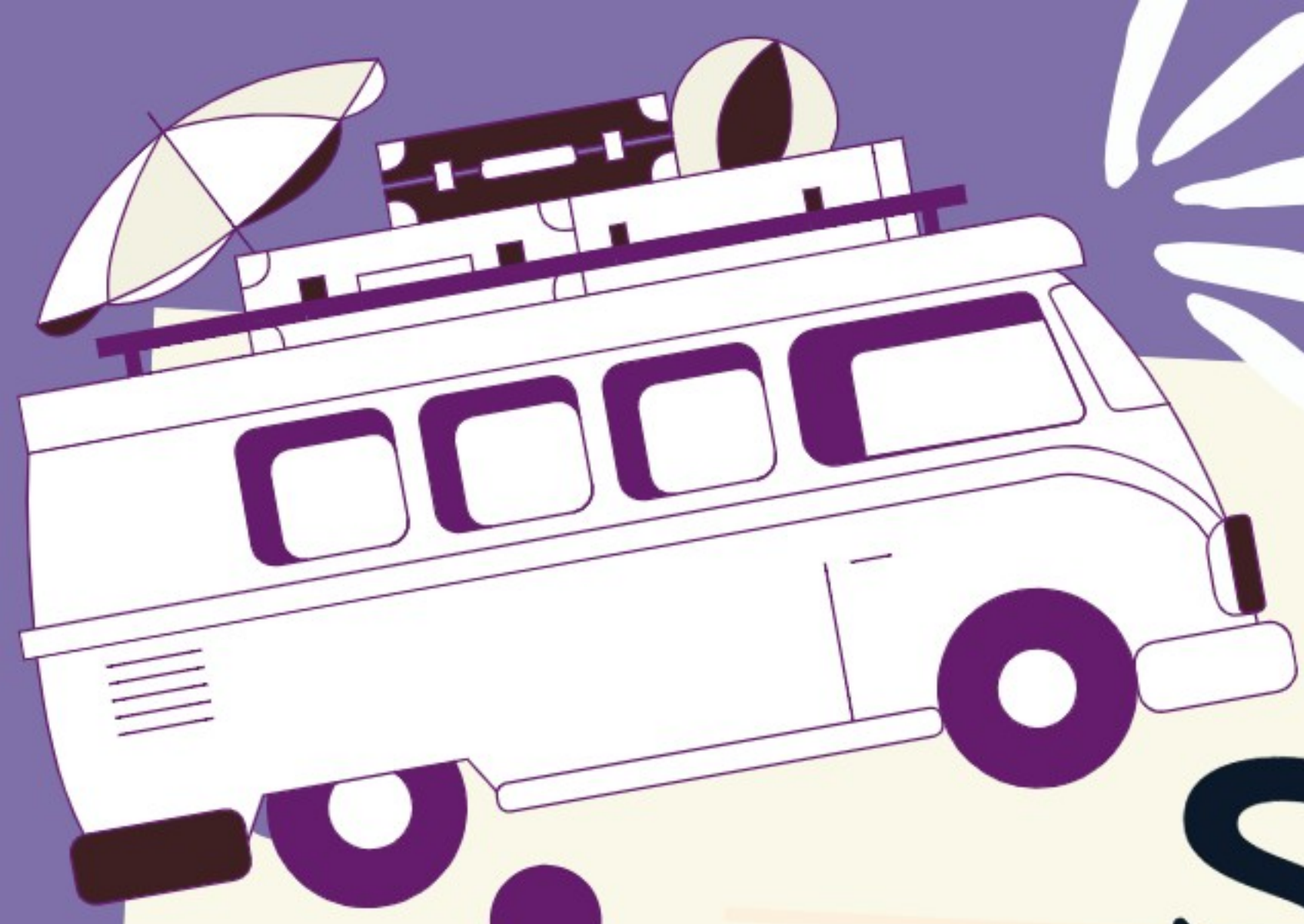


Meet Our Alumni



I'm Khush Jain, a proud student of Aspee Nutan Academy from 2017 to 2023. Over these six transformative years, ANA truly became my second home—a place where I not only received an excellent education but also grew in confidence, character, and ambition. Transitioning from a state board to the ICSE curriculum in Grade 4 was challenging, but the constant support from my teachers made it smooth and rewarding. With their guidance, I went from being an average student to becoming the school topper in Grade 10.

What sets ANA apart is its holistic approach to learning—balancing academics with sports, co-curriculars, and personality development. Every opportunity here helped me discover my strengths and passions. I'm deeply grateful to the school management, our Principal Ma'am, all my teachers, and the staff for their dedication and belief in every student. As I move ahead, I carry with me lifelong values, memories, and gratitude for all that ANA has given me.



Student Diaries



KAVYA GADA- 5A

This vacation, I experienced something truly unforgettable — a stay at Mahal Ecostay, tucked deep within the forests of Saputara, Gujarat. It wasn't just a break from routine; it was an adventure that opened my eyes, challenged my fears, and brought me closer to who I am.

The forest was peaceful but mysterious — every sound felt louder, every moment more alive. I tried archery and rifle shooting for the first time, and though it was a little scary at first, I discovered the thrill of learning something new and the joy of pushing past fear.

Surrounded by trees and birdsong, I found myself creating more than ever before. I drew sketches inspired by the landscape, played melodies on the piano that matched the mood of the forest, and began exploring video editing — turning quiet moments into visual stories.

But the most special part of my journey was reconnecting with my roots. I spent time reading and writing in my mother tongue, Gujarati — and in doing so, I felt deeply connected to my culture and identity. It reminded me how important it is to honour where we come from, even as we grow and explore.

My time in Saputara taught me that adventures don't always need crowds or big cities — sometimes, the most powerful discoveries happen in silence, in nature, and within ourselves.

ANA BOOK CLUB

PRE- PRIMARY SECTION



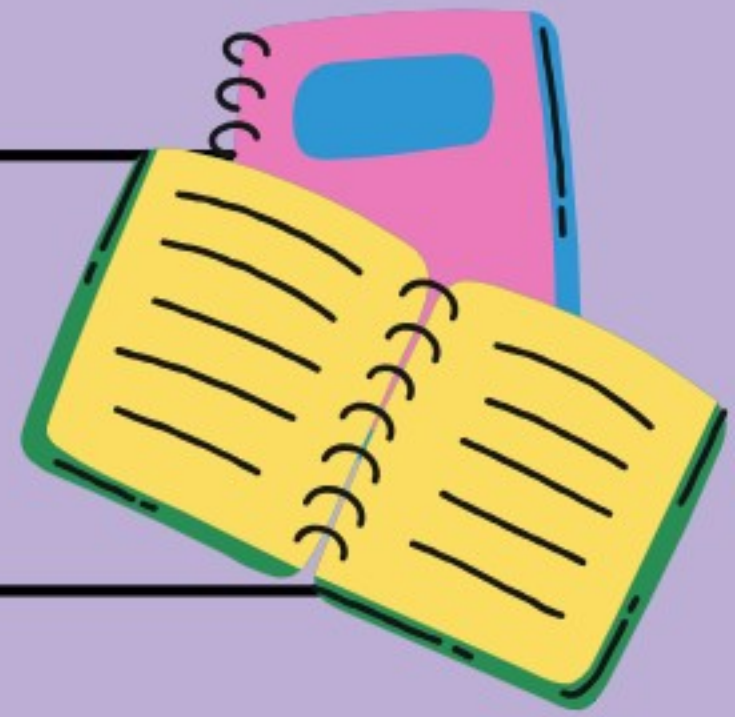
Matt the Cat is a fun book with short and easy stories. The words have special sounds to help you read. Big letters and colourful pictures make the stories exciting to look at and fun to read. Matt the Cat helps you learn new words and enjoy reading!

Follow Matt the Cat as he goes on silly, exciting adventures that make reading fun! Whether you're just starting to read or want to practice more, this book is perfect for you. It's great for reading by yourself or with a grown-up or friend.



✨ **GOOD NEWS! YOU CAN FIND MATT THE CAT IN OUR SCHOOL LIBRARY!**

ANA BOOK CLUB



PRIMARY SECTION



HOW I TAUGHT MY GRANDMOTHER TO READ AND OTHER STORIES – BY SUDHA MURTHY

LOOKING FOR A STORY THAT'S HEARTWARMING, INSPIRING, AND EASY TO
READ?

THIS REAL-LIFE TALE BY SUDHA MURTHY IS ALL ABOUT A YOUNG GIRL WHO
TEACHES HER 62-YEAR-OLD GRANDMOTHER HOW TO READ - PROVING THAT
LEARNING HAS NO AGE LIMIT!

IT'S A STORY OF LOVE, RESPECT, AND THE JOY OF HELPING OTHERS -
PERFECT FOR YOUNG READERS WHO WANT TO FEEL INSPIRED AND MAKE A
DIFFERENCE.

A SHORT, POWERFUL READ THAT SHOWS HOW SMALL ACTIONS CAN CREATE
BIG CHANGE.

AVAILABLE IN OUR SCHOOL LIBRARY – DON'T MISS IT!

ANA BOOK CLUB

SECONDARY SECTION



HARRY POTTER AND THE PHILOSOPHER'S STONE

J.K. ROWLING'S HARRY POTTER AND THE PHILOSOPHER'S STONE IS A MAGICAL BEGINNING TO THE BELOVED SERIES. IT FOLLOWS HARRY, AN ORDINARY BOY WHO LEARNS HE'S A WIZARD AND BEGINS HIS ADVENTURES AT HOGWARTS. ALONGSIDE FRIENDS RON AND HERMIONE, HE UNCOVERS THE MYSTERY OF THE POWERFUL PHILOSOPHERS STONE.

FILLED WITH MAGIC, FRIENDSHIP, AND COURAGE, THIS BOOK IS A FUN AND THRILLING READ FOR ALL AGES. A PERFECT START TO AN UNFORGETTABLE JOURNEY!

AVAILABLE IN OUR SCHOOL LIBRARY.

TECH TIPS: AI TOOLS

THIS MONTH'S STAR: PERPLEXITY AI!
A SUPER SMART RESEARCH BUDDY, RIGHT IN YOUR
BROWSER

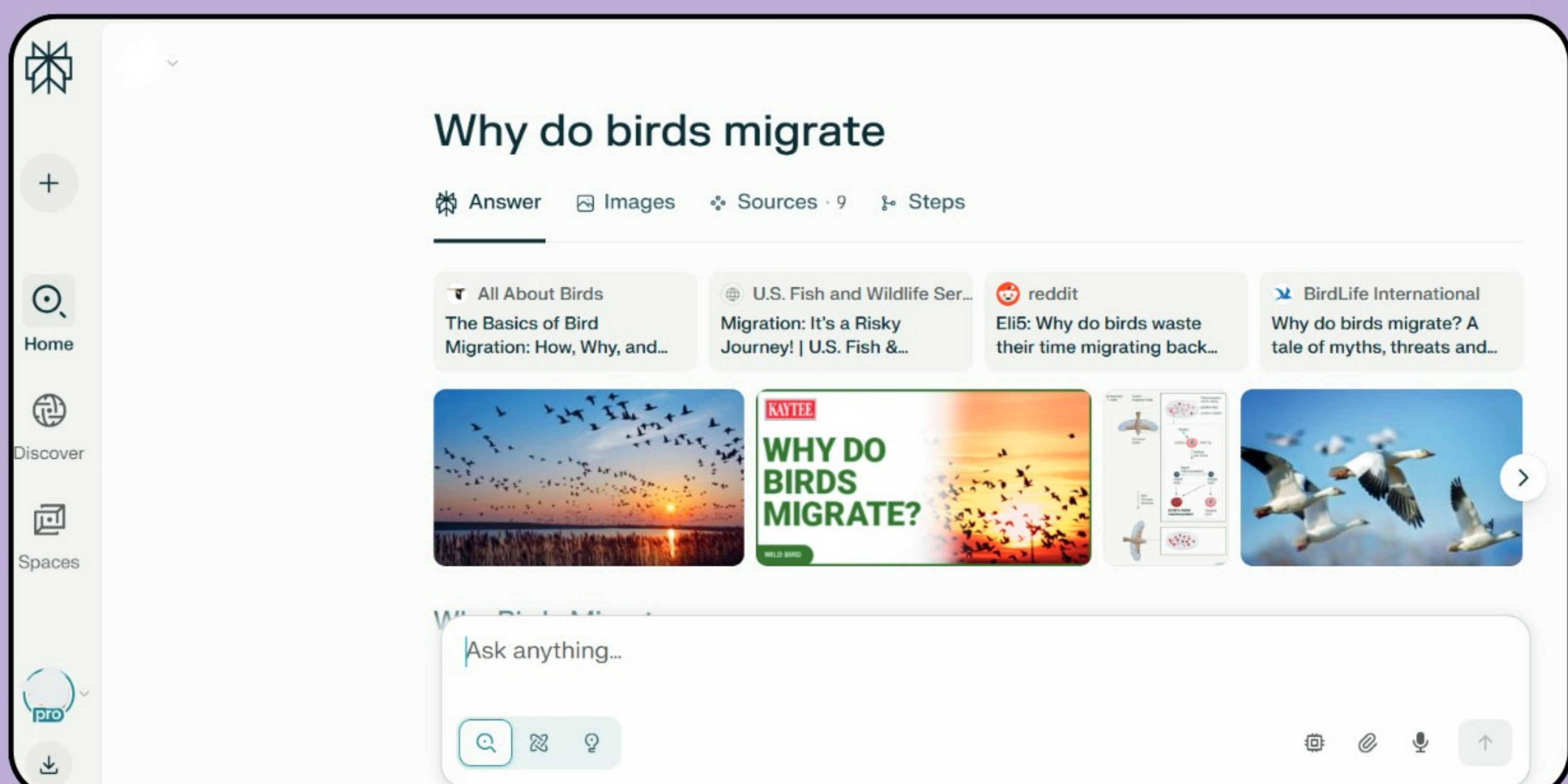
HEY, WHAT'S PERPLEXITY?

IT'S AN AI THAT HELPS YOU
EXPLORE ANY TOPIC LIKE SCIENCE,
HISTORY, EVEN FUN FACTS!

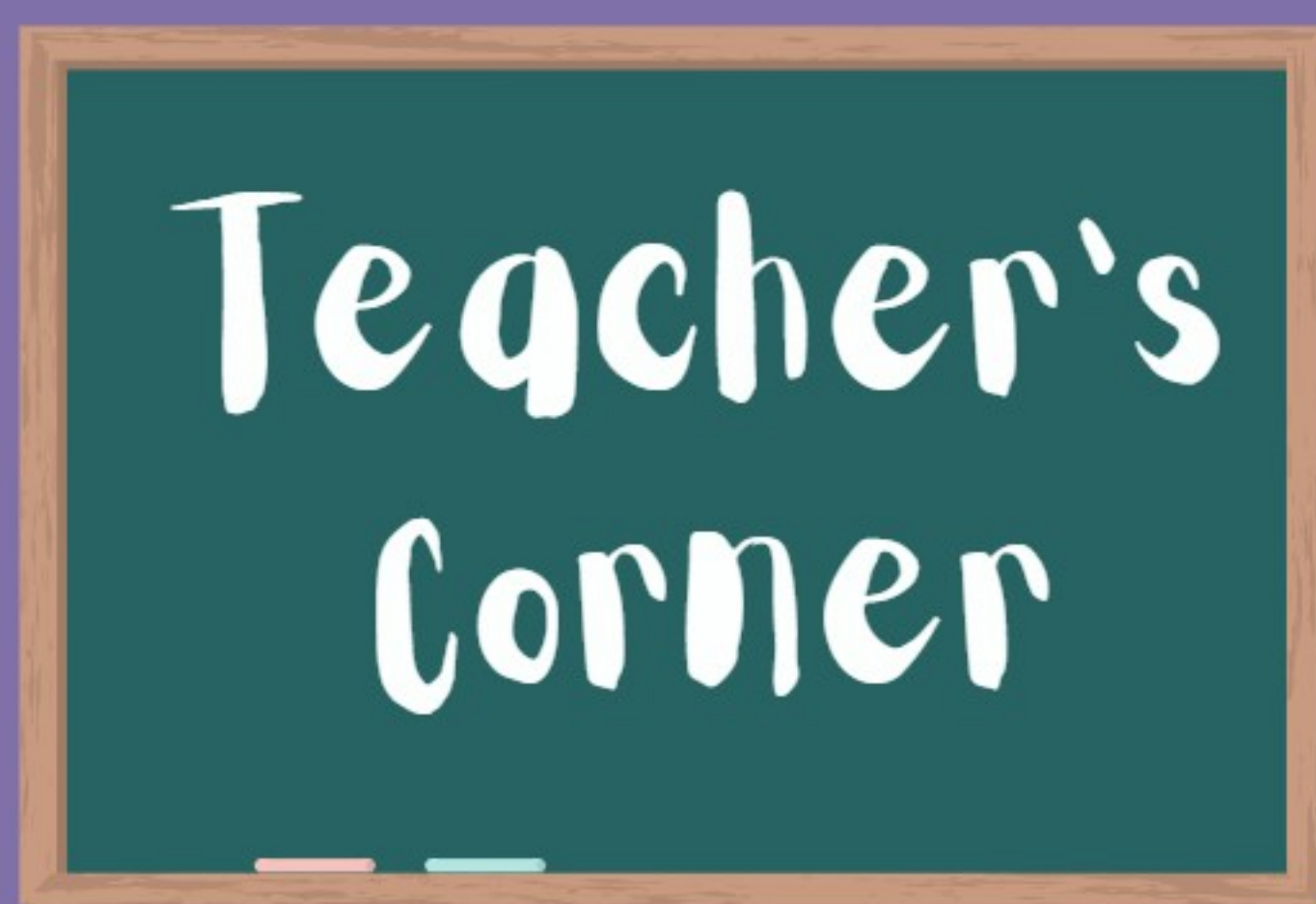
SO, DO I NEED TO SEARCH
THROUGH HUNDREDS OF
SITES?

NOPE! PERPLEXITY GIVES YOU
CLEAR ANSWERS WITH
SOURCES, ALL IN ONE PLACE!

THAT'S SO COOL! 



TRY IT YOURSELF: WWW.PERPLEXITY.AI
ASK ANYTHING, EXPLORE EVERYTHING, THE FUN WAY!



Geography Goes Sweetly Wrong!

It was a regular Monday morning, and I had just begun the lesson on Climate and Natural Regions. With my chalk in hand and the class finally settled, I announced:
“So, students, today we will learn about deserts.”

Immediately, a hand shot up.
“Miss, I know one fact – deserts can be hot or cold!”
I smiled and nodded. “Very good!”

But before I could continue, he added,
“But miss... why are they served in small portions?”

I blinked. “What?”

Before I could respond, another helpful voice from the back added confidently:
“Yes ma’am, like cake – small slice only. Otherwise it becomes a climate problem?”

At that point, the giggles had begun.

Meanwhile, I was silently wondering what kind of dessert-related environmental disaster we were imagining.

And then, it hit me –
They thought I was teaching about desserts, not deserts.

Somehow, my carefully planned geography lesson had taken an unexpected detour – from sand dunes to sundaes. Arid landforms had transformed into scoops of chocolate mousse!

Trying to hold back my laughter, I said:
“Children, desert – D-E-S-E-R-T – is the dry, sandy region with camels, not caramel!”

The class burst into laughter. One student, still thoughtful, muttered under his breath:
“Still confusing. Both are dry if you forget the toppings.”



At that point, I gave up and drew a big sand dune on the board with a warning:
“Geography: Tasty only if spelled correctly!”



Moral of the story?

In the classroom, one extra “S” can take you from sand to sugar – and from geography to a giggle. And as teachers, we learn to serve both – knowledge and laughter – in equal measure.



— MS. DIKSHITA KOTHARI
Geography Teacher

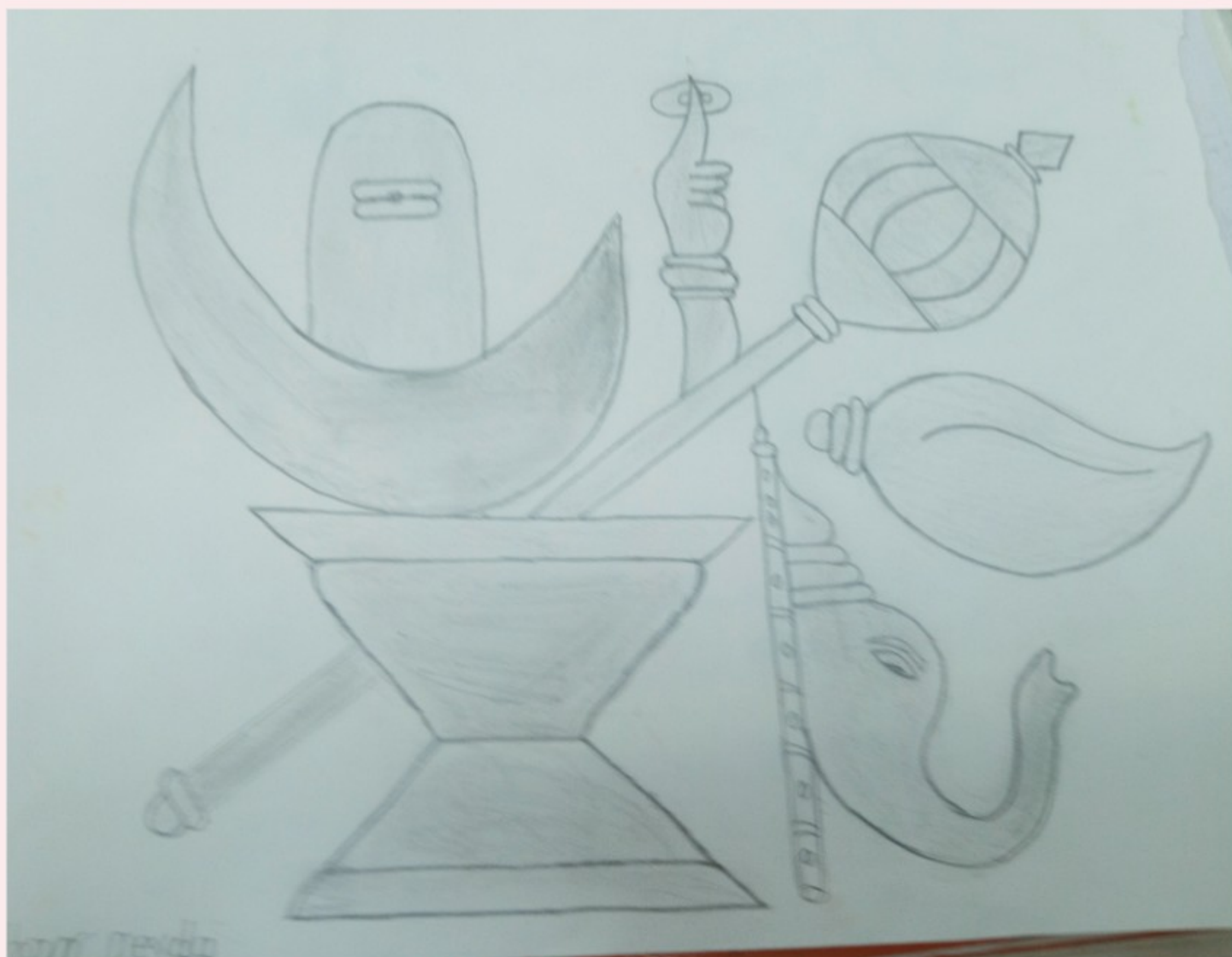
Art Corner



SWARA JOGLEKAR
GRADE : 5E



Art Corner



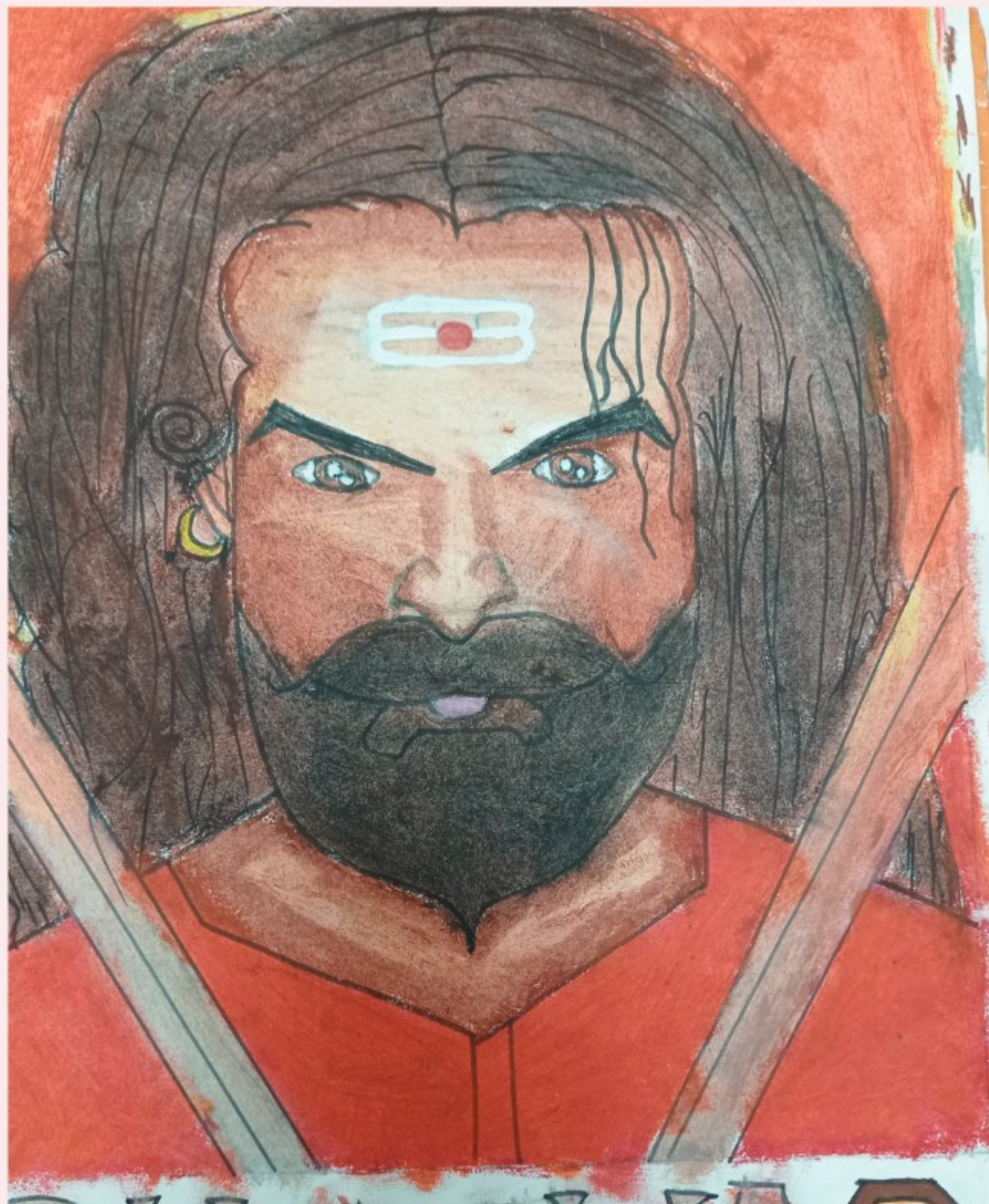
RIDHAN DEVDA
GRADE :5E



PRATHAM SINGH
GRADE :5 E



Art Corner



AARAV MEHTA
GRADE : 5 E



RITVI DOSHI
GRADE : 5 E



Activity Alley



Grade 1 students spread smiles and sustainability as they marched in the Eco Parade, celebrating World Environment Day with creativity and care for the planet! 🌍



With a big smile and a creative spark, this young eco-warrior proudly showcases his upcycled musical instrument made from plastic bottles—proving that rhythm and recycling can go hand in hand in the joyful activity of Eco Rhythms! 🥁



"The Earth is not ours to own, but ours to protect for generations to come."

Activity Alley



With focus and flexibility, our young yogis struck the perfect pose to celebrate wellness on Yoga Day—staying fit in body, mind, and spirit! 🧘♂️🌿🌟

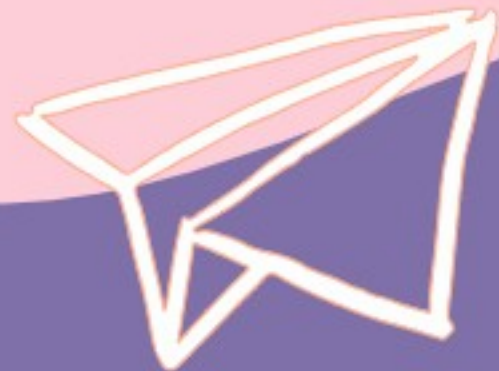


With perfect alignment and peaceful smiles, our young yogis embraced balance, grace, and unity on Yoga Day! 🧘♀️☀️🧘♂️



"Yoga is the journey of the self,
through the self, to the self."
— Bhagavad Gita

Activity Alley



With giggles, caps, and playful monkeys, a classic tale leapt off the stage—blending fun with a timeless lesson! 🐒🎭🎩



Cheeky monkeys, flying caps, and a storyteller's charm—bringing laughter and life lessons through a timeless tale! 🐒🎩✨



**STORY
Time**

"Storytelling is the most powerful way to put ideas into the world."

— Robert McKee

Eventful Moments!

Pre - Primary Section (Nursery) Parent Orientation



Eventful Moments!

Pre - Primary Section (Nursery)

First Day of School



Eventful Moments!

Pre - Primary Section (Jr. kg) Parent Orientation



Eventful Moments!

Pre - Primary Section (Jr. kg)

First Day of School



Eventful Moments!

Pre - Primary Section (Sr. kg) Parent Orientation



Eventful Moments!

Pre - Primary Section (Sr. kg)

First Day of School



Eventful Moments!

Primary Section Parent Orientation Grade 1



Eventful Moments!

Primary Section

Parent Orientation Grade 2,3,4 and 5



Eventful Moments!

Primary Section First Day of School



Eventful Moments!

Primary Section Yoga Day



Eventful Moments!

Primary Section Environment Day



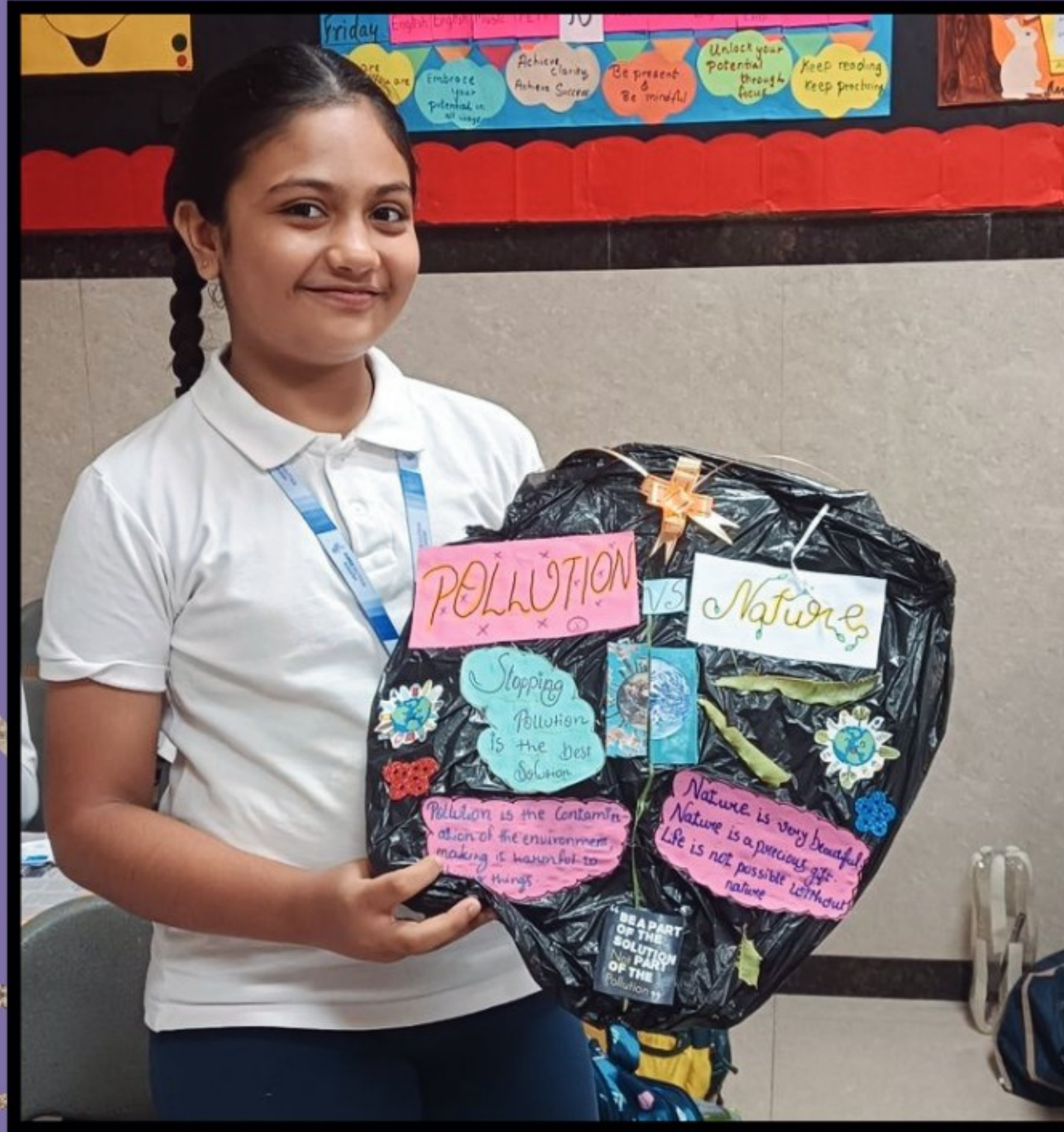
Eventful Moments!

Secondary Section Yoga Day



Eventful Moments!

Secondary Section Environment Day



Eventful Moments!

Secondary Section Science Club Activity - No Flame Cooking





Thank You