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**BLOSSOM**  
  
**BLUEBELLS**

*for Private Circulation only*

# BREEZE

Issue : One

School Bulletin

Jan-Mar, 2015



**BLOSSOM**  
  
**BLUEBELLS**



## FROM THE DIRECTOR'S DESK:

I am happy to launch the official school bulletin of Blossom Bluebells aptly named "Breeze" - a gentle flow of useful and relevant information for all our parents aimed at guiding them towards good parenting and to enjoy the habit of happy reading.

The first issue of "Breeze" is to be released on 28<sup>th</sup> March, 2015 at the Annual Day programme - Bubbly Buds - 2015. It is my sincere wish that "Breeze" will bring Blossom Bluebells closer to each and every home of our bubbling buds thereby enabling our teachers and parents to unite in our joint venture of providing our children with a happy childhood and a meaningful learning experience.

"Breeze" will be a good collection of useful information conveying to its readers a clear message of how important it is for parents and teachers to practice before we preach so that each and everyone of us should become a lesson for our children to follow. Our children learn more by seeing us than by reading text-books. Our responsibility in shaping their destiny can be achieved only through leading by example.

Let us teach honesty to our children by being honest, let us teach gratitude to our children by being grateful and let us teach humanity to our children by being human. This is the best education we can provide our children. Let Blossom Bluebells become the second home for our children and let us strive to make our children happy with the firm belief that a happy child is a good child.

Blossom Bluebells is an extension of our every-growing Blossom family and is being established to impart education to those desirous of providing value-based education to young children. Our fourteen year experience in the field of education will form the foundation on which Blossom Bluebells will be built.

May the Almighty bless the Blossom Bluebells family and may "Breeze" bring pride and glory to the children, parents, teachers and support staff of Blossom Bluebells.

A.Alagappan, Director.

## BACKGROUND OF BLOSSOM BLUEBELLS:

Blossom Bluebells owes its existence to Valli Foundation, an educational trust established for providing quality education to young children. The school was founded by A.Alagappan in the year 2013 and he serves as the Founder Director of Blossom Bluebells besides serving as the Director of Blossom Public School which was established by him in the year 2001. Fourteen years of experience in the field of education forms the foundation on which Blossom Bluebells is being built.

Blossom Bluebells commenced functioning on 9<sup>th</sup> June, 2013 with 69 students at the kindergarten level. It has a present strength of 180 students at the Pre-K.G. L.K.G. & U.K.G. levels and is functioning in a spacious campus at Arulananda Nagar, a prime residential locality in Thanjavur. Our teaching team consists of a Campus Head and twelve well-trained qualified teachers. We have ten support staff to take care of our children in the campus.

We operate transport for our L.K.G. & U.K.G. children offering them pick-up and drop facility from their homes to school and back. A suggestion box for our parents is kept at the entrance of our school premises to enable them offer their suggestions aimed at the betterment of Blossom Bluebells.

## HAPPENINGS AT BLOSSOM BLUEBELLS:

The academic year 2014-15 was filled with activities such as Farm Animals Day, Five Senses Day, Little Chef's Day, Blossom Bonanza, Father's Day, Community Helpers Day. All the children, parents and teachers were fully involved in the programmes making our campus lively.

A fortnightly activity book titled "WHALE" - 'Wonderful Homework and Little Extra' was launched in the month of August, 2014, with an objective to promote creativity and curiosity among our children to enjoy learning along with their parents. Read a book a Week program was launched with the intention to improve the reading habit among our young children. A story book will be handed over to the child/parent on every Friday and the parents have to read and explain the story to the child during the week-end and return the book on Monday. To make our Pre-KG children colour conscious, a colour scheme in dressing them was followed for a week during the month of February, 2015. Class photographs covering all the children were taken during mid-March, 2015.

A year end one-to-one meeting of all Pre-K.G. parents along with the concerned class teachers to review the progress of every child was held during the end of this term. 'HONEY' - Home of Nurturing Energetic Youngsters - A programme intended to exhibit activities carried out by our L.K.G. & U.K.G children under the guidance of their teachers displaying their creativity and talents was held on Saturday, 31<sup>st</sup> January, 2015. Children of L.K.G went on a field trip to Sivaganga Park & U.K.G children went to South Zone Cultural centre in the month of August, 2014.

The annual Day of our school, named "Bubbly Buds – 2015" is being celebrated on 28<sup>th</sup> March, 2015 wherein all our children under the able guidance of our teachers will be performing on stage much to the delight of our parents and grandparents. Outstanding performers both in academics and extra-curricular activities are being recognized on this occasion. Our school closes on Sunday, 29<sup>th</sup> March, 2015 and re-opens for the first semester of the academic year 2015-16 on Monday, 8<sup>th</sup> June, 2015.

Compiled by: K.G. Meera, Campus Head

## IMPORTANCE OF SLEEP:

Everybody knows that a good night's sleep is essential. We also know that sleep doesn't just put the brain on hold while we lay in bed. The brain is very active during sleep. Sleep organizes the memories of habits, actions, and skills learned during the day. Sleep gives you the mental energy to master complex tasks and the ability to concentrate. In other words, success comes not only from what you accomplish when you are awake. We also get power from the body and mind to consolidate themselves during the night. Sleep deprivation curtails your ability to come up with creative solutions to life's challenges.

The price we pay for cheating sleep is steep: short-changing the brain of learning potential, short-circuiting your moods, and dimming your alertness, may be even making you gain weight and compromising your health. Well, wakeup and discover the benefits of adequate sleep. Parents must ensure that their children spend enough time sleeping because sufficient sleep is the secret of successful people.

## THINK ABOUT IT:

A man came home from work late, tired and irritated, to find his 5-year old son waiting for him at the door, "Daddy, may I ask you a question?" "Yeah sure, what is it?" replied the man. "Daddy, how much do you make an hour?" "That's none of your business. Why do you ask such a thing?" the man said angrily. "I just want to know. Please tell me, how much do you make an hour?" pleaded the little boy. "If you must know, I make \$20 an hour." "Oh" the little boy replied, with his head down. Looking up, he said, "Daddy, may I please borrow \$10". The father was furious, "If the only reason you asked that is so you can borrow some money to buy a silly toy or some other nonsense, then you march yourself straight to your room and go to bed. Think about why you are being so selfish. I work hard everyday for such this childish behaviour." The little boy quietly went to his room and shut the door. The man sat down and started to get even angrier about the little boy's questions. How dare he ask such questions only to get some money? After about an hour or so, the man had calmed down, and started to think: May be there was something he really needed to buy with that \$10 and he really didn't ask for money very often. The man went to the door of the little boy's room and opened the door.

"Are you asleep, son?" He asked. "No daddy, I'm awake" replied the boy.

"I've been thinking, maybe I was too hard on you earlier," said the man,

"It's been a long day and I took out my aggravation on you. Here's the \$10

you asked for, "The little boy sat straight up, smiling, "Oh, thank you daddy!" He yelled.

Then, reaching under his pillow he pulled out some crumpled up bills. The man, seeing that the boy already had money, started to get angry again. The little boy slowly counted out his money, then looked up at his father.

"Why do you want more money if you already have some?" the father grumbled.

"Because I didn't have enough, but now I do," the little boy replied.

"Daddy, I have \$20 now. Can I buy an hour of your time? Please come home early tomorrow. I would like to have dinner with you."

Share this story with someone you like... But even better, share \$20 worth of time with someone you love. It's just a short reminder to all of you working so hard in life. We should not let time slip through our fingers without having spent some time with those who really matter to us, those close to our hearts. If we die tomorrow, the company that we are working for could easily replace us in a matter of days. But the family we left behind will feel the loss for the rest of their lives. And come to think of it, we pour ourselves more into work than to our family an unwise investment indeed.

So what is the morale of the story??? Don't work too hard... and you know what's the full word of family? FAMILY = (F)ATHER (A)ND (M)OTHER, (I) (L)OVE (Y)OU.

His mother looked at him standing there, expectantly. She picked up the pen, turned the paper over and wrote:

Nine months, I carried you inside me; No charge  
The times, I doctored, prayed for you; No charge  
For all the tears you've caused through the years; No charge  
For all the nights that were filled with dread and the worries I knew were ahead; No charge.  
For the toys, food, clothes and even wiping your nose, there's "No charge", son  
And when you add it all up, the full cost of real love is "No charge"

When our son finished reading what his mother had written, there were great big old tears in his eyes. He looked at his mother and said - "Mom I sure do love you" - And then he took the pen and in great big letters he wrote: "PAID IN FULL"

Message: We must teach our children about the power of love and make them disbelieve in the love for power.

### **WHAT KIDS REALLY NEED FROM MUM:**

In those days, Mum was the parent expected to provide the encouragement children need while growing up. Today, children may turn to their fathers for some concerns. But Mum and Dad are simply not the same, and in most families, it's still Mum who does most of the "helping through".

What children need most from their busy mums;

1. Train their hearts. Mums need to demonstrate that treating people well - with kindness and courtesy - is just as important as succeeding in school and sports.
2. Boo less, cheer more. We all know that praise can do wonders for people. Excessive criticism can result in an overly self-critical child who fears to take the risks that lead to achievement.
3. Talk "taboo". We live in a dangerous world where kids are exposed to drugs, alcohol and sex at ever younger ages. Some mothers fear that talking about such taboo activities sanctions them. The opposite is true. A 1994 study of fifth and seventh standard students in California for instance, found that children who have honest discussions with their parents are less likely to use drugs and alcohol.
4. Let limits grow as children do Children need to be loved without qualification so that seeds of self-esteem can grow. Such unconditional love does not mean you set no limits; setting boundaries demonstrates to a child how important he or she is to you. When a child oversteps, show disappointment with the behaviour, not with the child.
5. Show the way: Kids need a moral compass. That means instilling a sense of right and wrong not only about big issues, but also day-to-day matters.
6. Enjoy them: With time short, mums often focus on "what's important" - catching up on kids' news, helping with homework. Yet in our tense society, children crave something more - a good time with mum. It doesn't require an enormous amount of time, only a playful spirit, a willingness to let a homework session turn a bit silly or a chore get transformed into a game.

Motherhood is a big job, but it's not meant to be a burden. Sometimes you may need to be a little less responsible - to let go of your demands on yourself and have fun with your children.

### **EXECUTIVE DIRECTOR'S EXPRESSION:**

Blossom Bluebells has completed its 2<sup>nd</sup> year and we are stepping into the 3<sup>rd</sup> year looking forward to provide quality education with utmost care and concern for all our little children with greater hope and enthusiasm. I believe that every child is someone who passes through your life and then disappears into an adult. Let us take good care of children before they disappear from being so because childhood in a man's life is a short and sweet happening and no child on earth must be deprived of enjoying childhood. Yesterday is the past, tomorrow is the future, but today is a gift. That's why its called "the present". Today is meant to make tomorrow better than yesterday and this is the belief of Blossom Bluebells School as it continues to care for children.

Restoration of humanity in adults and retention of humanity in children are the two main objectives for which all institutions must strive hard. If education can achieve this objective, that will be the greatest service to God - that of preserving his precious creation viz. Mankind. Blossom Bluebells School is committed to cultivating children and this commitment although challenging gives us a great opportunity to be of some assistance to the parents in fulfilling our mission: "Give us a Bud and Take back a Flower". As we come to close of this academic year, I would like to thank all our children, teachers, support staff, parents, grandparents, well wishers for all their support.

A.Valliappan, Executive Director

### **SUMMARY OF PRESCHOOL STAGE OF DEVELOPMENT:**

Preschool Child : Two-and-a-half to Four years

Preschool children have already mastered a great deal of control of their bodies, so that they work to refine these skills. They are also learning to imagine, think and question, to invent and discover. They are learning to get along with other children. Although each preschooler develops at his own individual pace, here are some milestones that typically occur during the preschool stage.

How Preschoolers Learn

- ❖ By careful observation and listening
- ❖ Through imitation and repetition
- ❖ By testing the limits
- ❖ Through imaginative and creative play
- ❖ Through experimentation and exploration
- ❖ By asking questions

Developmental Milestones:

- ❖ Masters use of hands and fingers: holds pencils, turns pages in a book, draws pictures
- ❖ Recognizes most common objects
- ❖ Understands most sentences
- ❖ Can tell a story
- ❖ Can identify colors, shapes and like objects
- ❖ Begin to count
- ❖ Understands the concept of "two"
- ❖ Develops empathy; learns what "hurts" other children
- ❖ Learns to take turns in games
- ❖ Desire to make friends
- ❖ Can understand the concept of mine and yours
- ❖ Learns through fantasy and imaginative play
- ❖ Begins to remember simple rules of behaviour
- ❖ Understands concepts of same and different
- ❖ Expands ability to express and interpret feelings

### PERSONALITY TRAITS OF A SUCCESSFUL TEACHER:

1. Complete self-control not only to the extent of not showing any anger, but remaining absolutely quiet and undisturbed under all circumstances.
2. In the matter of self-confidence, must also have a sense of the relativity of his importance. Above all, must have the knowledge that the teacher himself or herself must always progress if he or she wants his or her students to progress, must not remain satisfied either with what he or she is or with what he knows.
3. Must not have any sense of essential superiority over his or her students nor preferences or attachment whatsoever for one or another.
4. Must know that all are equal spiritually and instead of mere tolerance must have a global comprehension or understanding.
5. "The business of both parent and teacher is to enable and to help the child to education himself, to develop his own intellectual, moral, aesthetic and practical capacities and to grow freely as an organic being, nor to be kneaded and pressured into form like an inert plastic material."

The interest of the students is proportionate to the true capacity of the teacher

- The Mother, Sri Aurobindo Ashram, Pondicherry

### AS YOU THINK SO YOU ARE:

Life consists of what man is thinking of all day since actions flow from thoughts. We become like that on which our hearts are fixed. Your thoughts rule your life. You make or mar your success by your own thoughts. Thoughts shape one's life, determining his or her success or failure, happiness or sorrow. There is nothing either good or bad but thinking makes it so. The mind, of its own choice and itself, can make a heaven of hell, a hell of heaven. The pleasantest things in this world are pleasant thoughts and the great art in life is to have as many of them as possible. The most exquisite piece of sculpture which Michelangelo or Rodin ever carved, was once only a thought. Thus, if you can image it, you can achieve it, if you can dream it, you can become it.

One is verily the product of one's thinking. Saturate your mind with the idea of success and success will automatically do all that is necessary to bring confidence about success in yourself. Confidence that you can and will succeed is that key to your success in any undertaking. Whatever you think that you will be, is the eternal truth. If you think yourself weak, weak you will be. If you think strong, strong you will be. We are responsible for what we are, and whatever we wish ourselves to be, we have the power to make ourselves

Take up one idea; make that one idea of your life. Think of it, dream of it and live on that idea. Let the brain, muscles, and every part of your body be full of that idea and just leave every other idea alone. This is the way to success as preached by the great sage Swami Vivekananda. Focus sharply and clearly on one thing at a time. If you are deeply interested your attention focuses as a matter of course. The weakest creature by concentrating his power on a single object can accomplish something whereas the strongest by dispersing his powers over many, may fail to accomplish anything. Alexander Hamilton whom the world acclaims as a great genius says: 'Men give me some credit of genius. All the genius I have lies in this. When I have a task in hand I study it profoundly. Day and night it is before me. I explore it in all its learning's. My mind becomes pervaded with it. Then the efforts I make are what people are pleased to call the fruits of genius. It is the fruit of labour and thought'.

Keep your mind on the great and splendid things you would like to do, and then, as the days go gliding by, you will find yourself unconsciously seizing upon the opportunities that are required for the fulfillment of your desire. Don't think of trifles; and don't dwell on petty things. Give wings to your thoughts and let them lift you up to the top.

### HOW CAN PARENTS & TEACHERS INFLUENCE CHILDREN:

When we encircle them with love,  
they will be loving.

When we are thankful for life's blessings,  
they will be thankful.

When we express friendliness,  
they will be friendly.

When we speak words of praise,  
they will praise others.

When we set an example of honesty,  
they will be honest.

When we practice tolerance,  
they will be tolerant.

When we confront misfortune with a gallant spirit,  
they will learn to live bravely.

When our lives affirm faith in the enduring values of life,  
they will rise above doubt and scepticism.

We can't stand there pointing our finger to the heights we want our children to scale. We must start climbing, and they will follow!

If I Had My Child to Raise Over Again  
If I had my child to raise all over again,  
I'd finger-paint more and point the finger less.  
I'd do less correcting and more connecting.  
I'd take my eyes off my watch, and watch with my eyes.  
I would care to know less and know to care more.  
I'd take more hikes and fly more kites.  
I'd stop playing serious, and seriously play.  
I'd run through more fields and gaze at more stars.  
I'd do more hugging and less tugging.  
I would be firm less often, and affirm much more.  
I'd build self-esteem first, and the house later.  
I'd teach less about the love of power,  
and more about the power of love.

### NO CHARGE:

Our little boy came up to his mother and handed her a piece of paper. After his mom dried her hands on an apron, she read it:

For cutting grass	Rs. 5/ -
For going to the store	Rs. 5 /-
For baby sitting for my kid brother	Rs. 3 /-
For taking out the garbage	Rs. 3 /-
For cleaning up my room	Rs. 3/-
For getting a good report card	Rs. 3 /-
Total amount owed:	Rs.22/-