



ASPEE NUTAN[®]
ACADEMY
(AFFILIATED TO CISCE)

Nurturing dreams, Creating futures

SCHOOL NEWSLETTER



Expressions
October 2025

Meet Our Team



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(Principal)



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(Senior Editor)



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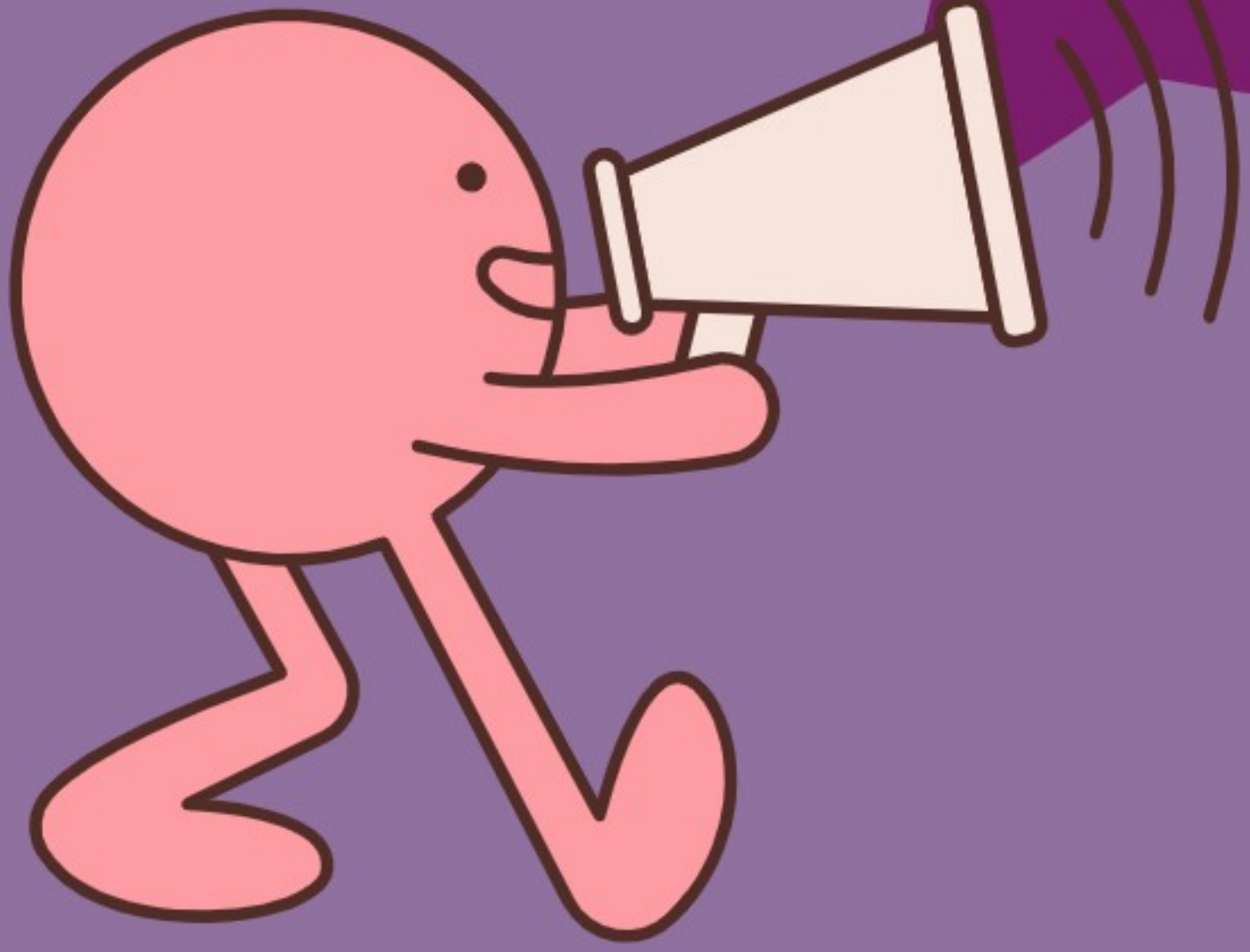


Sr. Cristopher Britto



Mrs. Jainee Vadhar

BEYOND THE CLASSROOM



An Artist in Bloom

At just nine years old, Shivansh from Grade 4 is already capturing hearts with his remarkable talent for drawing and creativity. His artwork, filled with color and imagination, reflects both skill and passion beyond his years.

He continues to inspire classmates and teachers alike, and with his creativity and determination, there's no doubt he has a bright, colorful future ahead. Keep painting your dreams, Shivansh — the world is ready to see your art shine! 🎨✨



SHIVANSH CHIRAG MEHTA, GRADE 4D

India's Hidden Gems: Villages That Inspire!

Khonoma, Nagaland – Asia's First Green Village

*“True courage lies not in conquering others,
but in protecting what sustains us.”*



Tucked among the misty hills of Nagaland, Khonoma stands as a living legend — a village that once echoed with the bravery of warriors, now echoing with the harmony of nature. Known as Asia's first “Green Village,” Khonoma tells a remarkable story of transformation — from battles fought with weapons to battles fought for the Earth. Generations ago, the villagers of Khonoma were known for their fierce spirit and strong traditions.

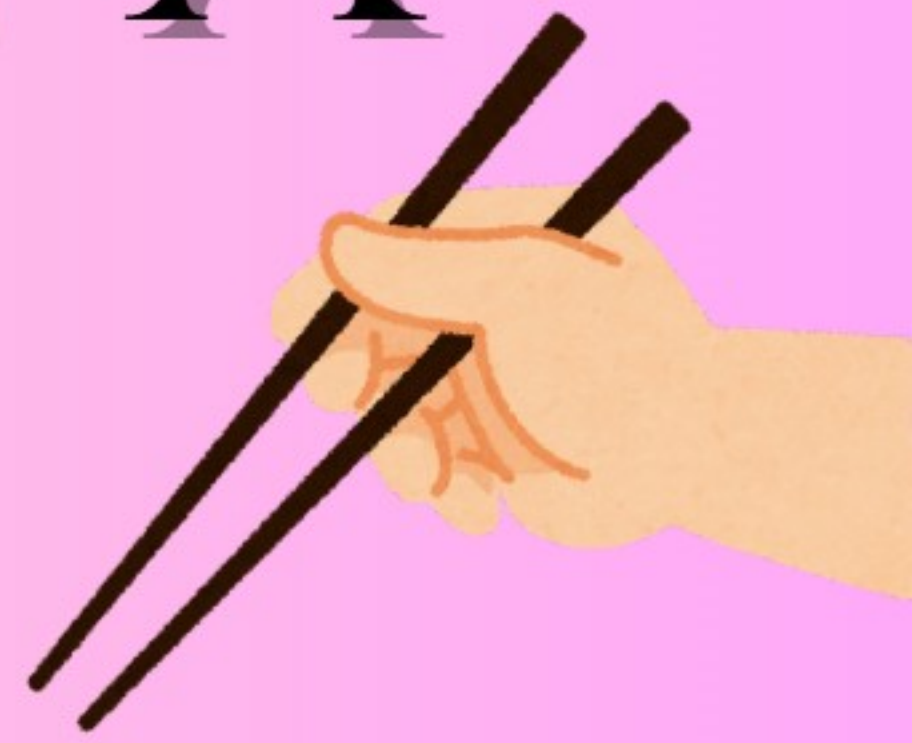
But over time, they began to notice the toll of hunting and deforestation on their forests and wildlife. Instead of waiting for change, the community chose to lead it. They banned hunting, stopped tree felling, and created their own community conservation area, protecting hundreds of species of birds, plants, and animals.

Today, Khonoma's lush forests and terraced fields paint a picture of what coexistence truly looks like — where people and nature thrive side by side. The air is crisp, the hillsides are green, and even the birds seem to sing a little louder here. The village runs on eco-tourism and sustainable farming, offering a model of balance that the modern world is still learning to achieve.

As one elder proudly says, “We once fought to defend our land — now we protect it with love.”

Khonoma reminds us that courage is not just in defending territory, but in nurturing it. It shows that when a community stands together for the planet, even the smallest village can lead Asia — and perhaps, the world — toward a greener tomorrow.

CULTURE ON A PLATE



Älplermagronen

*“Alpine herdsman’s macaroni.”
Often served with a side of
applesauce – a sweet contrast to the
creamy, salty pasta.*

The dish originated in the Swiss Alps, particularly in Central Switzerland (cantons like Uri, Nidwalden, and Obwalden).

Alpine herdsman (Älpler) who spent summers tending cows in mountain pastures created it.

They cooked with what was available in the Alps:

Pasta (which was easy to store and carry up the mountains)

Potatoes (homegrown and filling)

Cheese and cream (from the cows they milked daily).

Since they couldn’t access fresh produce Älplermagronen reflects Swiss rural life and mountain traditions.

It’s often called “Swiss Alpine comfort food” and is served in mountain huts and chalets across the country.

The pairing with applesauce might seem unusual, but it highlights the Swiss love of balancing sweet and savory flavors.

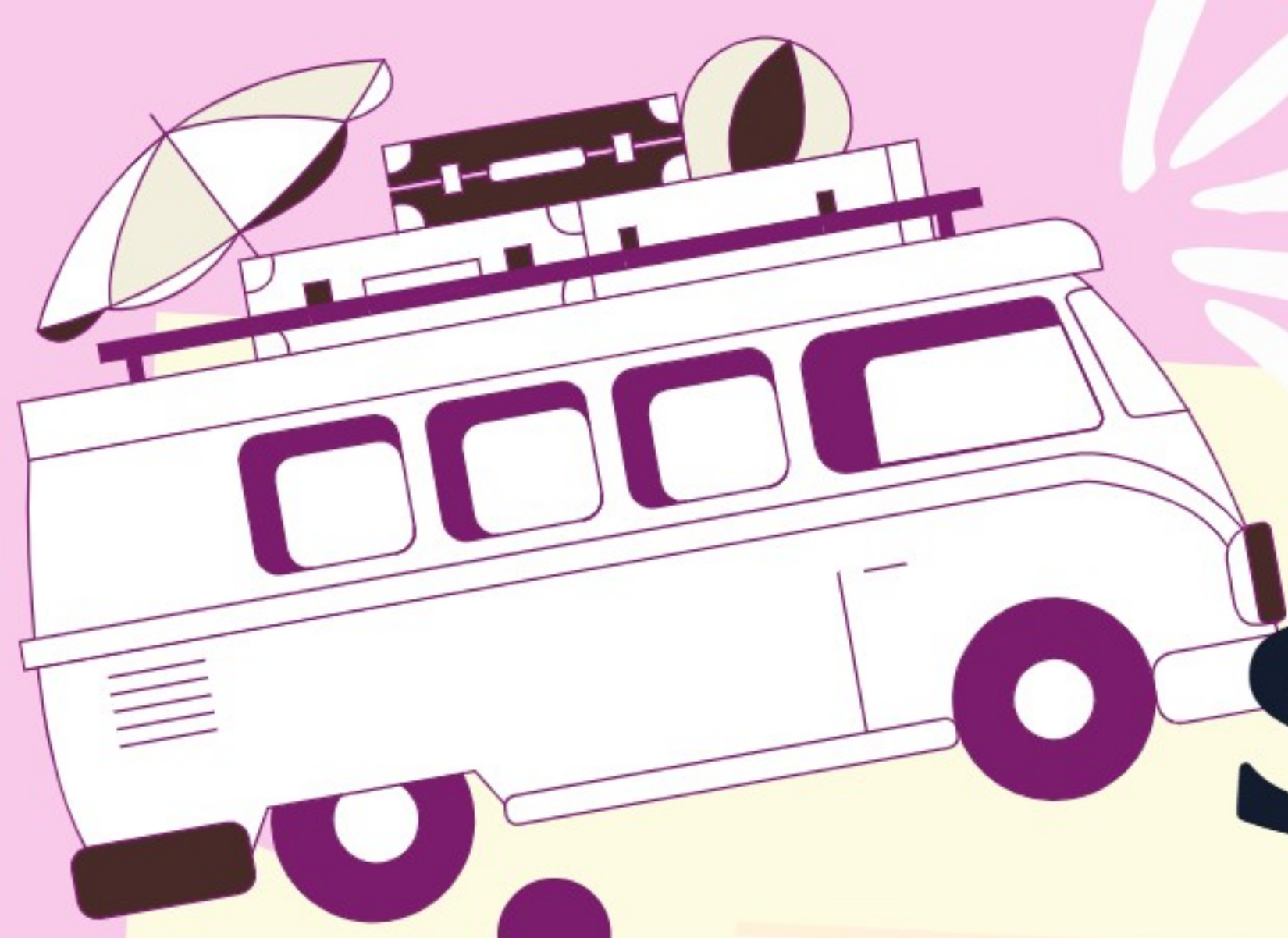
Since they couldn’t access fresh produce this simple combination provided warmth, energy, and nutrition during cold Alpine nights.

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.



Student Diaries

A memorable trip to Aurangabad!



AARSHVI DOSHI- 5A

Our school trip to Aurangabad was a fascinating journey through India's rich history and culture. From the lively bus ride to exploring ancient wonders, every moment was unforgettable.

We began with Panchakki, a 17th-century water mill that amazed us with its ingenious design. Watching how water power was used centuries ago showed the brilliance of early Indian engineering.

Next, we visited Bibi-ka-Maqbara, often called the "Mini Taj Mahal." Its elegant white dome and intricate Mughal architecture stood as a beautiful reminder of India's artistic heritage.

The most captivating experience was exploring the Ajanta and Ellora Caves. The detailed carvings, statues, and murals told timeless stories of faith, art, and craftsmanship. Walking through those caves felt like stepping into a living museum of ancient India.

Between our cultural visits, we enjoyed fun-filled evenings at the hotel, shared laughter with friends, and danced together during the DJ night.

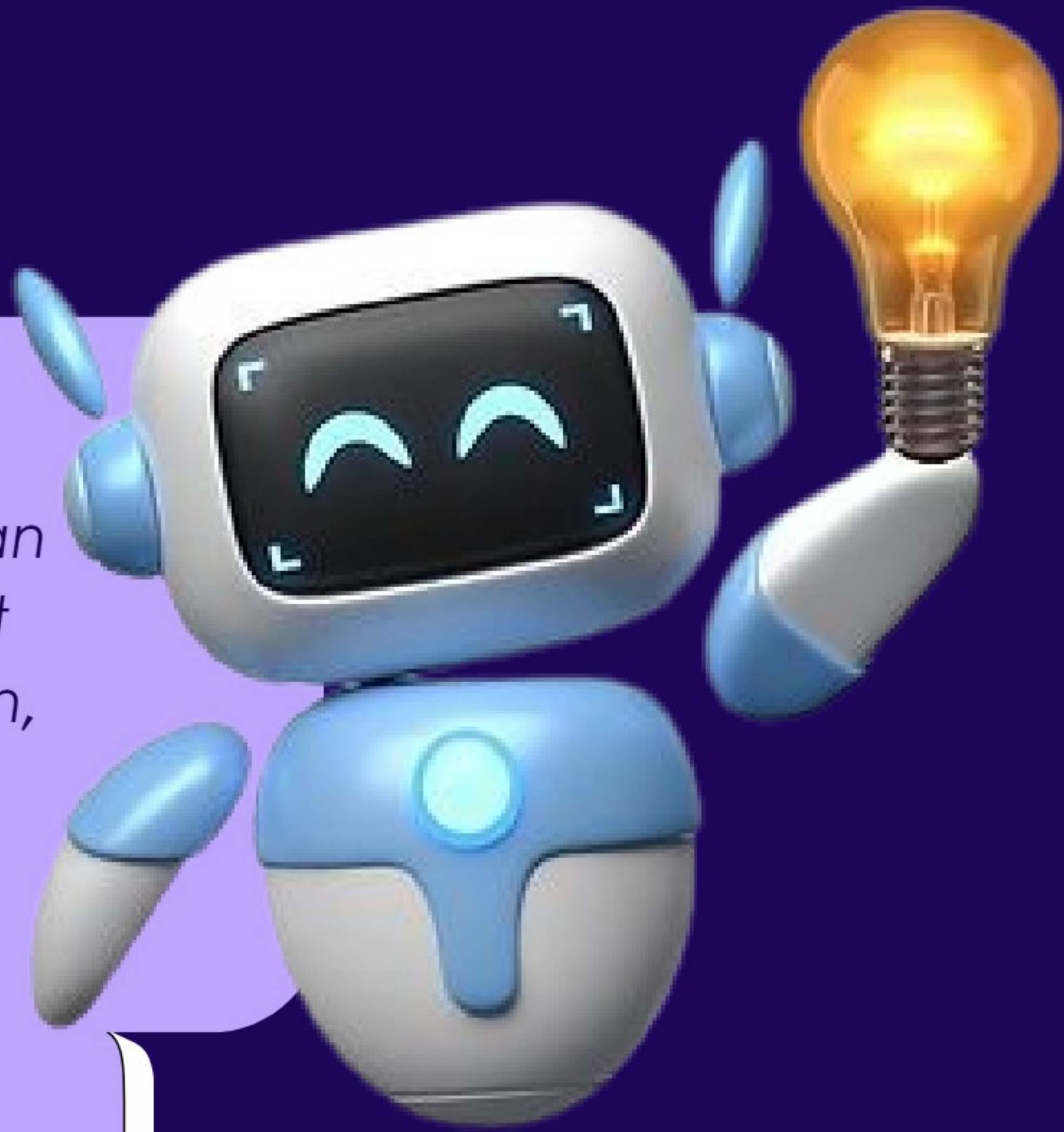
This trip not only deepened our appreciation for India's glorious past but also made learning beyond the classroom truly meaningful.

TECH TIPS : AI TOOLS

CLAUD AI



Claud AI Anthropic is an intelligent chatbot that helps students research, write, and brainstorm safely and effectively using advanced AI



Benefits:

- ✓ Trained to give safe and ethical answers
- ✓ Provides clear, polite and thoughtful responses.
- ✓ Can summarize or handle long documents.

ANTHROPIC

Meet Claude

Message Claude or search past chats...



Start a new chat ►

Try these

Summarize this PDF document in a bullet point outline

Help me practice my Spanish vocab

Explain how this python game works

Website

<https://claude.ai>

Meet Our Alumni



Looking back on my school days, I can't help but smile at all the memories that shaped who I am today. The chatter in the hallways, the jokes that only made sense to us, and the sense of belonging we shared made school feel like a second home. It wasn't always easy, but having people who understood exactly what you were going through made those years special in a way that's hard to describe. What often hits hardest is remembering the teachers who saw you. Not just the ones who taught the subject, but the ones who noticed you were having a bad day, or who championed a weird interest no one else cared about. That small, personal connection—a word of encouragement or a gentle push—was the real lesson that stuck.

Some of my favorite memories also come from stepping outside the classroom. Representing my school in speech and dance competitions, working on school plays, and being part of student projects gave me a sense of pride and excitement I'll always carry with me. Those experiences taught me so much—how to work as a team, handle pressure, and enjoy the process of creating something together. There was nothing quite like the feeling of achieving something as a group after all the effort and late practices. Looking back, it wasn't just about winning or performing well; it was about the friendships, the lessons, and the moments that made me realize how much growth can happen when you give your best and believe in yourself.


— **Manasvi Dedhia**



Teacher's Corner



The Power of Music



Symphony of harmonies;
merging both the soul and keys.
Subtle and solemnly intricate,
so sublime and intimate.

Hush! You, sanctimonious spirit.
This melody is your endless limit.
Can the oceans recede to cessation?
This tune will drown your deprivation.

Evoking every concealed tear,
let your sorrow be turned to cheer.
Open the flood gates; spread them wide.
Enjoy the notes. Let the anguish subside.



Mr. Christopher Britto
English Teacher

Act of Kindness

**We Should Always
Help Others**



I believe that in our fast-paced world, we often forget that kindness isn't meant only for humans. Animals – especially gentle souls like dogs, cats, and cows – share our world, our emotions, and sometimes even our pain. Yet, so many of them roam the streets hungry and voiceless, longing for a little love and care. When I offered them food, I saw their eyes soften and their hunger fade. In that moment, my heart smiled. Watching the cows, goats, and buffaloes finally full and peaceful filled me with a joy I can't describe. Feeding them didn't just fill their stomachs – it filled my heart with warmth, love, and deep gratitude.

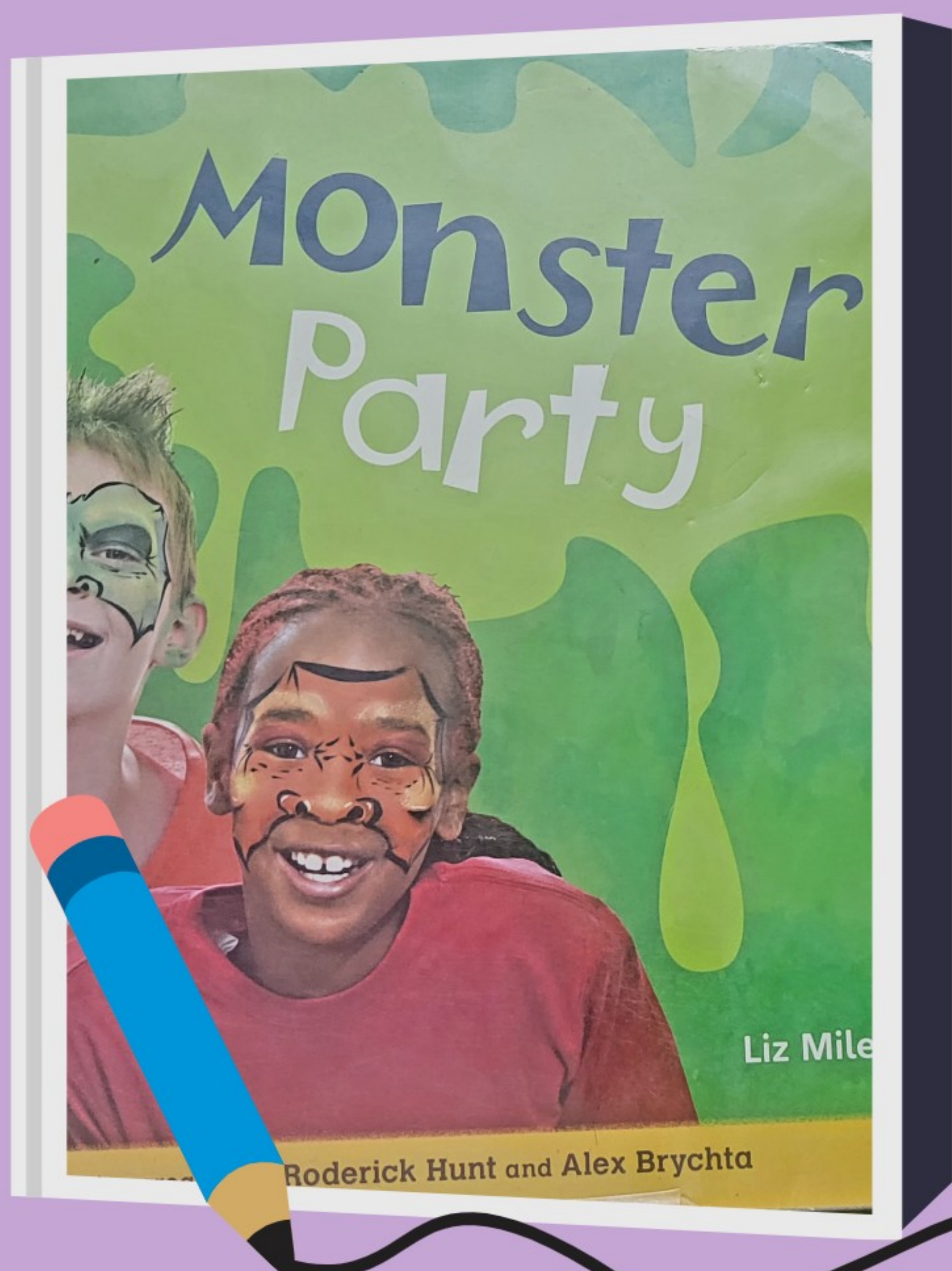


Krishti Gada
VI - C



ANA BOOK CLUB

PRE- PRIMARY SECTION



DON'T BE SCARED,
OUR MONSTERS ARE
CUTE AND FUN!
LET'S JOIN THE
MONSTER PARTY
AND ENJOY A DAY
FULL OF MUSIC,
LAUGHTER, AND
MAGIC

Join Monster Party, This
fun-filled book not only
makes learning enjoyable
but also strengthens
early reading abilities.

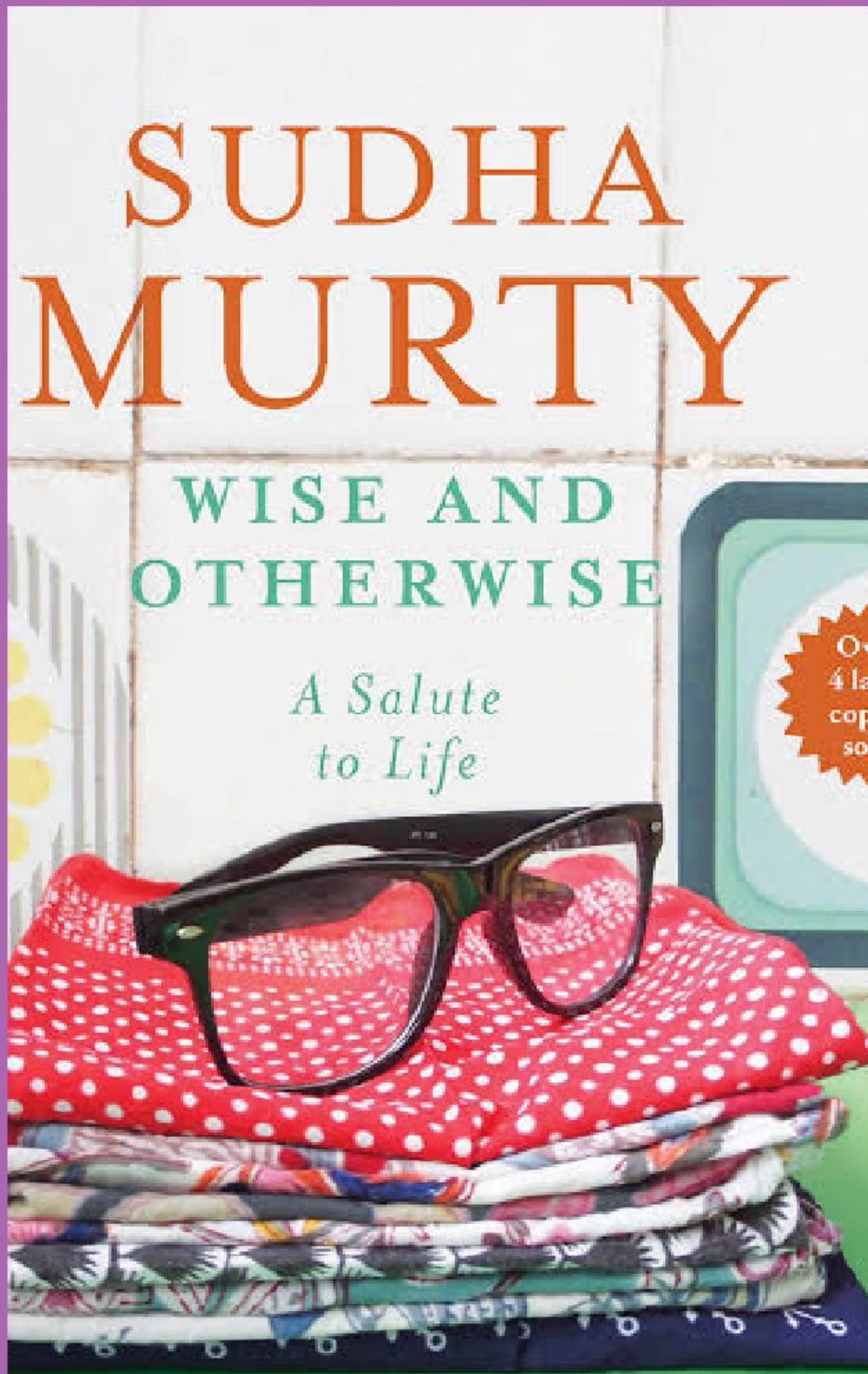


✨ GOOD NEWS! YOU CAN FIND THE MONSTER PARTY BOOK IN
OUR SCHOOL LIBRARY!

ANA BOOK CLUB



PRIMARY SECTION



This book is a collection of 50+ true short stories from Sudha Murthy's own life and travels across India. You'll read about amazing people—both good and not-so-good—who taught her real lessons. It shows you the complex, surprising, and often emotional truth of human nature.

It's like getting real-life superpowers! You'll learn:

- *How to Judge People:* The book helps you see people and situations with new eyes, teaching you that what seems 'wise' or 'otherwise' is often surprising.
- *The Power of Values:* You'll see honesty, compassion, and humility in action, making you want to be a better person.
- *A Window to India:* Travel with Sudha Murthy and discover the hidden, diverse, and often heartbreaking realities of life in different parts of our country.

AVAILABLE NOW IN OUR SCHOOL LIBRARY – COME

PICK YOUR FAVOURITE STORY TODAY! 📖✨

ANA BOOK CLUB

SECONDARY SECTION



IKIGAI

生き甲斐

Ikigai: The Japanese Secret to a Long and Happy Life by Héctor García and Francesc Miralles explores the Japanese concept of ikigai (roughly “a reason for being”). It draws on interviews and observations from Okinawa—an area known for its high number of centenarians—and presents principles that link purpose, community, mindfulness, diet and movement to a long and meaningful life.

AVAILABLE IN OUR SCHOOL LIBRARY.

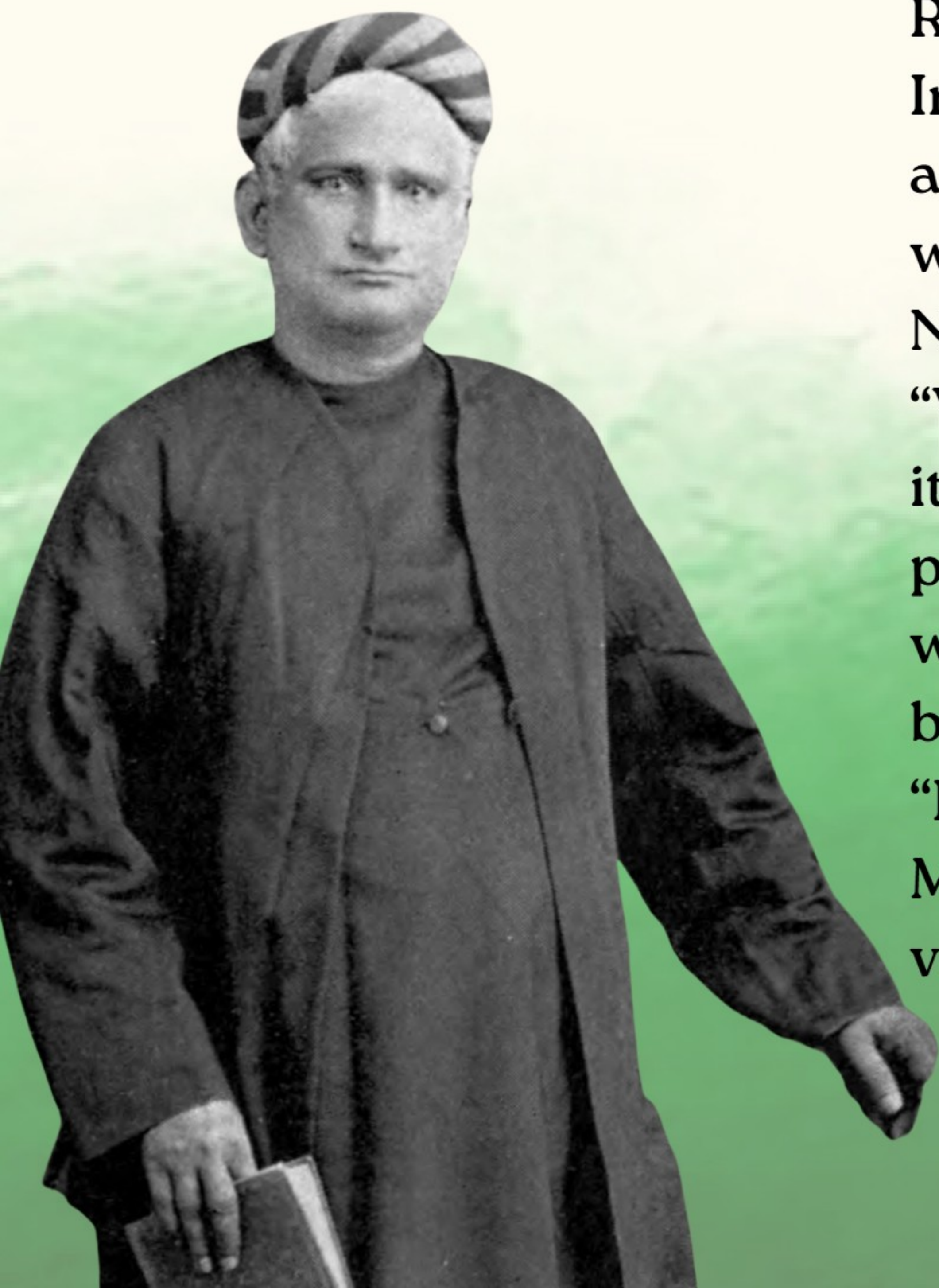
150 Years of Vande Mataram

A Song of the Nation's Soul

Secondary Section

This year, India proudly celebrates 150 years of “Vande Mataram”, a song that fills every Indian heart with love and pride for our motherland. Written by Bankim Chandra Chatterjee in the 1870s, the phrase “Vande Mataram” means “I bow to thee, Mother.” It was first included in his famous novel *Anandamath* (1882) and soon became the voice of India's freedom struggle.

During the fight for independence, freedom fighters sang “Vande Mataram” to express their courage and devotion towards India. It united people from different regions and inspired them to dream of a free nation.



Recognizing its importance, the Indian National Congress declared it as the National Song of India in 1937, while *Jana Gana Mana* became the National Anthem later.

“Vande Mataram” is not just a song – it is a symbol of respect, unity, and patriotism. We must always sing it with pride and feel the emotion behind every word.

“Let us keep the spirit of Vande Mataram alive – in our hearts, our voices, and our love for India.”

वंदे मातरम्

वन्दे मातरम् सुजलां सुफलां मलयजशीतलाम्
शस्यशामलां मातरम् ।

शुभ्रज्योत्स्नापुलकितयामिनीं फुल्लकुसुमितद्रुमदलशोभिनीं
सुहासिनीं सुमधुर भाषिणीं सुखदां वरदां मातरम् ॥ १ ॥

वन्दे मातरम् ।

कोटि-कोटि-कण्ठ-कल-कल-निनाद-कराले कोटि-कोटि-
भुजैर्धृत-खरकरवाले, अबला केन मा एत बले ।

बहुबलधारिणीं नमामि तारिणीं रिपुदलवारिणीं मातरम् ॥ २ ॥

वन्दे मातरम् ।

तुमि विद्या, तुमि धर्म तुमि हृदि, तुमि मर्म त्वं हि प्राणाः शरीरे
बाहुते तुमि मा शक्ति, हृदये तुमि मा भक्ति, तोमारई प्रतिमा गडि
मन्दिरे-मन्दिरे मातरम् ॥ ३ ॥

वन्दे मातरम् ।

त्वं हि दुर्गा दशप्रहरणधारिणी कमला कमलदलविहारिणी वाणी
विद्यादायिनी, नमामि त्वाम् नमामि कमलां अमलां अतुलां

सुजलां सुफलां मातरम् ॥ ४ ॥

वन्दे मातरम् ।

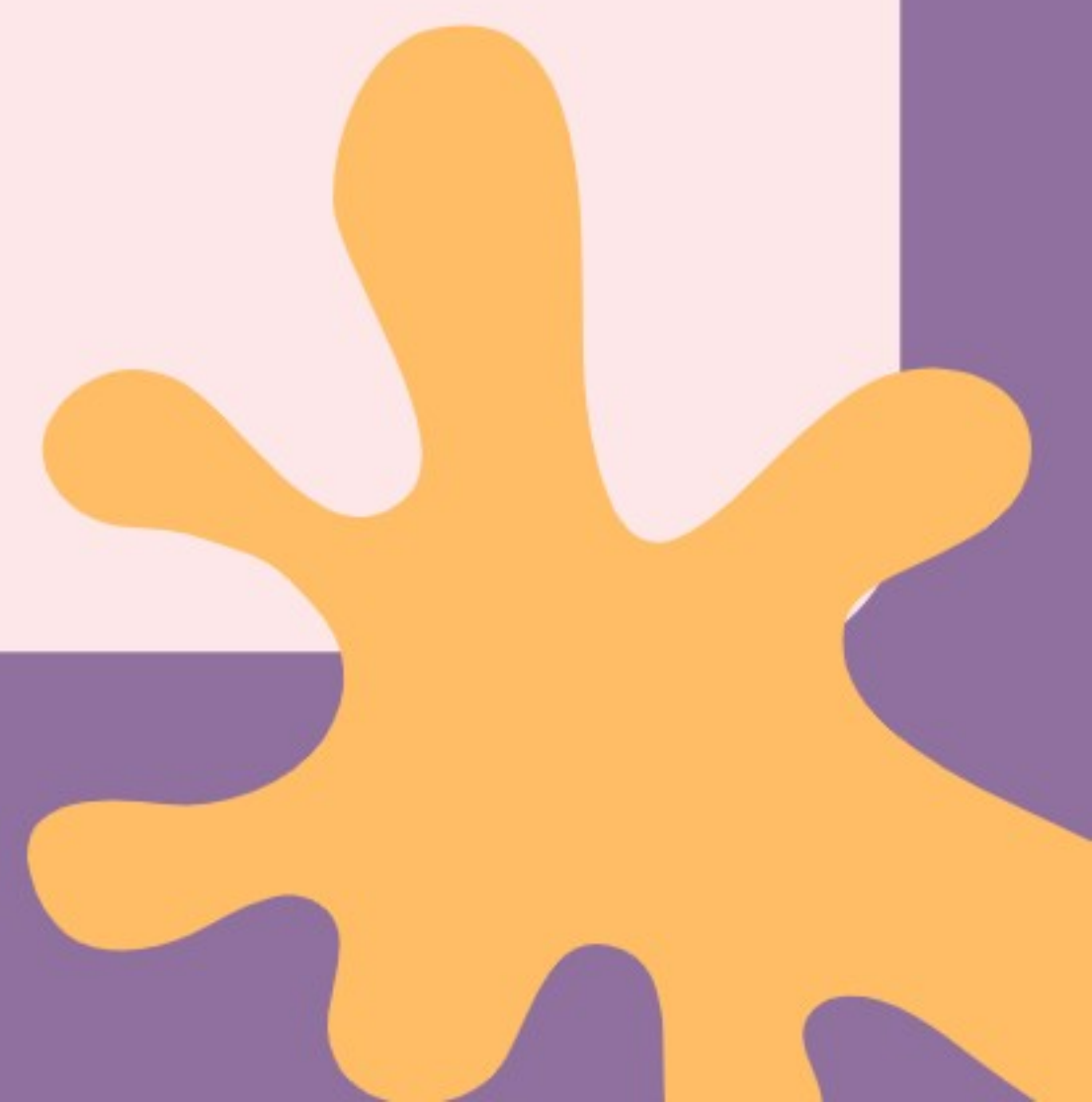
श्यामलां सरलां सुस्मितां भूषितां धरणीं भरणीं मातरम् ॥ ५ ॥

वन्दे मातरम् ॥

Art Corner



Sahaj Parmar
Grade : 5 C



Art Corner



Sahaj Parmar
Grade: 5 C

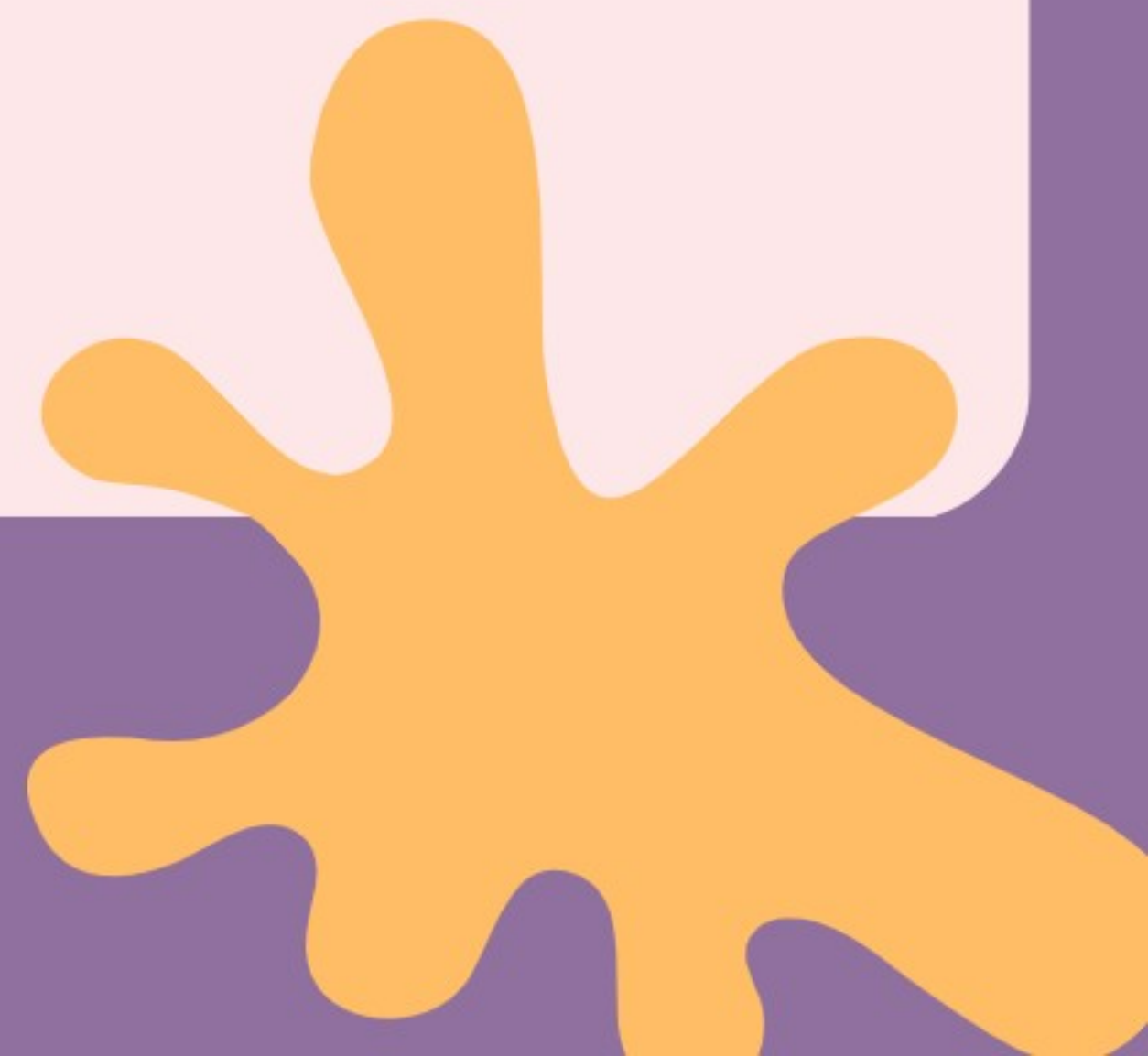


Art Corner



Kavya Gaikar

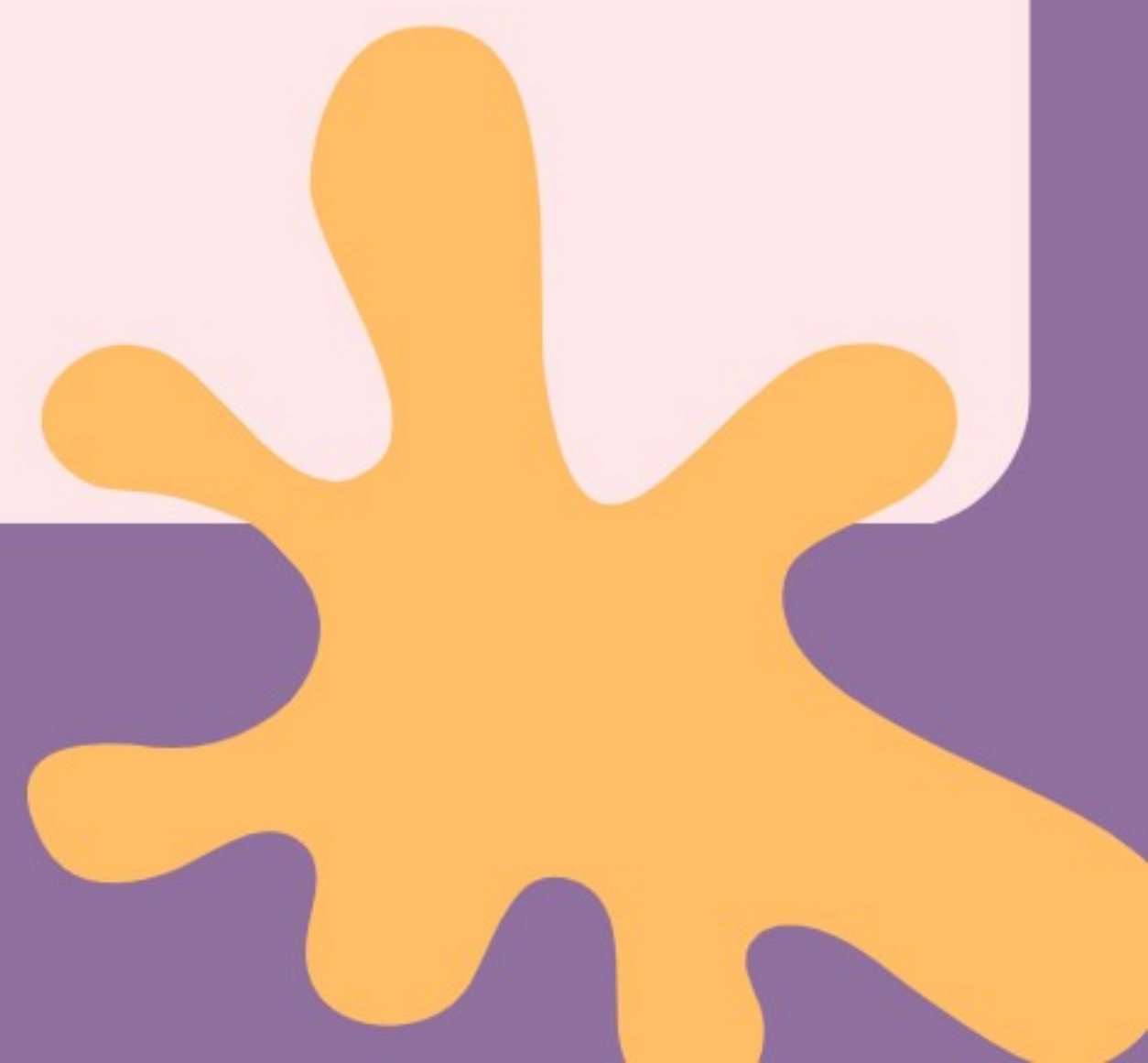
Grade: 5 E



Art Corner



Drashya Gohil
Grade: 5 E



Activity Alley



Picture it, map it,
make it happen.



Interpersonal intelligence:
understand, connect, thrive.



Words that build
bridges: the power of
language.

There are nine doors to intelligence —
find the one that opens your world.”

Activity Alley



Move to Learn



“Rhythm teaches what words can’t—let the beat lead the lesson.”



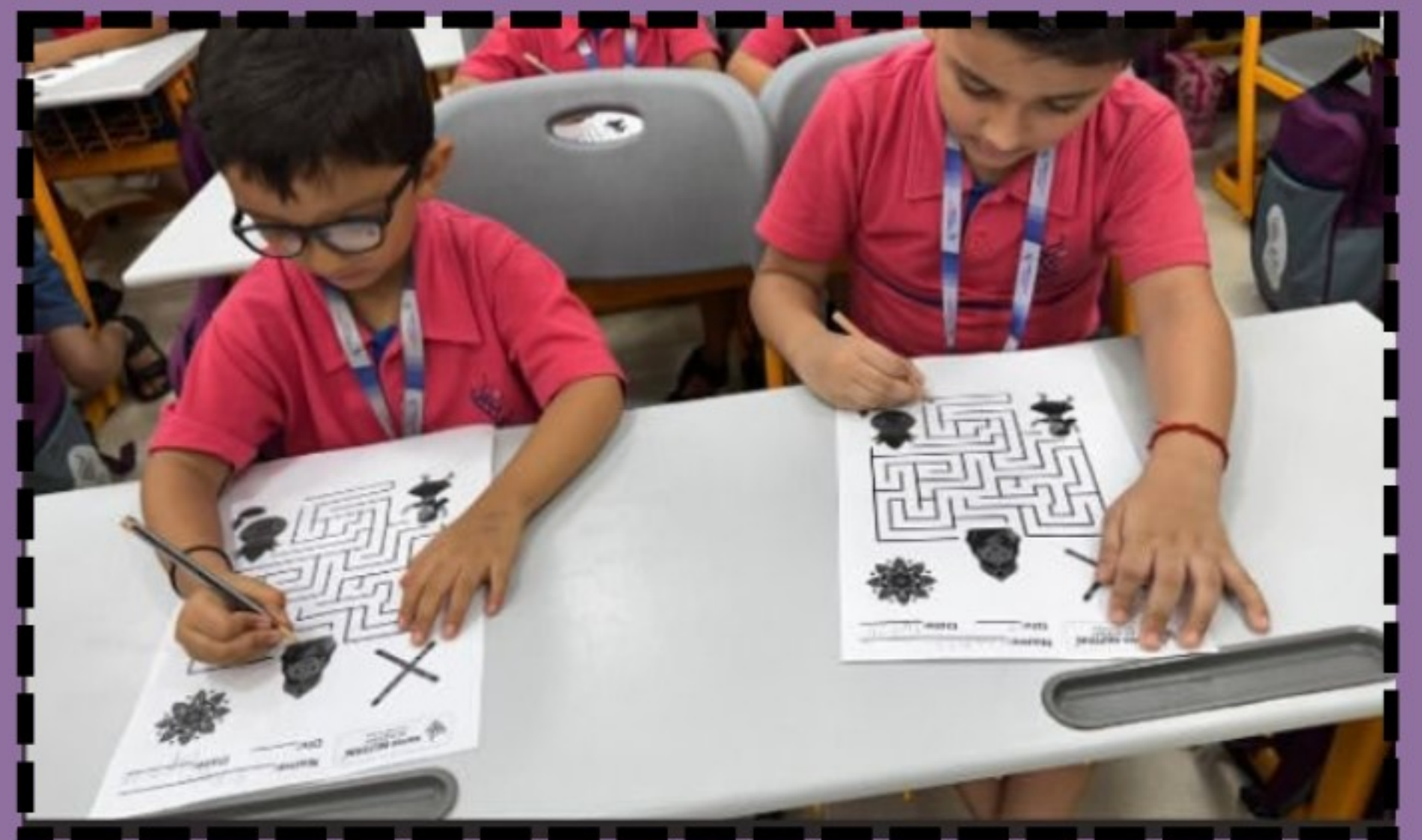
Intrapersonal growth starts here—where curious minds find their voice.

“Learning is not about being the best — it’s about discovering your best way to learn.”

Activity Alley



“Curiosity grows
when small hands
explore.”



“Logic lights the
path from question
to answer.”

“Every child is gifted — they just
open their gifts at different times.”

Eventful Moments!

Pre - Primary Section Field Trip Nursery - Super Market



Eventful Moments!

Field Trip JR. KG- Fire Station



Eventful Moments!

Field Trip SR. KG-



Eventful Moments!

Pre - Primary Section (Nursery) Diwali Celebration



Eventful Moments!

Pre - Primary Section (JR.KG) Diwali Celebration



Eventful Moments!

Pre - Primary Section (SR. KG) Diwali Celebration



Eventful Moments!

Primary Section Field Trip - Sambhaji Nagar



Eventful Moments!

Secondary Section

Field Trip – Bangalore – Mysore– Ooty Grade 6 & 7



Eventful Moments!

Secondary Section

Field Trip – Bangalore – Mysore– Ooty Grade 8 & 9



Eventful Moments!

Secondary Section Diwali Activity



Eventful Moments!

Secondary Section Pot Luck





Thank You