

'PRINCIPALLY YOURS'

THE NEWSLETTER OF THE BAI AVABAI FRAMJI PETIT GIRLS' HIGH SCHOOL

June 2025.

Dear Parents,

We are sure that you are delighted with the new Health Initiative that we have started at our school, at the behest of the ICSE Council, and hope it will continue for a long time, bringing a positive change in the students' and teachers' life style.

In keeping with this healthy eating and low sugar initiative, we have even tweaked the items sold in our school canteen and during the "Khari Kamais" that various classes organise.

In addition, we are encouraging our students to replace the chocolates distributed during birthdays with healthier options like sugar free cookies, date and walnut sweets and even small and inexpensive stationery items.

As a part of the activities in establishing 'Sugar Boards' in schools, to monitor and reduce sugar intake among children, the students of Bai Avabai F. Petit Girls' High School carried out several activities for the students.

Think Before You Eat - Make smart choices for a Healthier You.

Students of Stds I and II were guided by their teachers on how important it is to make healthy food choices. Videos were shown and discussions were held in class. The students understood and were willing to make the changes in their diet which was visibly seen in the snack boxes they carried every day.

Stds III and IV students got healthy food ingredients to school and put them together to make delicious sugar free healthy snacks.

Every class made a "Healthy Snack" chart that provides information on the snacks that students have brought to class.

Std. V students created engaging PowerPoint presentations and informative charts to highlight the harmful effects of added sugar consumption. They also brought healthy, sugar-free snacks and lunchboxes to promote better eating habits.

Std. VI students designed presentations and charts focusing on the dangers of added sugar. They tracked their own sugar intake through journaling and made vibrant posters showcasing healthy sugar alternatives.

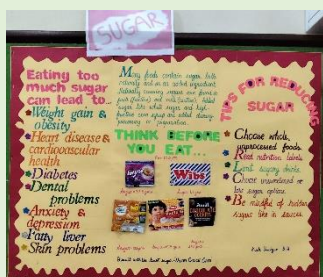
Std. VII students developed interactive PowerPoint presentations and visual charts to illustrate the negative impacts of added sugar. They monitored their sugar consumption by maintaining journals and represented their findings using pie charts. Additionally, they created colourful posters suggesting healthier substitutes for sugar.

Std. VIII students prepared dynamic PowerPoint presentations and charts addressing the ill-effects of added sugar. They kept a record of their sugar intake through journaling and displayed the data using histograms. To visualize their progress, they maintained a creative "sugar intake index" using coloured buttons, each symbolizing 10 grams of sugar, tracked over four weeks.

Also, to raise awareness across the school, students of Std 8 visited different classes and shared valuable information with the students about hidden sugars in commercial products through a **Science Bulletin**, which included skits and illustrative charts.

Std. IX students presented detailed PowerPoint slides and charts on the harmful effects of added sugars. They tracked their sugar consumption by journaling and represented their data through line graphs.

Std. X students created vibrant charts illustrating the harmful effects of added sugar consumption. They also performed engaging skits and catchy jingles to highlight how commercial products often mislead the public about hidden sugars and their associated health risks.





SECONDARY SECTION

Hindi Creative Writing 2025

Our Annual Hindi Creative Writing Competition for Std. 5 to Std. 10 was held from 15nd April' 2025 to 17th April' 2025. Various topics were given in all the classes. All students performed very well in this competition. Names of the winners of the competition are as follows: -

Std 5A & 5B- Composition Writing

	5A			5B	
Rank	Names	House		Names	House
1	KYRA BRINDLEY	AVA		JENNA MISTRY	ORBIT
2	VIHANA PUNAMIA	ORBIT		ADVIKA DAGA	ORBIT
3	AMMAARAH SHETTY	PETIT		SMEET SHIRASKAR	SPARK
Consolation	ELISHA CHRISLYNN D'SOUZA	SPARK		INAYAH DUMASIA	PETIT
consolation	KRISHIKA VAZIRANI	SPARK		ANVIKA KALAWAPUDI	AVA

Std 6A & 6B- Composition Writing

	6A			6B	
Rank	Names	House		Names	House
1	TUHINA NAMBIAR	PETIT		SAMAIKA BHATTACHARYA	AVA
2	SHERLYN KOTWAL	AVA		PARINA SETHI	ORBIT
3	KAISA AVARI	PETIT		DAEBI CHATTERJEE	ORBIT
Consolation	MYRA KATHAVATE	ORBIT		AALOKI TELREJA	ORBIT
consolation	ZYNAH ZARIWALA	SPARK		MEHERNAAZ DASTOOR	ORBIT

Std 7A & 7B- Story Writing

	7A			7B	
Rank	Names	House		Names	House
1	JUWAIIRYAH SAYED	ORBIT		KRISHIKA VARMA	ORBIT
2	ZOYA KHWAJA	PETIT		MIHIKA GUPTA	SPARK
3	NAVAZ DEGAMWALA	SPARK		SAISHA ALAGH	SPARK
Consolation	TIANA ANDRADE	SPARK		ARYAA CHATTERJEE	AVA
consolation	FRIYANA SATHVAVWALA	AVA		ANAYA NAOMI SHAHANE	SPARK

Std 8A & 8B- Poetry Writing

	8A			8B	
Rank	Names	House		Names	House
1	ELIANA MOLLY CASTELINO	ORBIT		AARYA SURANA	PETIT
2	ANANYA WELEKAR	PETIT		AASHMI PANDA	AVA
3	SHIVANKI SHOME	SPARK		HANA CHOTANI	AVA
Consolation	KIA ANNA GONSALVES	PETIT		INAAYA MENON	SPARK
consolation	RUXSHIN ICHHAPORIA	SPARK		ADITI PRABHU	ORBIT

Std 9A & 9B- Poetry Writing

	9A			9B	
Rank	Names	House		Names	House
1	NEHAL BANSAL	PETIT		PARMYS MAHERNOSH	PETIT
2	GOPI SUNDARI MAHESHWARI	AVA		KRISHA RAJANI	ORBIT
3	NIA RAMAN	ORBIT		ANUPAMA C	AVA
Consolation	RHEA PUTHRAN	SPARK		TEISHA MANGHNANI	AVA
consolation	REESE STUART	SPARK		HIYA SATWANI	SPARK

Std 10A & 10B – Poetry Writing

	10A			10B	
Rank	Names	House		Names	House
1	JOVITA PARIANI	PETIT		TVISHA MEHTA	SPARK
2	HIBAH CHAUDHARY	SPARK		SIMONE GHOSH	PETIT
3	PRIYAL AHUJA	SPARK		ZENIA PATEL	ORBIT
Consolation	KAINAZ DUMASIA	SPARK		TARA SIKAND	ORBIT
consolation	BIANCA PATRAWALA	AVA		PRISHA GANDHI	ORBIT

Bagless Day- Std 6 to Std 8

ZERO WASTE LIVING

The Bagless day for classes 6, 7 and 8 was held on 12th June, 2025.

The speaker spoke about how we can reduce our carbon footprints by doing minor things that will have a great impact. There were two activities conducted by the Adventure team.

These activities were based on recycling things. In the first activity, the children had to use their hands. They were given newspapers and they had to shred and dissolve it in water to make a mixture. This mixture was later converted into a thin layer consisting of seeds. This paper was kept under the sun till it dried and then kept the plant paper which can be planted in soil.

The second activity consisted of small saplings and a plastic bottle. The bottle was cut into 2 pieces and the piece bearing the mouth was inverted and kept in the second base piece. Children had to put water in the second piece and then a hole through it. There was soil in the second and an inverted piece of the plastic pet bottle with the sapling. The function of the piece was to supply water from the bottle bottom part to the soil.



Inter- House Cooking Competition- Stds 7 to 9- 17th June, 2025

The Inter House Cooking competition was held on 17th June for classes 7,8 and 9

Class 7 had been given fireless cooking. They had to prepare 4 dishes.

- 1 Snack
- 1 Salad
- 1 Desert
- 1 Beverage

The results were as follows:

- First place - Orbit house
- Second place- Spark house
- Third place- Petit house



Classes 8 and 9 were given a theme. The theme was Global Street Food. Each house was given a particular country and were asked to prepare the following dishes based on the country.

- 2 Finger foods
- 1 Dessert
- 1 Beverage

The names of the countries which were given to the houses, after picking chits were:

AVA - Spain
ORBIT- Turkey
PETIT- Thailand
SPARK- Mexico

The results were as follows-

- First place - Orbit house
- Second place- Spark house
- Third place- Petit house



Inter- House Debate Competition- Frank Anthony Style-18th June, 2025



The Inter-House Debate Competition, following the Frank Anthony style, was held on June 18, 2025. The panel of judges included Mr. Fabian Panthaki and Ms. Urvakshi Mehta.

The debate centred around the topic: ***Censorship in Art and Media is justified and necessary.***

The results of the competition were as follows:

Best Speakers – Niharika Prabhudesai (Orbit House) and Saanvi Rathore (Orbit House)

Winning Team – Orbit House

Runner-Up Team – Ava House

Our Best Speakers will go on to represent the school at the upcoming Frank Anthony Memorial Inter-School Debate Competition 2025.

The Albert Barrow Creative Writing Competition was held in the month of April 2025. The winners are as follows:

Place	IXA	IXB	XA & XB
First	Niharika Prabhudesai	Catalina Collazo	Tara Sikand
Second	Khloie Miranda	Zaynab Malbarwala	Keanna Fernandes
Third	Ariana Jadwani	Krishna Rajani	Meher Kelawala & Serah Balsara
Consolation	-	-	Azara Olivera & Allana Fernandez

Our winner from Std 10, Tara Sikand, will go on to represent the school at the upcoming Albert Barrow Memorial Inter-School Creative Writing Competition 2025.



International Yoga Day was celebrated on 20th June.

This year a skit was performed by the students.

The concept was to show how yoga can treat and manage pain in different parts of the body. Viz neck, lower back, stress, fitness, sports and stability in hyper children.

A group of advance asanas were performed to show the achievement by the yogi over years of practice.



Session for Teachers- 21st June, 2025

As part of our ongoing commitment to professional growth and alignment with the National Education Policy (NEP) 2020, two professional development workshops were conducted by our Humanities Co-ordinator, Ms. J. Fernandes, for the teaching staff. The sessions aimed to equip educators with strategies to adopt holistic assessment methods and leverage digital tools in their teaching and evaluation practices.

Session 1: Learning Beyond Marks – NEP and the Holistic Progress Paradigm

This interactive workshop focused on reimagining assessment in light of NEP 2020, emphasizing the shift from rote learning and mark-centric evaluation to a more comprehensive and learner-centred approach.

Teachers actively participated in group discussions, reflecting on their current assessment practices and exploring ways to make learning more meaningful and equitable for all students.

Session 2: The Paperless Classroom – Modern Assessment Strategies for Modern Teachers

The second workshop focused on integrating **physical, digital and hybrid assessment tools** to create paperless, efficient, and student-friendly evaluation systems. The hands-on approach ensured that every participant not only understood the tools conceptually but also gained confidence in applying them in real classroom scenarios.

Participants expressed appreciation for the relevance and practicality of the sessions. Many shared that the workshops not only enhanced their understanding of **NEP-driven assessment reforms** but also provided them with accessible, easy-to-use digital strategies to implement immediately. The workshops concluded with an encouraging message to embrace change, remain lifelong learners, and lead the way in creating classrooms where **every child's progress is valued beyond marks**.



The students of the secondary section Stds. V to Std. IX had a talk by leading dietician Mrs. Sumaiya Hamid. She made them aware of the ill effects of added sugar and also gave them healthier options for sugar. There was an interactive question answers session, where children had asked many questions about diet and exercise.



Music competition



The Inter-house Music Competition was held in school on 27th June, 2025 for the Secondary Section, showcasing the incredible musical talents of the students. The event featured both choral performances and instrumentalists, with participants demonstrating skill, creativity, and passion for music. The competition was judged by Mr. Ragina and Ms. Ghadiali. Both being esteemed musicians, greatly appreciated the enthusiasm and hard work of the performers, and stated that the organisation, planning and execution of this event was none to match and they were extremely impressed with it all. The audience was treated to a delightful mix of melodies, harmonies, and rhythms as students performed in groups and as solo instrumentalists. The event not only celebrated musical excellence but also fostered teamwork, confidence, and a deep appreciation for the performing arts.

WINNERS 2025- INSTRUMENTAL JUNIOR CATEGORY

1st Place: Sia Besant
2nd Place: Vanshi Mudaliar
3rd Place: Adiyah Hannah Shahane and Samaira Bhattacharya (Tie)
Consolation Prize: Thea Turel Pradhan

WINNERS 2025- INSTRUMENTAL SENIOR CATEGORY

1st Place: Keanna Fernandes
2nd Place: Nivedita Narvekar
3rd Place: Anushka Rao
Consolation Prize: Aditi Sahijwani and Reese Stuart (Tie)

WINNERS 2025- CHORAL CATEGORY

1st Place: Spark House
2nd Place: Petit House
3rd Place: Orbit House
Consolation: Ava House



SUPW GARDENING

SUPW- Gardening for class 10A was held on 27th June 2025.



PRIMARY SECTION

Skeletal Activity

A skeletal system puppet activity was completed in class 5 in the month of June. Students were required to cut and paste the various skeletal system components from the provided worksheet and then use a needle and thread to place the pieces in the proper order to create a puppet.



The students of Class 4 of the Primary section celebrated Gastronomy Day on 18th June, 2025 to emphasize on the art of selecting, preparing, serving, and enjoying good healthy food. Children got healthy food ingredients to school and put them together to make delicious healthy snacks. They enjoyed and learnt the importance and benefits of healthy food.



On 24th June, Grade 3 stepped into the shoes of archaeologists with an exciting 'Cookie Excavation' activity! Using toothpicks as tools, students carefully unearthed chocolate chip "artefacts" from their cookie "dig sites." They recorded their findings in an observation sheet, making it a fun and educational hands-on experience in archaeology.

COOKIE EXCAVATION



Oral Hygiene

A talk on **Oral Hygiene** was conducted by **Dr. Nishat Shaikh**, a leading Dental Surgeon, for **Classes 1 and 2** on **25th June, 2025**. The session aimed to help children understand the importance of maintaining good oral hygiene for overall health and well-being. Dr. Shaikh highlighted the need for a daily routine of brushing and flossing, along with the importance of regular dental check-ups. She explained how neglecting oral hygiene could lead to problems such as tooth decay, gum disease, and even affect overall health.



A talk on **Healthy Lifestyle** was conducted by **Dietician Kamna Desai** for **Classes 3 and 4** on **30th June, 2025**. The session helped children understand the importance of proper nutrition and its impact on overall health. They also learnt that leading a healthy lifestyle involves habits that support physical, mental, and emotional well-being. The children were made aware of the significance of eating a balanced diet, engaging in regular physical activity, getting enough sleep, managing stress, and maintaining a healthy weight.



PRE-PRIMARY SECTION

Cold cooking

The children made simple, tasty treats in our fun-filled cold cooking session.

Nursery



Lower KG.



Higher KG.



International Yoga Day

The children of the Pre-Primary section celebrated International Yoga Day. Our little yogis took peaceful breaths, stretched, and smiled together.

Play School



Nursery



Lower KG.



Higher KG.



World Music Day

Our little ones had so much fun celebrating World Music Day! They sang songs, clapped hands, danced, and played instruments. The day was full of happy sounds and smiling faces.

Play School



Nursery



Lower KG.



Higher KG.



Nature WALK

On their nature walk, the children of the Pre-Primary section looked around, listened, and learned from everything they saw in our beautiful campus.

Play School



Nursery



Lower KG.



Higher KG.



Show and Tell

Sharing moments, building confidence - Highlights from Show and Tell!"

Nursery- Best memory of my summer vacation.



Lower KG-The pet I have or would like to have.



Higher KG- My Favourite Game.



Puppet show

The teachers of Lower KG presented a lively puppet show that kept the children smiling and engaged.



Doll's Bath Day

Play School

On Doll's Bath Day, the teacher demonstrated rinsing, applying soap and drying as playschool children observed—learning personal hygiene and self-care.



Ms. Diana Marfatia

Principal