



ASPEE NUTAN[®]
ACADEMY
(AFFILIATED TO CISCE)

Nurturing dreams, Creating futures

SCHOOL NEWSLETTER



Expressions
September 2025

Meet Our Team



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(Principal)



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(Senior Editor)



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Mrs. Tanushree Prajapati



Mrs. Ramya Menon



Ms. Petrea Deosta



Mrs. Sangeeta Yadav



Ms. Sinny Parmar

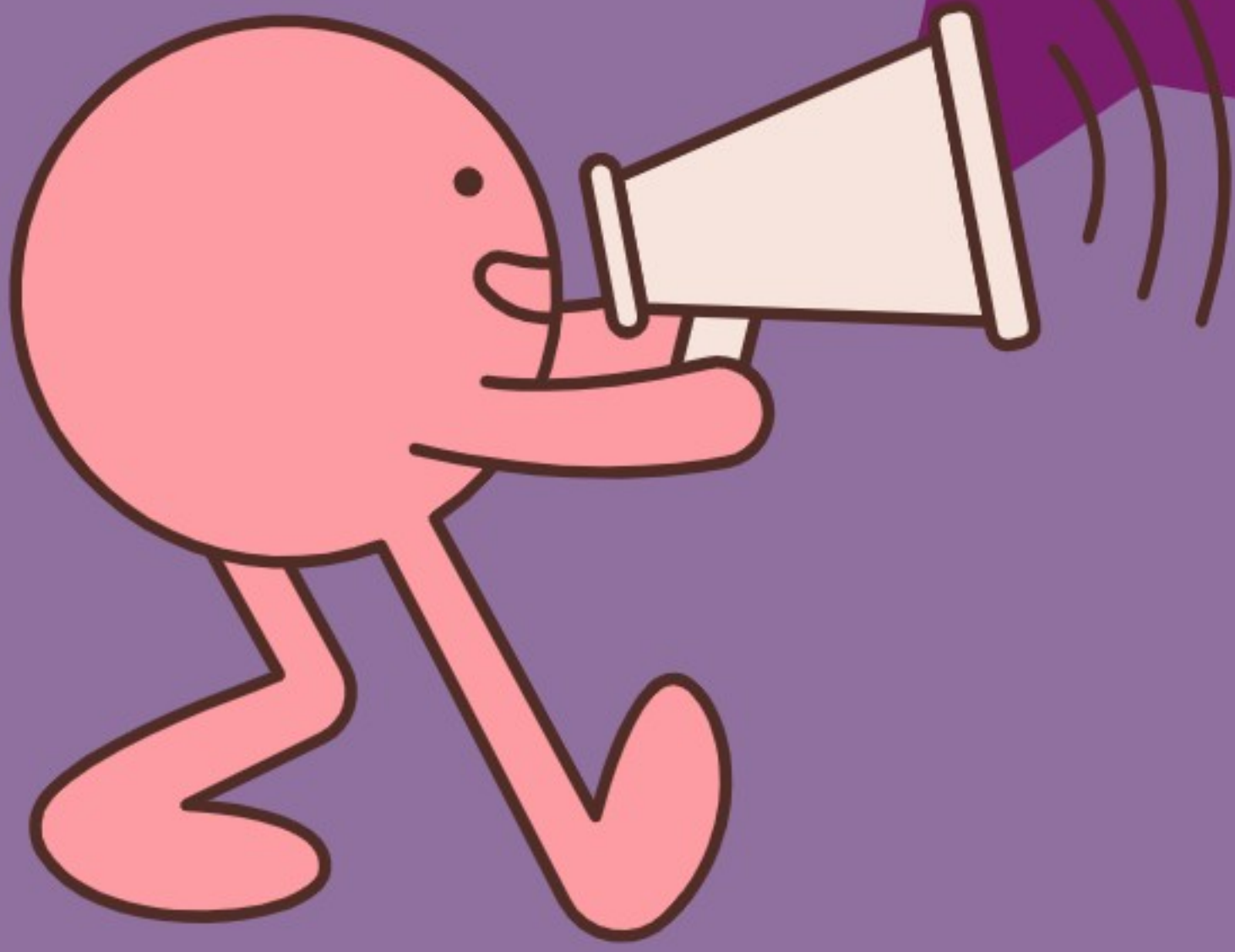


Sr. Cristopher Britto



Mrs. Jainee Vadhar

BEYOND THE CLASSROOM



The Girl with a Golden Voice

Meet Fiyoni, a talented Grade 5 student who's been training in music for the past 3–4 years. With a voice that flows effortlessly between classical melodies and Bollywood hits, she brings magic to every performance.

Her passion and dedication shine in every performance. Teachers admire her focus, and her confidence on stage inspires everyone around her.

While most kids play with toys, she's been chasing tunes—and she's not just singing songs... she's shaping her future, one note at a time.



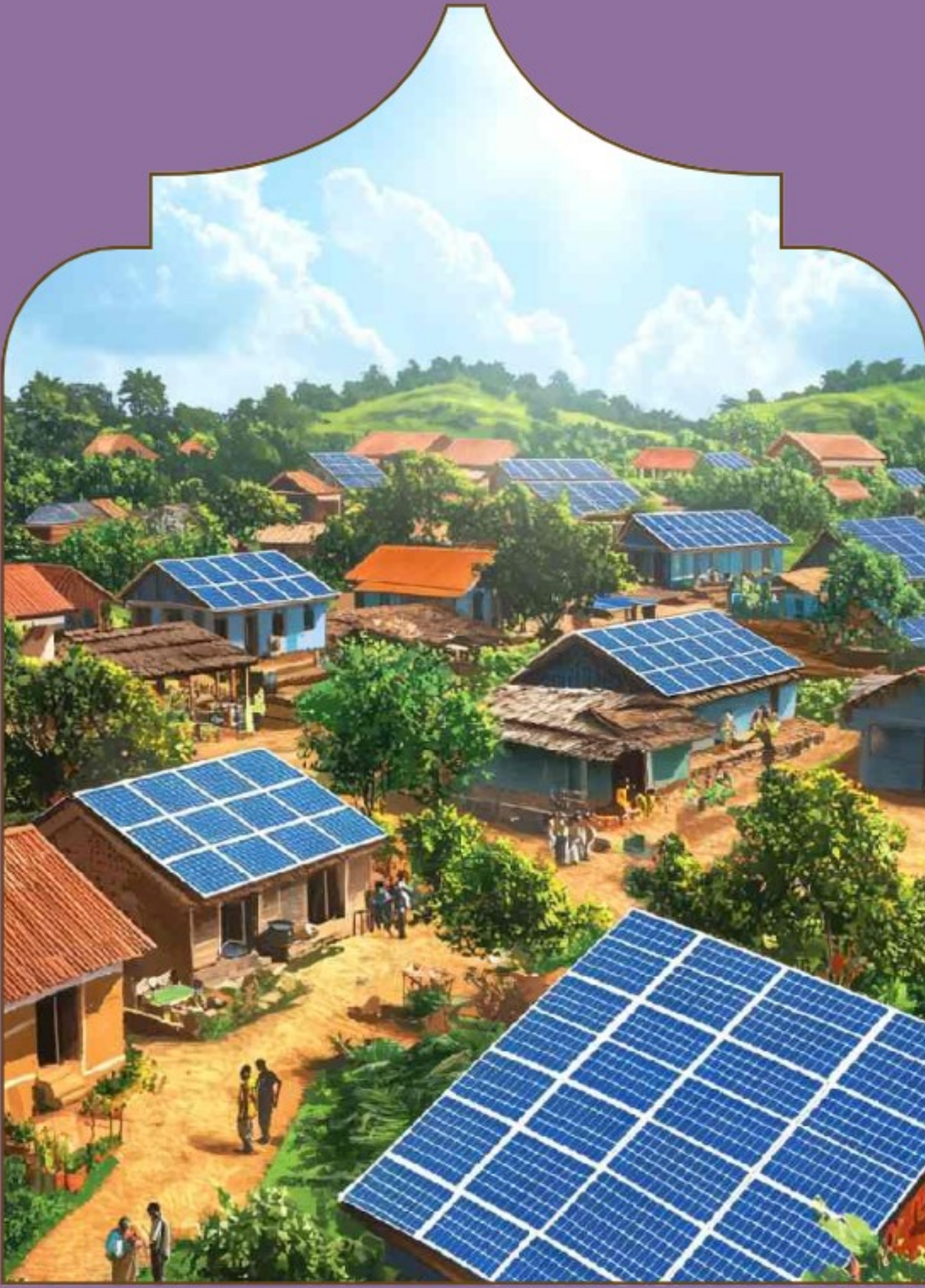
FIYONI RAJAS SHAH, GRADE 5D

India's Hidden Gems: Villages That Inspire!

Dharnai, Bihar – Lighting the Way with Solar Power

When the sun shines, it does not ask where- it simply gives light. Dharnai chose to catch that light and turn it into power.”

For years, the nights in Dharnai, a small village in Bihar, were cloaked in silence and shadow. The only glow came from flickering kerosene lamps, filling homes with smoke and leaving children straining their eyes over schoolbooks. Farmers ended their work with the sunset, and the hum of modern life seemed like a distant privilege belonging to someone else. But one day, Dharnai decided it had waited long enough.



If the world wouldn't bring them electricity, they would create their own. With the power of community determination and the energy of the sun, Dharnai became India's first fully solar-powered village. A network of solar micro-grids now breathes life into every corner of the settlement. Where darkness once ruled, light now flows freely — into homes, classrooms, and fields.

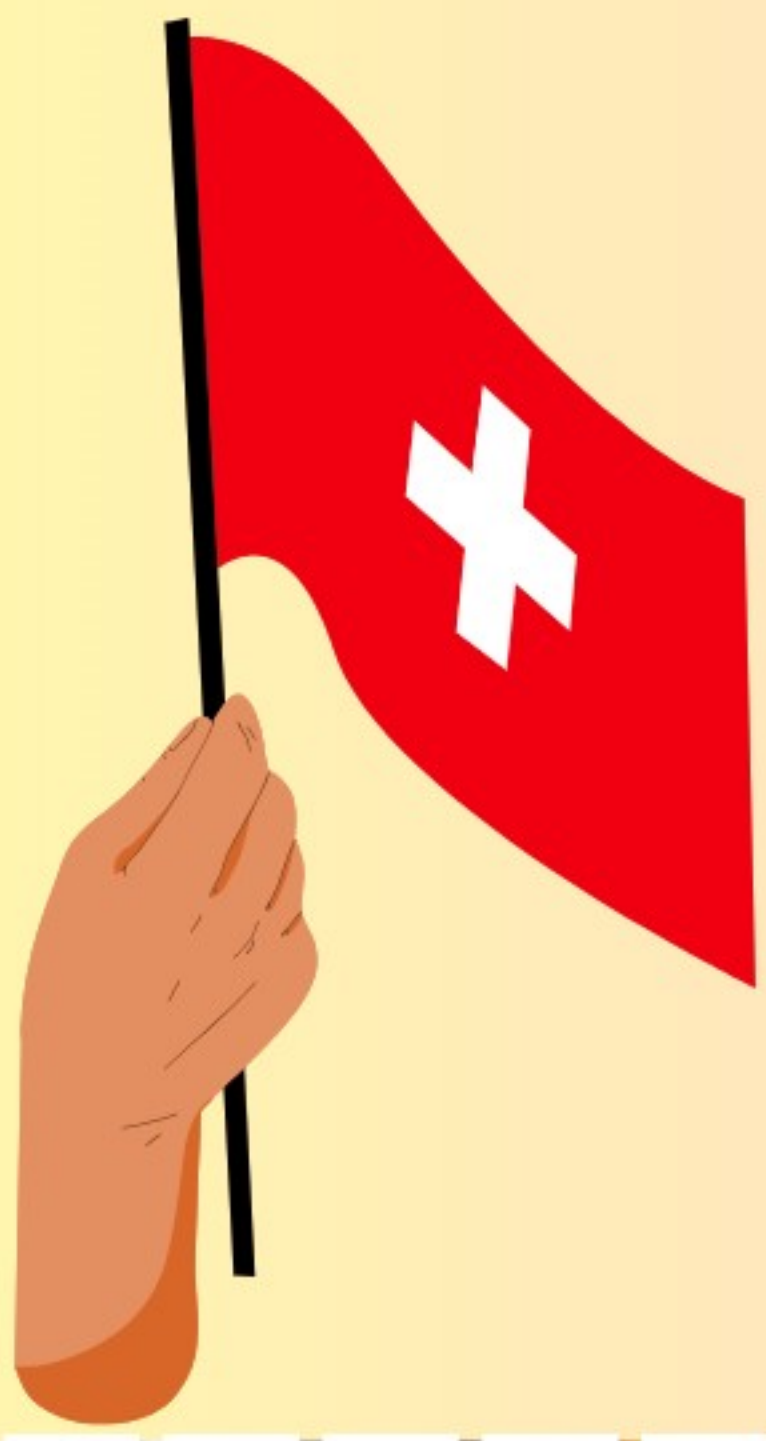
Today, farmers run irrigation pumps with ease, shopkeepers extend their hours after dusk, and children read, play, and dream under the steady glow of clean energy.

“For us, light is not just electricity — it is freedom and dignity,” says a proud villager, echoing the heartbeat of Dharnai's transformation.

What makes Dharnai extraordinary is not only its embrace of solar technology, but the spirit of resilience it represents. It stands as living proof that innovation can take root in the remotest soils, and that progress does not always arrive on power lines.

In Dharnai, the sun does more than rise and set. It powers hope, opportunity, and independence. The village shines as a reminder that sustainability isn't just about saving the planet — it's about lighting the path to empowerment, one solar panel at a time.

CULTURE ON A PLATE



Rösti – A Swiss Potato Dish



A Swiss potato dish made by frying grated potatoes into a flat cake. It originated in the canton of Bern in the 19th century.

Originally, it was a farmers' breakfast dish, eaten by Bernese farmers before heading to the fields.

Over time, rösti spread beyond Bern and became popular throughout Switzerland.

It eventually became considered a national dish, often associated with Swiss identity along with fondue and raclette. Rösti gained symbolic meaning in politics and culture:

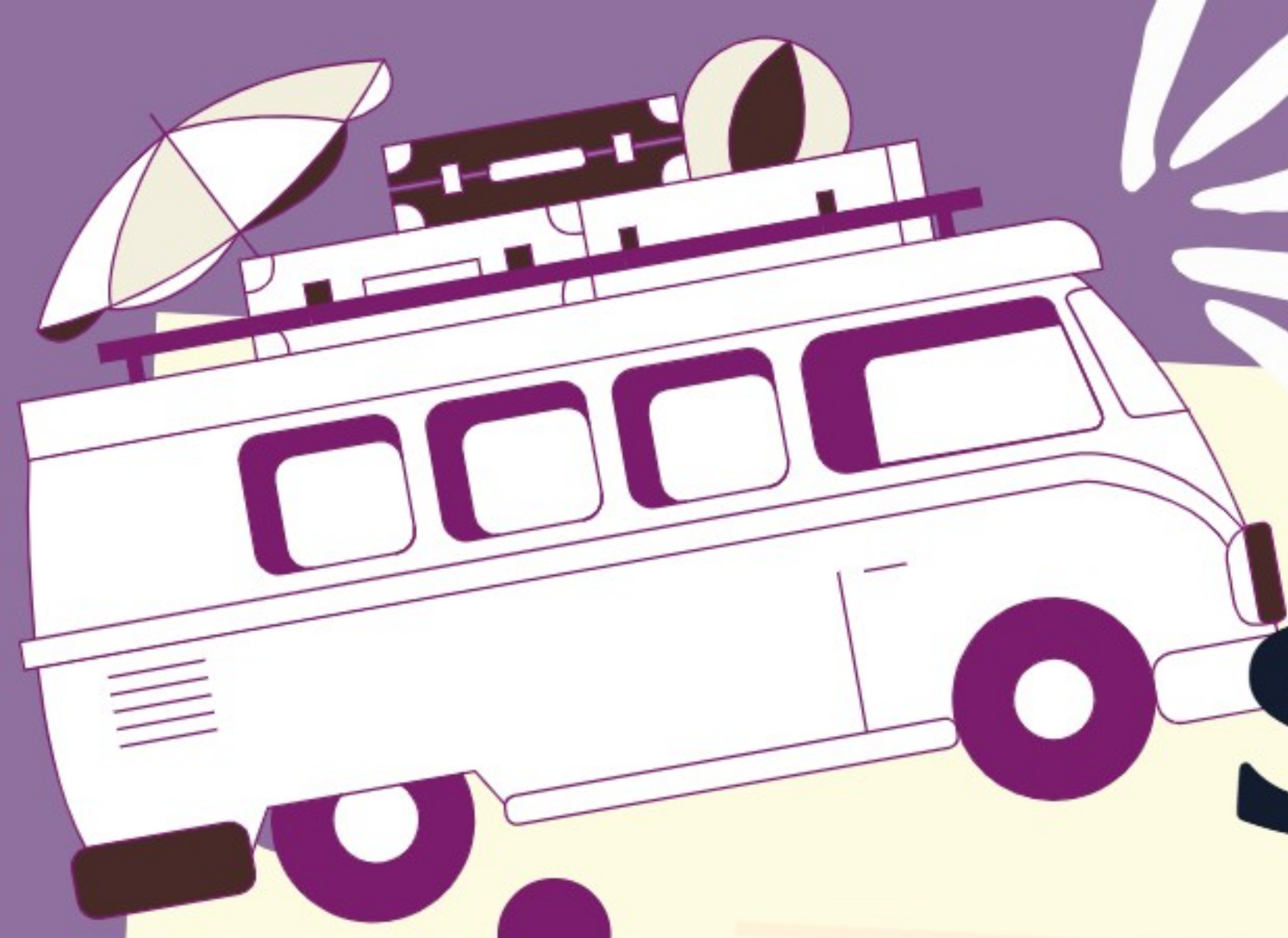
The term "Röstigraben" (literally "Rösti ditch") is used to describe the cultural divide between the German-speaking part of Switzerland (where rösti is common) and the French-speaking part.

It represents differences in traditions, cuisine, and even politics within Switzerland. Today, rösti is no longer just a breakfast food.

It's served as a side dish with meats, sausages, or eggs, or enjoyed plain.

Some variations add onions, bacon, cheese, or apples.

Rösti started as a humble farmer's meal in Bern but grew into a national symbol of Swiss unity and culture.



Student Diaries

A memorable trip to Pagoda!



The morning of our trip was filled with excitement. We boarded the bus with our friends, singing songs, sharing snacks, and enjoying every moment until we reached the Global Vipassana Pagoda. The golden dome shone brightly, and climbing the steps felt like entering a very special place.

ANVI KHORASIA- 5D

After watching a short movie about the Pagoda, we were taken to the meditation hall. That was the most memorable part of the trip. As we sat in silence, the hall around us was so peaceful that it felt like the world had slowed down. For the first time, I experienced how calming it can be to simply sit still, breathe, and listen to the silence. It felt refreshing, like my mind had become lighter.

What I am taking back from this field trip is the importance of inner peace and focus. I learned that meditation can help us stay calm even when life is busy and stressful. It reminded me that just like we exercise our body, we also need to care for our mind. The pagoda taught me that a quiet mind is strong, steady, and ready to achieve more.

This trip gave me more than just fun memories—it gave me a lesson I can use every day. I hope to practice meditation regularly and look forward to more school trips that help us grow in such meaningful ways.

TECH TIPS : AI TOOLS

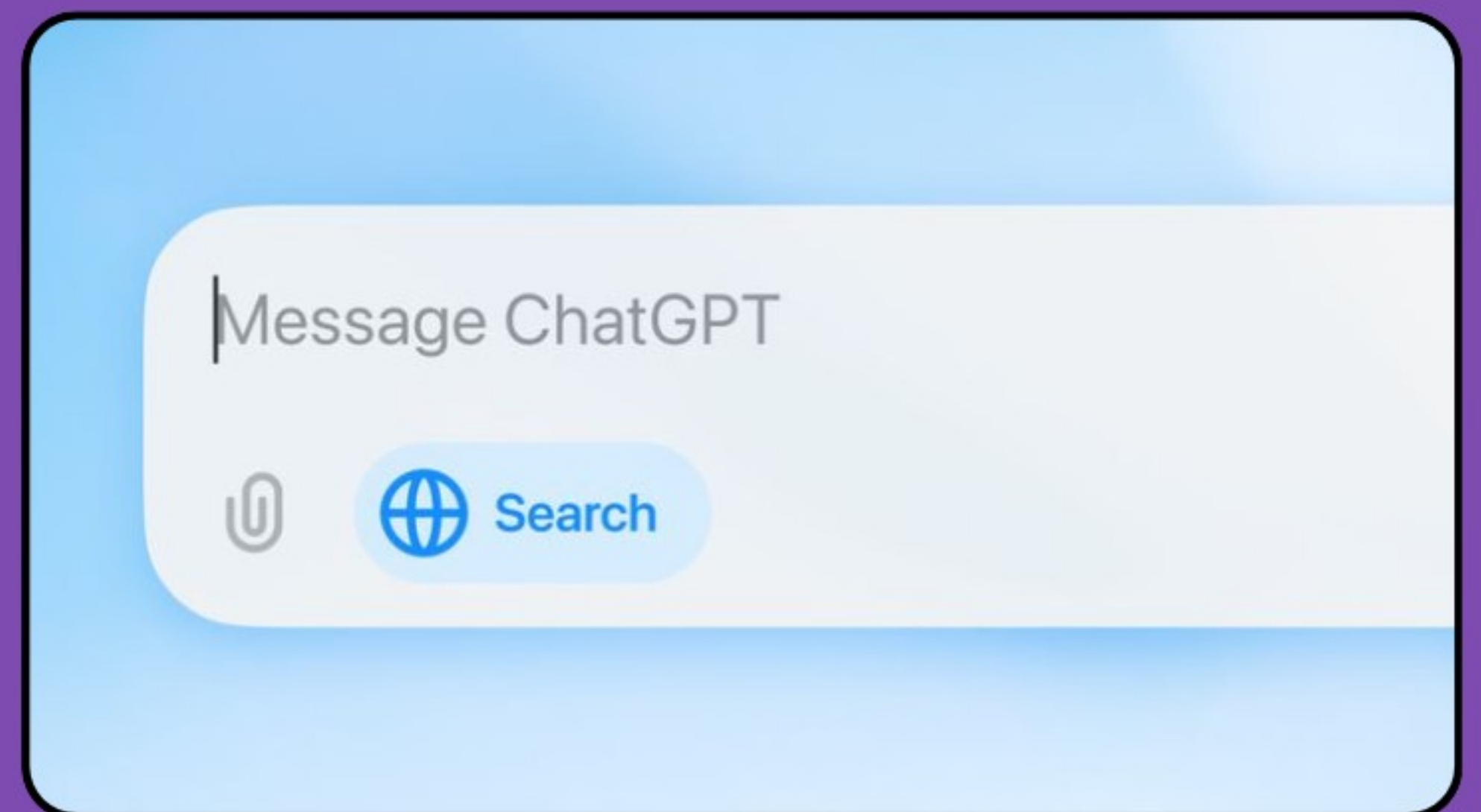


ChatGPT

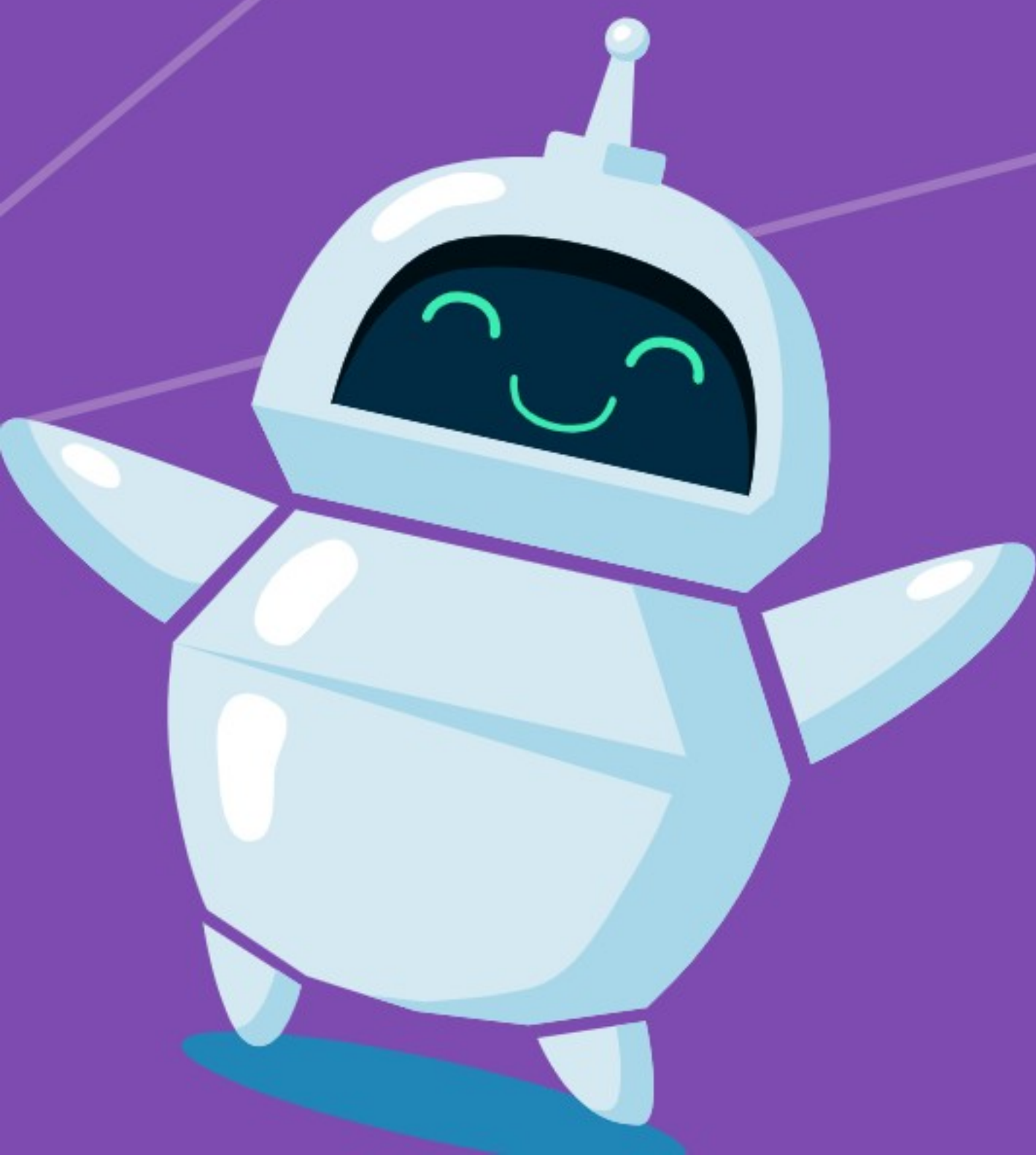
AI assistant that answers questions, helps you understand topics, and brainstorms ideas using advanced language technology.

WHY CHATGPT?

- Interactive learning
- Creative support
- Step by step guidance
- Always available



"Ask me anything-
I'm here to help!".



Try ChatGPT here: <https://chat.openai.com>

Meet Our Alumni



School is more than just a place to study, it's where memories are made. From morning assemblies to fun-filled breaks where song were played ❤️ every moment has its own story. Looking back at our journey in school, one of the things we value the most is the personal attention we received from our teachers. That bond created a sense of belonging which shaped our school experience into something truly special.

As we stepped into college, we realized how rare and precious that personal attention really was. With larger classes and less individual focus, we often find ourselves missing the close-knit environment of school. It is only now that we understand the strength of those connections, and how they helped us grow not just academically, but also personally. Our school gave us a foundation built on attention, guidance, and care—something that continues to guide us even as we navigate new and bigger spaces.

— Kanishka Naresh Sonawane



Teacher's Corner

The apology I never gave!

I never said it — not that day,
Just let the moment slip away.
You stood there quiet, kind, and true,
While I ignored the things you do.

You packed my bag, you found my book,
You knew that tired, impatient look.
I snapped, I sighed, I rolled my eyes —
And missed the love behind your tries.

You asked me softly, “How was school?”
I mumbled back — I played it cool.
But now I’d trade my phone and game
Just to hear you ask the same.

You stitched the tear, you cleaned the mess,
You stayed up late through every test.
And still I frowned and slammed the door,
Not seeing all you stood there for.

I didn’t say, “I’m sorry, Ma,”
When I spoke sharp, or went too far.
I thought I’d have more time to grow,
But time slips by too fast — I know.

For every lunch you packed with care,
For every “yes” when life seemed unfair,
For every scar you never showed,
While carrying both our heavy load—

I owe a “thank you” wrapped in grace,
An “I’m so sorry” face to face.
Not just for things I said or did,
But for the love I always hid.
So now I speak — no longer late —
To you, who bore my weight and fate.
I’m sorry, Ma, for all I missed...
And thank you — more than words can list.



Ms. Dikshita Kothari
English Teacher



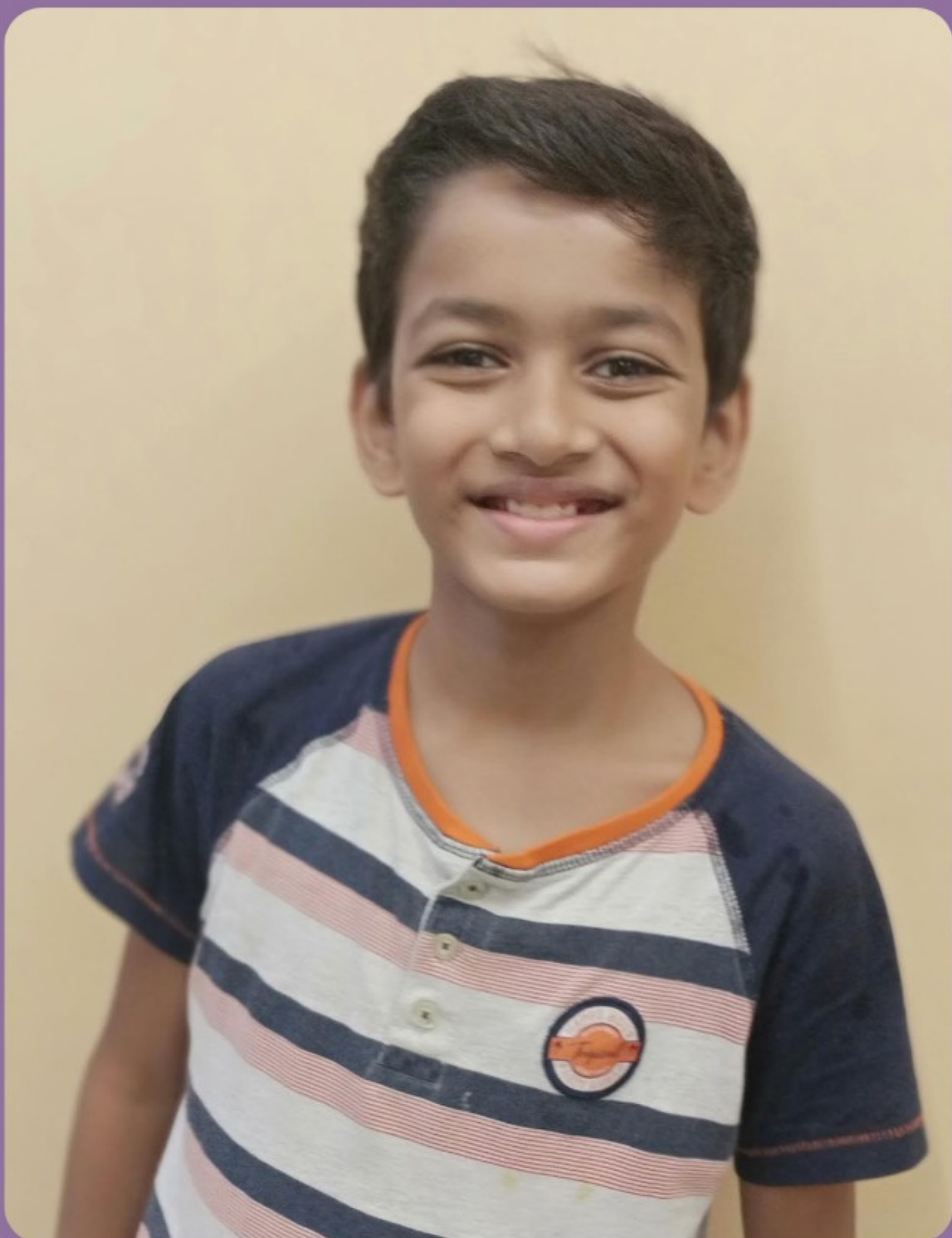
Act of Kindness

**We Should Always
Help Others**



On my brother's tenth birthday, my family and I went to Goregaon. There was a 'school on wheels' outside the Oberoi mall. We had already decided that we would teach some kids math and give them stationary items. Then we entered the 'school on wheels', which was a bus. The students there were shocked to see us. We then spent two hours with them. We taught little kids some of the basic concepts of math and gave everybody a geometry box. Seeing them learning math, we also realized that compassion is a very powerful virtue.

~ Jay Patel
VII - D



ANA BOOK CLUB

PRE- PRIMARY SECTION



“Saulo came from Brazil, but he doesn’t remember much about his old home. In Ms. Glynn’s class, he finds new friends and exciting adventures. With the help of a blustery breeze, the children discover the joy of working together and get ready for a bright, colorful performance!”

Join, Saulo’s Colorful Journey in The Glitterlings go to Brazil. A heartwarming story of friendship, imagination, and fun—perfect for little readers.

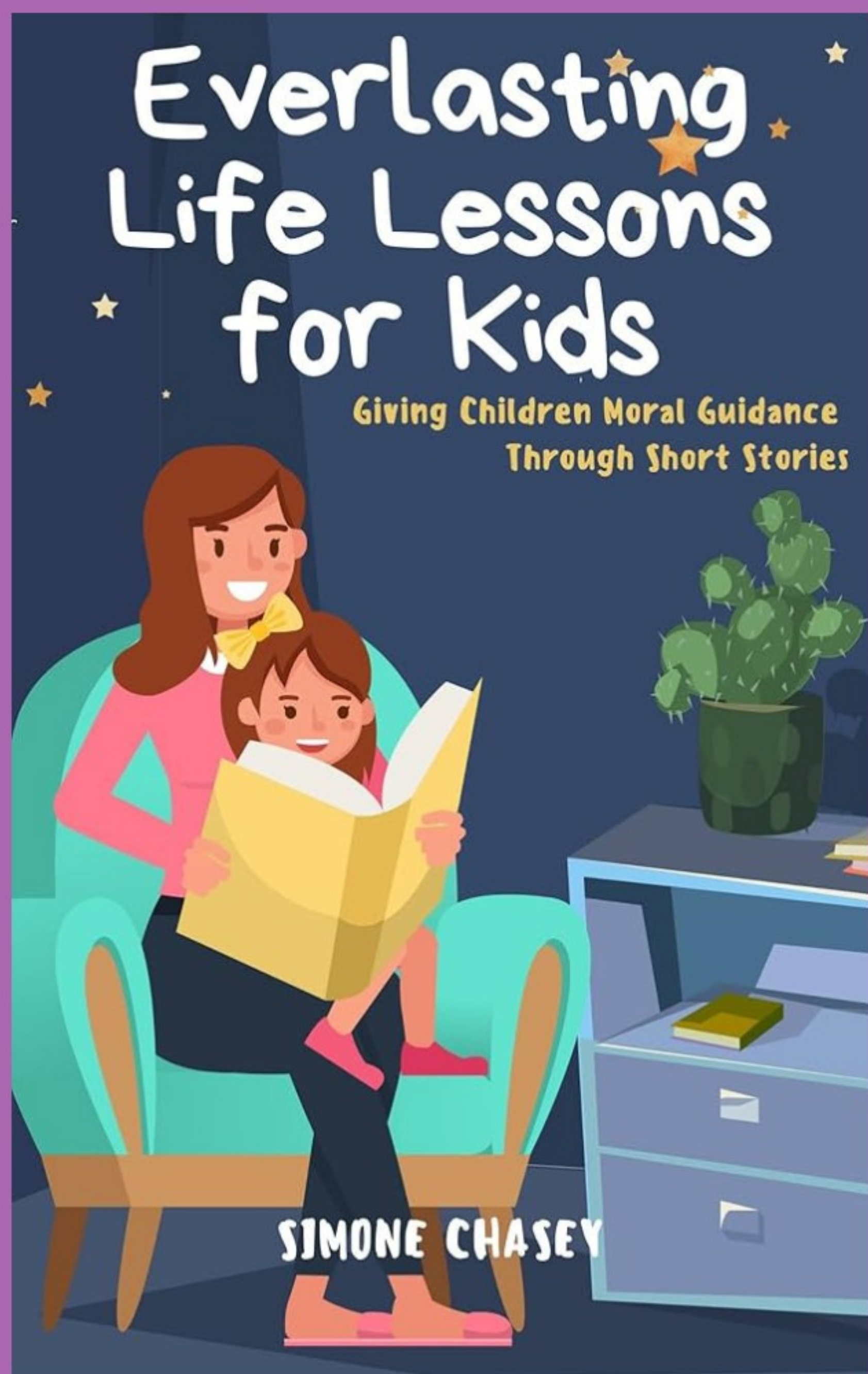


✨ GOOD NEWS! YOU CAN FIND THE GLITTERLINGS GO TO BRAZIL. IN OUR SCHOOL LIBRARY!

ANA BOOK CLUB



PRIMARY SECTION



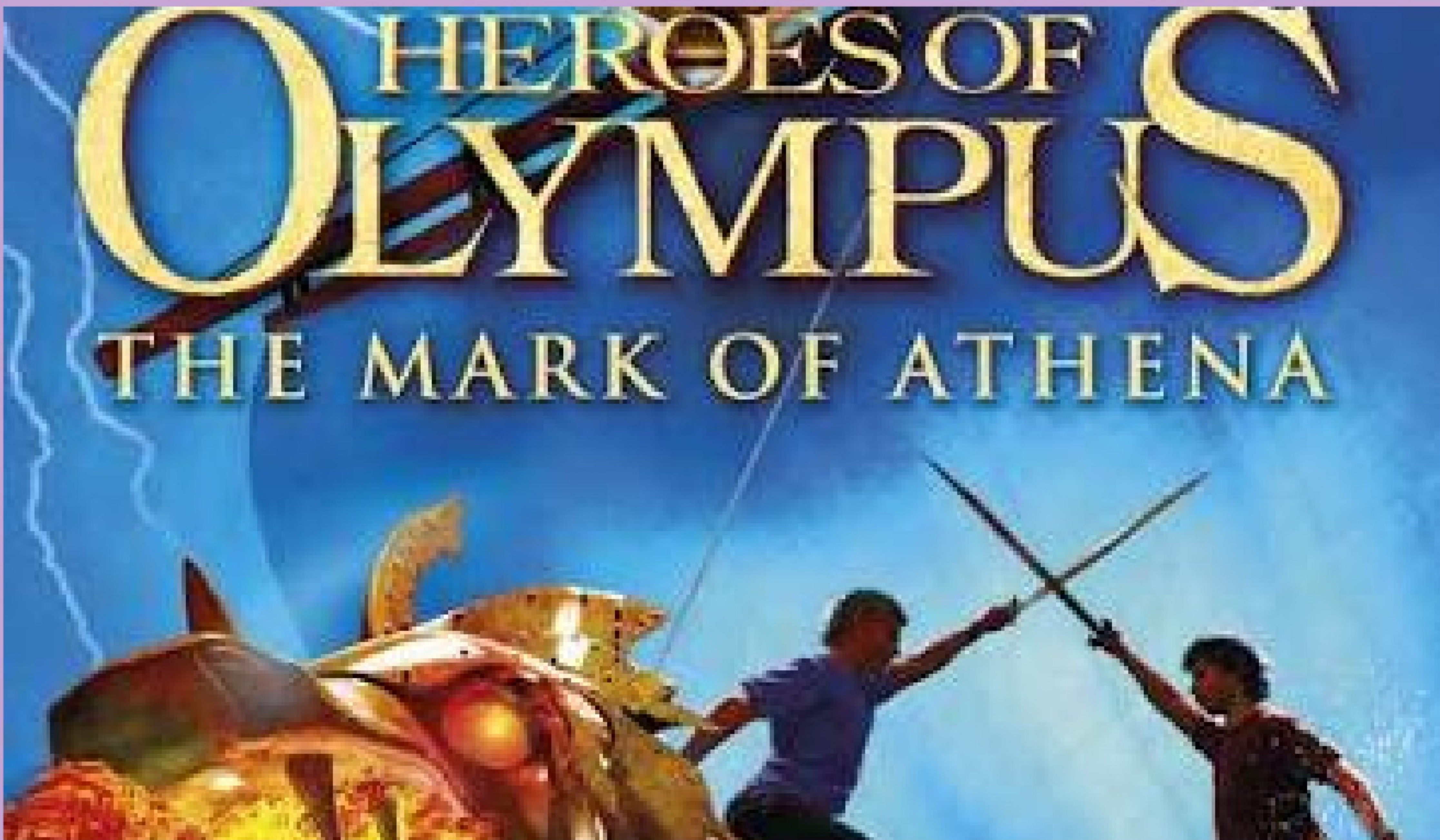
Imagine a treasure chest, but instead of gold, it's filled with amazing stories about things that happen every day. You'll meet cool characters who learn how to be kind, brave, and honest. Each story is like a little secret code that teaches you how to be a great friend and a super cool person. You'll learn how to share, how to be a good sport, and why it's always a good idea to tell the truth. 🤔

You know how video games have secret tips to help you level up? Well, this book is like that for real life! It gives you little hints and secrets to help you be awesome at school, at home, and with your friends. If you want to be the kind of person everyone wants to hang out with, this book will show you how. Plus, the stories are short, so you can read one before bed or during a quick break. It's the perfect book for a young superstar like you! ✨

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

ANA BOOK CLUB

SECONDARY SECTION



OLYMPUS-THE MARK OF ATHENA

The Mark of Athena by Rick Riordan is an adventurous fantasy novel filled with Greek and Roman mythology. Annabeth leads the quest, facing dangerous challenges while uniting with her friends.

The book is exciting, emotional, and ends on a thrilling cliffhanger.

AVAILABLE IN OUR SCHOOL LIBRARY.

Art Corner

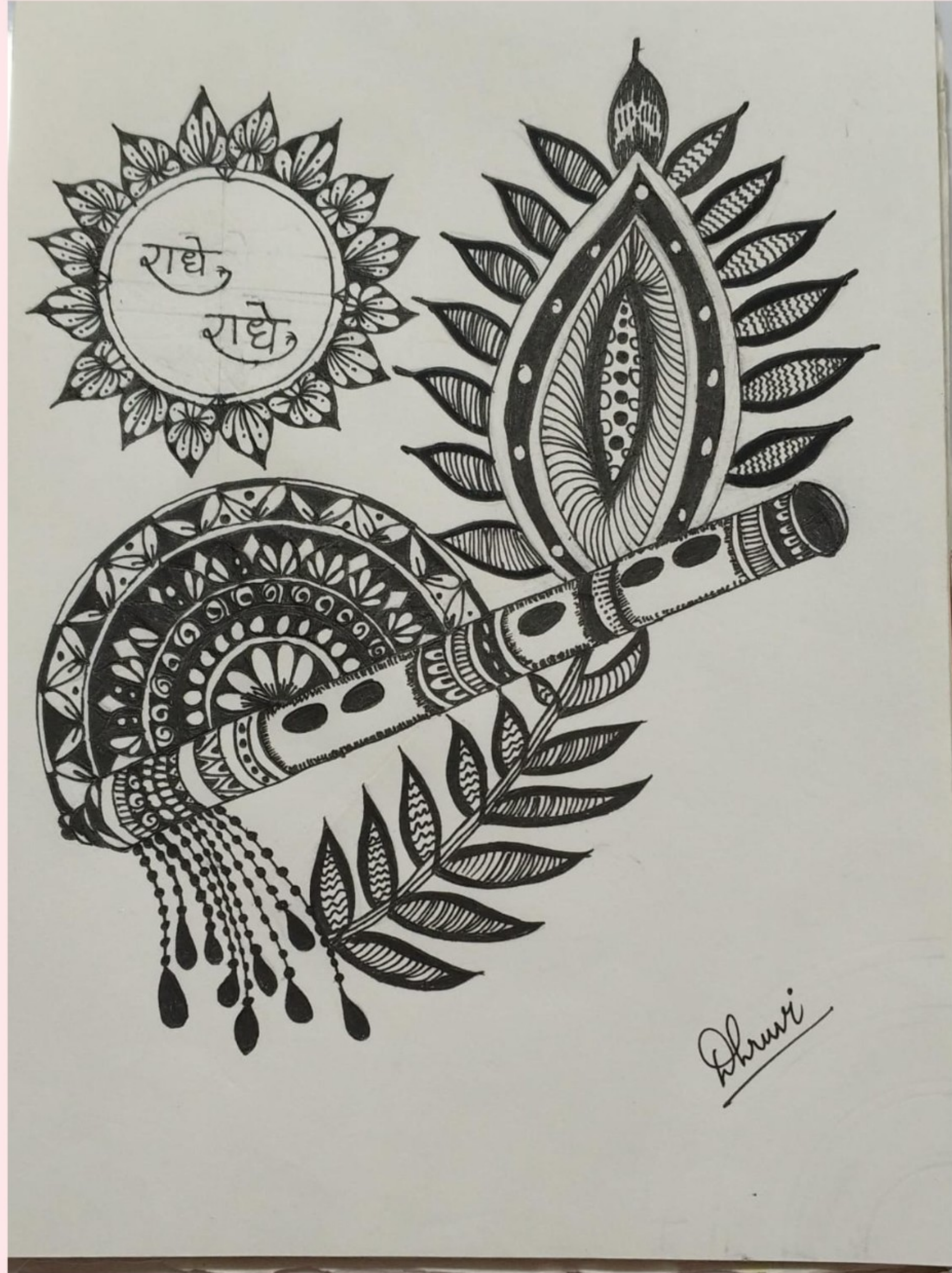


Dharmishta Bandha

Grade : 1 C

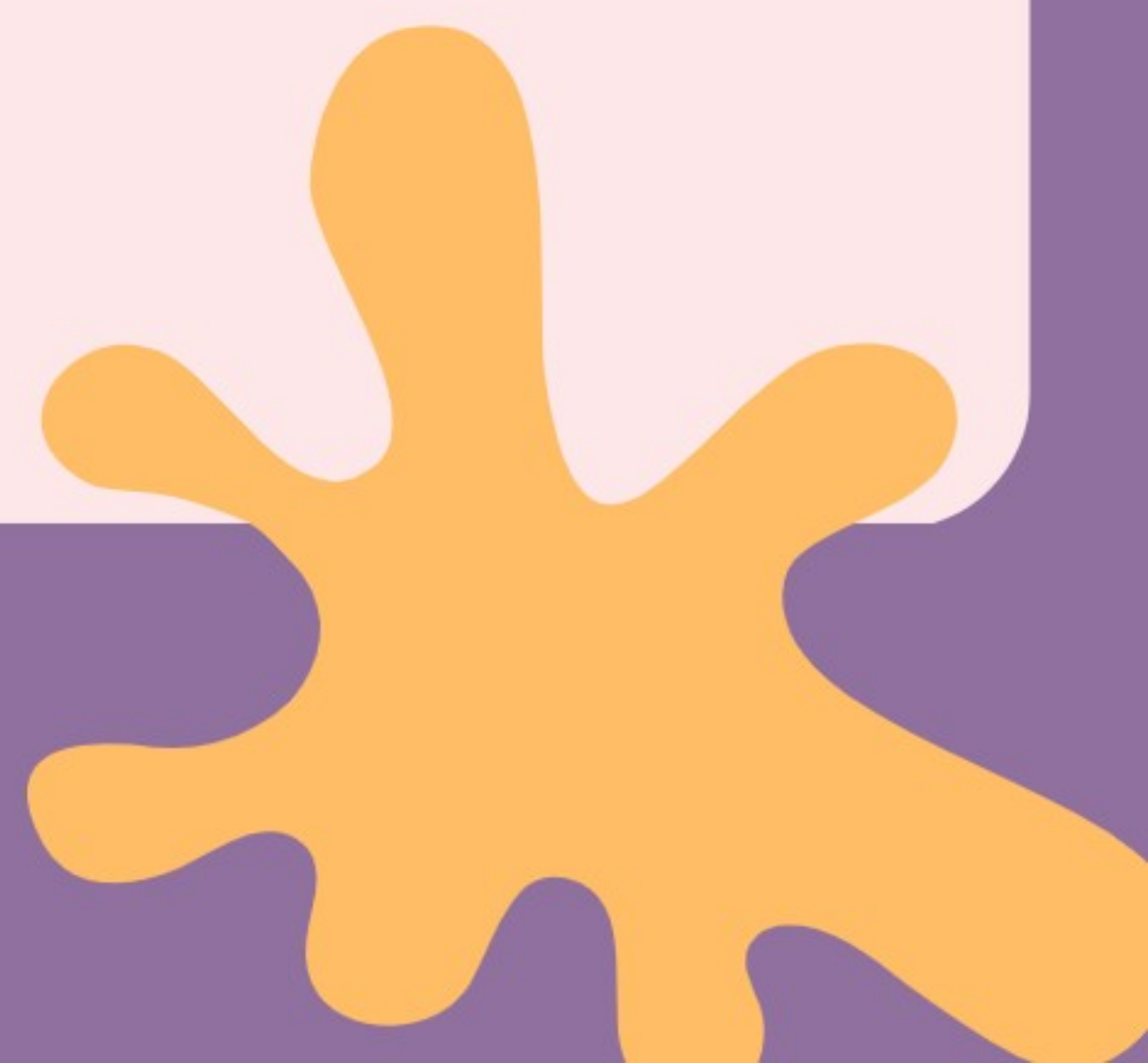


Art Corner

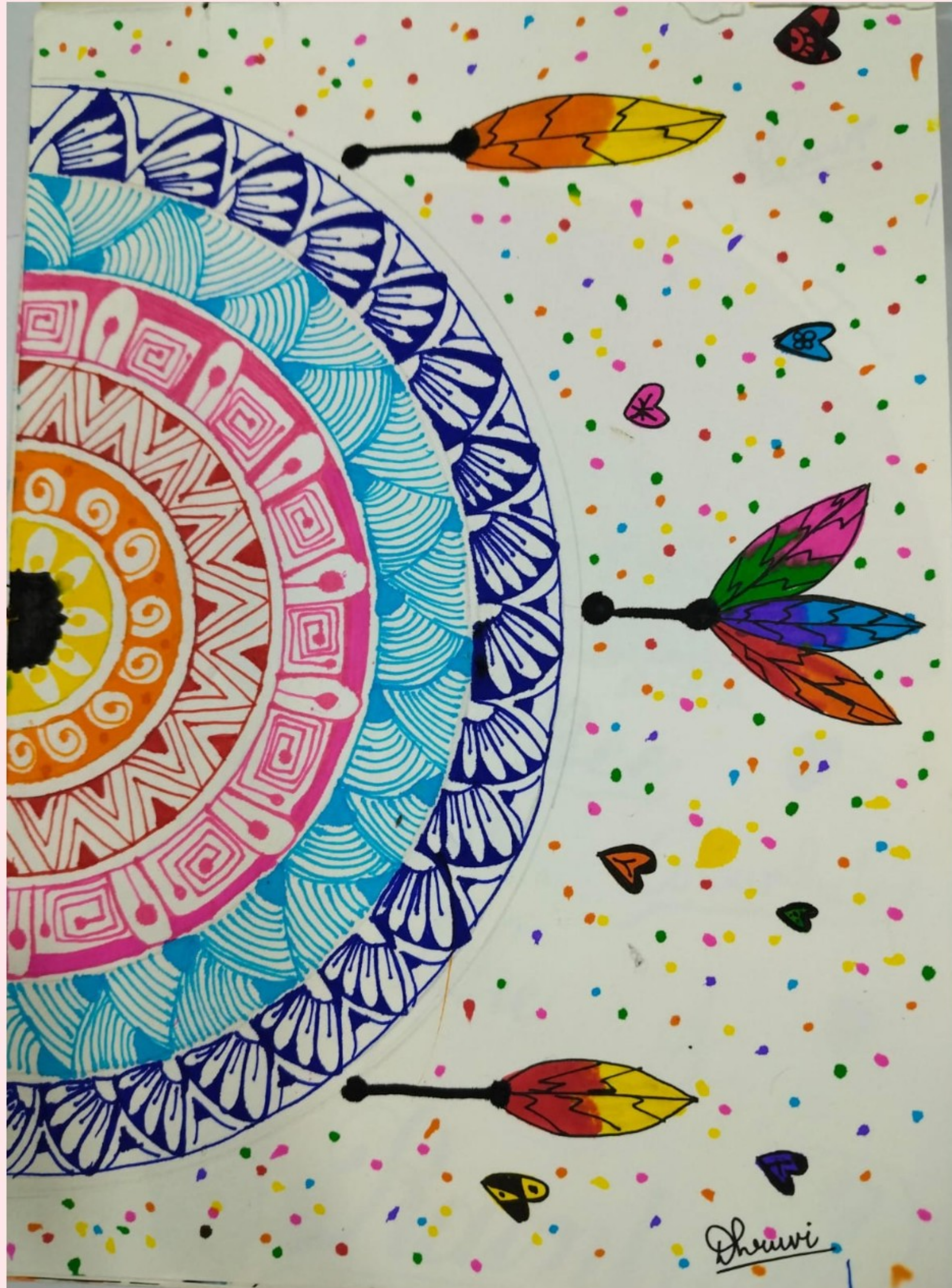


Dhruvi Dudhara

Grade: 5 C

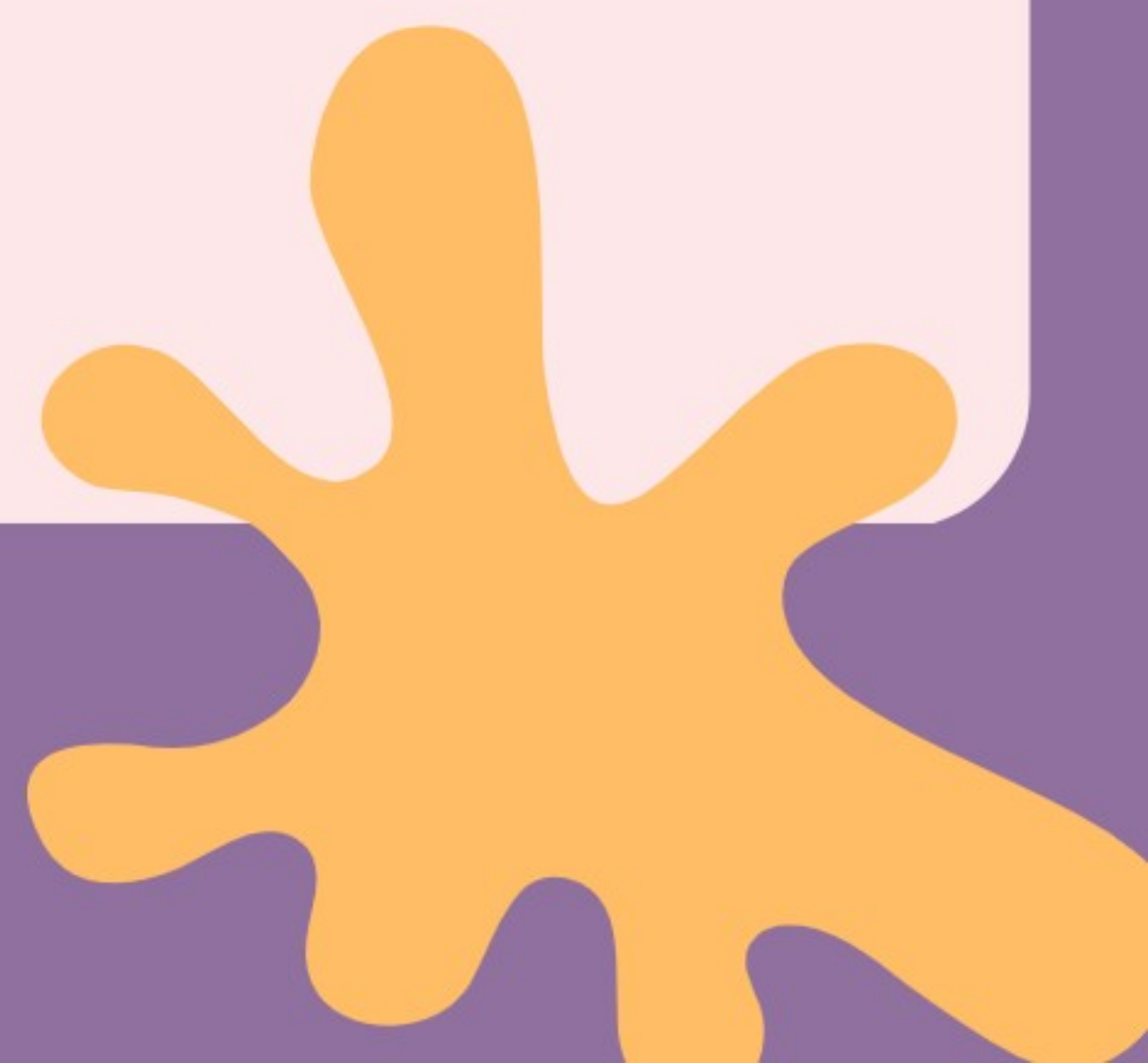


Art Corner



Dhruvi Dudhara

Grade: 5 C



Art Corner



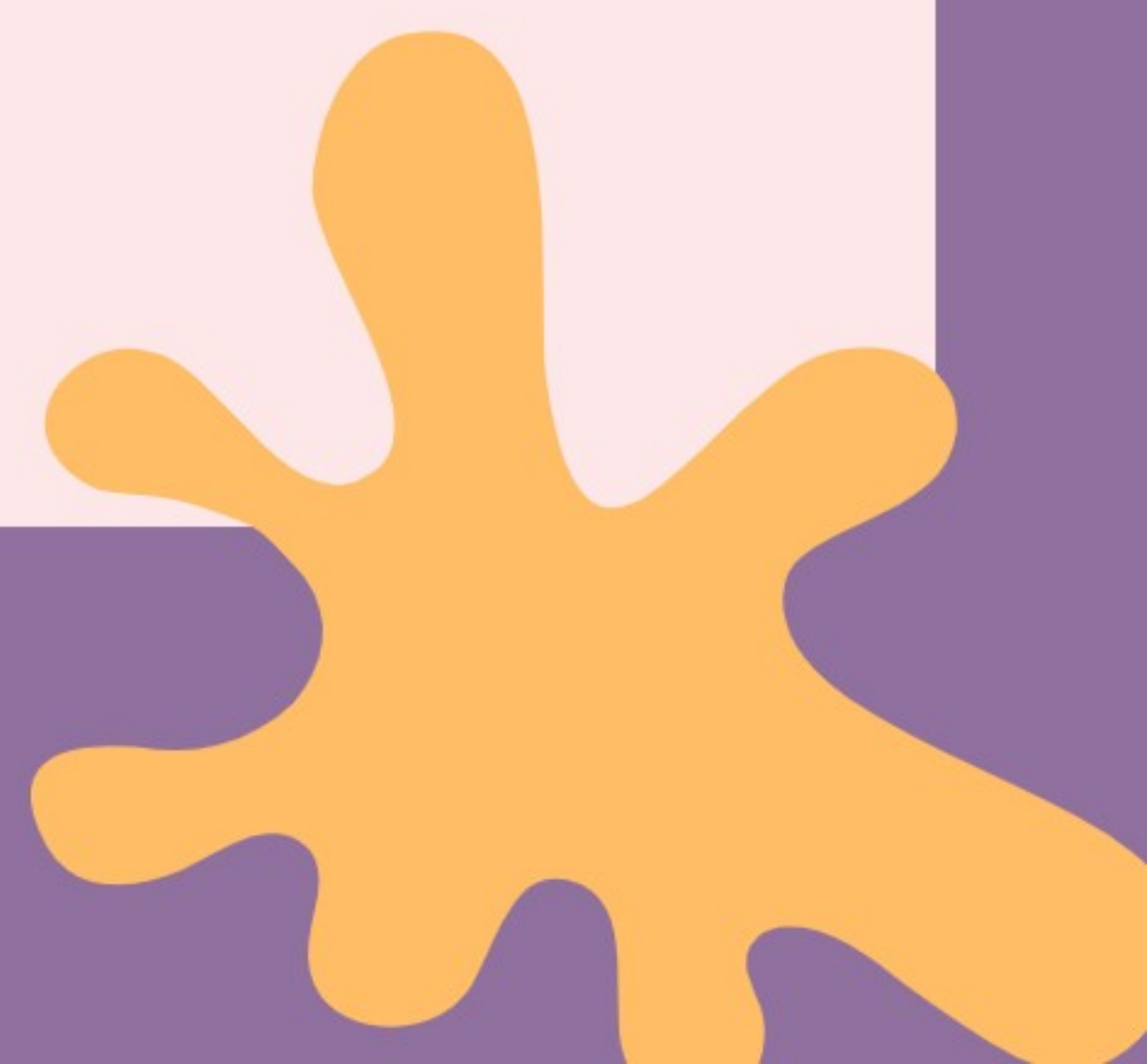
Viaana Kanakia

Grade: 1 C



Raksha Kanwar

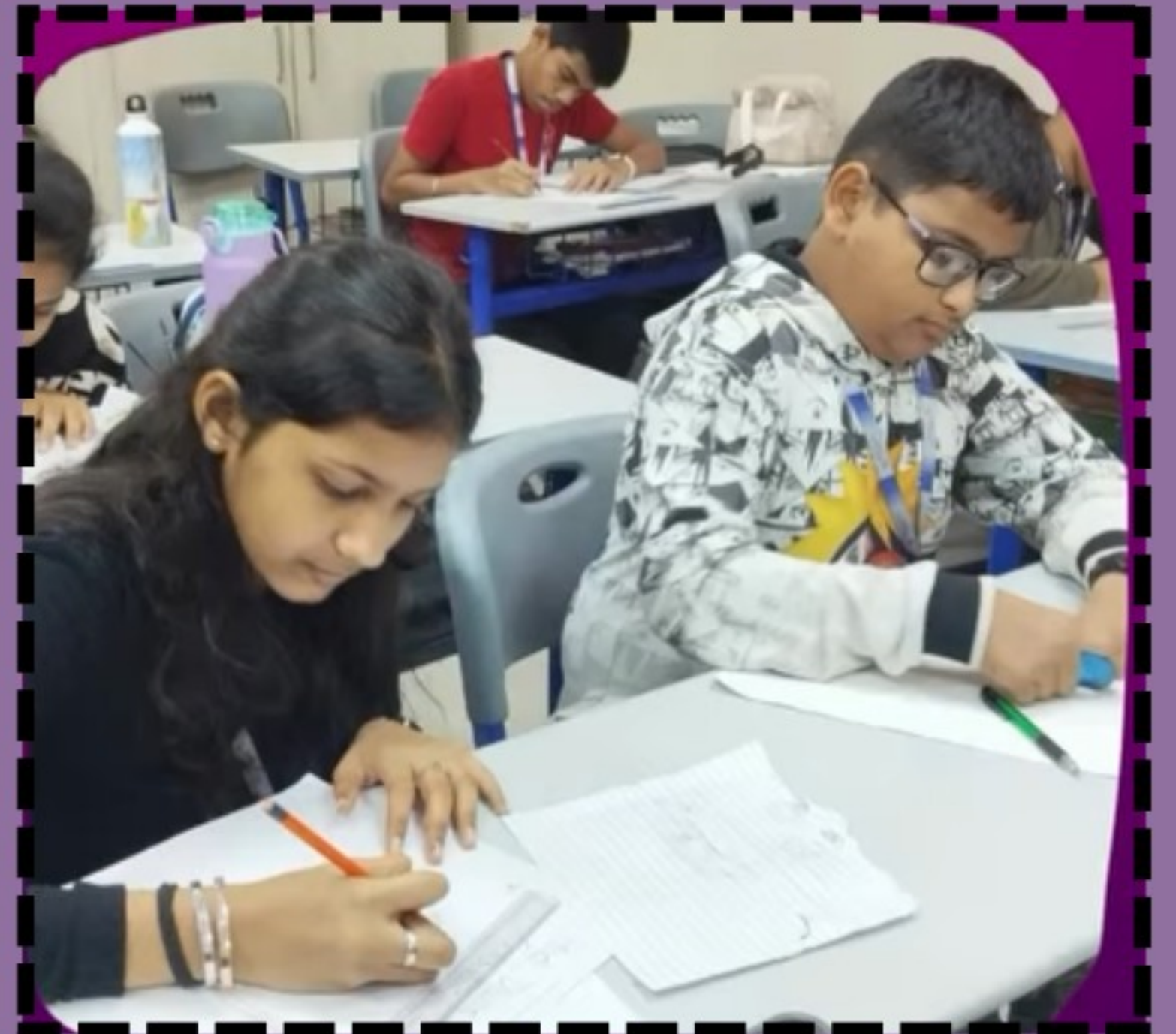
Grade: 5 C



Activity Alley



Creativity flowing through
every stroke and smile



"A language that
unites us in words and
emotions."

हिन्दी
दिवस

"A language that carries
emotions, traditions, and
unity – Hindi."

Activity Alley



Young minds gathered in anticipation as a colorful puppet show brings imagination to life



"Colorful puppets stole the show, making the lesson on senses lively and fun for kids!"



"Puppets make learning fun – they speak, we listen, and lessons come alive!"

Activity Alley



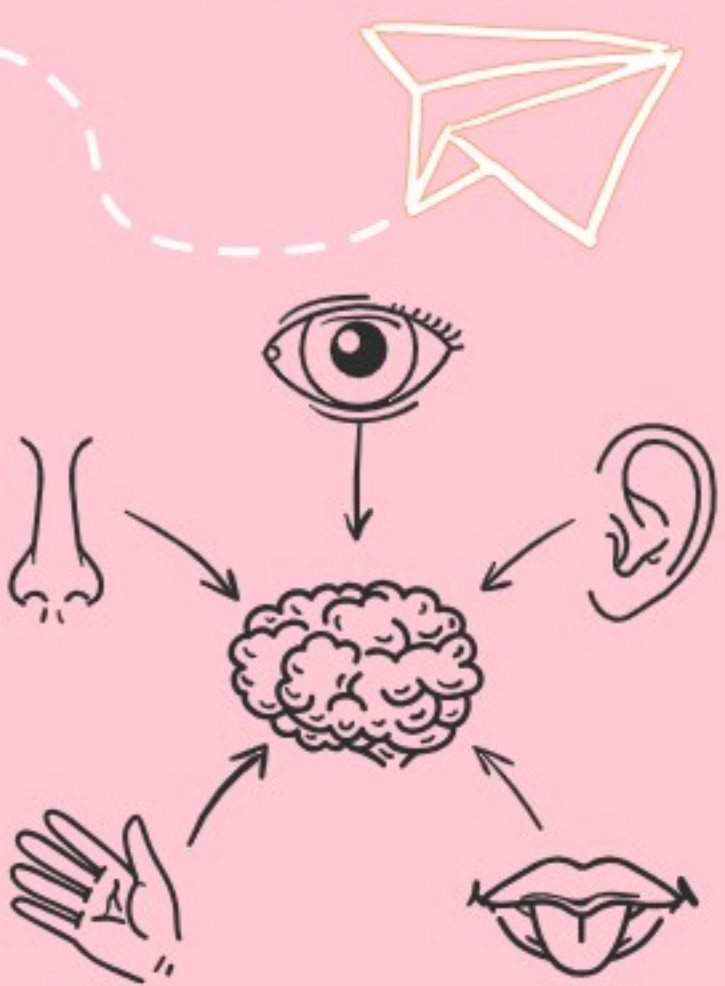
"Exploring the sense of touch with creativity and joy."!"



"Tiny detectives on a sound-hunt, discovering the power of hearing!"



"Exploring the world of scents – little noses at work!"!"



"Senses awaken curiosity, and curiosity sparks learning."

Eventful Moments!

Pre - Primary Section - Common Event Gen Alpha Parenting Seminar By Mr. Mihir Parekh



Eventful Moments!

Pre - Primary Section (Nursery) EID Celebration



Eventful Moments!

Pre - Primary Section (Nursery) Red Day



Eventful Moments!

Pre - Primary Section (Nursery) 100 Days



Eventful Moments!

Pre - Primary Section (Nursery) Navratri Celebration



Eventful Moments!

Pre - Primary Section (Jr. kg) EID Celebration



Eventful Moments!

Pre - Primary Section (Jr. kg) Culture Cuisine



Eventful Moments!

Pre - Primary Section (Jr. kg) Grandparents day



Eventful Moments!

Pre - Primary Section (Jr. kg) Navratri Celebration



Eventful Moments!

Pre - Primary Section Puppet Art



Eventful Moments!

Primary Section
No Book Day
Navratri Activity



Eventful Moments!

Primary Section

No Book Day

Puppet Show Grade 1



Eventful Moments!

Primary Section

No Book Day

Diwali Activity



Eventful Moments!

Primary Section No Book Day Pot Luck



Eventful Moments!

Primary Section No Book Day Garba Celebration



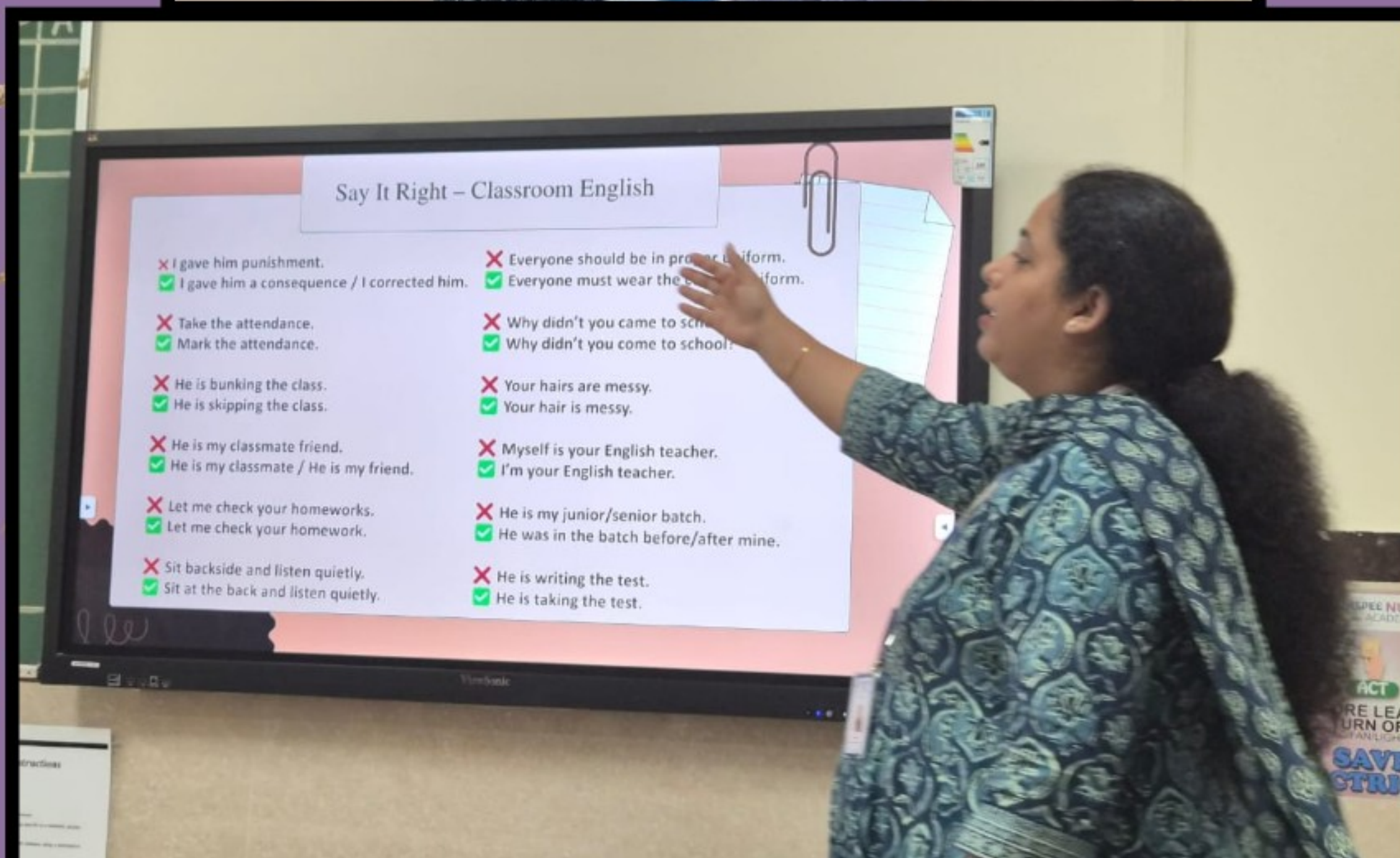
Eventful Moments!

Primary Section Gen Alpha Parenting Seminar By Ms. Riddhi Doshi Patel



Eventful Moments!

Primary Section English Language Workshop By Ms. Winny



Eventful Moments!

Primary Section EDX



Eventful Moments!

Primary Section RF 21



Eventful Moments!

Primary Section Author's Visit Grade 5



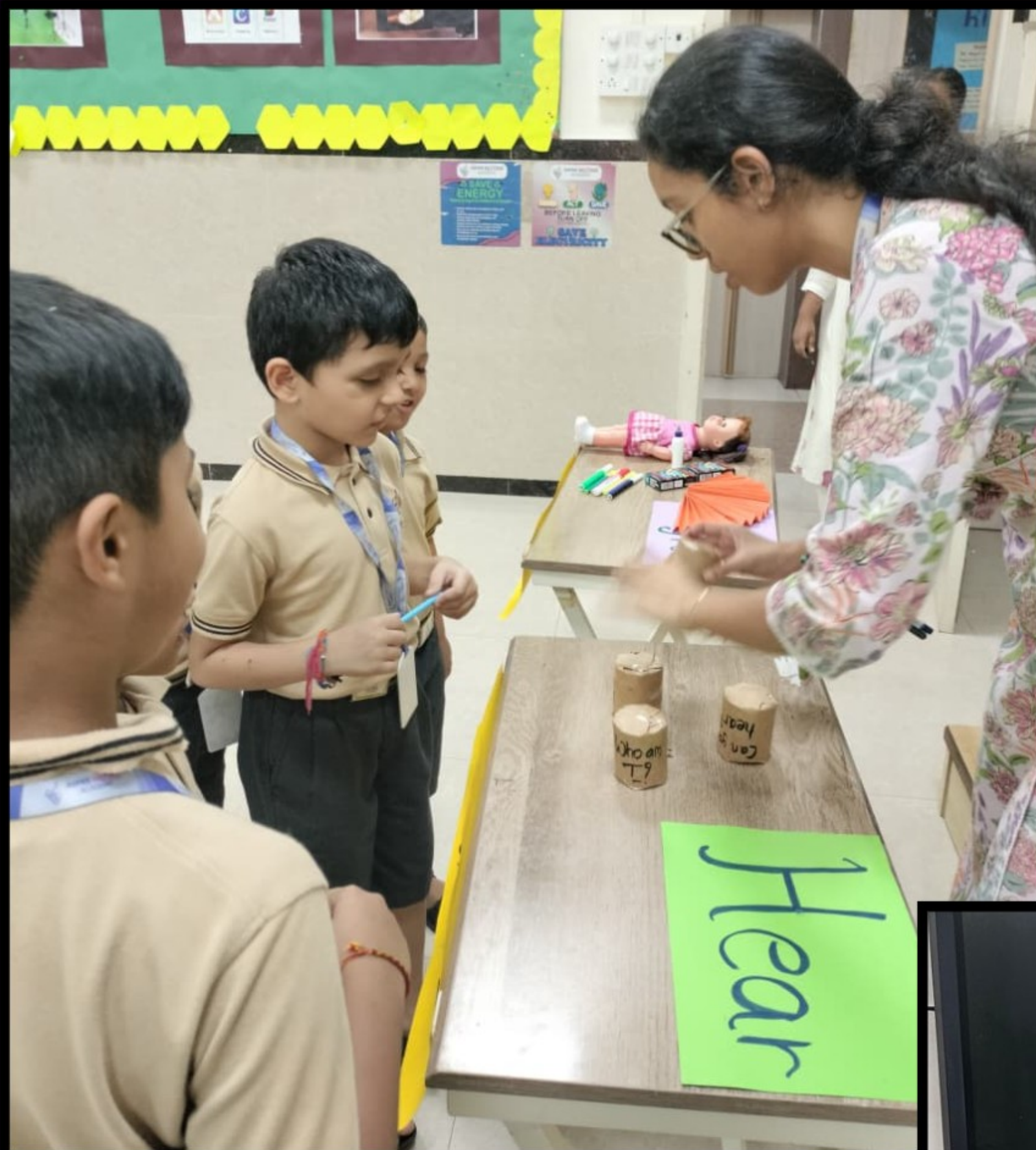
Eventful Moments!

Primary Section Hindi Divas



Eventful Moments!

Primary Section Sense Station Activity Grade 1



Eventful Moments!

Secondary Section Hindi Divas



Eventful Moments!

Secondary Section Garba Celebration



Eventful Moments!

Secondary Section Field Trip Grade 6 Nehru Science Centre



Eventful Moments!

Secondary Section Field Trip Grade 9 Mahim Nature Park





Thank you