

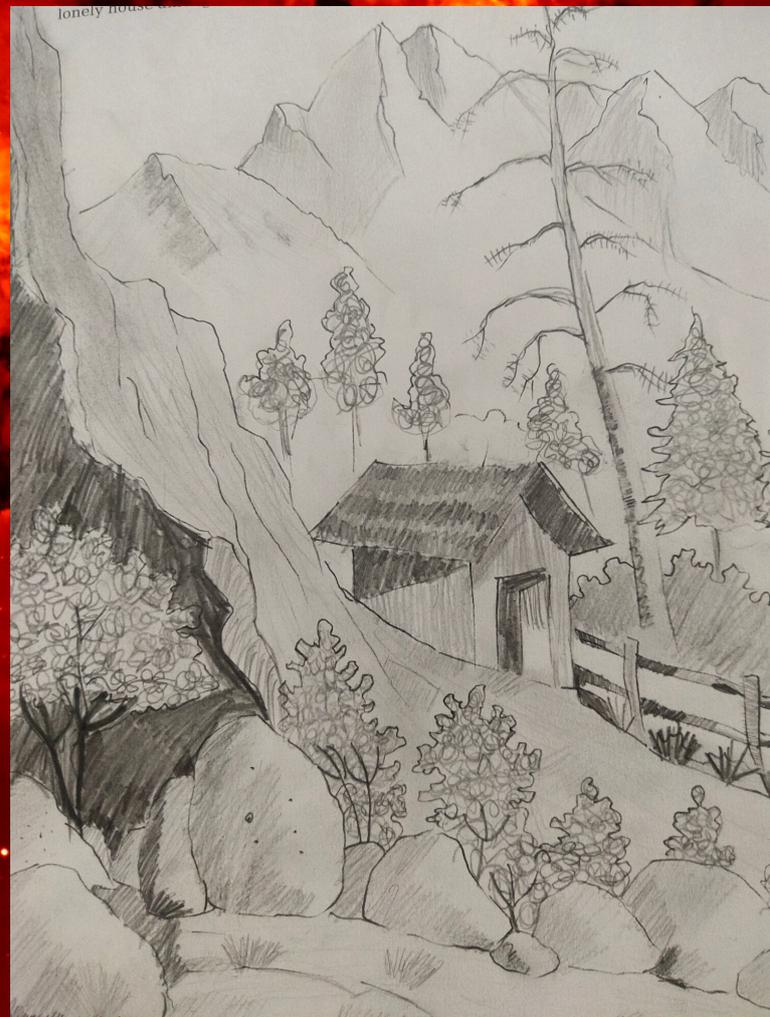
SM TEAM

Newsletter for the year 2020



WHAT IS INSPIRATION?

The process of being mentally stimulated to do or feel something, especially to do something creative. A sudden brilliant or timely idea. We all see inspiration in different things and people get inspired from us in different ways. Today's theme is our inspiration from the outside world, the movie *Invictus* and in our team.



We got inspired by a few quotes by authors, political leaders
and people who took great steps in life

However small the chance might
be of
striking lucky, the chance was
always there.
-Roald Dahl

A person who has never made a
mistake, has never tried
anything new.
-Albert
Einstein

It
is our choices that show
what we really are more than
our abilities. Never
give up.
-J.K
Rowling

I
never lose. I either win or
learn.
-Nelson
Mandela

The
beautiful thing about learning
is that no one can ever take it
from you.
-B.B
King

The way
to get started, is to quit talking and
get started.
-Walt
Disney

You
are braver than you believe,
stronger than you seem and
smarter than you
think.
-A.A
Milne

There
is no substitute for hard
work.
-Thomas
Edison

Success
is walking from failure to
failure without the loss of
enthusiasm.
-Winston
Churchill

Live
as if you are going to
die tomorrow, but learn
as if you're going to live
forever.
-Gandhi
Ji

Fear
doesn't shut you down; it
wakes you up to be brave.
-Veronica
Roth

With
great power comes great
responsibility.
-Stan
Lee

This year as a school we chose to get inspired by an African leader named Nelson Mandela. Our annual day theme is inspired by the movie Invictus. Invictus is about When Nelson Mandela came out of jail and was elected as the president and how he used a simple game such as rugby to stop racial discrimination and give the blacks equal rights.

I am inspired by Nelson Mandela because he is kind - Advika

I am inspired by Nelson Mandela because of the way he leads - Prudencia

I am inspired by Nelson Mandela because of the way he takes perspective and his patience - Mahathi

I am inspired by Nelson Mandela because of how smart he is.
- Siddhart

I am inspired by Nelson Mandela because of his courage.
- Malhar and Siddhart

I am inspired by Nelson Mandela because of his awareness
- Reyhan

I am inspired by Nelson Mandela because he is empathetic - Avner

SPARKLING MINDZ GLOBAL

'As within, So without' it is!

Sometime in March last year, I remember sitting with Sreeja ma'am at school. "When does someone find the power within themselves?", she asked me while also pondering over it herself. Little did we know that one year down the road, the majority of the world would be pushed to their limit to find their resilience and power in combat with a tiny being, the Coronavirus. However, I am not here to talk about Coronavirus or how I am dealing with its effects. I am here to share with you an experience from the past that opened my eyes to my own power. I was born to parents who love me dearly but are also very protective of me. Another addition to this protective coop is my overprotective brother! I often jokingly would tell my friends that I had three parents at home and not two. "What were they so protective about?" you may ask. Good question! Just like any parent, they worried about my safety. But their worries were amplified, especially because I was a girl. Now, they had their beliefs about how girls should be - things they can and cannot do. I, on the other hand, wanted to do everything (okay, most things) that they believed was not ideal for a girl to do - ride bikes, climb mountains, go on adventures, travel and so on. So I kept dreaming the dreams of a caged bird, only to be weighed down by the fact that I would not be allowed to explore. I understood my parent's perspective too but I would feel sad when I had to keep pushing my dreams away. I felt helpless. You see? My power was never with me at that point. I felt powerless, and every request or argument about me wanting to travel or explore would fail and leave me feeling hurt and disheartened. I had chosen to be the victim... Until one day, I understood what had been happening. By this time, I had read a lot of books and watched videos that helped me gain perspective. I realized that my power did not lie in fighting and arguing, but in BELIEVING that I had the power within me; the power to express myself, the power to manage my emotions better, the power of responsibility and most importantly the power to stay calm. I was then able to sit my parents down and express my longing to travel and explore. My stance had shifted. My parents saw me as a calm, confident and responsible individual. What was even more magical was that I could urge them to reach out to their inner power to trust me. In shifting myself, I was able to shift them too! I have travelled to a lot of places ever since and have been quenching my thirst to explore every now and then.

- Disha H K Learning Facilitator

Sparkling Mindz Global School

We have a theme for every year and this years theme was power within me. So the dolphins (1, 2, 3 grade) wrote their inspirations about this years theme

Power within me.

Each one of us have different kinds of powers. But some times we dont realise them, some how I did.

My power is that I am curious about things for ex: cooking, making surprises, chopping, baking, doing experiments and gardening. While I was doing the experiment I felt curious to know if it would work and in gardening I felt curious to know will the plant grow. I think curiousness helps me to work carefully. And I would like to be curious in whatever I do.



Inspiration cooking story

Hello This is Sara I want to share my inspiration story. I watched a show called Master chef India so I tried to bake a cake. And from the cake I made I wanted to cook more recipes. So when ever my mother cook I watched her. Then I made my own cook book. I wrote down my favourite recipes which I like, like my fathers dal. I have a book called tinkles and there were recipes. So I made one called chana chat and my mother helped and every one loved it. Then I asked my mother how to make tea so she told me to watch her. So I did she told me my grandmother knew a great recipe so she told me the recipe and the next day I made that tea and just by one change it was great. Every year my Nani gives mango pickle but this year she cant send so we made it here. It takes five days to make it this is my inspiration to work more and more.

My inspiration

I am inspired by video games. They are fun to play.

Video games teach me not to quit. I keep trying until I finish. It teaches me to be patient.

The name of my favourite game is Kaboo. When I grow up I want to be a game designer. I would like to design a game with a car.

POWER WITHIN ME

THE DUNG BEETLE STUFF

I once saw a dung beetle it was big black and dark. It was grateful for the power of its back legs to roll the dung. It inspires me because it works hard to gather dung. I will be inspired by it so I can focus and hardwork on my studies. THE END

Within our house we have something called circle time it is where we discuss our strategies, reflections and inspiration.

I have been in the house Sphinx in my first academic year at Sparkling Mindz. I am inspired by a few members who have (unknowingly) taught me different things and have always supported me. These are the people who have inspired me

:Simran : I admire her because she is confident and at the same time, she isn't shedding any ego. She is always up and running as well.

Samriddhi : Very kind and fun to be around with. She is free spirited and likes to try new things. She never dumps emotions on anyone.

Mahati : Is a calm individual who, under whatever circumstance keeps cool which helps the people who lead. She shows excellent amount of ownership and uses her strategies to achieve whatever she can with the time given.

Prudencia : Adjusts a lot. Whatever work is given to help the house grow, she intently dedicates her time and gets the work back sincerely. She holds space very well too.

Karthik : He helps people a lot and is a good listener. He takes challenges openly sometimes and has the will to finish the work.

- Sohsvi

This was my first year in sphinx and people in sphinx have inspired me in different ways. Prudencia – She has an amazing skill of cooking and in cooking she is my most inspirations, I have learnt a lot of ways of cutting vegetables and most of the ways I have learnt from Prudencia.

Mahathi - I got inspired by her for the way she leaded the sphinx members when none of the Falcons were there and took the opportunity in a very well manner.

Siddharth – the way he contributes and gives different kinds of ideas.

- Moksh

Let's have some fun

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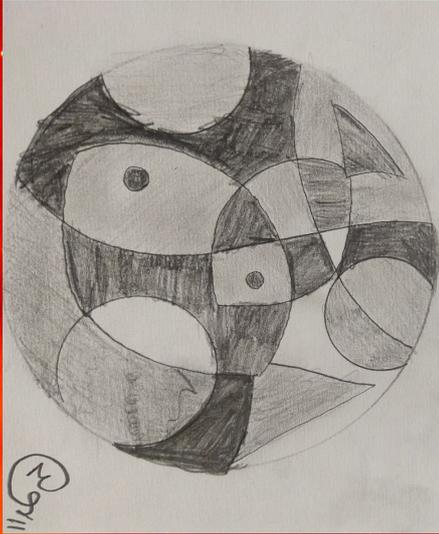
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5) Sspamoi / sekam / het / rlowd / og / dnuor / . / "

6) hatw / uoy / sisert / sisersp / . / "

WE WANT TO BE CREATIVE



CONTRIBUTIONS

Designed by Simran

Inspirations by: Siddhath, Sohsvi,
Samriddhi, Moksh, Reyhan, Kartik, Simran,
Prudencia and Mahathi

Art by Mahathi, Sohsvi, Samriddhi and
Prudencia