



ASPEE NUTAN[®]
ACADEMY
(AFFILIATED TO CISCE)

Nurturing dreams, Creating futures

SCHOOL NEWSLETTER



Expressions

July 2025

Meet Our Team



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(Principal)



Ms. Freda Almeida
(Senior Editor)



Ms. Saleena Cardoz



Mrs. Foram Shah



Ms. Jhanvi Sisangiya



Ms. Numa Shaikh



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Mrs. Ashwini



Ms. Charmi Sheth



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Sr. Cristopher Britto



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BEYOND THE CLASSROOM



Making Moves, Winning Hearts!

At just 8 years old, Hiya Zaveri from Grade 3 is already making her mark in the world of chess. With a passion for the game and sharp strategic skills, she's won an impressive five trophies in zonal tournaments!

Her dedication and love for learning remind us all that with practice and perseverance, anything is possible. She's an inspiration to young students everywhere — and a rising star to watch!

CONGRATULATIONS, HIYA! KEEP DREAMING, KEEP PLAYING, AND KEEP WINNING!



HIYA ZAVERI, GRADE 3A

India's Hidden Gems: Villages That Inspire!



Demul, Himachal Pradesh – The Zero Waste Himalayan Village

"Take only memories, leave only footprints." –

Chief Seattle



High up in the cold desert of Spiti Valley, where snow-capped peaks kiss the skies and silence is sacred, lies a tiny Himalayan hamlet that's making big waves in sustainable living. Demul, perched at over 4,300 metres, is not just a village — it's a lesson in harmony, where tradition and eco-consciousness coexist beautifully.

This remote village has proudly earned the title of a Zero Waste Village, and it lives up to it in every sense. Here, plastic is unwelcome, pollution is unheard of, and every action is a step toward protecting the fragile mountain ecosystem.

The villagers have embraced eco-toilets, solar panels, and home-grown tourism with open arms. Instead of hotels, travelers are welcomed into warm, authentic homestays—each run by the locals themselves in a rotational system, ensuring fair income and deep cultural exchange.

"We may not have much, but what we have, we share and we protect," says an elder of Demul. Electricity comes from the sun. Food is grown organically. Waste is either reused, composted, or entirely avoided. Children grow up learning not just about school subjects but about how to live lightly on the land. *"The mountains have given us everything. We must give back by keeping them clean," says a young Demul resident proudly, carrying a basket of firewood.*

There are no flashy signs, no crowded markets — just quiet resilience, pure air, and a collective will to live responsibly. Tourists who visit are not just spectators but participants helping in farms, attending local festivals, and learning about a lifestyle that respects both Earth and soul.

In an age of excess, Demul stands as a quiet revolution, proving that true progress lies in simplicity, sustainability, and community spirit.

CULTURE ON A PLATE



CRÈME BRÛLÉE – A CLASSIC FRENCH DESSERT

A rich, creamy vanilla custard topped with a thin, crunchy layer of caramelized sugar. It's typically served chilled with the caramelized top torched just before serving.

Crème brûlée has roots going back to 17th-century France.

“Crème brûlée” means “burnt cream” in French, referring to the caramelized sugar crust on top.

The exact origin of this dessert is debated among France, England, and Spain.

A similar recipe appears in a 1691 French cookbook by François Massialot, a chef to French aristocrats — this is the first written record of crème brûlée.

However, England had a nearly identical dessert called “Trinity Cream” served at Trinity College, Cambridge, also in the 17th century. There, they branded the college crest into the sugar topping with a hot iron!

Spain has Crema Catalana, a similar dessert flavored with citrus zest and cinnamon, traditionally eaten on St. Joseph's Day.

Crème brûlée became globally popular in the 1980s, especially in fine dining restaurants in France, the UK, and the US.

It's now considered a symbol of elegance and culinary refinement, often served in French-themed or gourmet restaurants.

Act of Kindness

**We Should Always
Help Others**



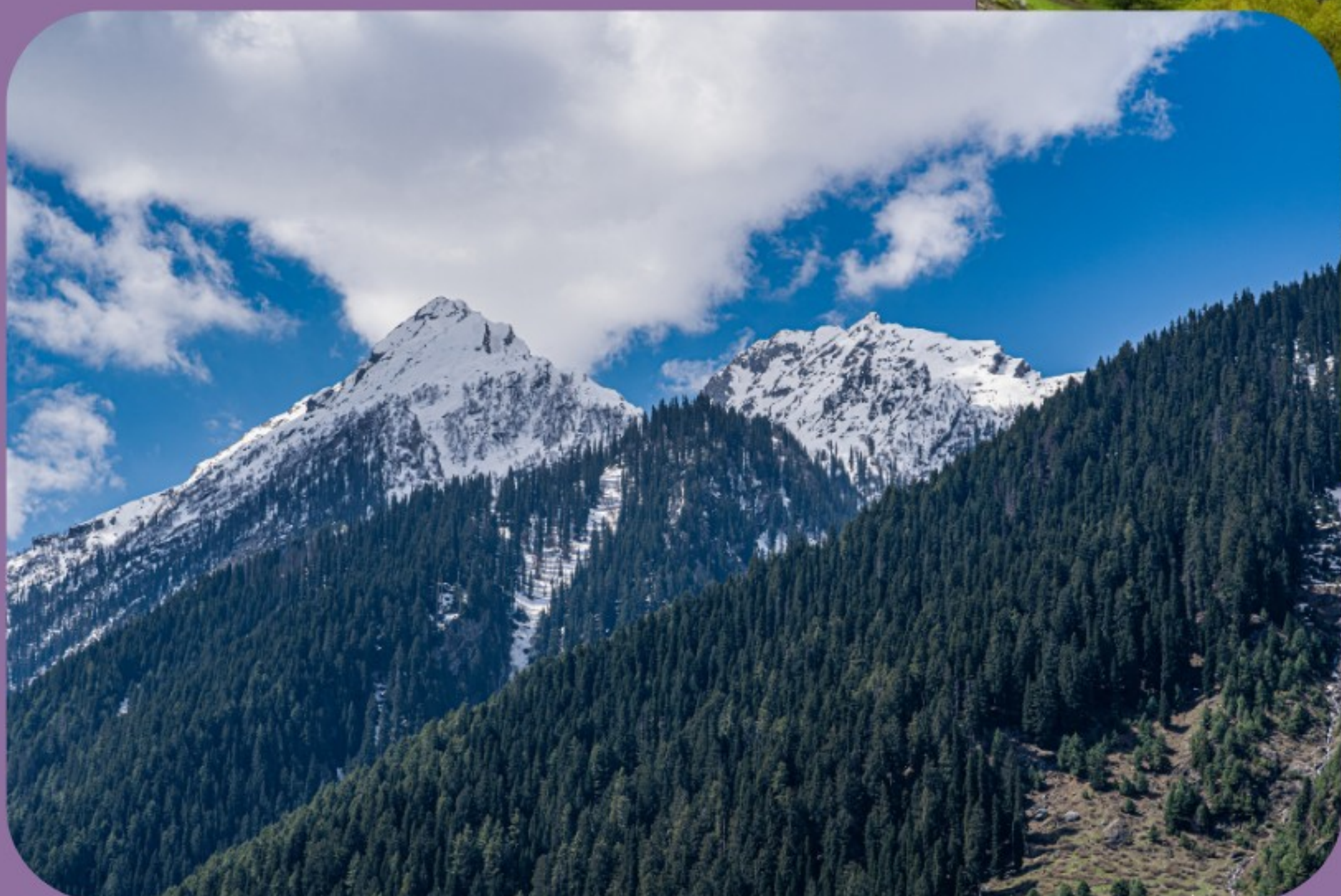
Last year, during our trip to Kashmir—truly a heaven on Earth—we visited Sonmarg.

While crossing a bridge with no safety barriers, a 10-year-old girl accidentally fell into the fast-flowing river below while trying to take a selfie. Her mother panicked and screamed for help.

Thankfully, some horse keepers jumped into the river and rescued her. She was unconscious, and they couldn't find their taxi to rush her to the hospital. Without hesitation, we offered them our taxi, which was booked for our entire trip.

Thanks to quick help, the girl regained consciousness after treatment. Her mother was deeply grateful. That day, we learned—helping others is always the right thing to do. Good deeds truly return in unexpected ways.

Radhika Desai
VII -D

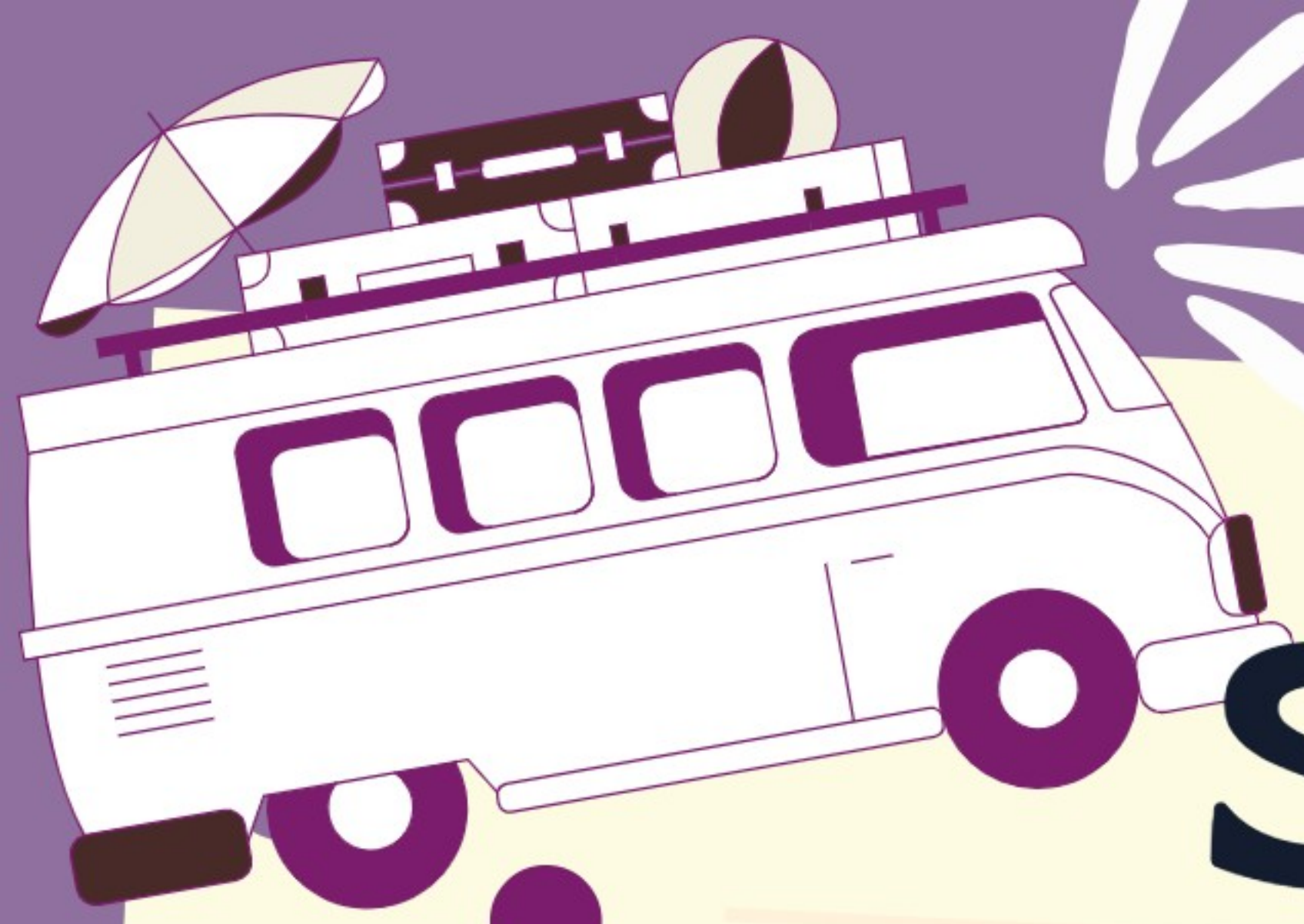


Meet Our Alumni



My time at this school has been a journey of growth and discovery. From academic challenges that stretched my abilities to extracurricular activities that broadened my horizons, I've consistently been encouraged to explore my passions and develop new skills. The supportive environment fostered by dedicated teachers and a diverse student body has allowed me to thrive both inside and outside the classroom. I'm deeply grateful for the opportunities this school has provided, shaping me into the well-rounded individual I am today, and preparing me for future endeavors. I'm particularly thankful for the emphasis on collaborative learning, which has not only enhanced my understanding of various subjects but also taught me the importance of teamwork and communication. The school's commitment to fostering a sense of community has created lasting memories and friendships that I will always cherish. Life after passing 10th grade was a whirlwind. The structured routine vanished, replaced by a vast expanse of choices. I initially felt adrift, the familiar comfort of schedules and deadlines gone. Then came the exciting, yet daunting, task of forging my own path. I explored different courses, testing the waters of various industries. Each experience, though sometimes challenging, offered valuable insights into what I truly wanted. The freedom was exhilarating, allowing me to travel, pursue hobbies, and reconnect with friends and family. It was a period of self-discovery, a time to define my own success beyond grades and exams.

—Arya Panchal



Student Diaries



MANTRA MEHTA- 6A

This summer wasn't just a vacation—it was a journey that brought me closer to my roots. Visiting places like Rishikesh, Mussoorie, and Auli with my family helped me see a side of India I had only read about.

Standing by the River Ganga during the Aarti, I felt something powerful—like I was part of something much older, much bigger than myself. I understood why it's called a holy river—it wasn't just water, it felt like heritage.

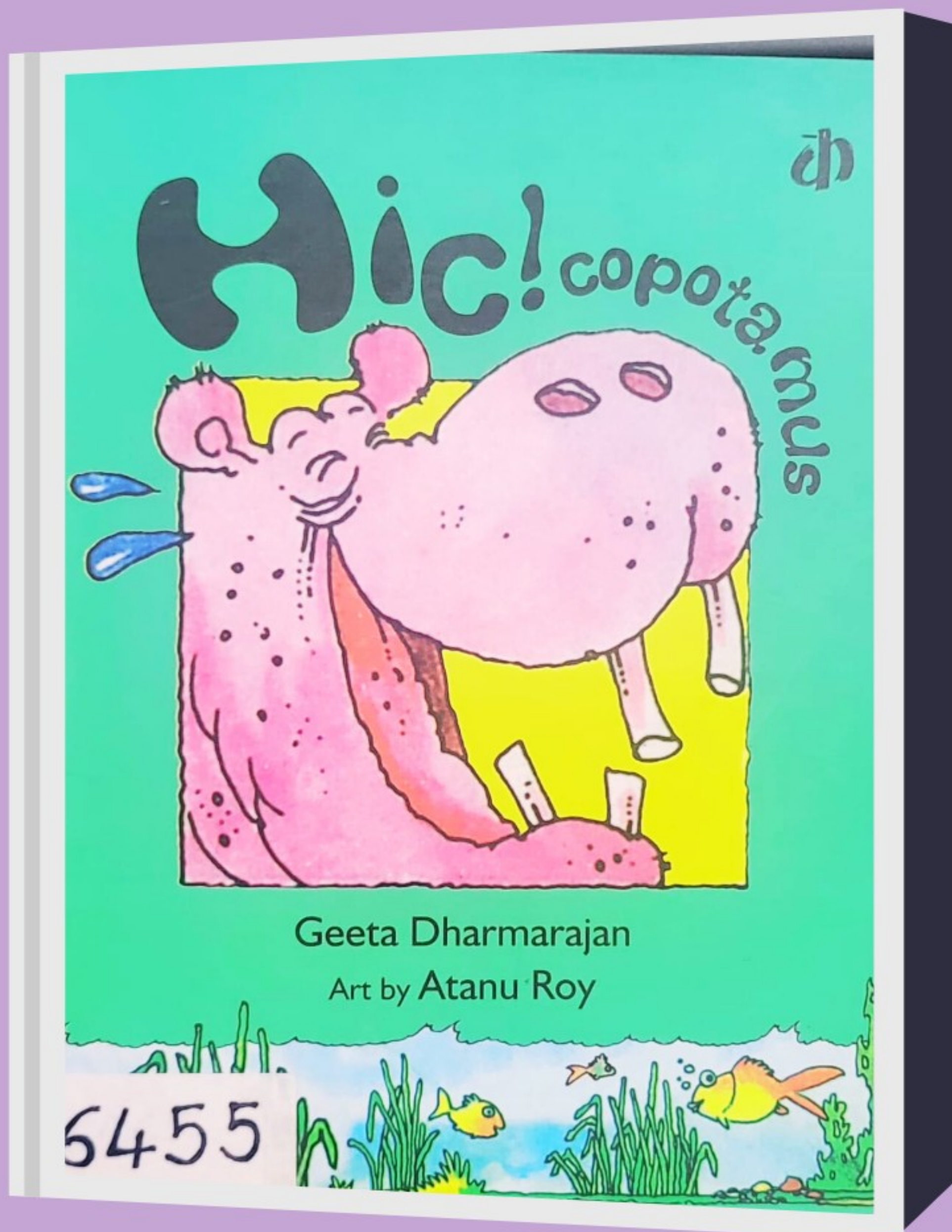
In the hills, surrounded by nature, silence, and tradition, I learned to slow down and appreciate the beauty of simplicity—something we miss in our busy lives. Watching people offer prayers, walking through local markets, and sitting under the stars during camping—all of it made me feel more connected to who I am and where I come from.

Even though I'm passionate about cricket, and I trained during the trip to stay physically strong, this summer also trained my heart. It reminded me that being Indian isn't just about festivals or language—it's about the stories, the rituals, the landscapes, and the quiet moments that shape us.

This trip made me proud—not just of what I saw, but of the culture I belong to.

ANA BOOK CLUB

PRE- PRIMARY SECTION



“One afternoon, all the animals in Gulmohar Jungle were getting ready for a little nap under the big banyan tree. Suddenly –plop!–something huge fell into the White Lily Pond. It was Hawasi, a hippopotamus, and guess what? She was hiccuping!”

Join the Hic!copotamus and the Gulmohar jungle-wallahs for some madcap fun and how they help hawasi get rid of his hiccups and get him back home. 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 HIC!COPOTAMUS IN OUR SCHOOL LIBRARY!

ANA BOOK CLUB



PRIMARY SECTION



CHAMPAK SCHOOL DAY STORIES

LOVE READING ABOUT CLASSROOM FUN, FRIENDSHIPS, AND SCHOOL-TIME ADVENTURES?

CHAMPAK SCHOOL DAY STORIES IS A CHEERFUL COLLECTION OF SHORT, SIMPLE, AND EXCITING TALES THAT BRING EVERYDAY SCHOOL MOMENTS TO LIFE! EACH STORY IS PACKED WITH FUN, LAUGHTER, AND LITTLE LESSONS — FROM FUNNY CLASSROOM INCIDENTS TO HELPING FRIENDS AND LEARNING FROM MISTAKES.

IT'S THE PERFECT BOOK FOR YOUNG READERS WHO ENJOY RELATABLE STORIES AND LOVE BEING PART OF SCHOOL LIFE — BOTH IN CLASS AND ON THE PLAYGROUND!

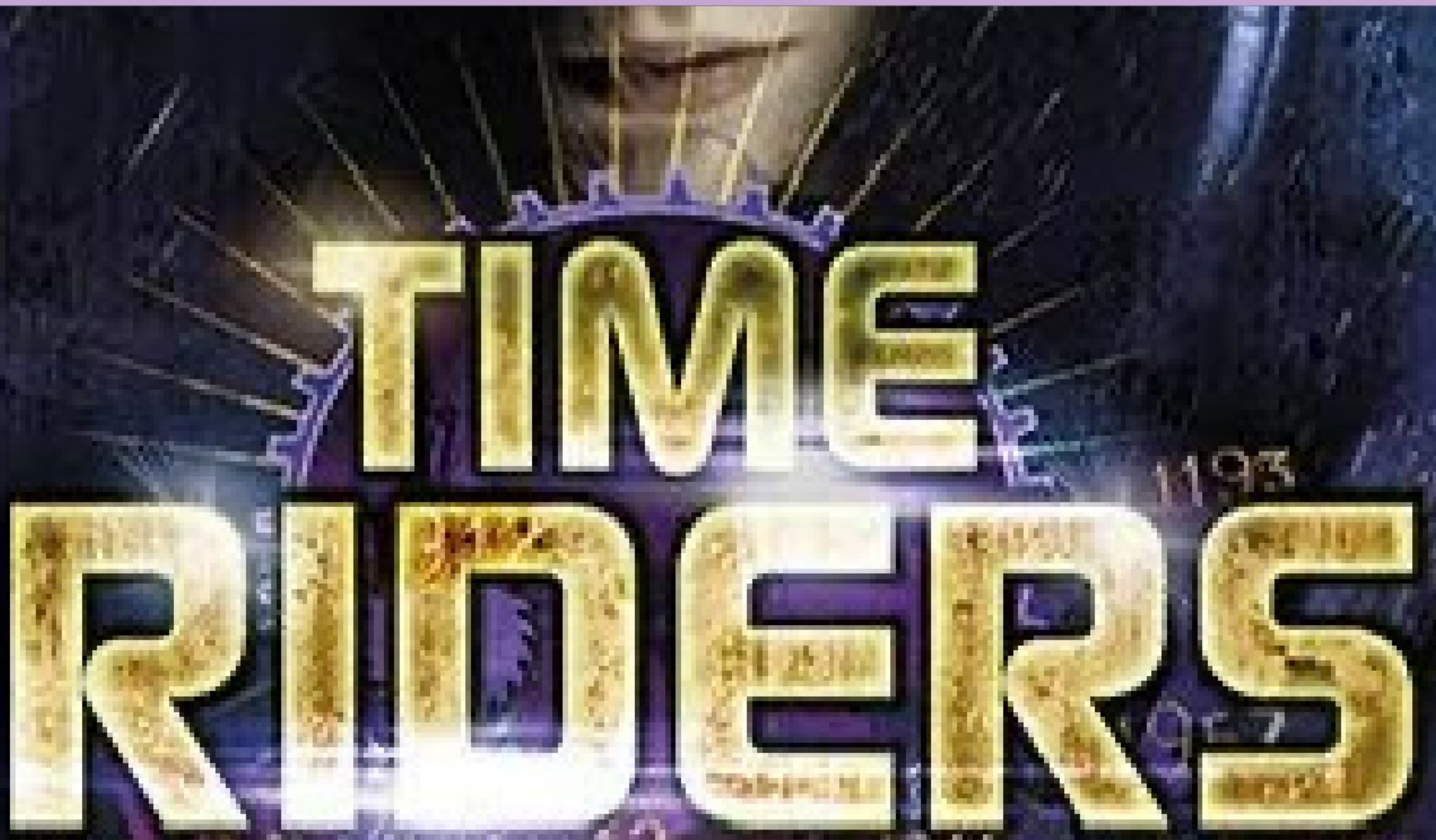
A JOYFUL, EASY-TO-READ COLLECTION THAT BUILDS READING CONFIDENCE AND MAKES CHILDREN FALL IN LOVE WITH BOOKS.



AVAILABLE NOW IN OUR SCHOOL LIBRARY — COME PICK YOUR FAVOURITE STORY TODAY! 📖✨

ANA BOOK CLUB

SECONDARY SECTION



TIME RIDERS-CITY OF SHADOWS

The City of Shadows continues Alex Scarrow's thrilling time-travel adventure series with more tension, mystery, and surprising twists. This installment takes the TimeRiders team – Liam, Maddy, and Sal – to an alternate Victorian London that has turned into a dangerous dystopian city ruled by the fearsome Warlord.

AVAILABLE IN OUR SCHOOL LIBRARY.



TECH TIPS: AI TOOLS

MEET ANDI: YOUR AI RESEARCH BUDDY
AN EASY, SAFE, AND SMART SEARCH TOOL FOR CURIOUS MINDS!

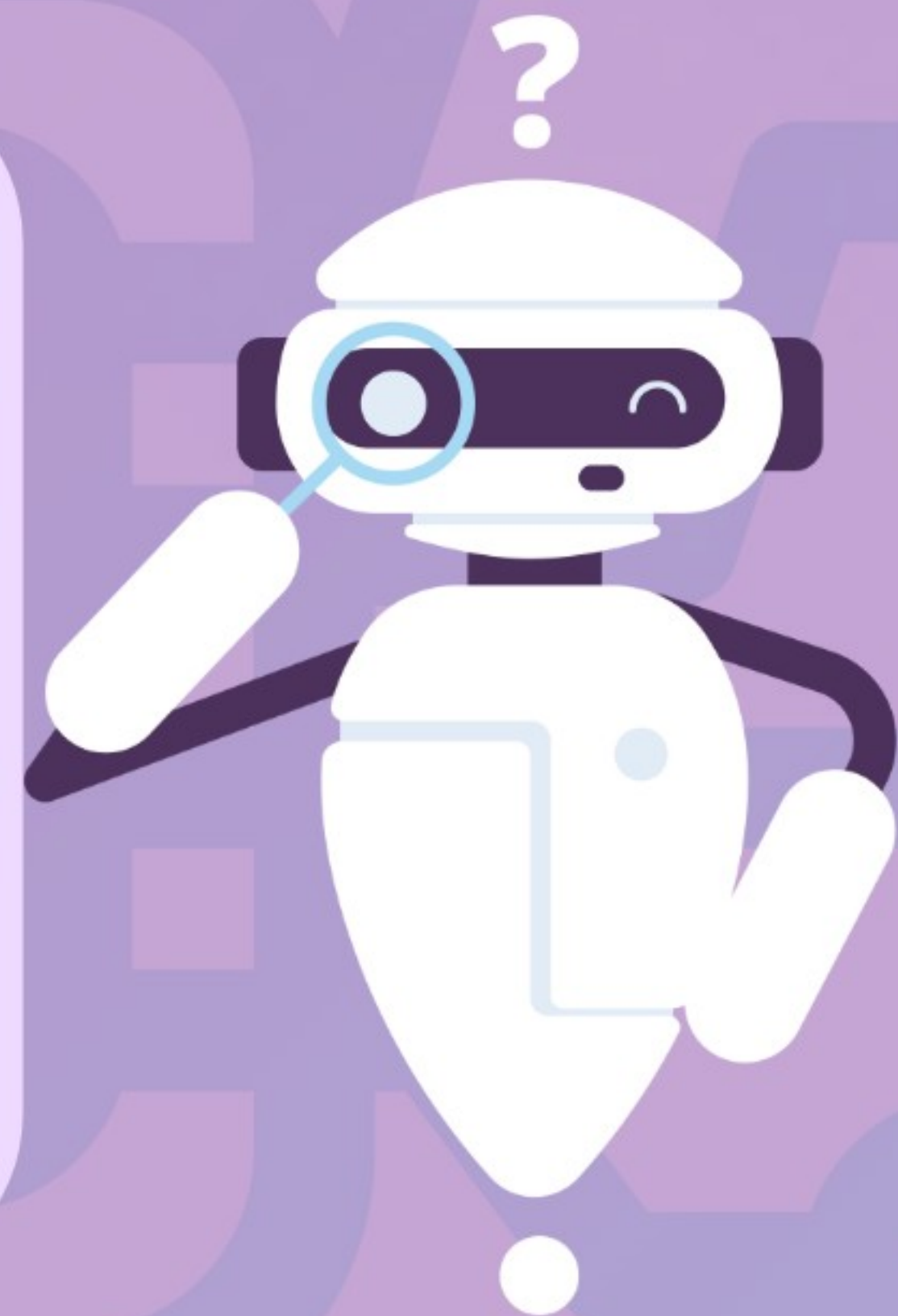


WHAT IS ANDI AI?

Andi is an AI-powered search engine that gives direct answers, not just links.

TOP FEATURES OF ANDI

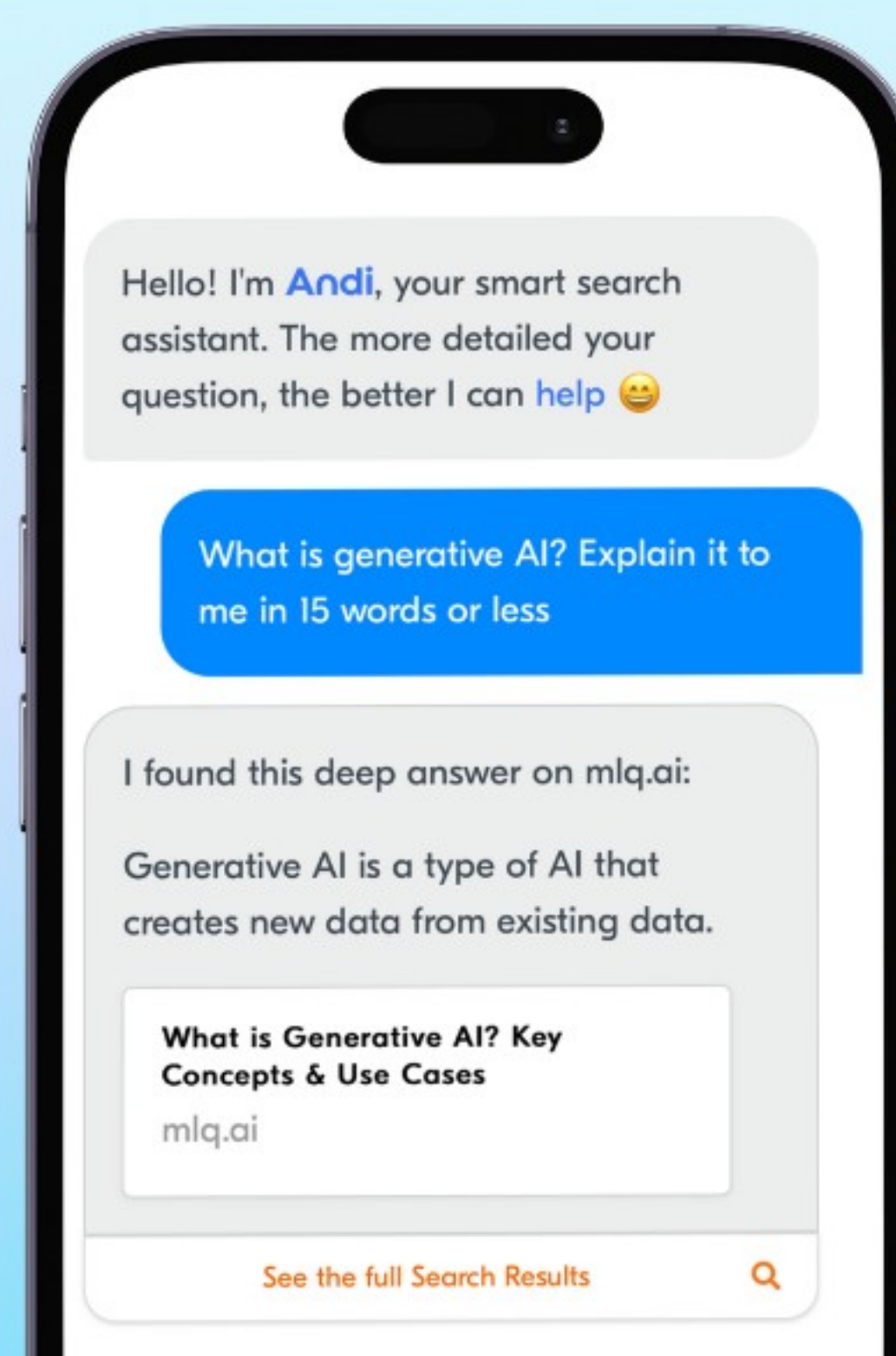
- ✓ No Sign-up Needed
- ✓ Ad-Free
- ✓ AI-Powered
- ✓ Visual Answers
- ✓ Kid-Safe
- ✓ Works on Any Device



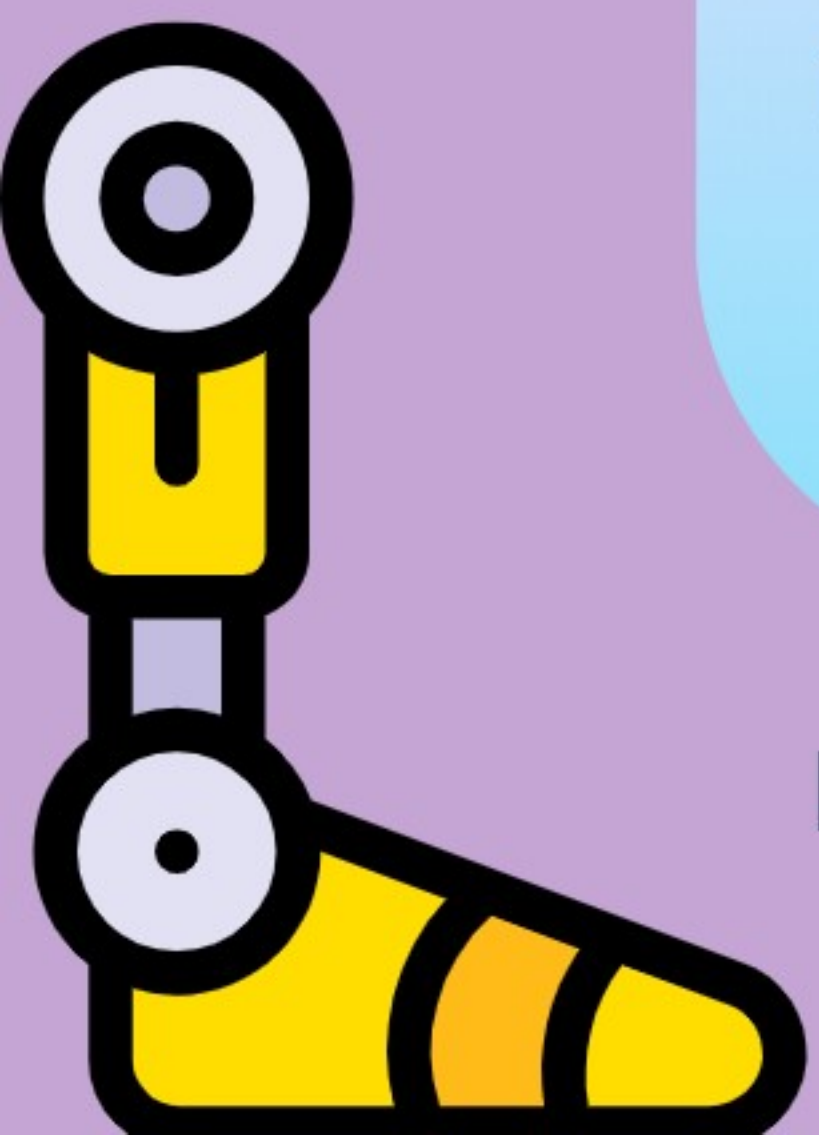
Andi 

AI + Chat + Search

Next-Gen Search that saves you time.



EXPLORE WITH ANDI!: [HTTPS://ANDISEARCH.COM](https://andisearch.com)
ASK ANDI ANYTHING! AND HAVE FUN LEARNING





Teacher's Corner



Why Did I Become a Teacher?

Today, I am bringing to you a topic that is very close to my heart – "Why Did I Become a Teacher?"

When I was young, I saw how a teacher can change the lives of children. A smile, encouragement, the right direction... these are the things that can boost a child's confidence. Since then, I had this dream – I, too, wanted to become a teacher.

I became a teacher because I love working with children. I get immense pleasure in teaching them something new, helping them, and watching them grow. When a child says – "Ma'am, now I understand!" – that happiness cannot be described in words. I believe that education is the only path that can take a person to his destination. And if I can become a small light on that path, then nothing is bigger than that for me.

Another reason is that I got a lot of inspiration from some of my old teachers. They encouraged me when I had lost faith in myself. I also wish that I can make the same impact on someone else's life. Friends, being a teacher is not easy.

Sometimes it is tiring; sometimes there are challenges. But when a student works hard and progresses – all the hard work is worth it.

Finally, I would just like to say that being a teacher is not just a job for me. It is my dream, my passion, and the greatest happiness of my life.



Mrs. Sheetal Variava
HOD Hindi

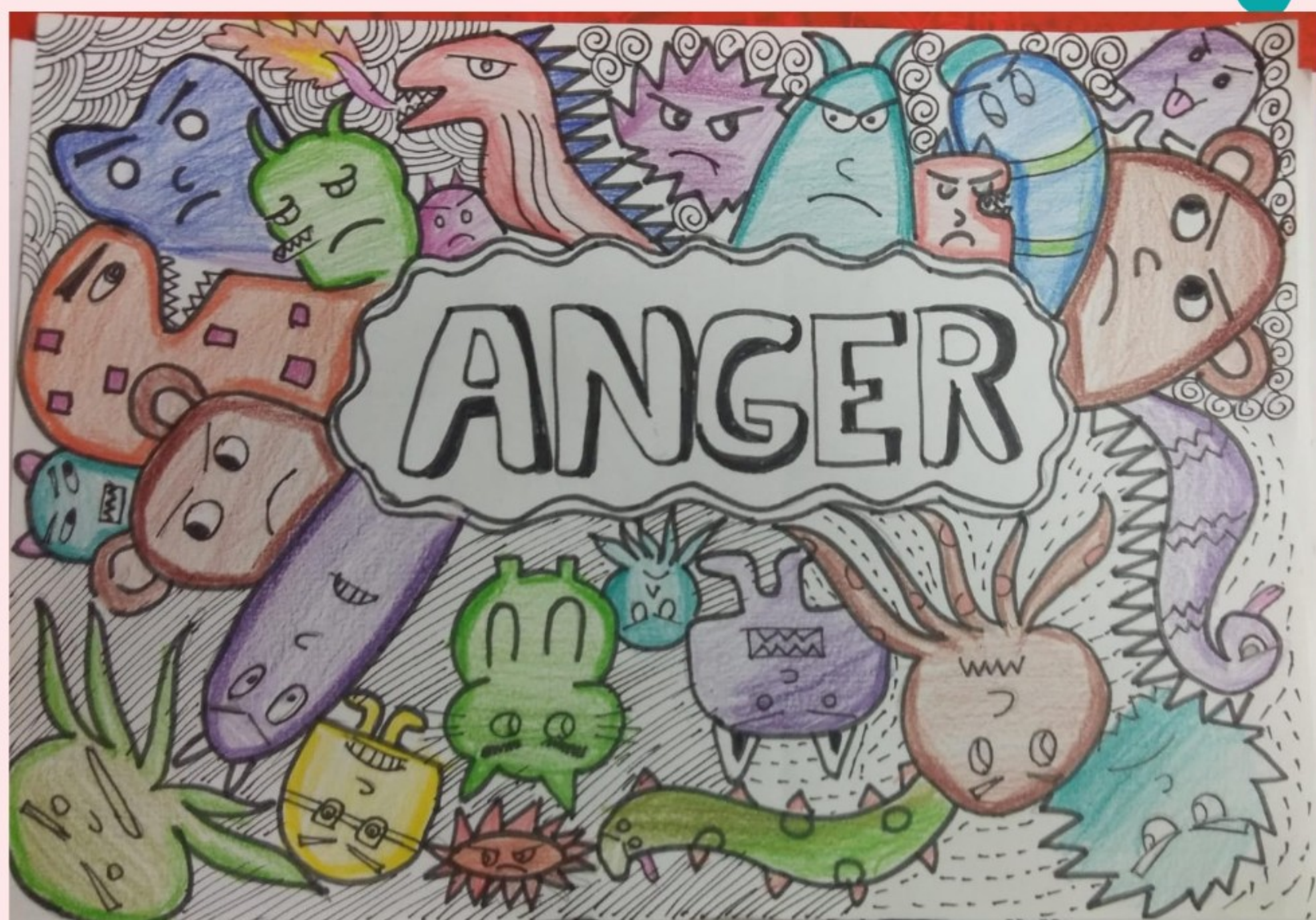
Art Corner



Pranav Parmar
Grade 5 A



Art Corner



Dhun Dharod

Grade 4 D

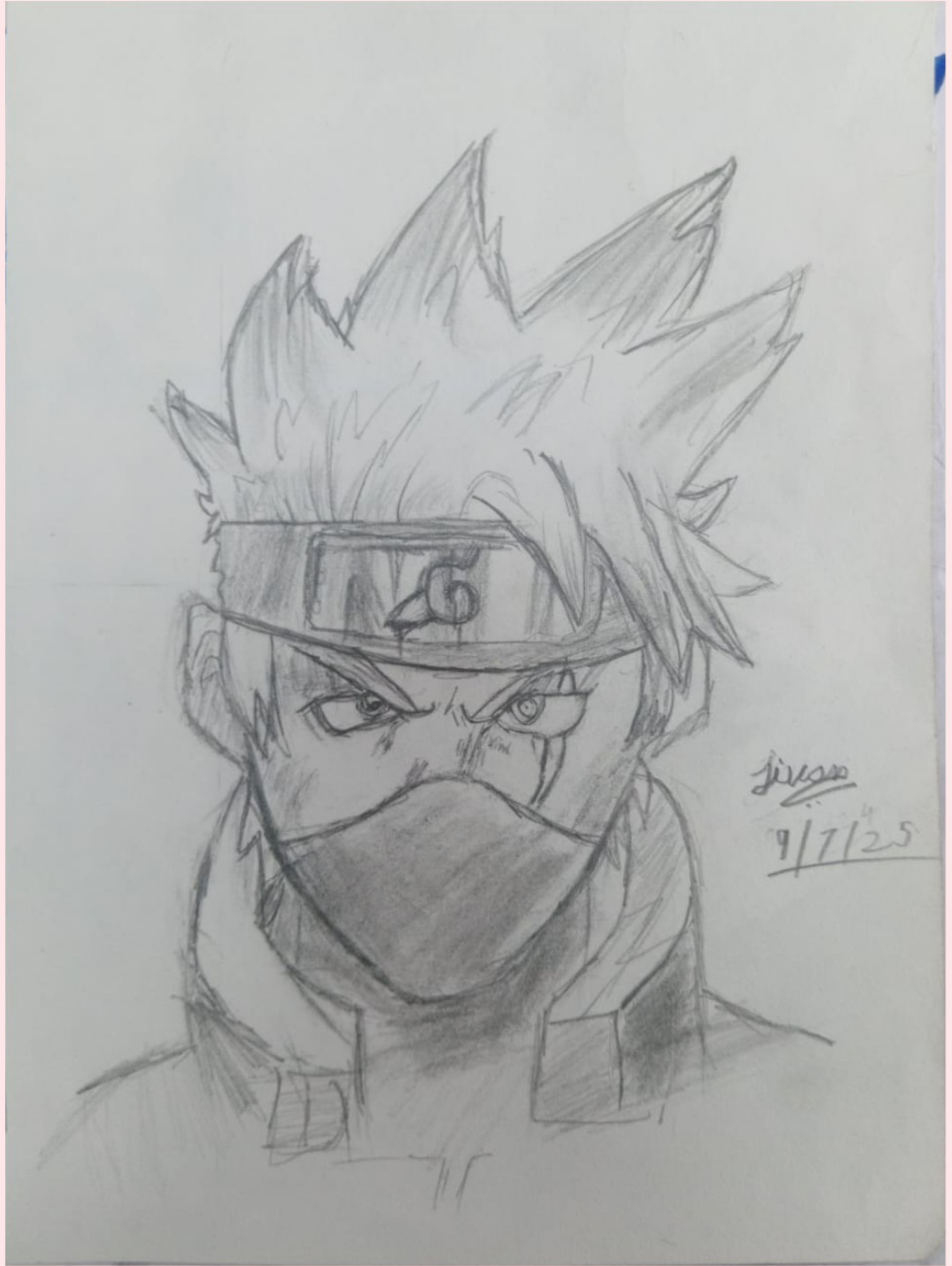


Kavya Gada

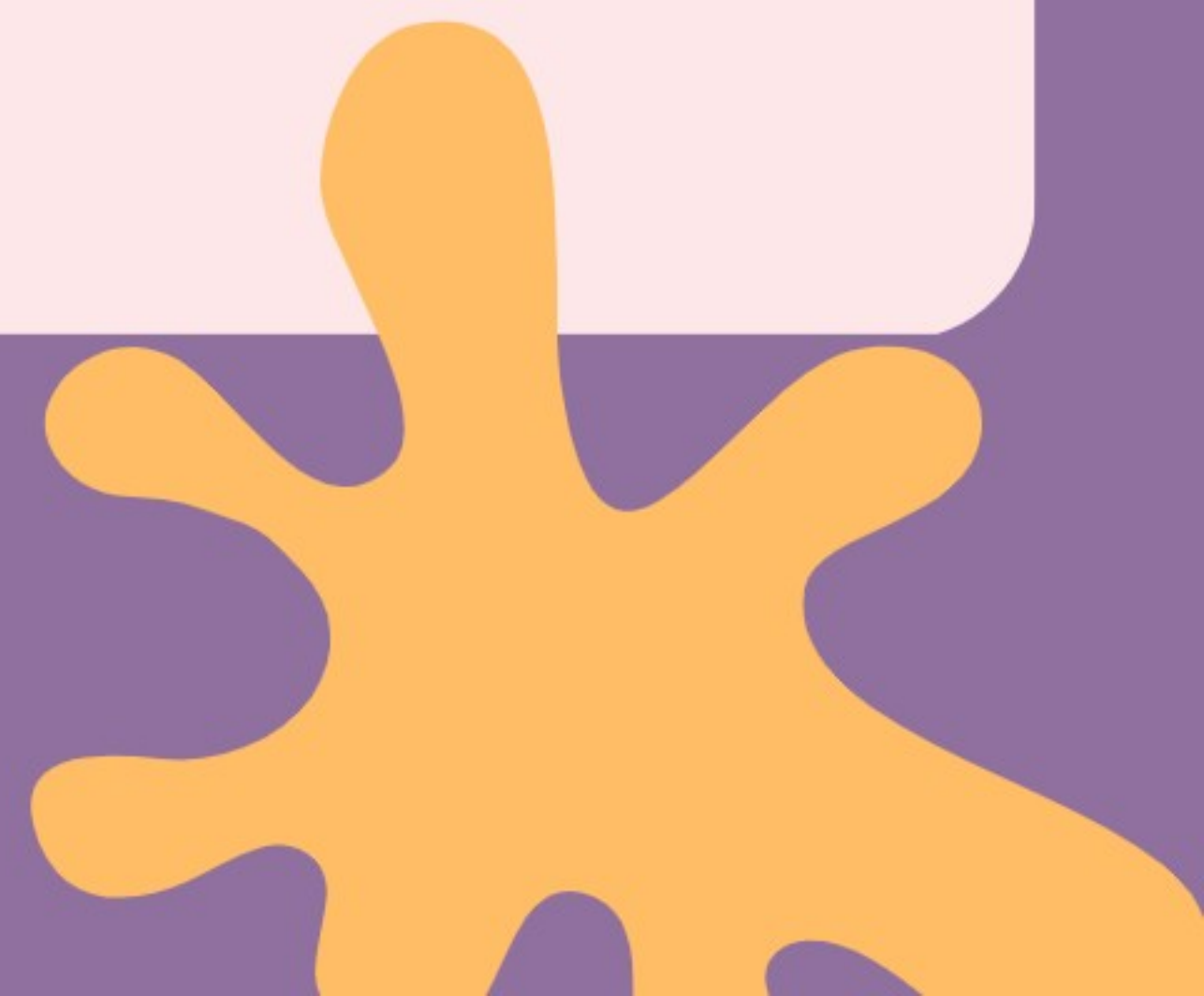
Grade 5 A



Art Corner



Jivan Mistry
Grade 5 A



Activity Alley



“Teamwork in rhythm – cup stacking for coordination and concentration!”



“Building bright minds – block by block, idea by idea!”



"STEAM sparks curiosity, ignites creativity, and builds the future one idea at a time."

Activity Alley



"Exploring textures through touch – a sensory journey into learning!"



"Tasting with the eyes – discovering the world of flavours through fun visuals!"

"Learning is a journey best taken through the senses — touch, taste, and the joy of discovery."



Activity Alley



"Every story shared is a spark that lights up young minds." 📖✨



"When the bell rings for reading, the whole class dives into a world of words!" 📖✨



"Reading hour: where every desk becomes a doorway."

Eventful Moments!

Pre - Primary Section (Nursery)

STEAM



Eventful Moments!

Pre - Primary Section (Nursery)

Tiger Day



Eventful Moments!

Pre - Primary Section (Nursery) Red Day



Eventful Moments!

Pre - Primary Section (Jr. kg)

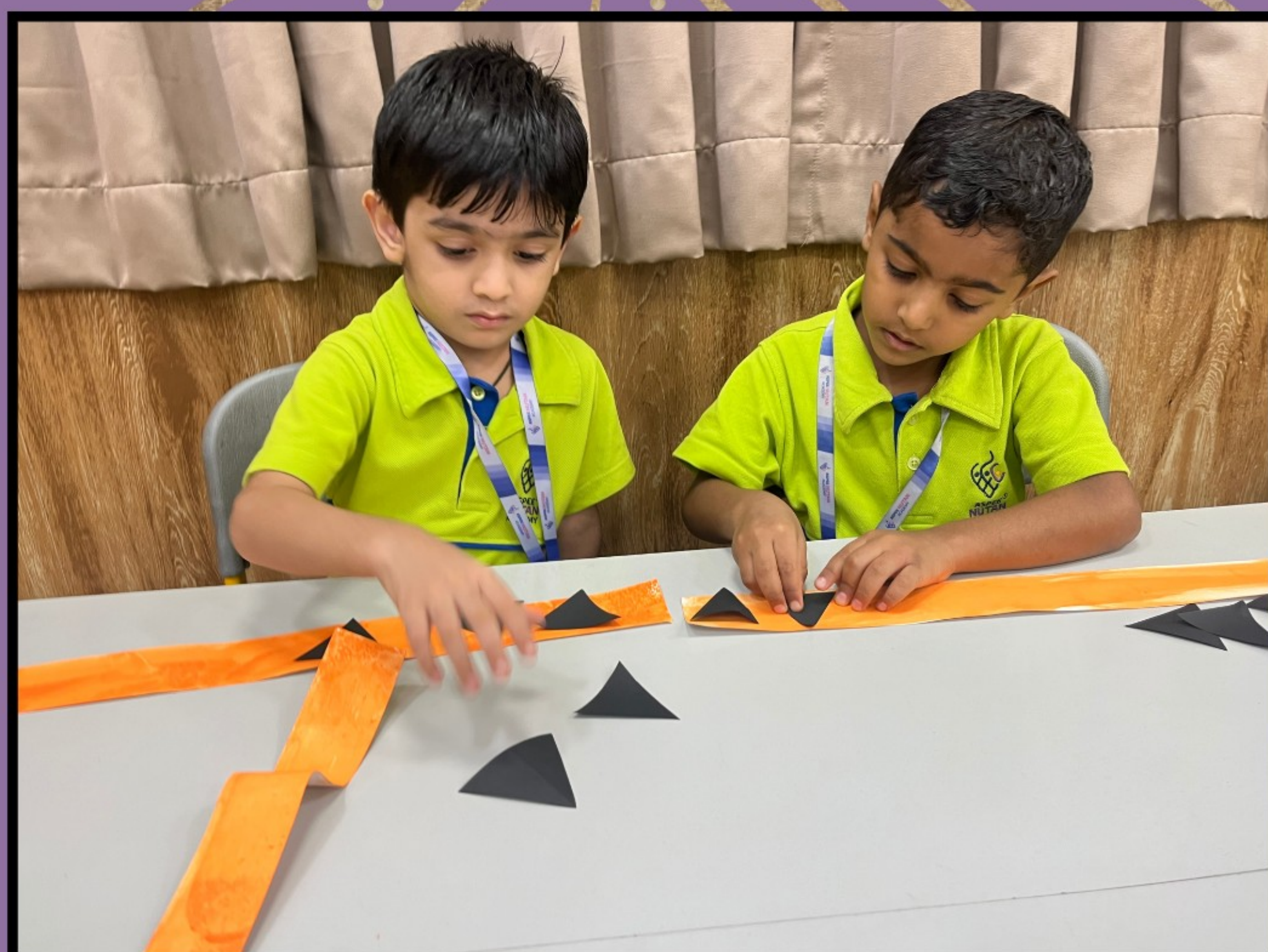
STEAM



Eventful Moments!

Pre - Primary Section (Jr. kg)

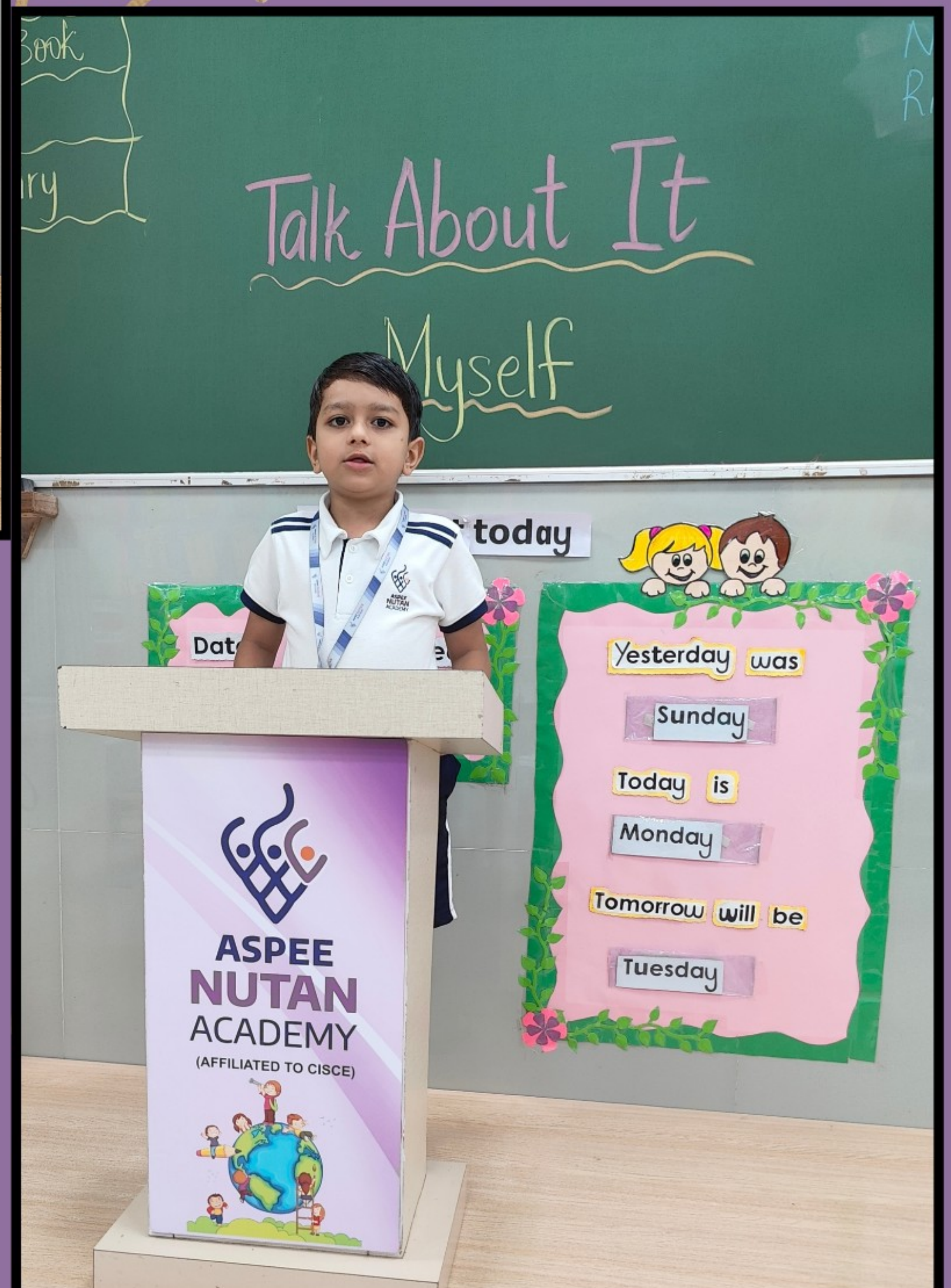
Tiger Day



Eventful Moments!

Pre - Primary Section (Jr. kg)

Talk About It



Eventful Moments!

Pre - Primary Section (Sr. kg)

STEAM



Eventful Moments!

Pre - Primary Section (Sr. kg)

Tiger day



Eventful Moments!

Primary Section RF 21



Eventful Moments!

Primary Section Gurupurnima Celebration



Eventful Moments!

Primary Section

Field Trip - Grade 1 - Post Office



Eventful Moments!

Primary Section Field Trip - Grade 2 - HDFC Bank



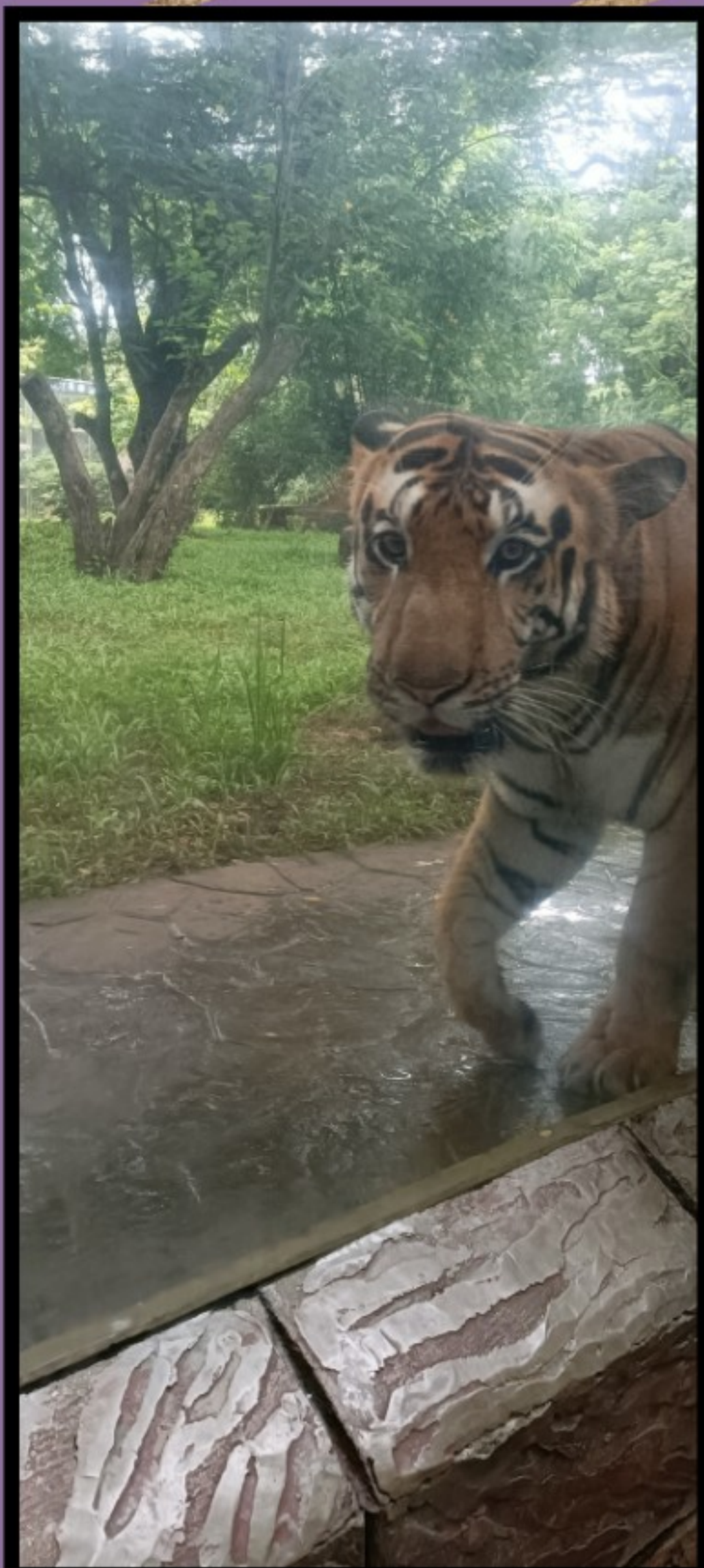
Eventful Moments!

Primary Section DEAR Programme



Eventful Moments!

Primary Section Field Trip - Grade 3 - Veermata Jijabai Bhosale Botanical Udyan



Eventful Moments!

Primary Section Grade 1 Parent Involvement



Eventful Moments!

Primary Section Grade 2 Parent Involment



Eventful Moments!

Primary Section Grade 4 Parent Involment



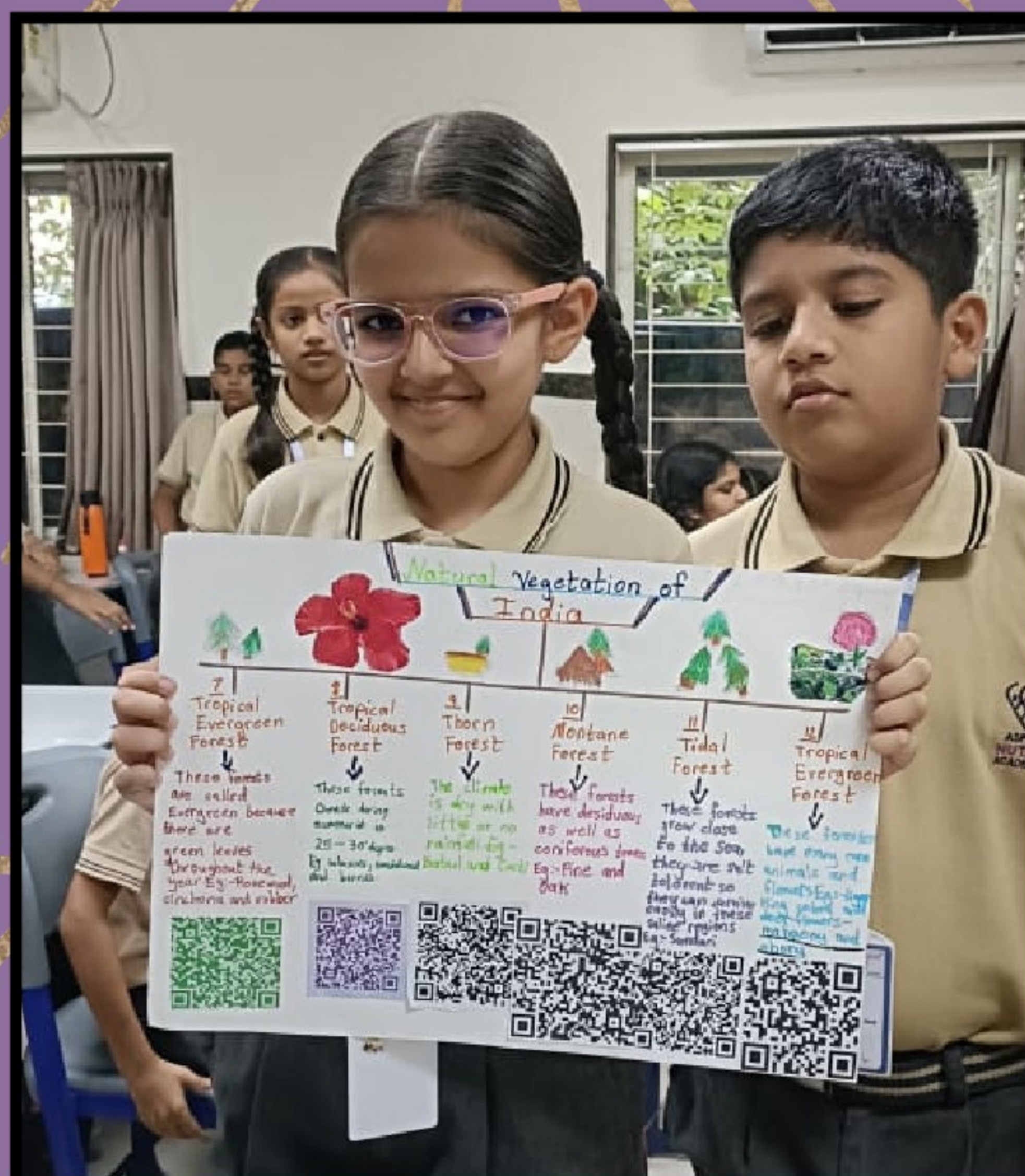
Eventful Moments!

Primary Section Grade 5 Parent Involment



Eventful Moments!

Primary Section EdX Program





Thank You