



ASPEE NUTAN[®]
ACADEMY
(AFFILIATED TO CISCE)

Nurturing dreams, Creating futures

SCHOOL NEWSLETTER



Expressions
November 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. Nashrah Patel



Ms. Shefali Kajarekar



Mrs. Ashwini



Ms. Charmi Sheth



Mrs. Tanushree Prajapati



Mrs. Ramya Menon



Ms. Petrea Dcosta



Mrs. Sangeeta Yadav



Ms. Sinny Parmar

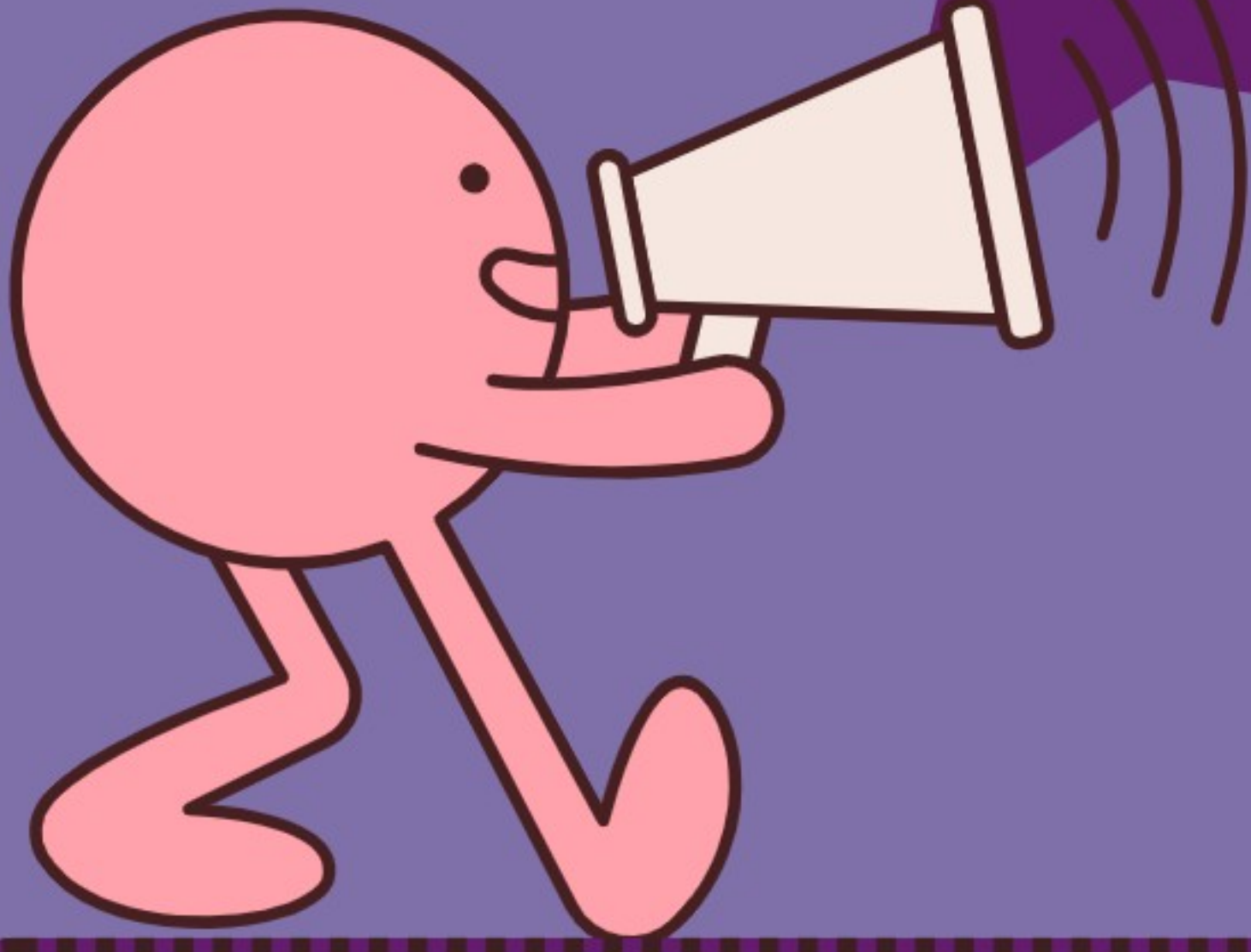


Sr. Cristopher Britto



Mrs. Jainee Vadhar

BEYOND THE CLASSROOM



Girls' Kho-Kho Champs!

Our school's girls' team made us incredibly proud as they won in the inter-school Kho-Kho competition. Showing remarkable teamwork, speed, and strategy, the team outperformed several strong opponents to secure a well-deserved prize.

Each player gave her best, displaying sportsmanship and determination throughout the matches.

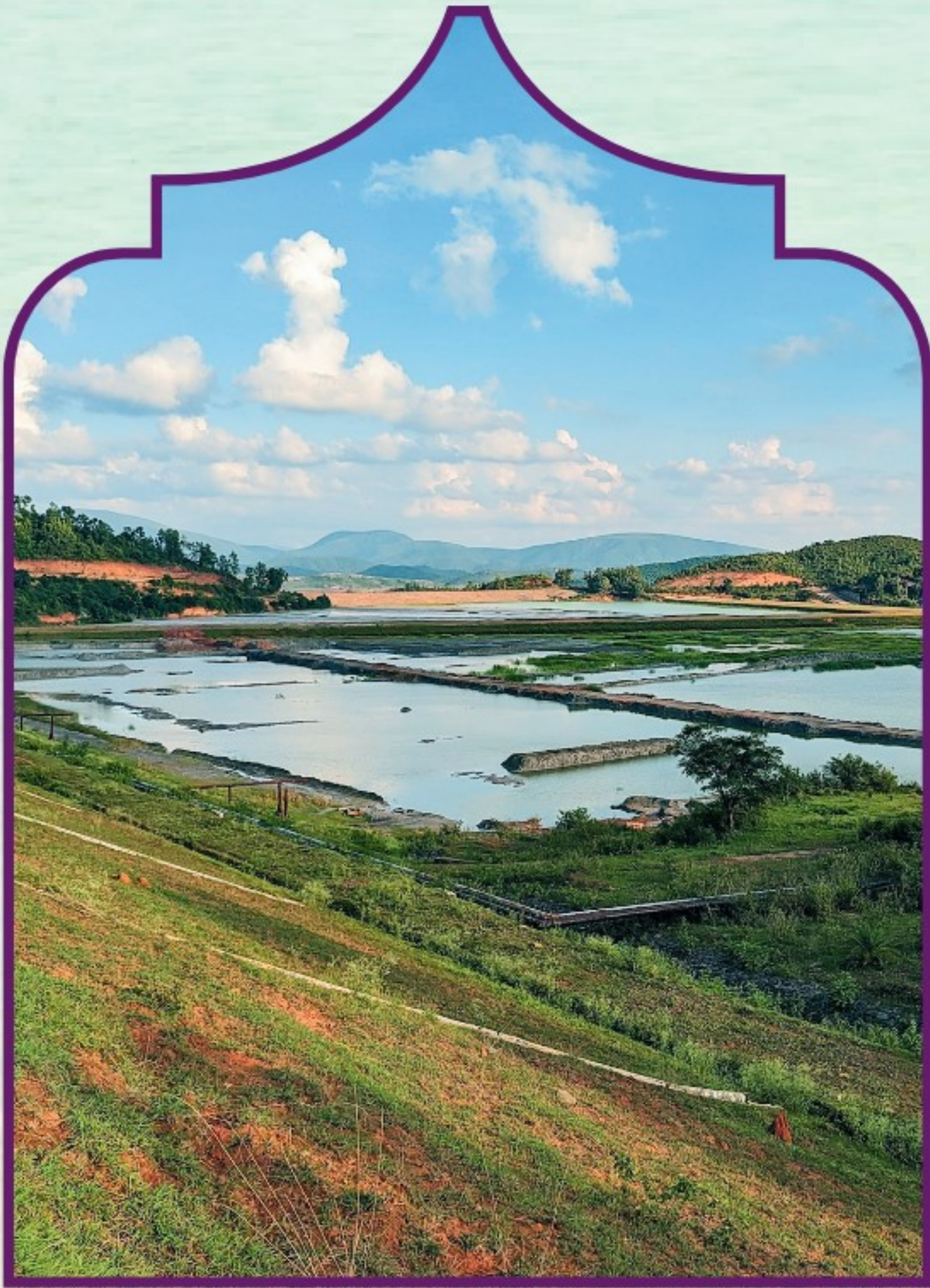
A big congratulations to our talented team for bringing glory to the school! We celebrate your hard work and look forward to many more victories ahead.



GIRLS KHO-KHO TEAM

India's Hidden Gems: Villages That Inspire!

💧 Hiware Bazar, Maharashtra – The Village of Millionaires



“When a community chooses progress together, success grows in every field.”

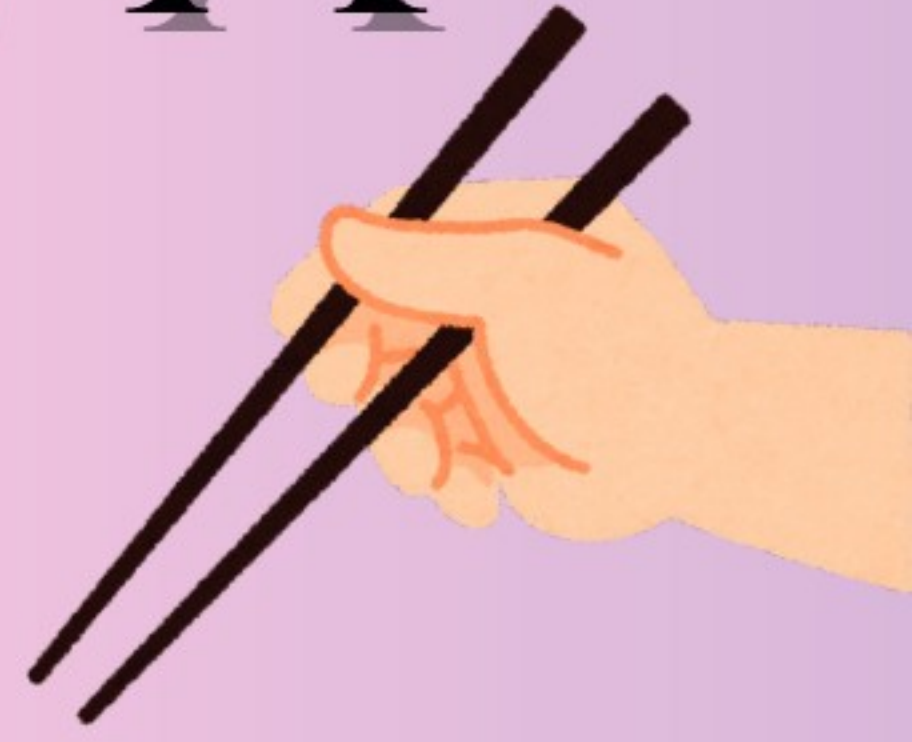
Once struck by drought and poverty, Hiware Bazar in Maharashtra is now celebrated as The Village of Millionaires. But its wealth wasn't built overnight — it blossomed from unity, water conservation, and wise leadership. Years ago, farming here seemed hopeless. Water was scarce, fields lay barren, and many villagers migrated in

search of work. Everything changed when the community united to revive the land. They built check dams, harvested every drop of rain, and planted trees that brought life back to the soil. With water returned hope — and prosperity. Farmers adopted sustainable practices and grew crops that thrived. Today, Hiware Bazar is one of India's richest rural communities, where more than 70 villagers are officially millionaires, thanks to collective efforts and responsible resource use. People here believe that development must include everyone, so families work together and support one another. Homes are clean, streets are well-maintained, and even social harmony has become a source of pride. The young learn from the land, understanding that nature is their greatest partner.

As the villagers proudly say, *“Our wealth is not just in money — it is in the success we share.”*

Hiware Bazar proves that when a village works together, even the driest land can turn into a valley of dreams.

CULTURE ON A PLATE



Onigiri

Onigiri (also called omusubi) is a hand-shaped Japanese rice ball, usually triangular or round, made from steamed rice and often wrapped with nori (seaweed).

Early forms of onigiri were mentioned in diaries from the Heian period. They were shaped from leftover rice so that travellers could carry them easily.

Onigiri became popular among samurai soldiers.

During battles, onigiri was wrapped in bamboo leaves so warriors could carry it as a quick, portable meal.

Rice started being shaped carefully, and pickled plum (umeboshi) was used as a filling because it preserved the rice and prevented spoilage.

After the invention of nori sheets in the 18th century, onigiri became widely eaten.

Today, onigiri is sold everywhere in Japan—from convenience stores (konbini) to bento shops and homes.

Onigiri remains one of Japan's oldest surviving foods still eaten daily.

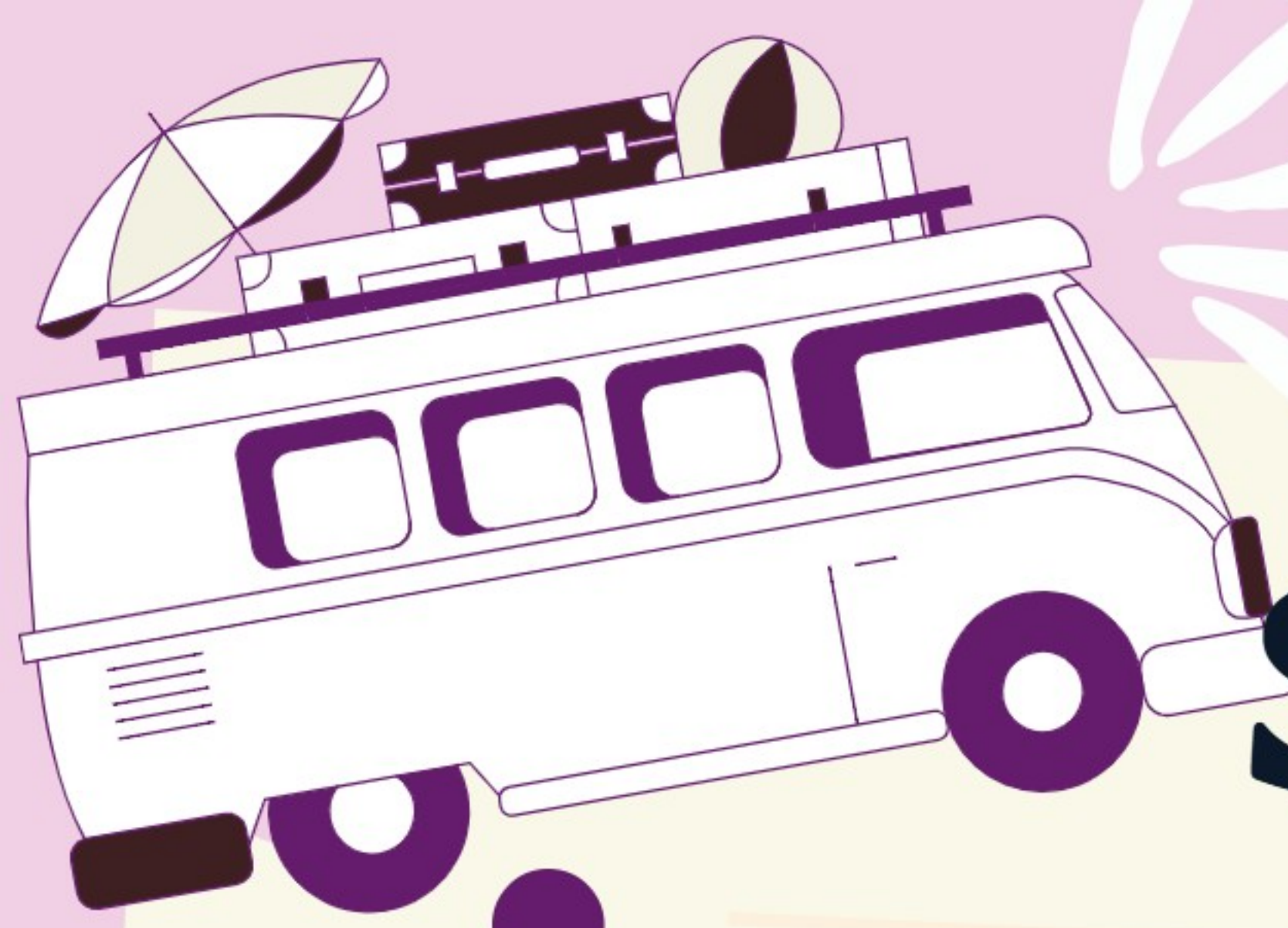
Today, you'll find regional twists:

Some add bacon or ham for extra flavor.

Others use onion crisps or bread crumbs on top.

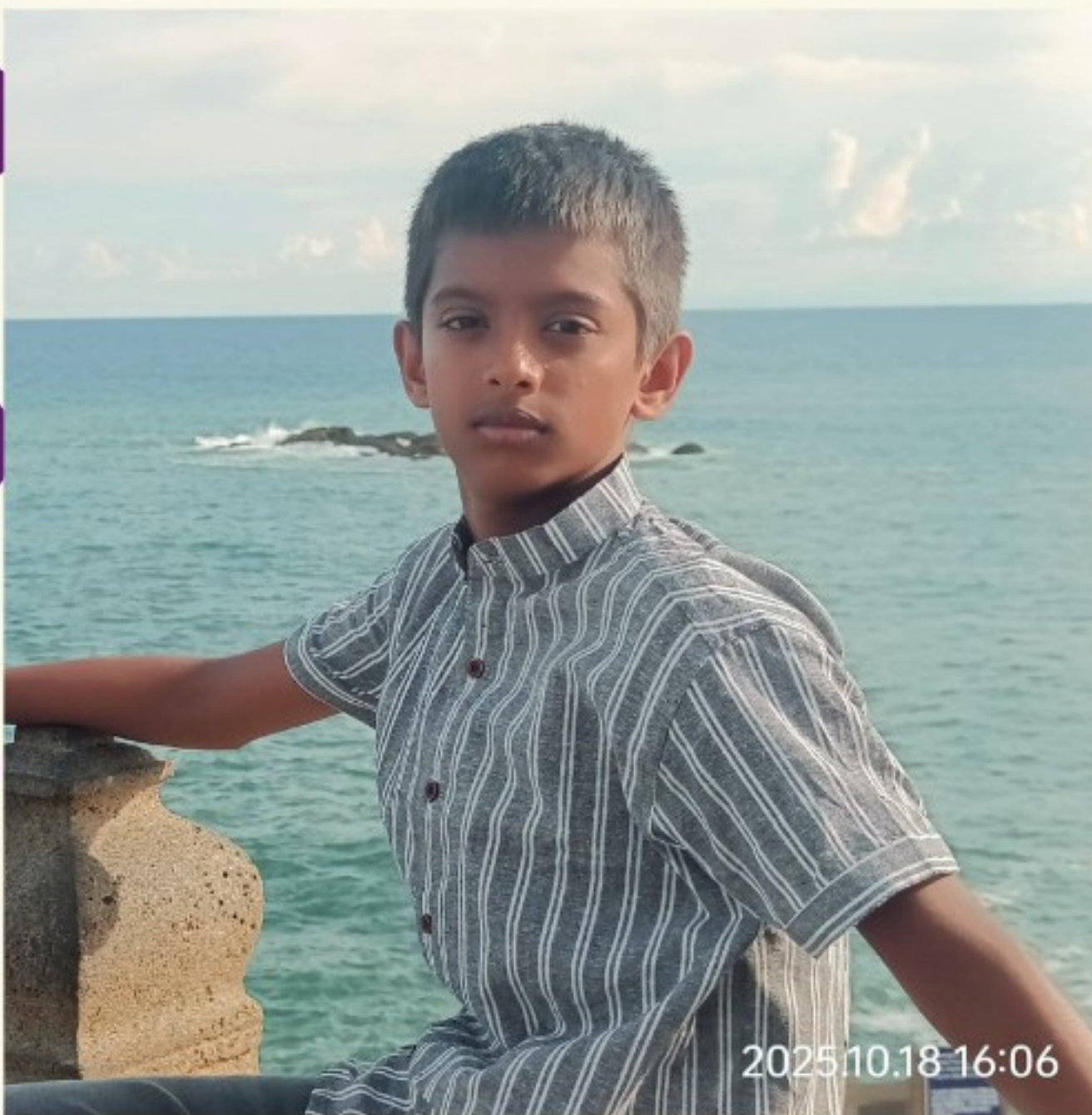
In restaurants, it's often baked like a gratin and served sizzling hot.

Onigiri remains one of Japan's oldest surviving foods still eaten daily.



Student Diaries

Our Unforgettable School Trip to Wet and Joy



Our school picnic to Wet and Joy was truly an experience we will always remember. Even though the morning began with a long four-hour bus ride, the journey never felt boring. The bus was filled with laughter as we sang songs, played simple games, and shared comic strips that kept everyone entertained. By the time we arrived at Wet and Joy, our excitement had reached its peak.

NISHANT CHINTALA - 6A

The moment we entered the park, we were greeted by bright colours, cool water, and the promise of a fun-filled day. We headed straight to the wave pool, where we floated, splashed, and enjoyed the lively atmosphere around us. The lazy river quickly became a place of playful mischief, as my friends and I tried to splash each other every chance we got. The slides brought even more thrill, seeing my classmates go from brave smiles to sudden screams made every ride unforgettable.

When hunger finally caught up with us, we made our way to the food court. The hot and spicy noodles were the highlight of lunch for many of us, offering just the right amount of warmth after all the water activities.

As the sun began to set, none of us were ready to leave Wet and Joy. Even after hours of sliding, swimming, and laughing, the energy among us was still high. We ended the day tired but happy, carrying smiles that lasted long after we left the park.

TECH TIPS : AI TOOLS

Socratic AI

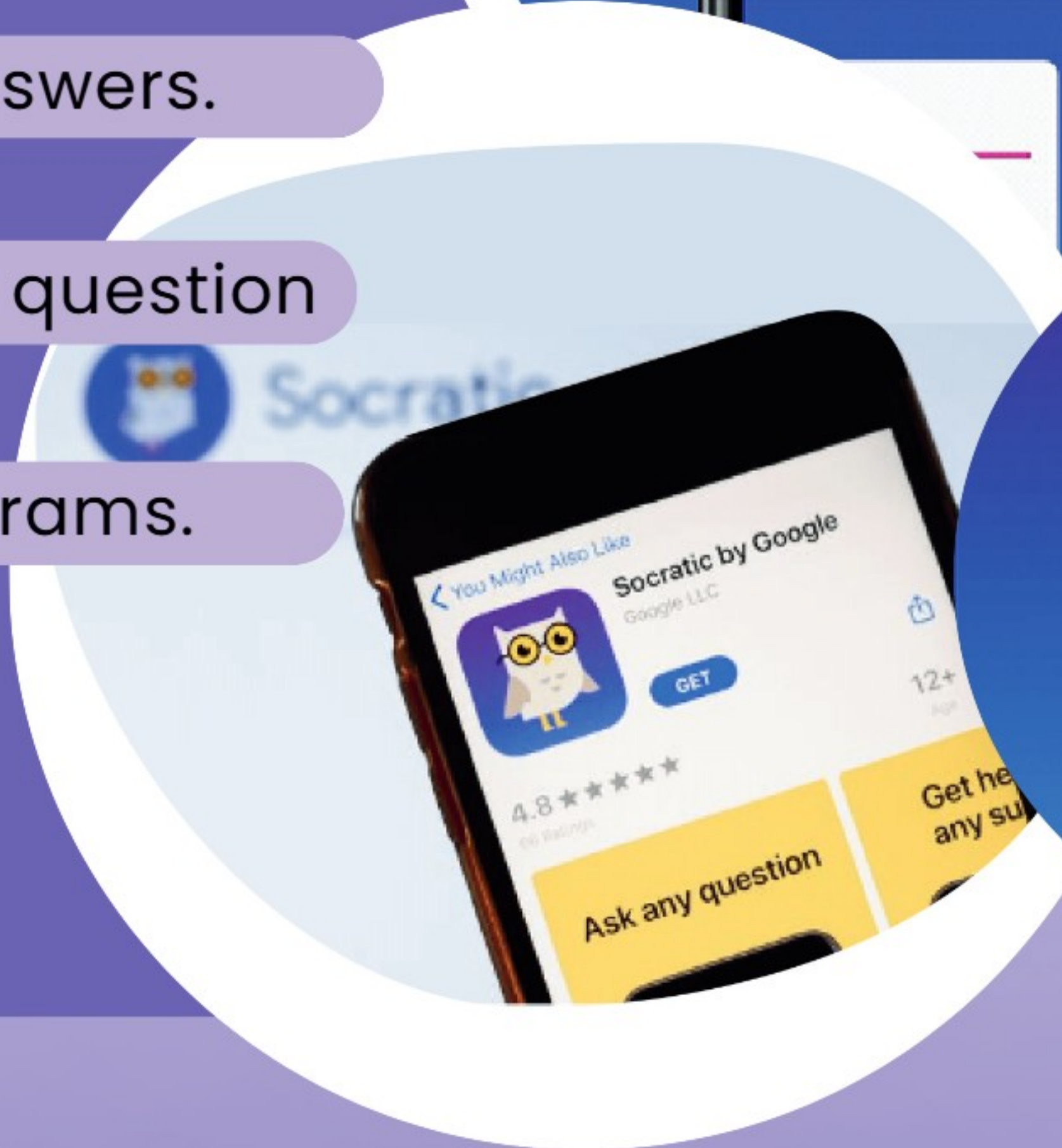
A free AI app by google that explains school subjects simply. Students can scan a question to get easy explanations and videos.

What it does ?

Gives simple step by step answers.

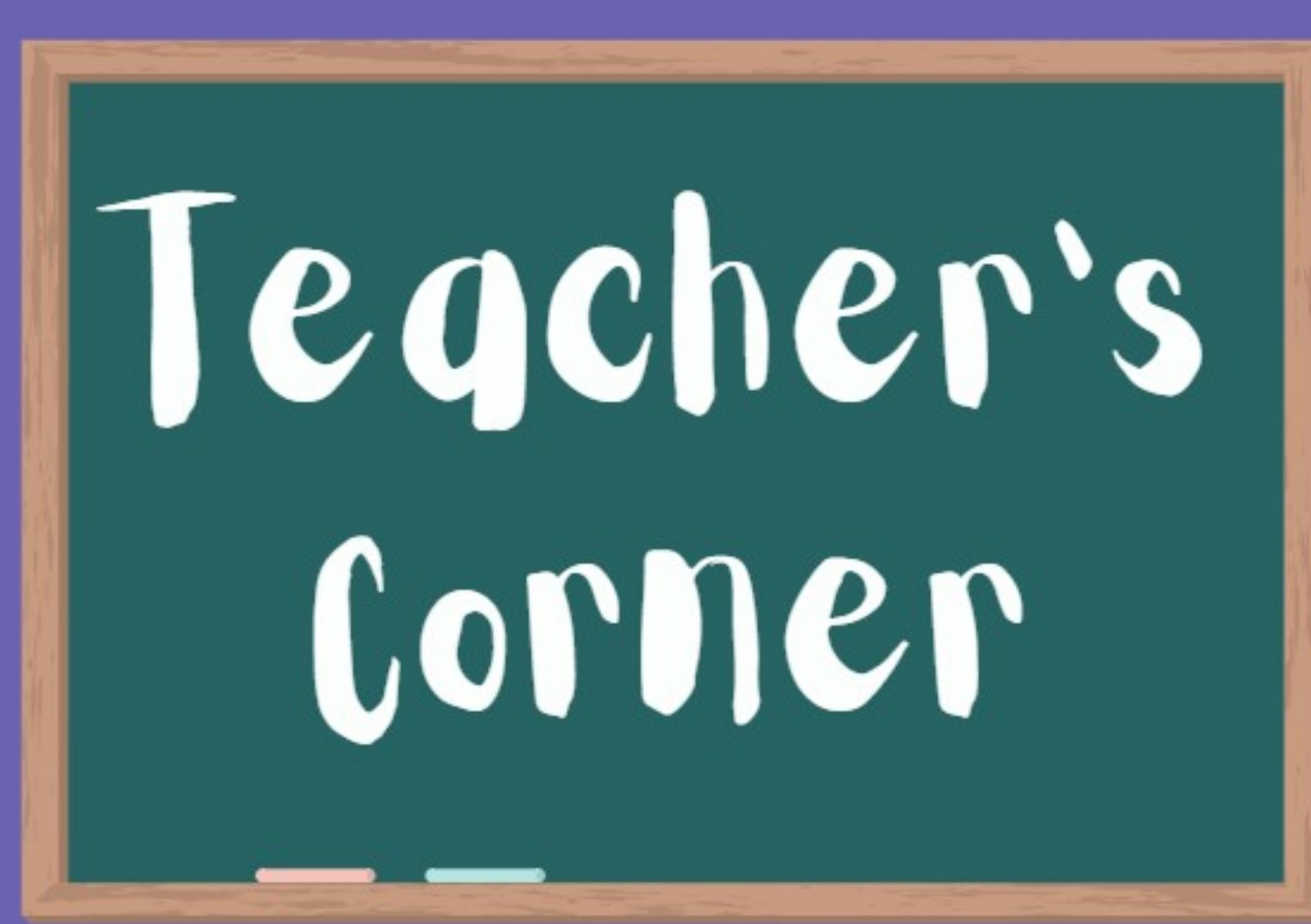
Clears doubts by scanning a question

Shows short videos and diagrams.



DOWNLOAD NOW

Available for free on Google play store and Apple app store



Why I Became a Teacher

My journey into teaching has been a meaningful and transformative experience—one that began in a role far from the classroom. I started my professional path as an admission officer, a position that allowed me to interact closely with students and their families. Over time, I realised how much I enjoyed guiding young minds, listening to their goals, and helping them take their first step into their educational journey. It was during this phase that our Principal, Mrs. Nuzhat Khan, recognised something in me that I had not yet discovered in myself. With her encouragement, trust, and continuous mentorship, I was given the opportunity to explore the world of teaching.

Stepping into the classroom for the first time was both exciting and overwhelming, but her guidance helped me grow with confidence. She supported me through every challenge, refined my teaching approach, and inspired me to embrace the values and responsibilities of an educator. Today, I feel honoured to teach both ICSE and IBCP students—each group bringing its own vibrance, curiosity, and learning spirit. Standing in front of my students every day reminds me why I chose this profession: to inspire, to guide, and to contribute positively to the growth of young learners. What began as a simple job has now become a calling, shaping not only my career but also who I am as a person. I am grateful for the journey, for the trust placed in me, and for the opportunity to make a meaningful difference in the lives of the students I teach.



Ms. Riddhi Dave
Computer & AI Teacher

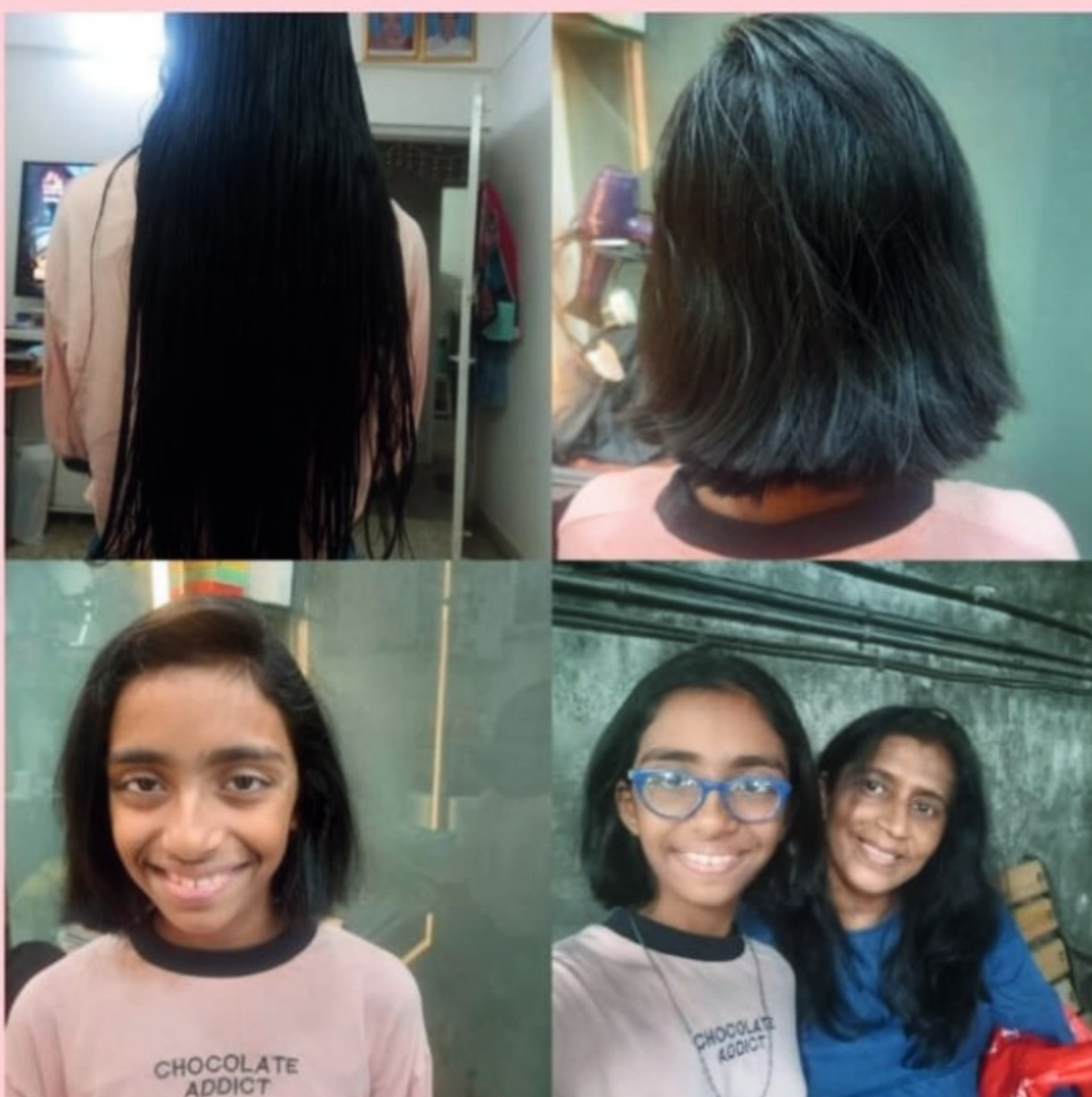
Act of Kindness

**We Should Always
Help Others**



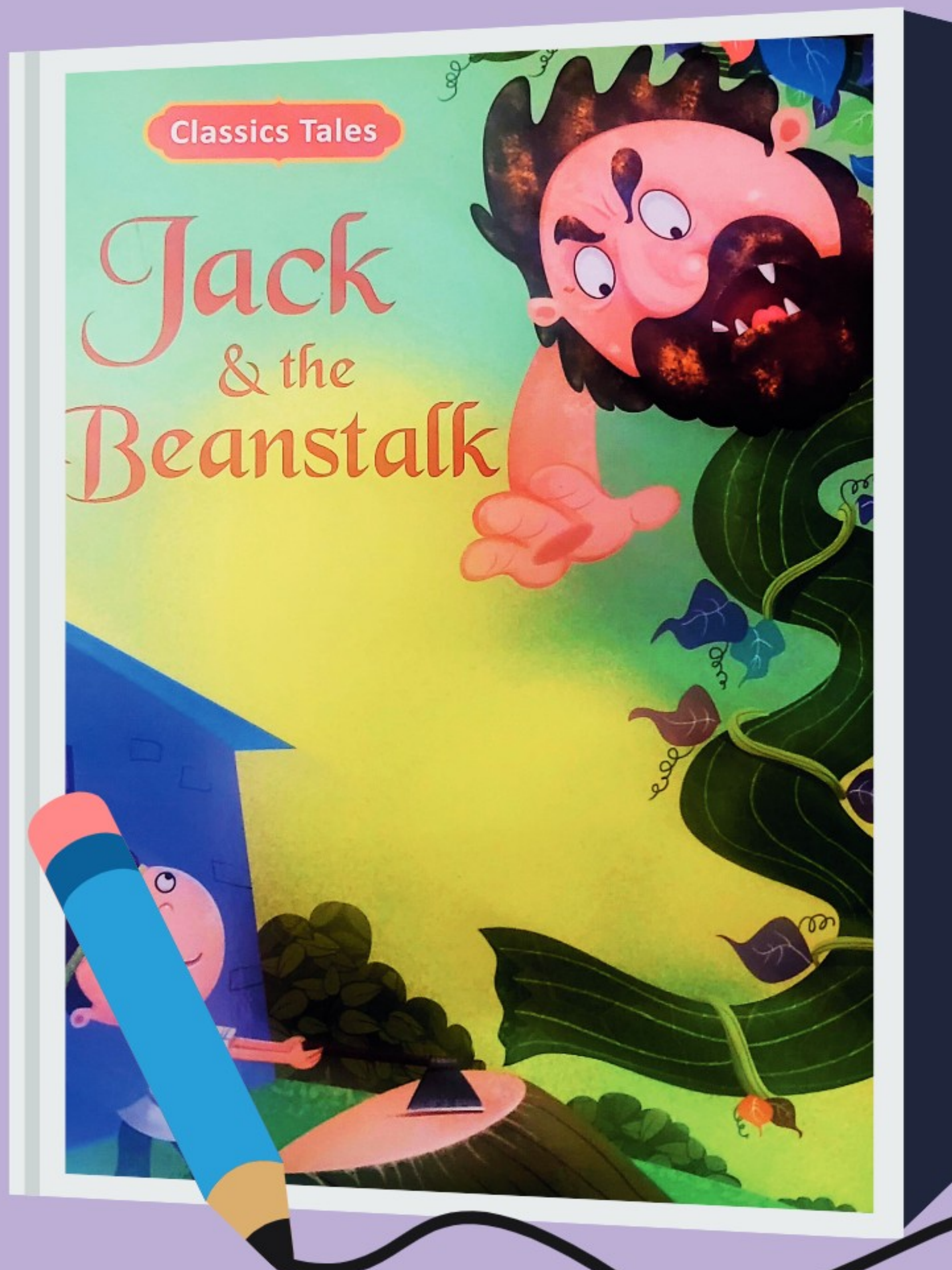
I, Charrita Manissha Vipull Shah from Grade VIII, am proud to share that I have donated my hair twice to support cancer patients. I was inspired by my father, a cancer warrior, whose journey taught me the value of compassion. I dedicate this act to him and thank my mother for always encouraging me to help others and bring smiles to those in need.

Charrita Shah
VIII - C



ANA BOOK CLUB

PRE- PRIMARY SECTION



JACK TRADES HIS FAMILY'S COW FOR MAGICAL BEANS THAT GROW INTO A TOWERING BEANSTALK OVERNIGHT. CLIMBING TO THE TOP, HE DISCOVERS A CASTLE AND A CHANCE TO CHANGE HIS FAMILY'S FORTUNE. WHAT WILL JACK DO?

Read The Classic Tales OF Jack and the Beanstalk. This beautifully illustrated edition retells the classic tale in a simple, child-friendly way.

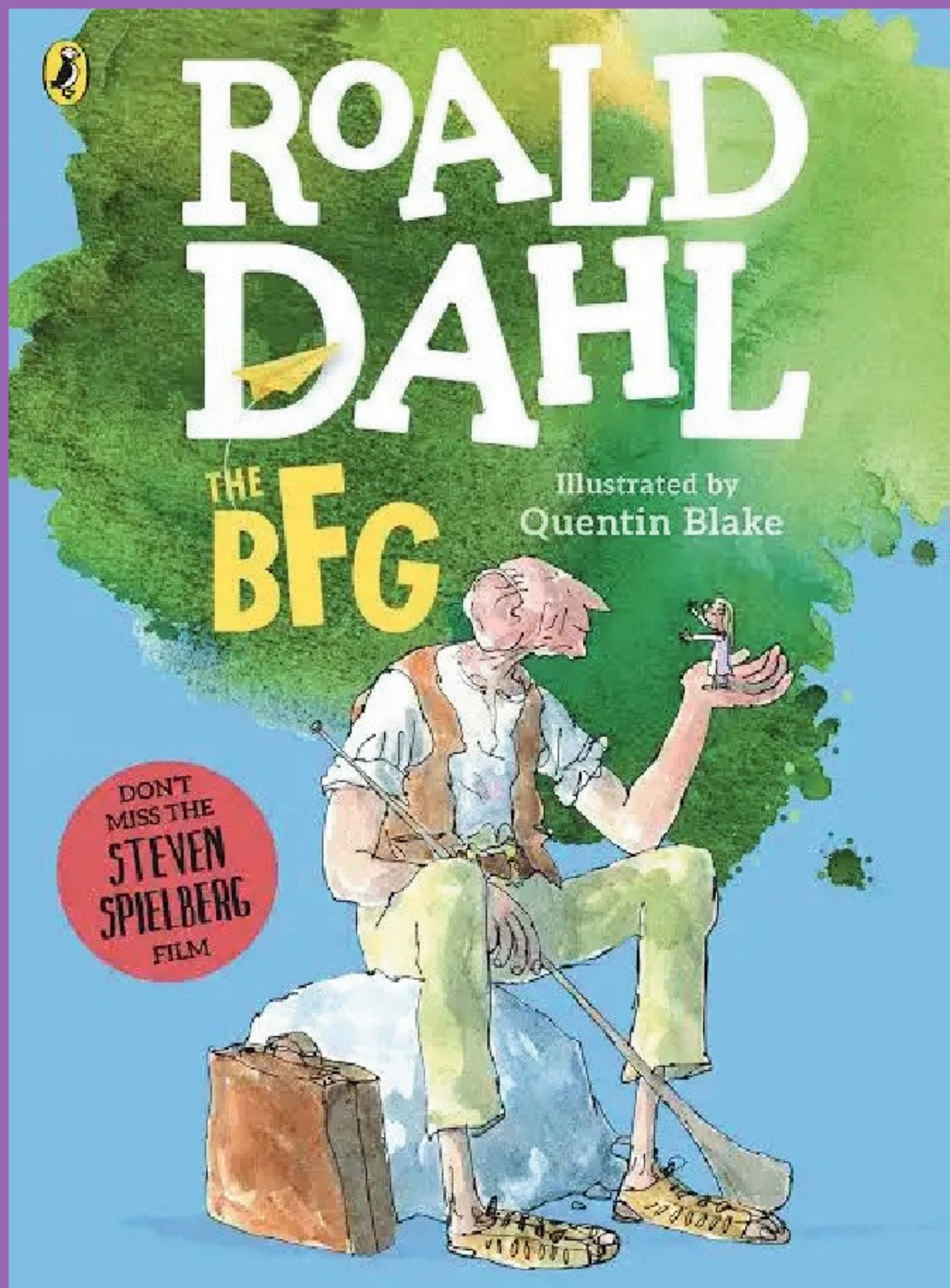


✨ GOOD NEWS! YOU CAN FIND THE BOOK JACK AND THE BEANSTALK IN OUR SCHOOL LIBRARY!

ANA BOOK CLUB



PRIMARY SECTION



A young girl named Sophie is kidnapped by the BFG (Big Friendly Giant), who is the only giant who doesn't eat people! He catches dreams and blows them into kids' windows. Sophie and the BFG must team up on a secret mission to stop the nine other monstrous, child-eating giants.

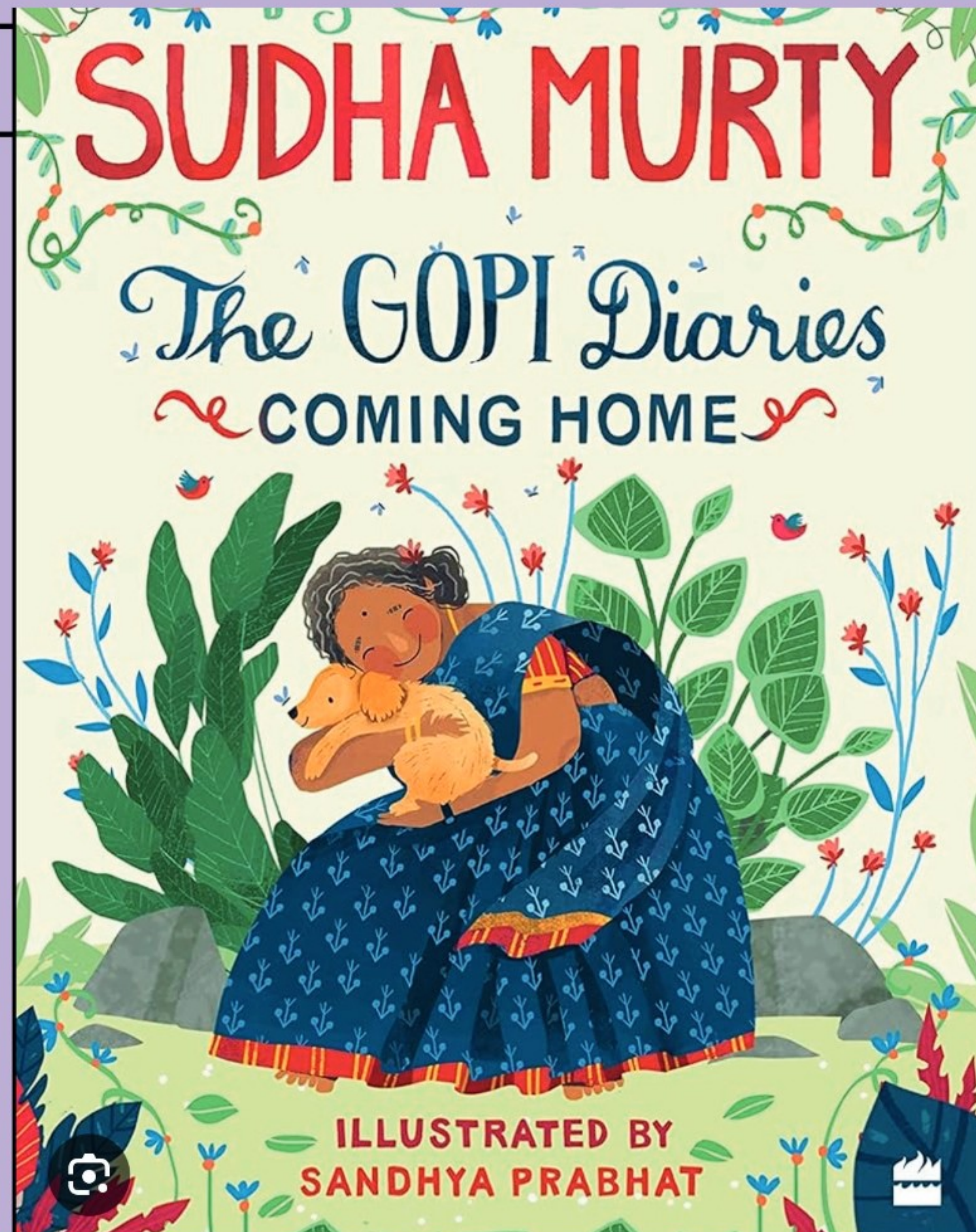
It's an incredibly funny and wild adventure full of weird giant language ("gobblefunk"), magic, and an unlikely friendship. Read it for the laughs, the magic, and to see how a little girl and a gentle giant save the world!

**AVAILABLE NOW IN OUR SCHOOL LIBRARY – COME
PICK YOUR FAVOURITE STORY TODAY!**



ANA BOOK CLUB

SECONDARY SECTION



The Gopi Diaries is a series of three books for children about a dog called Gopi. Told in Gopi's voice, the first book, Coming Home, begins with Gopi going to his new home, and tells the story of how he settles down with his loving, human family. How Gopi sees the world around him and what he thinks of the people in his life give the story a truly unique flavour. Written in Sudha Murty's inimitable style, these are books children and adults will treasure as the simple stories talk of basic values even when told from a dog's perspective.

AVAILABLE IN OUR SCHOOL LIBRARY.

Art Corner



Reeona Khatri

Grade : 3 A

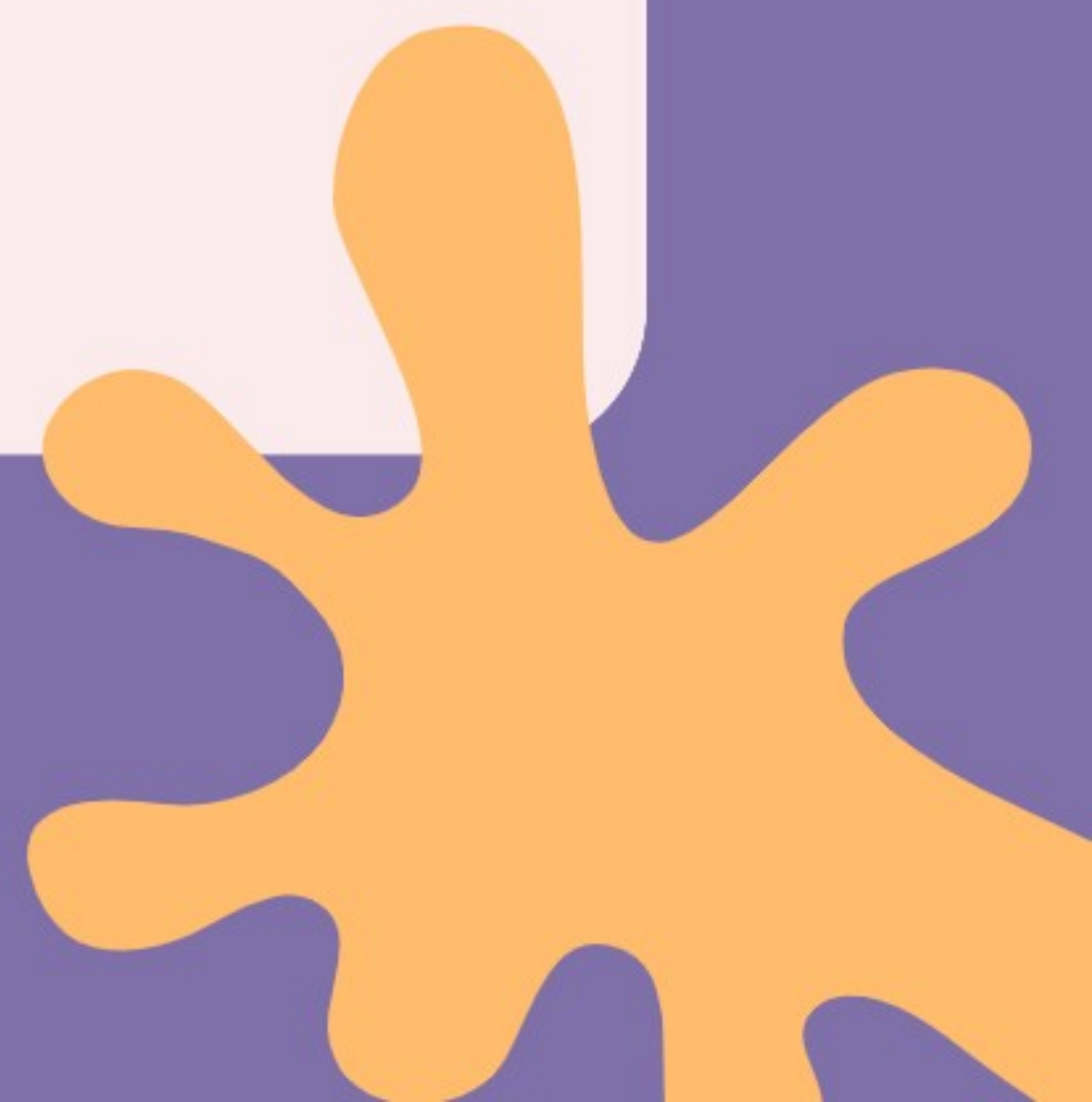


Art Corner



Reeona Khatri

Grade : 3 A



Art Corner



Ansh Mehta
Grade: 3A

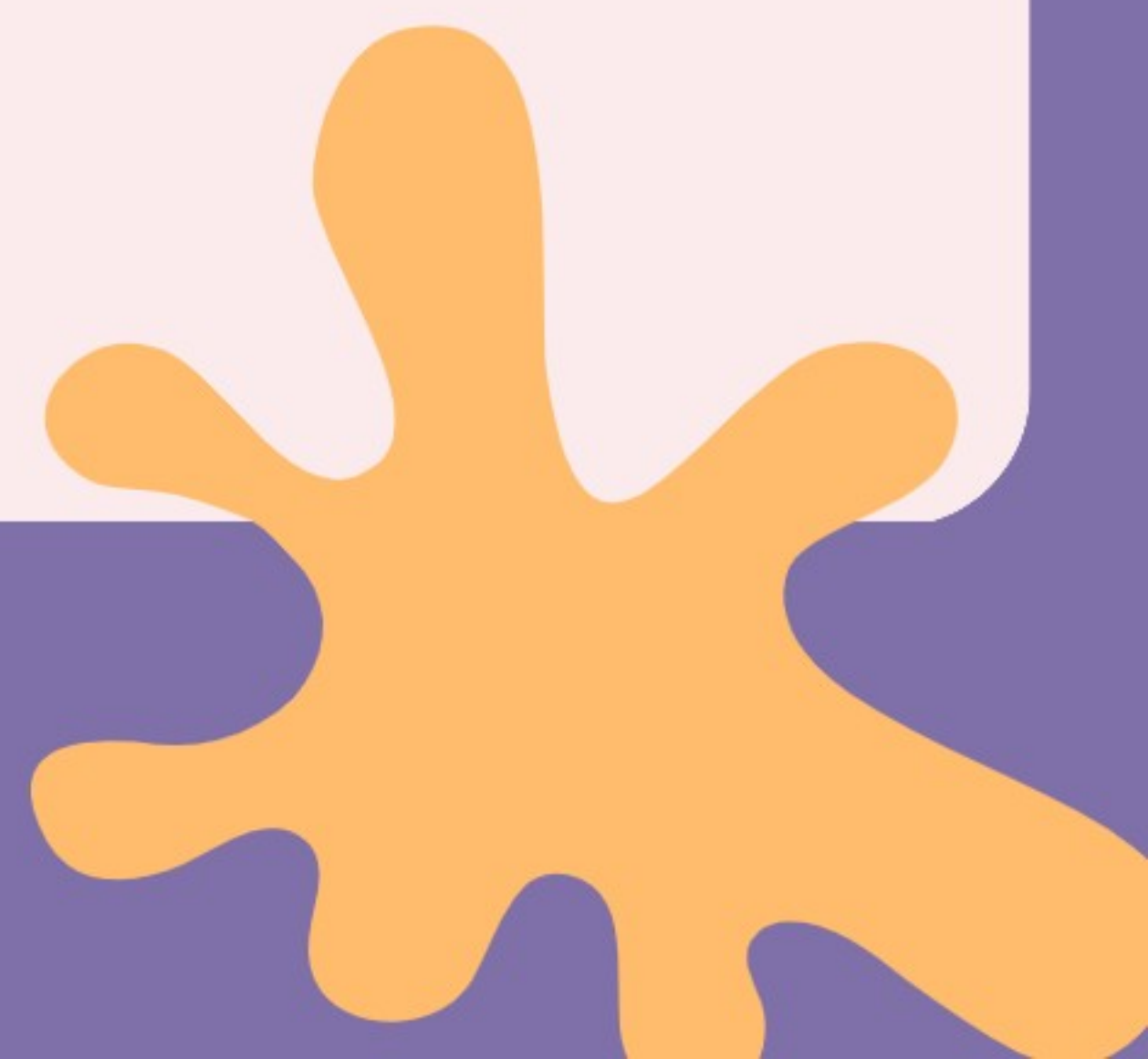


Art Corner



Ansh Mehta

Grade: 3A

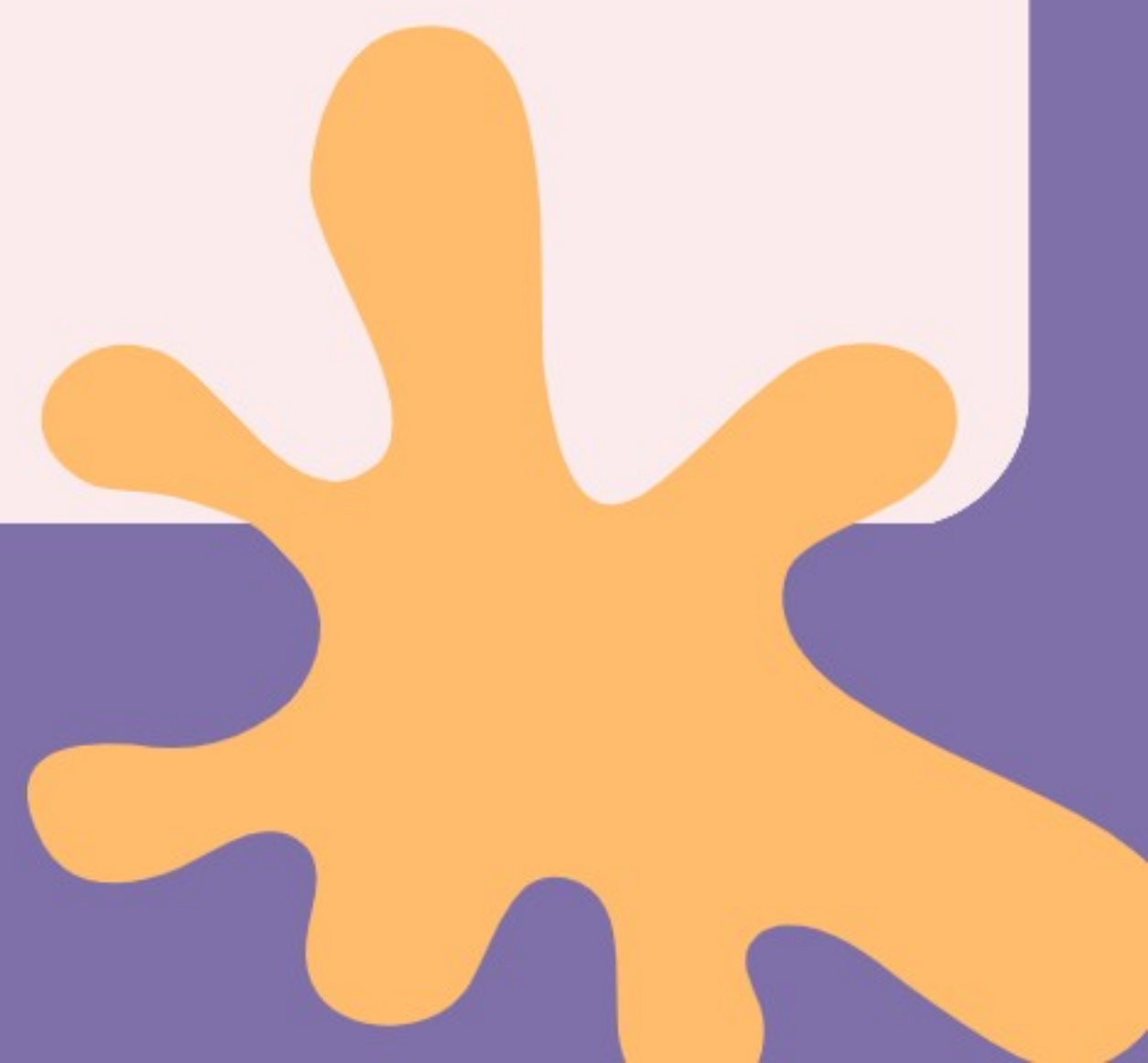


Art Corner



Dhun Dharod

Grade: 4 D

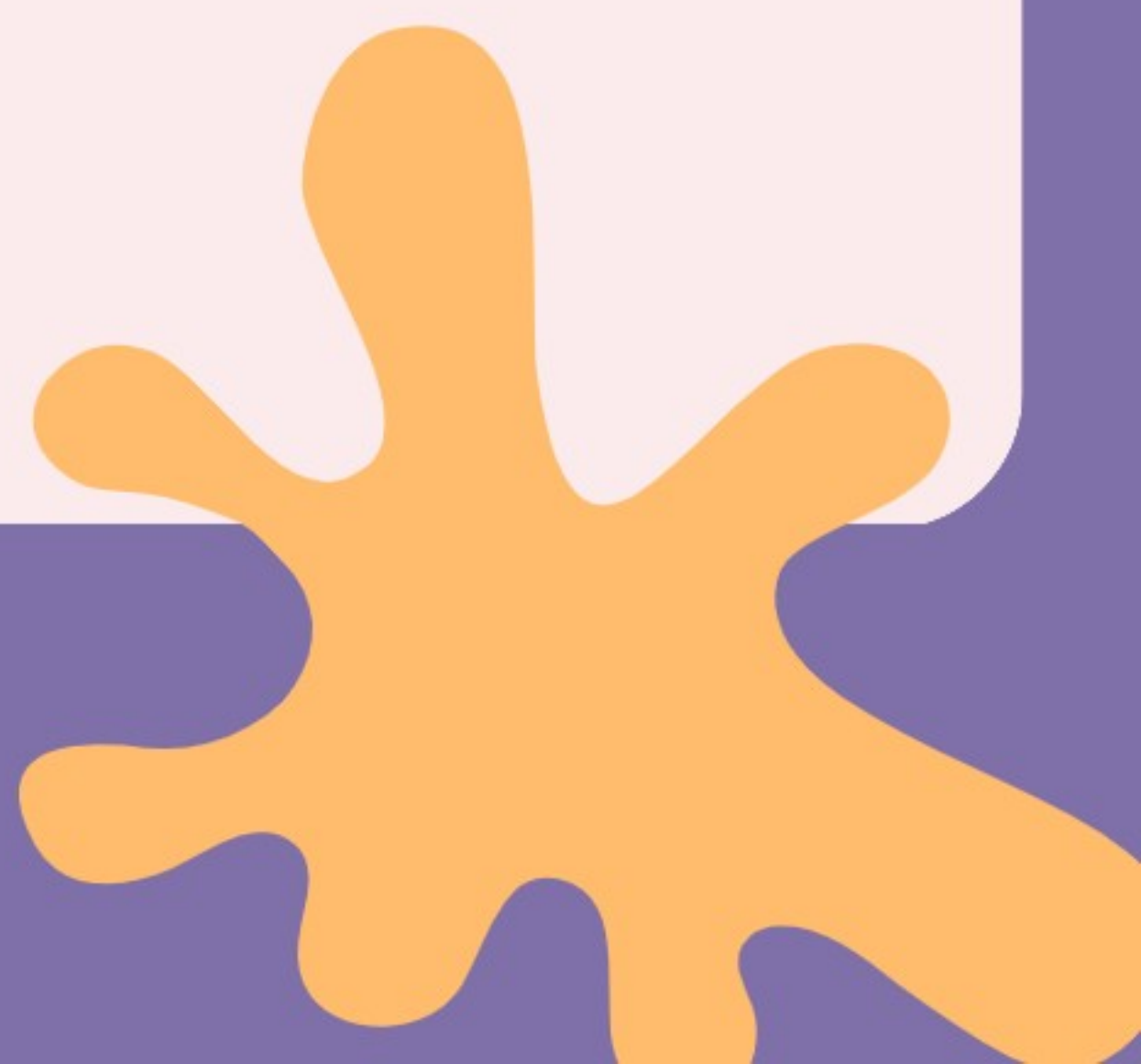


Art Corner



Shivansh Mehta

Grade: 4 D



Activity Alley



“Little hands had a bubbly blast washing clothes!”



“Our little ones learned washing through playful splashes!”

“In every wash, there’s a little magic of learning.”

Eventful Moments!

Pre - Primary Section Children's Day



Eventful Moments!

Primary Section Children's Day



Eventful Moments!

Primary Section Parents Competition Chef Hat and Apron



Eventful Moments!

Primary Section Parents Competition Tote bag



Eventful Moments!

Primary Section Parents Competition Gift Hamper



Eventful Moments!

Primary Section Mental Health Week



Eventful Moments!

Primary Section

Picnic – G3

Tikuji NI Wadi



Eventful Moments!

Primary Section Picnic – G 4&5 Imagica



Eventful Moments!

Secondary Section Children's Day



Eventful Moments!

Secondary Section

Picnic G 6 To 9

Wet & Joy



Eventful Moments!

Secondary Section Access USA Seminar



Eventful Moments!

Common Event EMINENCE 2025 Beyond Boundaries





Thank you