



Into the Next Class

Come June and it's time to move up to the next class. Nothing can beat the excitement of getting into the next class. New books, fresh uniform clothes, new classroom, new subjects, ... Those who are expressive will chat and on about their new environment, challenges and likes and dislikes. Real education is this: students get to see and observe how others respond to new situations. Getting into the next class is a wonderful time for students simply because there is no pressure of academics yet and all their time at school is about only fun!

Going from one class to the next brings more purpose and more seriousness into a student. The student is going from one level of learning to the next, from one level of complexity to the next. Once students go up to the next class, there is generally a sense of "I know it all" when they look back to their earlier class. For example, students who get into Class 7 this year, often look at the students who now get Class 6 and say, "Come on, it all looks so silly!"

Teachers are indeed amused looking at all this from a distance.

The MEC Institutions, as ever, seek the participation of parents and guardians to convey to the students the meaning of going to the next class. The academic system is designed in such a way that there is space for the learner to make mistakes and learn. The system enables a sensitive student to learn from the errors of the past and nurture into a responsible adult.

The MEC Group has in its over 40 years, been the alma mater to thousands of achievers. And most of them have spent nearly 15 years with us - right from pre-nursery to 2nd PU! So, we have seen the emotions of so many young bloomers as they get on from one class to the next. But quite frankly, we have never enjoyed the going away of our graduating students, each year. We always had the comforting feeling that the kids will return after summer to get into the next class.



Inside:
News from

Principal Speaks ...

Welcome to our school of Tiny tots VKK. VKK as a school believes in a holistic approach to education that helps in the blossoming of the physical, mental, social and emotional aspects of a child. The motto of VKK is to see every child grow from a tiny bud into a beautiful blossom.

The Splendour of VKK

WORLD ENVIRONMENTAL DAY is a yearly event held to raise global awareness of the need to take positive environmental actions for making our world cleaner, greener and brighter.

Environmental Day was celebrated with full enthusiasm by the students and staff of VKK who were dressed in green. As the celebration was assembly activity teachers advised children to keep the surroundings clean with the slogan **"Save Earth, Save the Environment"**.



Thought for the Parents

Child Nutrition

A healthy diet helps children grow and learn. It also helps prevent diseases. The nutritious diet must consist of sources of protein, whole grains and cereals. Children's nutrient requirements for iron and calcium change as the child ages.

Tips to promote healthy childhood eating:

- Have regular family meals
- Cook more meals at home
- Get kids involved.
- Make a variety of healthy snacks instead of empty calorie snack.
- Limit Portion sizes.

Riddles

- The best of friends
We never part
Travelling together
But always apart
Who are we? **Railway Tracks**

- Feed me and I live
Water me and I die
Who am I? **Fire**
- You use me on your head and toes
The more I work, the thinner I grow.
Who am I? **Soap**

Gayathri. S, UKG Teacher

Teacher's Desk

Proverbs

"Teach love, generosity, good manners and some of that will drift from the classroom to the home and who knows, the children will be educating the parents."

Roger Moore

"Your kids require you most of all to love them for who they are, not to spend your whole time trying to correct them."

Bill Ayer

Creative Corner

Art and Craft



Sumana, LKG Teacher



Principal Speaks ...

My hope for the future lies in the youths of character, intelligent, renouncing all for the service of others, who can sacrifice their lives in working out my ideas and thereby do good to themselves and the country at large. In this mission, I am confident that my team of teachers are leading our youth to the brighter side. They stretch forth their knowledge to one and all.

We believe in saying "Creativity is the number of options you have for a given situation." We create suitable situations for the growth of our students. Students here are not only introduced to concepts locally, but it is coupled with matters happening globally.

- Smt. M R Chaya, Principal

Topper



Yukta T N
9.8



Niveditha
9.6



Sushmita
9.6



Yashu
9.4



Akshay B
9.2



Reethu R
9.2

The Splendor of CBSE

To enhance our teachers' skills, training programme on EZ Vidya and SN software was conducted in the month of May. It was indeed a great learning experience to the teachers.

Celebrations

- On account of World Environment Day students of Class VII & VIII made various things using used match sticks, aluminium foil, tissue paper etc based on the theme BEST OUT OF WASTE.
- 12th June For the overall development of the students along with academics various clubs were inaugurated by honorable Secretary of our institution Dr. Vidya madam and our beloved Principal Smt. Chaya madam.
- 21st June International Yoga day was celebrated at 80 feet road Allalasandra lake and most of our students actively participated in this celebration and were given certificates.
- 24th June Investiture ceremony A good leader is one who motivates the team to achieve the required goal. The Student leaders of our school were given badges. This ceremony was presided by our honorable Secretary Dr. Vidya madam.
- 27th June Karnataka Sahitya Parishat (KSP) conducted a programme for the growth and development of Kannada Literature. The function was presided by honorable Secretary of our institution Dr. Vidya Mam and the members of KSP. Prof. B.

Shrungeshwar gave us a glimpse about History of Kannada literature and Importance of Traditional Indian games in our lives was an interesting topic by Prof. D.V. Suryanarayan Gupta.

- 4th July EZ Vidya Orientation Programme for parents was conducted to upgrade the knowledge of present technology in education and to improve the bond between Parents and teachers

Competitions

- BWSSB, Yelahanka conducted various competitions on account of World environmental day. Dessy Merlin of Class VIII A won the 1st prize in English Elocution and Sanjana Rao of Class VIII B won the 3rd prize in Kannada elocution.
- School Prayer recitation competition, neethi shloka competition and pledge in sanskrit competitions were held in the month of June was organized by Sanskrit and Sadbhavana Clubs.
- 27th June Karnataka Sahitya Parishat conducted various competitions and students were awarded for the same.

Children's Corner

"Health Hazards of Fast Food"

In modern times fast food is rapidly replacing the nutritious food cooked in the kitchen as it is quick and easy to prepare. Fast food like pizza, burger, chips, noodles are affordable and easily available as it is commercially served at low rates. These foods are high in cholesterol and low in fibre. These food are hazardous for health. They give rise to hypertension and heart-related disorder. Fast food does not have energy or building materials which is done by nutritious food like fruits, vegetables, pulses etc. Everyone should realize food the importance of healthy and nutritious food and must say NO to fast food.

Darshan Gowda B S, X 'A'

Teachers' Corner

My Friend

You've given me smiles, as warm as the sun
Comfort, courage, laughter and fun.

You've brightened my day, times without end,
I'm lucky to have you as My Friend.

Whenever I need you, you are there on the dot.....
You care about whether I'm happy or not.

You're someone, on whom I can always depend,
No wonder I like you... my dear friend.

God gas made you so humble and kind,
I'm sure, a friend like you I'll never find.

I only wish you wonderful things,
Health, nice happenings and God's blessings.

You are there when I'm sad in tears,

You're there when I'm scared to comfort my fears.

In my prayers I thank God for the marvellous gift he has given,
That is you MY FRIEND.

Noorunnisa, Librarian



Principal Speaks ...

As we begin a new Academic Year, we find teachers establishing school standards and rules. In the most successful classrooms, teachers have established specific routines for the children to follow. This means giving the children a specific place to find and keep materials, a set of schedule for classroom instruction, etc. These routines, blended with the teacher's consistent standards, form a smooth running classroom where the children have the security of understanding their environment and are reinforced positively for their contributions.

One of the most important components of a good school is the relationship between the school and the parents who work together for the best interest of children. The close relation between home and school is one of the exceptional strengths at M.E.C. English Primary School.

Ms. Sujatha B M, Principal

Teacher's Desk

Thoughts are the food of the mind. A new thought everyday will not only be fresh food but will provide necessary nutrition and stimulant needed to keep the mind healthy and enthusiastic about life.



When you open the curtains in the morning you can say to the child "LOOK AT THIS GLORIOUS DAY, MOTHER NATURE MADE". At bed time, you can sign off with "GOD BLESS YOU".

Celebrations

Environment Day

Environment Day was celebrated on 5th of June with Lots & Lots of Zeal and Enthusiasm.

Mrs. Kalpana spoke about the importance of Environment in which we live in. Children of M.E.C. EPS have planted trees and also participated in the procession with 'placards' and 'Banners' saying, 'Grow more Trees', 'Save the Forest' etc.



Green Day

We Celebrated Green day on 5th June. This was celebrated to know the importance of the color Green. GREENNN



This is a color which indicates perspective, also color of growth, color of spring and rebirth. Green is emotionally positive color giving us the ability to love the beautiful nature.

Quiz Time

General Quiz questions are asked on every Wednesday (I to IV) and Saturday (V to VII) to enhance their knowledge.

Sample Questions:

- How long is the giraffe's neck?
- Who discovered tea first?
- A booklet giving details of a school?
- What helps an ostrich to run fast?

PUZZLE





Principal's Desk...

Academics is the best manifestation of any self reliant child to adopt today's challenges in his life. MEC Public School ICSE & MEC English High School strive towards excellence to empower them in various curricular & co-curricular activities. At par with present scenario, our students are supported by NIE-Hindu programme, Assessment of Scholastic Skills through educational testing (ASSET), Educomp to enhance their literary & cognitive domain. Since its inception, both the schools have achieved good academic result in their promotional examinations, Thus became the apple in the eyes of parent's in particular Yelahanka New Town people in general. Further, VIVIDHA provides news platform for literary expression.

- Smt. Devaki N Bhat, Principal

Welcome Programme

We the MEC Public School-ICSE and MEC English High School welcomed the students with lot of zeal and enthusiasm on 25th May. Most of the teachers taken initiative to perform assembly activities. Principal welcomed all students and blessed the students and advised them to be healthy, obedient, and disciplined throughout the academic year.

Tamanvi of class III welcomed her friends with a beautiful song.

Celebrations

The World Environment Day and Club Inauguration To Enrich



"Environment Consciousness" amongst students, MEC Public School-ICSE and MEC English High School organized World Environment Day celebration on 5th June 2015. The school faculty members and students

created a nostalgic feeling by going procession holding banners and proclaiming slogans about nature and its conversation. Later all staff and students cleaned the surroundings of the school front road and park. They practically experienced "Bharath Swachatha Andholan" and took the oath to reduce the usage of plastics. In this programme Ms. Vidya the Secretary of MEC Institution, Mrs. Shobha Murthy the former principal of MEC Public School inaugurated science, humanity club, eco club, maths, sports, sadbhavana and literary clubs. Students showcased with activities, such as dance, songs, maiming, mono acting and etc,. The whole day was something special, thought provoking to all MEC students.



International Day of Yoga



the idea to observe 21st June as the International Day of Yoga was proposed by Prime Minister Narendra Modi in September 2014 during his speech at United National General Assembly (UNGA). In December 2014, UNGA unanimously adopted an India-led

resolution to observe 21 June as the International Day of Yoga.

MEC Public School ICSE & MEC English High School students participated in Yoga International Day programme organized by Mr. Dr. Devaraj. Hon'ble Mr. Sir. Vishwanath and Mrs. Vani Vishwanath inaugurated the program at 6 a.m in a calm cloudy and rainy weather at Allalasandra Lake Yelahanka. Most of our students from VII to X std participated with lot of zeal and enthusiasm. Principal Mrs. Devaki N Bhat and PET accompanied the students.

Moral Story

One day Bunny rabbit heard the loud barking of the wild dogs. He was very scared. He decided to ask for help. He quickly went to his friend deer. He said: "Dear friend, some wild dogs are chasing me. Can you chase them away with your sharp antlers?" Deer said: "That is right, I can. But now I am busy. Why don't you ask bear for help?" Bunny rabbit ran to the bear. "My dear friend you are very strong, please help me. Some wild dogs are after me. Please chase them away," he requested the bear. Bear replied: "I am sorry. I am hungry and tired. I need to find some food. Please ask the monkey for help". Poor Bunny went to the monkey, elephant, goat and all his friends. Bunny felt sad that nobody was ready to help him. He understood that he has to think of a way out. He hid under a bush. He lay still the wild dogs went their way.

"Don't depend on others"

Science has always evolved in the course of time. Its how we observe things, the intuition or curiosity within us that helps us develop a scientific thinking and this leads to formation of thoughts and further ideas that transform into various useful form. This is science. Hence, its very important for every child to imagine or nurture within him a habit of perceiving or understanding the things around him.

Educational institutions and facilitators or teachers hence play a very important role in helping a child develop such a scientific mind. Books are just a source of knowledge, but a child who is actively involved in taking part in various school level or college level activities will help him develop a mind that helps him learn and understand things practically.



Principal's Desk...

Welcome back to another academic term! I hope you all had a great vacation and came back refreshed and ready to buckle down to work. MEC Pre-University College is committed to the education of every student. Our parents are supportive and actively involved in their ward's education. Our students are high achievers. MEC Pre-University College has begun some exemplary initiatives this year and we will continue to provide opportunities for our students to achieve excellence.

- Ms. Sujatha B M, Principal

Teacher's Desk



Man is a comprehensive personality who needs physical mental and spiritual growth and development is always in search of progress in all aspects.

Nature gives us all we have to look at it and admire it and use it cautiously. Let us go back to nature with eco-friendly thoughts and behavior "keep our body, mind and soul healthy and sound. Infuse spirit and inspirations to reach our goals.

Celebrations

World Environment Day - 2015



World Environment Day is celebrated every year on June 5th to raise global awareness to take positive environmental action to protect nature and the planet Earth. It is run by the United Nations Environment

Programme (UNEP). The 2015 theme for World Environment Day is "Sustainable Consumption and Production". The slogan for the theme is "Seven Billion Dreams, One Planet, and Consume with care."

The theme for 2015 is how the well-being of humanity, the environment and economies ultimately depends on the responsible management of the



planet's natural resources. Evidence is building that people are consuming far more natural resources than what the planet can sustainably provide us.



International Yoga Day 2015



June 21st was declared as the International Day of Yoga by the United Nations General Assembly on December 11th 2014. Yoga is a mental, physical and spiritual practice originated in India. The Indian Prime Minister Narendra Modi in his UN Address suggested the date to be June 21

as the International Day of Yoga as it is the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world.



Kannada Sahithya Sammelana 2015

On behalf of Kannada Sahithya Parishath, our college had organised "Kannada Sahithya Sammelana" on 27th June 2015. Our students had actively taken part in group singing as well as a speech about "Hosagannada Sahithya Charithre".



Amazing Facts

- The sea-horse is the only animal species in which the male bears the unborn young!
- Mimic octopus changes its color and shape in the blink of an eye and the leafy sea dragon that look like a plant!
- Loggerhead turtles, which travel 6000km across the world's largest ocean braving hungry hammerhead sharks and other troubles to give birth to their young ones, are the most persevering dwellers.
- When frightened, the puffer fish puffs up to a large ball several times its normal size!
- The flashlight fish has cheeks that glow!

