

'PRINCIPALLY YOURS'

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

July 2025.

Dear Parents,

July has been a very eventful and enriching month. The school organised various activities and learning experiences for the students and also started a new Initiative-namely "The Inspire Series Talks."

This will be a series of Inspirational talks by leaders and outstanding men and women from various fields speaking to our senior students to propel them to greater motivation and achievement.

As you know, our one-on-one career counselling sessions with students and parents for grades 7 - 10 are scheduled usually on the first Thursday of every month. These sessions are used to map our students' higher education plan, address next steps, talk about career options, subject selection and even early discovery of interests.

This month, and across a total of 4 sessions, we have introduced age relevant topics to make them more career ready. These sessions focus on self- discovery, academic and life skills, career exploration through activities and guest lectures and profile building.

Our grade 10 students gained insights on how to prepare their CV and to start looking at showcasing themselves for higher education! Grades 8 & 9 explored the world of media, discussed and presented the impact of brands and had great bonding while doing so. Our grade 7 students did a small activity to identify their interest areas while discussing possible inventions and it was good to see such diverse and bright minds at work.



SECONDARY SECTION

Bagless Days- Engineering Marvels

Bagless day for std 6 was conducted on 9th July, 2025, for std 7 on 14th July and Std 8 on 16th July, 2025.

The students of std 6 to 8 had a fun bagless day activity organized by Adventure Education Tours in compliance with the NEP 2020 policy. This was the 2nd bagless day of the academic year and the theme was Engineering Marvels. The program started with students learning about engineering and its different branches and engineering as a career. The program was not just theoretical, it was also filled with experiential learning and hands on activities using modelling tools such as popsicle sticks, straws, tape, paper cups etc. The first task involved the children learning how to build a catapult which shot things in the air. This group activity was followed by another activity which had the students constructing strong bridges with given materials. The bridges were judged on their load bearing capacity of up to 200 grams of weight. The children had great fun building and testing their bridges against collapsing. The day ended with the students tired but wiser having learned about different types of bridges and having made live prototypes along with essential team building skills.



'Guru Purnima' was celebrated on 10th July, 2025 at our school. We celebrate Guru Purnima to honour and express gratitude towards our teachers and mentors. It is a day dedicated to spiritual and academic gurus who impart knowledge and guide individuals on their path of learning. This day is also called 'Vyasa Purnima.' Our students delivered various speeches, Dohe, recited poems and also gave a graceful dance performance. Everyone enjoyed the programme and our students were reminded about the importance of their Gurus.



Inter – House Declamation Competition 2025



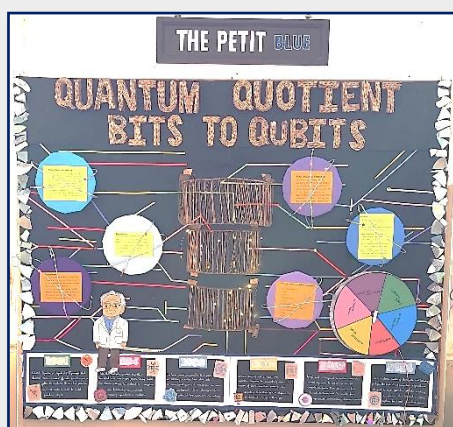
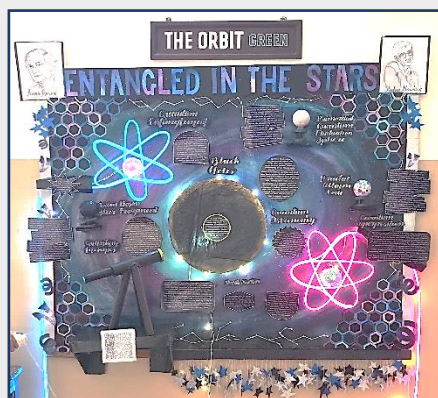
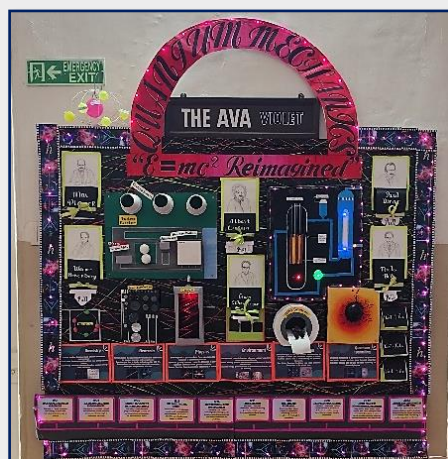
On 18th July 2025, in honour of Nelson Mandela International Day, our school organized a spirited Declamation Competition for students of Grades 5 to 8, celebrating the life and legacy of one of the world's greatest leaders. The young participants delivered powerful and thought-provoking speeches on themes such as justice, equality, leadership, and freedom—values deeply associated with Nelson Mandela. The event was graced by esteemed judges Ms. Ferangiz Hozdar and Ms. Aryana Mehta, who praised the students for their confidence, clarity, and heartfelt expression. Their encouraging words and insightful feedback made the event both memorable and meaningful for all. The winners were as follows:

Category / Place	Category I (Grades 5 & 6)	Category II (Grades 7 & 8)
First Place	Jenna Mistry – Orbit House	Taera Mistry – Spark House
Second Place	Kyra Brindley – Ava House	Nerikka Wadia – Orbit House
Third Place	Nysha Saxena – Petit House	Miraya Dhar Vyavaharkar – Orbit House
Consolation Prize	Kaavya Bhardwaj – Spark House	Sarah Shaikh – Spark House

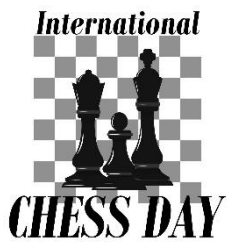


HOUSE BOARDS

The much-awaited results of the **Inter-House House Boards Competition** were declared on 18th July, 2025. The students worked on the boards for over 2 months with great enthusiasm, continuing the tradition of aligning with the annual United Nations theme. This year, the theme was *Quantum Physics*, sparking curiosity and creativity across all houses. Students worked collaboratively to design visually engaging and intellectually stimulating boards that simplified complex concepts such as superposition, entanglement, and quantum computing. The boards reflected not only scientific understanding but also artistic innovation, showcasing the interdisciplinary talents of our students. The competition served as a unique platform to explore cutting-edge science while fostering teamwork, research skills, and a spirit of healthy rivalry.



Place	House	Topic
First	Ava	Quantum Mechanics
Second	Orbit	Quantum Astronomy
Third	Petit	Quantum Technology
Fourth	Spark	Quantum Communication



International Chess Day

"Every Move Counts" - International Chess Day 2025

Bai Avabai Framji Petit Girls' High School celebrated International Chess Day on 22nd July with a meticulously planned and creatively presented event that brought the game of chess to life. The celebration carried the inspiring theme "Every Move Counts".

The program opened with a warm and enthusiastic welcome, followed by the introduction of the theme for the year and its relevance. The audience was then taken through the fascinating History of Chess with a detailed narration, accompanied by a compelling video.

Ms. Goolnawaz Kapadia (Chess coach), enlightened everyone about why International Chess Day is celebrated and spoke about the immense benefits of playing chess, particularly its role in developing logical thinking and patience.

The students along with their chess coach performed a harmonious and touching rendition of a song on chess that resonated deeply with the audience.

Next, the young talent from Grade 2 brought energy and excitement to the stage with catchy jingles representing each chess piece. This was followed by a short interactive game session that had the audience participating with enthusiasm. The students shared insights on the representation of chess in popular cinema, drawing connections between the board game and its cultural significance.

The event concluded with the closing comments from our Principal, who appreciated the efforts of all participants, faculty, and students. The celebration left everyone with the valuable message that in chess and in life every move truly counts.



An Evening of Inspiration: The I.I.M.U.N Role Model Series.

On Tuesday, 15th July 2025, a group of enthusiastic students from grades 9 and 10 had the incredible opportunity to attend the I.I.M.U.N Role Model Series at Bal Gandharva Rang Mandir, Bandra. The event, held from 1:30 p.m. to 7:00 p.m. brought together some of the most inspiring personalities from India and it turned out to be an unforgettable learning experience.

The atmosphere inside the auditorium was electric as we waited to hear from a star-studded line-up of speakers. First to take the stage was MP Tejasvi Surya, his words on courage, patriotism, and leadership deeply moved us. He reminded us of the strength that lies in serving others and standing tall in the face of challenges. Next was Ms. Suhani Shah, a mentalist and magician, who not only stunned us with her quick thinking but also shared valuable life lessons on believing in ourselves and understanding others. Her presence was captivating and thought-provoking.

We were then graced by Ms. Sushmita Sen, former Miss Universe and celebrated actor. Her story of resilience and self-respect struck a chord with many of us. She encouraged us to embrace who we are, and never let society's expectations limit our dreams.

Lastly, Ms. Smriti Irani, former Union Cabinet Minister for Education, took us through her journey from acting to politics emphasizing how grit, hard work, and purpose can shape our future. Her speech was both relatable and empowering. The event was expertly moderated by Mr. Rishabh Shah, Founder of I.I.M.U.N., who kept the

discussions engaging and meaningful. His questions brought out deeper insights from the speakers, and we felt like we were part of a thoughtful conversation and not just an audience.

By the end of the day, we were not only inspired but also equipped with real-life lessons that no textbook could teach. The event made us believe that with determination and purpose, we too can carve out extraordinary paths for ourselves. We walked out of the venue feeling transformed, our dreams bigger, our confidence stronger, and our hearts full of hope.



“होऊ दंग निसर्गासंग” (Let's Be Amazed with Nature)

‘Marathi Divas’ Celebrated in Jamnabai High School

Jamnabai School celebrated “होऊ दंग निसर्गासंग” Marathi Utsav. The school had given the theme related to nature for the Marathi cultural programme on 22nd July 2025. 10 girls of Std 6 and Std. 7 of our school participated in the dance programme. There were 17 schools participating with different cultural events and our girls danced on a Marathi Nisarga [nature] song and were felicitated with participation certificates from the prestigious ‘Jamnabai Narsee’ school.



PROFESSIONAL DEVELOPMENT

Concrete-Representational-Abstract and Multisensory Strategies, an Inclusive Approach to Mathematics
Ms. Rameeza Khan, Head of our Skill Enhancement Department, conducted a comprehensive training programme in Mathematics.

The programme was conducted in three sessions:

June 14th, 2025: Pre-Primary teachers, Maths teachers (Classes 1-10) and Special Educators

July 12th, 2025: Pre-Primary teachers

July 26th, 2025: Maths teachers (Classes 1-10) and Special Educators

Key Highlights:

Exploring manipulatives for effective pedagogy

Evidence-Based Practices in mathematics

Structured principles and procedures for mathematics instruction

The language of mathematics.

Alignment with Universal Design for Learning and National Education Policy, 2020.

The training programme provided a fun-filled, engaging and interactive experience for teachers, promoting professional growth and development. By equipping educators with innovative strategies and approaches, we aim to make mathematics education more effective, inclusive and enjoyable for all students.

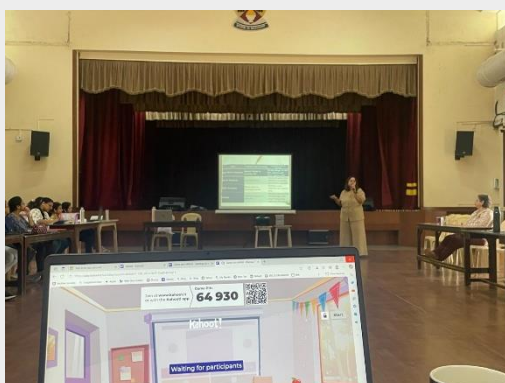


Creative Assessments and Integrated Teaching Approaches

The Professional Development Workshop held on July 12, 2025, at the Marble Hall was conducted with remarkable efficiency, collaboration, and enthusiasm. Facilitated by Ms. Jennifer Fernandes, Humanities Co-ordinator for the Primary and Middle School, the half-day session offered teachers a dynamic platform to explore *Creative Assessments* and *Integrated Teaching Approaches* through a balanced mix of theoretical insights and practical application. The workshop began promptly at 9:15 AM with a focussed revision of various types of creative, formative, and performance-based assessments, setting the tone for the day. Teachers then engaged in an individual task to design their own creative assessments tailored to their subject and grade levels, using their laptops and tablets. This was followed by a peer-sharing session where participants exchanged ideas, received constructive feedback, and drew inspiration from each other's work. After a brief tea break, the workshop resumed with an interactive session on *Integrated Teaching*. Ms. Fernandes skilfully unpacked the principles of cross-disciplinary learning, demonstrating how meaningful connections across subjects can enhance student engagement and deepen understanding. Real-life examples and classroom strategies were shared, encouraging teachers to reflect on how they could implement integration in their own contexts.

The highlight of the workshop was the collaborative group task where teachers, grouped according to grade levels, co-designed integrated lesson plans that blended learning objectives across disciplines. This activity fostered dialogue, creativity, and shared ownership of ideas. The session concluded with group presentations, where each team showcased their lesson plan, followed by a round of reflection and peer suggestions.

Throughout the workshop, there was a palpable sense of professional curiosity and a genuine willingness to learn and share. The sessions flowed smoothly and stayed well within the allotted time, thanks to clear facilitation, thoughtful planning, and active participation. The workshop not only reinforced key pedagogical practices but also created a space for community building and collegial growth—making it a truly meaningful and impactful professional learning experience.



Workshop for Counsellors and Special Educators – ‘Understanding Children and Childhood’

On July 12th, 2025, Ms. Anjum Chouhan, our senior school counsellor, led an insightful workshop on Understanding Children and Childhood. The workshop aimed to refresh participants' understanding of child development and its implications in school settings. It focused on providing classroom interventions for addressing developmental needs and trauma.

Key Takeaways:



- Understanding child development theories and milestones
- Recognizing signs of developmental delays and trauma
- Strategies for classroom intervention and support
- Creating a supportive and inclusive learning environment
- The workshop covered essential topics, enabling participants to better understand and help students navigate mental health challenges.

World Nature Conservation Day

“One planet, one future: let us unite to save the Earth.” Our school marked World Nature Conservation Day 2025 on 28th July with an enriching and engaging set of activities specially organized and conducted by the middle school students to emphasize the importance of preserving nature. This year’s theme is, “Connecting People and Plants, Exploring Digital Innovation in Wildlife Conservation,”. This theme emphasizes the importance of using technology to protect endangered species and forests, while also highlighting the need for humans to reconnect with nature through sustainable practices. The program began with a special assembly on environmental awareness. Students performed a musical skit highlighting the harmful effects of deforestation and pollution, urging eco-friendly practices. This was followed by a heartfelt poem recitation and a group song titled “Count on Trees”, encouraging everyone to protect nature. The Principal, in her address, motivated students to take small but meaningful steps towards conserving the environment.



INSPIRE SERIES

The inaugural session of the *Inspire Series* marked a truly memorable and transformative moment in our school's calendar—a celebration of ideas, ambition, and the power of lived experience. With the gracious presence of our respected Principal Ms. Marfatia, senior leadership, teachers, students, and our honoured guests, Mr. Sabbas Joseph and Mr. Anup Soni, the event was infused with energy, anticipation, and purpose from the very start. The ceremony began with the traditional lighting of the lamp, invoking the light of knowledge and wisdom, beautifully accompanied by the Gayatri Mantra sung by Daeveka, setting a tone of reflection and reverence.

The Inspire Series is more than just an event—it is a vision. It aims to bring students face-to-face with individuals who have challenged conventions, reimagined possibilities, and carved their own unique paths across varied fields such as media, arts, science, sports, entrepreneurship, public service, and more. This first session stood as a powerful testimony to that vision. Our distinguished guests captivated the audience with stories of resilience, reinvention, and purpose-driven success. Their candid reflections, real-life anecdotes, and advice struck a chord with the young audience, making them pause, reflect, and dream a little bigger.

A special segment of the event was the student-led chat show, which added a fresh and relatable dimension to the conversation. The moderators conducted the session with grace and confidence, drawing out insights that deeply resonated with both students and faculty alike. The open-floor Q&A that followed showcased the curiosity, thoughtfulness, and growing confidence of our student body, making it a true dialogue rather than a one-sided address.

We owe a special debt of gratitude to Ms. Gitikka Ganju Dhar—celebrated anchor, actor, and transformational speaker—whose invaluable mentorship and wholehearted support helped shape the very foundation of the Inspire Series. Her ability to connect us with some of the finest minds in the country, along with her deep belief in the power of meaningful conversations, brought this dream to life.

None of this would have been possible without the collective efforts of many. Our heartfelt thanks go to our Principal, Ms. Marfatia, whose visionary leadership continues to create opportunities for students to grow as thinkers and changemakers. We are also grateful to Mrs. Marolia and Mrs. Charna for their continued guidance and support. Behind the scenes, our teachers, tech staff, and student volunteers worked tirelessly to ensure every detail—from logistics to sound checks—was executed flawlessly.

To our students: your presence, your questions, and your enthusiasm brought soul to the session. This platform is for you, and because of you. The Inspire Series has begun—and it promises many more such moments of awakening, learning, and transformation. As we closed the session with sincere gratitude, we looked ahead with excitement, knowing that this is only the beginning of a powerful and inspiring new chapter in our school's story.



PRIMARY SECTION

Rainbow Activity

As part of Christina Rossetti's English Literature Poem: The Rainbow, the first-graders completed a rainbow-themed activity that was then displayed in the class on 25th July, 2025. The art and craft teacher also taught the students a craft activity on house boats.



Digestive System Activity was done in class 4A and 4B on 21st July, 2025.



Grade 1 children performed activity on the topic: Shelter (rooms in the houses) on 30th July, 2025.



PRE-PRIMARY SECTION

Celebrating Colours

Colour Day Magic! From red to yellow to blue, our children explored a world full of colours!

Play School



Outdoor Fun

Our little players had so much fun playing basketball!

Play School



Popcorn Making Activity

The classroom was filled with excitement as our little chefs explored the magic of popcorn using all five senses! They watched the tiny kernels dance and pop, listened to the crackling sounds, smelled the buttery aroma in the air, touched the warm popcorn, and finally, tasted the delicious crunchy treat! Learning about our senses has never been this tasty or fun!

Nursery



Centre Time

Exploring, creating, and learning through play! Our children made the most of Centre Time with joyful hands-on activities.

Nursery



Higher KG.



Fun Friday

Giggles, Games, and Great Times!

Fun Friday brought laughter and learning together in the best way!

Nursery



Higher KG.



Little Chefs at the Market!

Our Lower KG. teachers turned their classroom into a vibrant market, picked fresh vegetables, and stirred up fun by making their own delicious dish.

Lower KG.



Ms. Diana Marfatia

Principal