



BROOKFIELD INSIDER

JANUARY 2022

E-Newsletter for the Month of January 2022



JAY KUMAR SINGH
FOUNDER PRINCIPAL

Dear esteemed parents and adorable students,

Happy New Year to you all and a very warm welcome to 2022, which I believe will be a year of increased blessings for all of us. January is always about fresh beginnings and positive change. I love the promise of the New Year and all the possibilities that it offers for our children here at BFIS and the potential for great achievement that each New Year holds for their future.

Happiness is contagious, and I am fortunate to witness that our students are spontaneously adapted to this digital transformation and excelling on these new platforms. I wish the best for all our dear students.

So once again, it is with the renewed hope and optimism of the New Year and the new season that I welcome you back to school and wish you all a very happy, healthy, successful and prosperous 2022.

Thank you for your continued support and May God bless all of us.

LOHRI WITH A TWIST @ BFIS LOHRI WALA DABBA

“INDIA IS KNOWN AS A LAND OF FESTIVALS AND CELEBRATION,”
LOHRI IS ONE OF THEM WHICH IS UNIQUE IN ITS PERCEPTION
AND SIGNIFICANCE.”

BFIS celebrated **Lohri** on **13th January 2022** to make this festival memorable. The **Lohri Wala Dabba celebration** was commemorated with immense joy, enthusiasm and magnificence. The students joined **Virtual Pathshala** dressed up in ethnic attires. The children danced to the foot-tapping Punjabi music to the fullest.

The highlight of the entire celebration was the eatables that the students enjoyed munching on in their Lohri Wala Dabba, along with a presentation on the essence and importance of Lohri, Music, Dancing, Guitar playing, etc. Overall it was a fun-filled day for the students of the school. The students were overwhelmed and enjoyed the day.

The hon'ble president **Mr Manav Singla** and the entire management team wished all the students and their families on the occasion of Lohri.



The **Founder Principal, Dr JK.Singh** also gave his blessings virtually in each classroom where the enjoyment and merriment were going on. The **Founder Principal, Dr JK Singh**, joined them & all hoped that the coming year would bring happiness in the lives of the students and teachers.



**WHEN
A FESTIVAL IS
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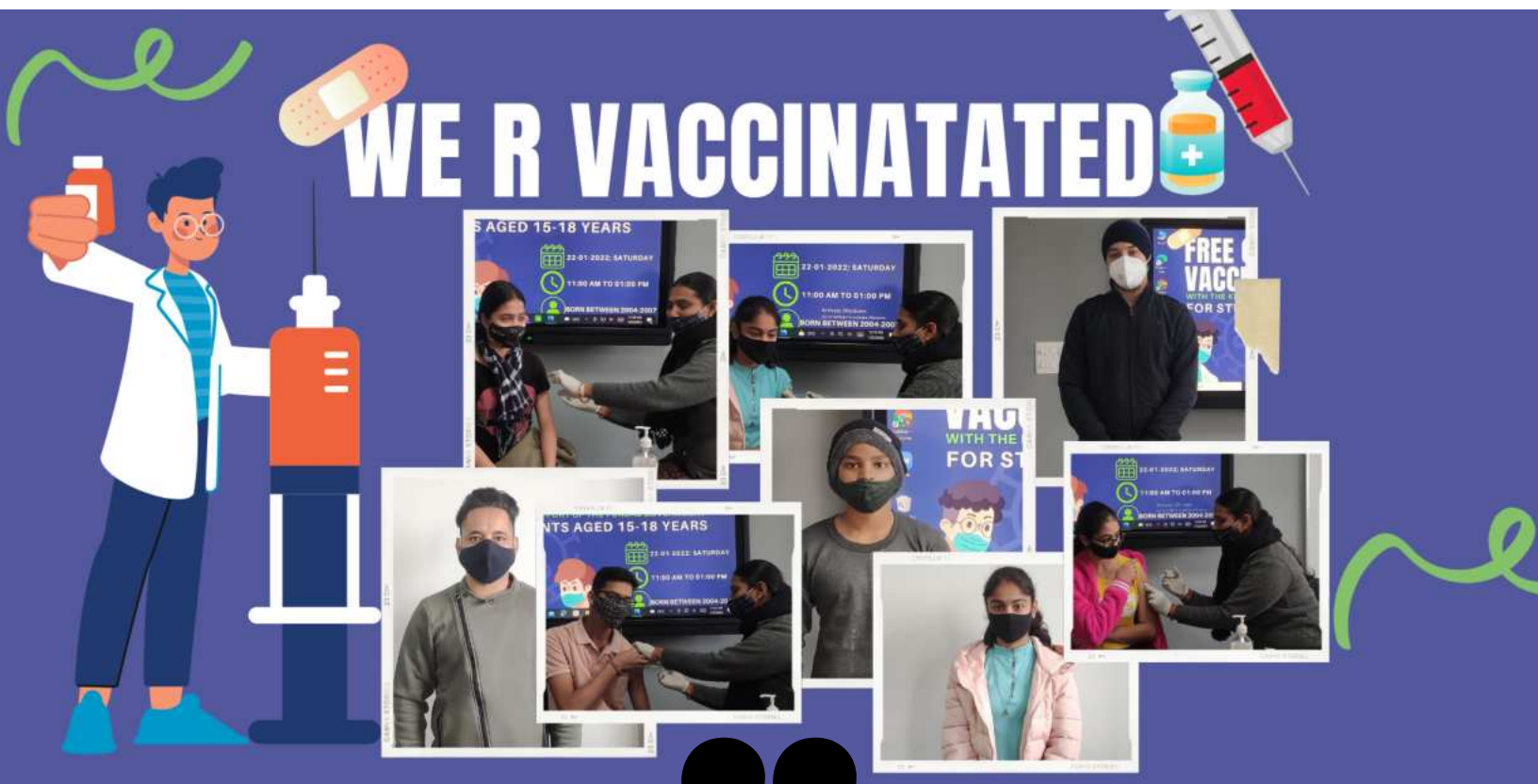
VACCINATION DRIVE

A STEP TOWARDS BREAKING THE CHAIN OF COVID-19 TRANSMISSION BY PRACTISING #COVID19SAFETYPROTOCOLS AND GETTING #VACCINATED.

The **COVID-19** pandemic will not end anywhere before it ends everywhere, which is why ensuring vaccine equity is critical.

Given the recent global surge of Covid-19 cases, the **Government of India** is taking all necessary measures to safeguard students. Joining hands for this initiative, Brookfield International School organised a **free vaccination drive** for students of the school and neighbourhood falling in the age group of **15-18 years**, with the support of the Punjab Government.

The camp was a huge success; teachers made parents understand the need for vaccination and urged all to get their children vaccinated.



IF YOU BELIEVE IT,
YOU CAN DO IT.

FIT INDIA WEEK

CROSS-TRAINING & WEIGHTS WILL MAKE YOU A MORE ROBUST AND HEALTHIER RUNNER.

The **Fit India School Week'21**; '**Fitness ki Dose, Aadha Ganta Roz**' inaugurated on **Friday, 21st January, 2022** with great zeal, excitement & frolicsome atmosphere. The students prepared Indian dance performances & virtually showcased them. The theme of the day was celebrating **AKAM- Azadi Ka Amrit Mahotsav** with Integrated.

Once the online fitness Week began, the air was filled with enthusiasm and determination to win.

FITNESS KI DOSE AADHA GHANTA ROZ

The Students from **grades 1 to 9** participated in the Indian Dance forms with confidence and were appreciated by everyone for their talent.

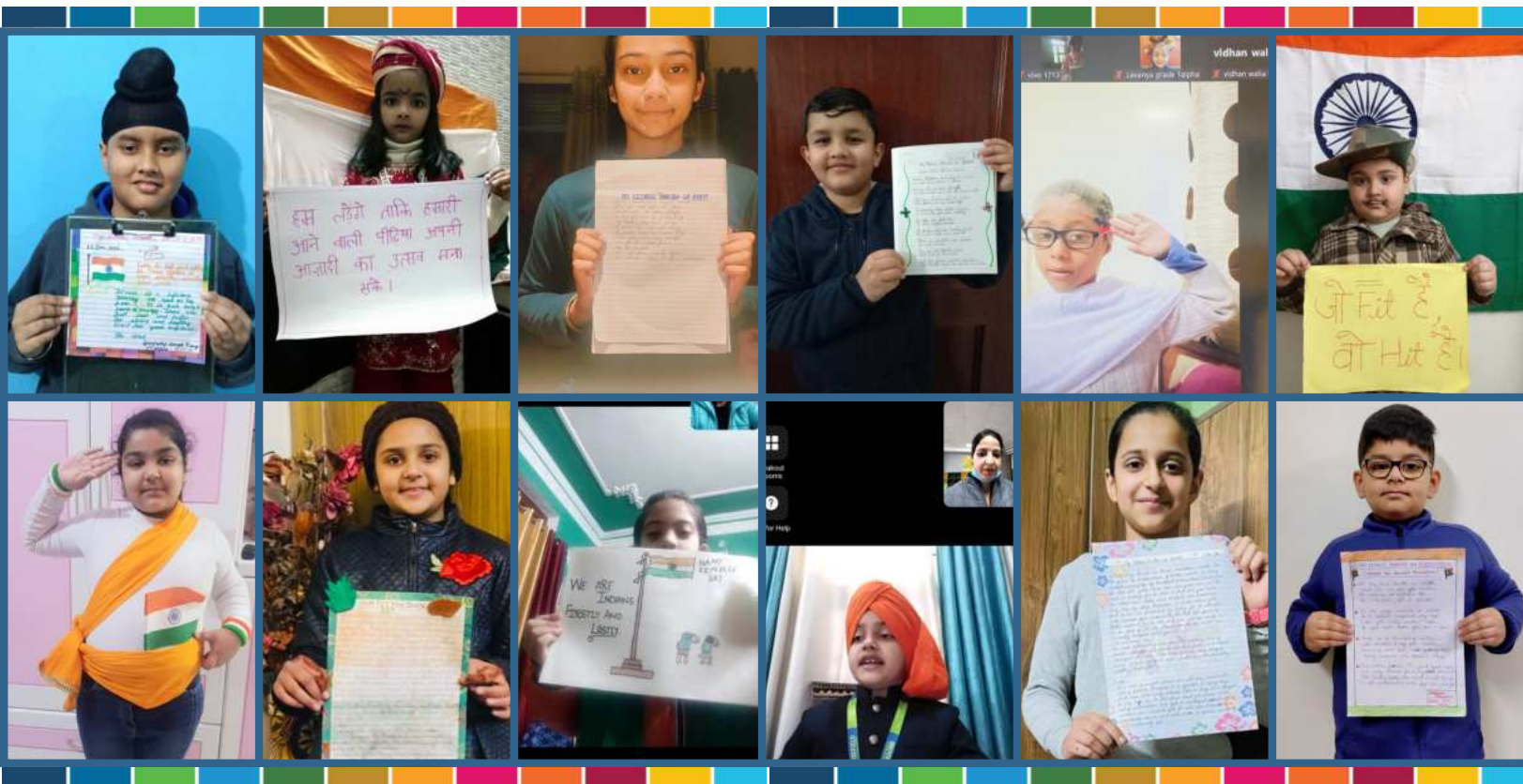


FIT INDIA WEEK;DAY 2

INTELLIGENCE AND SKILL CAN ONLY FUNCTION AT THE PEAK OF THEIR CAPACITY WHEN THE BODY IS HEALTHY AND STRONG—JOHN F. KENNEDY

The main theme of second day's competition was **"My Fitness Mantra on AKAM"**. The students created wonderful slogans, wrote Informative essays and created meaningful poems on "My Fitness Mantra". The aim of the activity was to bring about a transformation in all the children to strive for physical as well as mental Fitness. This was for the third consecutive year that Brookfield International

School has organized the Week-Long Event on AKAM-Fit India. **Hon'ble Prime Minister of India** launched the Fit India Movement on August 29, 2019. He urged the people of the country to make fitness their lifestyle. Today lifestyle diseases are on a rise in India affecting even the young. Cases of diabetes and hypertension are on the rise and even common among children in India. But small lifestyle changes can prevent these lifestyle diseases and help people to live a healthy and prosperous life. **'Fit India Movement'** is an effort to bring these small lifestyle changes.





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FIT INDIA WEEK'21; DAY 3

“FITNESS IS NOT JUST A WORD BUT A NECESSARY CONDITION FOR A HEALTHY AND PROSPEROUS LIFE.”

The Third Day of **Fit India School week**, Fitness ka dose at BROOKFIELD INTERNATIONAL SCHOOL was celebrated on **23rd January, 2022**. The theme for the session was on the importance of healthy food **"Eat Right/Santulit Aahar"** conducted for **Grade 1 to 9**.

TIME YOUR REST AND SUPER SET

Dr Alvinder Kaur Rait, Nutritionist, **Prof. Rakesh Yadav** - MD, DM, FCSI Prof. of Cardiology, AIIMS and **Dr Varun Katyal**, Renowned Nutritionist and Wellness Expert were the guest speakers for the day.

All the experts gave a lot of information about Eating Nutritious food and avoiding unhealthy food and drinks. The interaction between the children and experts helped the children gain a lot of knowledge about **Santulit Aahar** and they promised to eat healthy and right.

Founder Principal **Dr JK Singh** also accentuated that the Mission of Fit India Movement will only be accomplished with the knowledge and implementation of healthy eating habits among children

FIT INDIA WEEK;DAY 4

DISPLAY OF ARTISTIC SKILLS TO AN ARRAY IN FORM OF CREATIVE MEANING POSTERS

The fourth day of Fit India School was held on **24th January 2022**. The day AKAM- Azadi Ka Amrit Mahotsav has plethora of activities for the students. Activity planned for the day was **Poster Making Competition** themed on freedom from sedentary lifestyle. **Grade 1 to 9** participated virtually.

The main aim of the competition was to ignite the fire of imagination and creativity in the students. The guests of honour for the event were **Rabia, Miss Teen Earth India 2021** and **Cherisa Chanda, Miss Teen Diva 2021 2nd runner-up** who motivated the students and appreciated their unique ideas to remain healthy. Competition of this sort increased the observational skills, response to thoughts, awareness and concern of the children towards global issues.



FIT INDIA WEEK'21; DAY 5

**“YOU DON'T HAVE TO CONTROL YOUR THOUGHTS. YOU JUST HAVE TO STOP LETTING THEM CONTROL YOU.”
-DAN MILLMAN.**

Being a Fit India, **BFIS** has taken initiative not only to keep the body fit, but also keeping the mental health fit by conducting such session on **Mental Health Awareness**. The chief guests for the occasion were warmly welcomed by the **Founder Principal Dr JK Singh**. Esteemed guest of honour for the day was **Dr Neeraj Singhal** Member, Technology Intervention for Disabled and Elderly & a radiant beauty queen **Miss Brunda Yerra**, Miss Teen Universe India 2021. Guest speakers conducted the sessions for **Grade 1 to 5** & for **Grade 6 to 9** respectively.

It was one of the most informative and interesting sessions as mental health is becoming an important issue of modern times. It affects young and old, male and female, and individuals of every race, ethnic background, education level, and income level.

All the guests of honour interacted with the students and guided them about the techniques to handle stress, anxiety, anger, mood swings and other problems of the modern era.



REPUBLIC DAY CELEBRATION



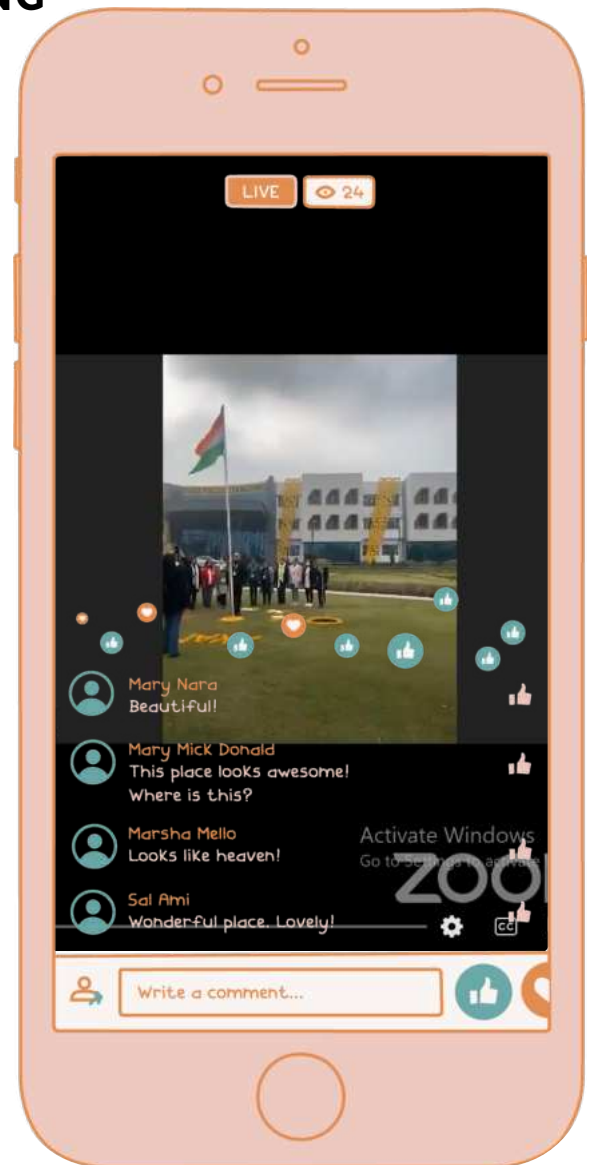
CONCLUDING DAY OF THE SIX DAY-LONG FIT INDIA SCHOOL WEEK, FITNESS KI DOSE ADHA GHANTA ROZ.

The students took pride in glorifying and celebrating the spirit of unity and brotherhood. The chief guest for the event was **Mr Pushkar Vohra, Joint Secretary, CBSE, Govt of India** along with many eminent personalities. The concluding ceremony started with the Flag hoisting ceremony by our very own **Founder Principal Mr Jay Kumar Singh**. The screen along with school premises echoed with patriotic fervour as all rose for the National Anthem. The students from Grade 8th and 9th danced to the tunes of patriotism and wore tri-coloured clothes to mark the occasion.

All the special guests, students, parents, teachers all together marking the importance of AKAM - Fitness ki Dose, Adha Ghanta Roz, took a pledge to make an effort to remain fit and spend at least one hour daily for physical activity.

The students who demonstrated excellence in various competitions held during the six day-long Fit India School Week & succeeded to secure positions were congratulated & felicitated by our respected guests for the day.

Mr Pushkar Vohra motivated students to study well & stay fit along with inculcating good values in their lives which will help them become a responsible citizens of our country.



REPUBLIC DAY CELEBRATION @ PRE-PRIMARY WING

EVEN DURING THESE TRYING TIMES, THE PRE-PRIMARY WING TOO CELEBRATED 'REPUBLIC DAY' VIRTUALLY IN THEIR UNIQUE WAY TO KEEP THE PATRIOTIC FERVOUR ALIVE.

The children were made aware of the significance of this day through a PowerPoint presentation. The children came dressed in the shades of the national flag, with which the **Virtual Pathshala** bore a vibrant look. Students participated in various craft activities which they enjoyed a lot. .

The students made Indian tri-colour flags as a craft activity. Students recreates the tri-colour merging that creatively with healthy salad which helps to keep fit & healthy & also helps in growth years. They also decorated a corner in the house with tri-colour balloons and eco-friendly rangoli. The students were also sensitised about the National Bravery Awards which are given to kids from all over India for their meritorious acts of bravery.

A plethora of activities were organized to infuse the spirit of unity, brotherhood and patriotism among the students.



Many patriotic songs were also sung during the class which helped instill the spirit of patriotism in the future generation. The celebration helped the children know the true meaning of the Republic and the importance it holds for each and every Indian.



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