



CANVAS CONNECT 2019 JANUARY ISSUE



MESSAGE BY **THE FOUNDER**

Dear Parents and Partners,

As we enter a new year, I would like to wish you all a very Happy 2019.

2018 was a year full of achievements, successes and awards. Canvas is continuously growing and maturing as a family. This gives us confidence to serve and deliver quality education to our children. This is possible because of the untiring efforts of our parents, partners and staff. At Canvas, we work on the holistic development of our children and this we are able to achieve because of the continuous support of the parents who had now started to see the advantages of such development. We are able to instill the thought that, 'Education is not about attaining grades and degrees, but a complete physical, social, and emotional development.' This helps in building a generation which is

strong, humane and has great life skills.

The education industry is going through a paradigm shift. We have to go beyond normal schooling to impart life skills to our young learners. We have to teach them basic values, a happy environment which would help them develop, in a positive atmosphere. I, here, quote Mahatma Gandhi, "Happiness is when what you think, what you say, and what you do are in harmony."

Canvas believes in the innocence of the children and wishes to create a new world for them. A world that would allow them to explore the beauty and experiences which help them learn life skills and comfort both. Our Canvins are tomorrow's responsibility. We wish to create leaders who would be called Humanitarian leaders. As parents we need to understand that the

development of children is a joint responsibility. We need to provide happy and healthy environment at school and at home both for their complete development.



At Canvas, we have promised and taken a pledge to provide the best environment to every child so that he or she is able to fully bloom as a child. With every new school we build, our ideology has continued to remain the same and the school establishes itself as a quality center for wholesome learning.

Thank you for believing in us, and let's build the foundation for tomorrow. Our mission of creating young and energetic minds to create a better world continues every day.

BOOKS:

LIGHT ON THE BACK, **IMPACTFUL ON THE MINDS.**



Dr. Vivek Sharma
(Advisory Board Member Canvas International Pre-School)

Many people will still remember the speech that R.K. Narayan, the famous novelist, made in the parliament. He said that his heart bled whenever he saw young boys and girls going to school laden

with books which they could hardly carry. This burden did not improve their minds; it only made them hunch backs.

Heavy back packs are one of the most distressing and unpleasant aspects of school life for many children. The heavy weight of books make school going drudgery and irksome. This goes contrary to the current trend, which insists that the learning process should be fun. Children who do not have to carry heavy loads, such as the resident borders, are more relaxed and at ease than those who have to carry heavy backpacks to school. Similarly, one of the appealing aspects of college life for kids is that they do not have to shoulder the burden of heavy books.

Heavy bags cause stress on the spine, back and shoulders, resulting in muscular pain, fatigue and strain.

The excessive weight in bags may cause a child to develop poor posture or slouch excessively.

Look for the following warning symptoms that a school bag is too heavy:

- Tingling and numbness in arm.
- Pain while wearing the backpack.
- Struggling when putting on or taking off the backpack.
- Change in posture when wearing the backpack.





PROBLEMS CAUSED BY HEAVY SCHOOL BAGS:

1. Lifting heavy burden for a long time or distance is not good for children. Half of the school children develop pain in the back or shoulder.
2. Carrying a heavy bag on the back causes forward leaning and bad posture, which can lead to improper weight bearing on the spine, and pains and aches in the shoulder and back.
3. Carrying a backpack weighing more than 15% of body weight makes a child or adolescent unable to maintain proper standing posture. Children could get poor posture and may even slouch.
4. Forward bending at the back (also called kyphotic posture) makes the work of breathing harder. Children carrying heavy bags have been found to have poor lung function.
5. Children who use one-strap bags (which put weight on one shoulder only) have a particular problem. These bags cause side ways deviation of the spine (scoliosis) because of the asymmetric weight distribution and this can cause long lasting backaches and damage. Slinging the bag over one shoulder causes spine damage.

How to buy the right backpack?

- Don't buy big backpack. It should be appropriate to your child's size.
- Choose a backpack with moulded frame and adjustable hip strap, so that the weight of the filled backpack will rest on your child's pelvis instead of their shoulder

- and spine.
- The shoulder straps should be adjustable, and the rear of the backpack padded for comfort.
- To help with packing, the backpack should have a few separate compartments.
- Canvas bags are lighter than leather varieties.
- Consider buying a backpack with built in wheels.



Packing the backpack correctly:

1. The backpack should weigh less than 10% of your child's body weight. For example, a child of 20 kg should carry less than 4 kg in their backpack. Ideally the child in this example should carry around 2-3 kg of books.
2. Pack the heaviest items so they are closest to the child's back. If the heaviest items are packed further away, this throws out the child's center of gravity and causes unnecessary back strain.
3. Make sure that items can't move around during transit as this could upset your child's centre of gravity. Use the backpacks with compartments.

Data Shows That More Than 75% Of School Children Carry More Than The Recommended Safe Weight In The School Bag.



Some solutions for this back breaking burden:

- Loose sheets for homework.
- Individual lockers for students in school.
- Class work notebooks kept in school.
- Consecutive periods for one subject.
- To follow NCERT homework guidelines.
 - (a) Standard I & II - No Homework
 - (b) Standard III to IV - 2 hrs a week
 - (c) Standard VI to VIII - 5 to 6 hrs a week
 - (d) Standard IX to XII - 10 to 12 hrs a week

The Central Board of Secondary Education (CBSE) has directed the affiliated schools that

they have to maintain the school bags of the students up to Class-II. School bags of students up to Class-II should be kept in school itself. Student of this age group should come with a lunch box and the pencil box only.

The CBSE has also recommended a class library system so that students get used to habit of reading books in school.

Dr. Vivek Sharma
Consultant Paediatrician
Rungta Hospital, Jaipur.
Email: drvivek_sharma@rediffmail.com



ACTIVITIES HELD

3rd November

Diwali celebration

Diwali, the festival of lights was celebrated at Canvas with great pomp and show. All kids were dressed in orange color which signifies joy, happiness and creativity.

14th November

Children's day

At Canvas our little ones became small artists and did creative and freehand drawing with the use of alphabets to enhance their fine motor skills.

16th November

Newspaper reading activity

In assembly children were briefed about the newspaper and were shown some news along with reading to develop their listening and language skills.

17th November

Road safety awareness activity

Canvins learnt through various activities at school about traffic rules to be followed on the road and significance of Traffic lights.

21st November

World Hello day activity

Kids learned to greet HELLO! to their classmates, friends by shaking hands and hugging each other.

23th November

Guru Nanak Jayanti

On this day we taught our Canvins that the essence of all religion is one. Only their approaches are different. Kids went to nearby gurudwara and celebrated Gurunanak Jayanti.

28th November

Cook without fire

The school conducted 'Cooking without Fire' activity. Canvins and teachers enjoyed and had fun.

4th December

March past day

At Canvas, we conducted March past activity for gross motor skills development to restore health and harmony and boost confidence level of our Canvins.

7th December

Armed forces flag day

At schools we called armed force personnels to have an educative and inspiring talk with our little Canvins.

17th December

Scarecrow activity

Our kids enjoyed doing craft activity in their class for their fine motor skills development. They created a scarecrow in the activity.

24th December

Christmas day celebration

Christmas celebration at school with singing, dancing and partying with Santa Claus. Our kids had fun time at school.

27th December

Safe unsafe touch workshop

Teachers took good touch bad touch workshop to tell kids about dangerous situation and how to act.

11th January

Lohri and kite flying festival

Our little Canvins celebrated Lohri with great pomp and show and enjoyed kite flying at school.

15th January

Army day

At Canvas, we taught our little ones how to be disciplined at the time of assembly.

25th January

National Tourism Day

National Tourism day, children were shown video of their own city to foster awareness among them of their social and cultural values.

26th January

Sports day

Sports Day was organized at Canvas to build healthy bones and muscles, increase fitness, help them socialize, improve their cooperation skills, boost self-confidence of our Canvins.

30th January

Martys' Day/ Shaheed Diwas

Our children paid homage to Mahatma Gandhi by keeping 2 minutes silence in the assembly.





CAMPAIGN:

ECA: WE SUPPORT #RIGHTSTART A CAMPAIGN BY EARLY CHILDHOOD ASSOCIATION



#rightstart

a campaign by
Early Childhood Association
to help parents choose schools wisely.



#rightstart

- Ensure your child is of right age for preschool.
- Ensure your child is not interviewed.
- Ensure that you choose the right school for your child.
- Ensure that you choose a safe school for your child.

We support
#rightstart with

Early Childhood
Association



Learn what to look for in a school for the
#rightstart of your child's education.

www.eca-india.org

#rightstart No. 1

- Do not enroll your child in nursery class before the age of 3.
- Playschool - 2 yrs | Nursery - 3 yrs | Junior K.G - 4 yrs | Senior K.G - 5 yrs | Grade one - 6 yrs

#rightstart No. 2

- Don't just select a board, select a school.
- Choose a school that is parent centric and has a child centric curriculum.
- It is not only the board that is important, it is the transaction of the curriculum of that board that will benefit your child.

#rightstart No. 3

- It is not about high or low fees.
- If the fee is high, check how they will give you that money's worth.
- If the fee is low, check if they are cutting corners to give you low fee.
- Be sure about this.

#rightstart No. 4

- Check if all teachers are qualified.
- They should have done a 10 month or more course on ECCE, NTT etc. and not a 3 month or 6 month course.

#rightstart No. 5

- Ensure that the school has done background verification of all staff.
- Ask to see the proof of the same.

#rightstart No. 6

- Ensure the school has a discipline policy, will they shout, hit, scream at your child?
- Ensure that the school has a zero tolerance for abuse to children.

#rightstart No. 7

- Say no to a school that interviews you or your child.
- Children cannot take the stress of interviews at that young age and a school that doesn't know this is not child-centric.

#rightstart No. 8

- Check the distance from your home to school.
- Avoid making your child spend more than 30 minutes by bus one way.

#rightstart No. 9

Give the school your 5 senses test:

- Ears: If you can hear children's voices more it is a good school. If you can hear only adult voices, think about it.
- Eyes: Look at the displays, are they a mix of art, drawing, worksheets, then good. If only worksheets or teacher's work is displayed, then not a good environment for learning.
- Nose: Smell the 'toilets', if they smell bad it means children will avoid going and will stop drinking water.
- Taste is talk: Ask questions about the qualifications, background checks and policies.
- Touch: Touch all surfaces to see if they are sharp or have dust.

#rightstart No. 10

CCTV safety

- Are cameras placed in every important area?
- Who monitors CCTV cameras?
- How often is the recording monitored?
- Are they keeping the recording for 3 to 6 months?
- Don't ask for live streaming. It can be misused.

Join our #rightstart campaign:

As a school - Ensure that you adhere to all 10 points.

As a parent - Look for all the 10 points in the preschool you choose for your child.



**CAMPAIGN: ROAD
SAFETY AWARENESS**
20TH NOVEMBER 2018

Canvas International Pre-school (Benar Road) branch's children participated in "Road Safety Awareness Program". They gave a message by riding on cycles wearing helmets to make people aware of road safety rules and make them to follow the rules in association with "Muskan Foundation". An event also held at Ravindra Manch, where 800 school children participated to spread awareness on lives lost in road accidents in personal, social lives as well as nationally.

HEALTH TIPS:

BEING MORE ACTIVE (For Children And Families)

- Move more. Try to get between 30 and 60 minutes of physical activity each day. Short sessions of movement throughout the day add up.
- Include physical activity in your daily routine. Walk as a family before or after meals.
- Make playtime with your family fun. Be active by shooting hoops or playing tag.
- Be active in the home. For example, you can dust, vacuum, garden, or

walk the dog. These activities are good ways to burn calories.

- Include activities, such as hiking or biking, when you go on vacation.
- Know your daily calorie needs. Balance calories you consume with calories you burn.
- Limit TV, computer, and video game time to less than 2 hours per day. Encourage physical activity instead.



NEW BRANCHES

Khairthal	Siwana Road, Adarsh Colony, Wrd No. 12, Khairthal - 301404
Sewar Road, Bharatpur	In front of Gayatri Hospital, L.B. Shastri Nagar, Sewar Road, Bharatpur - 321001
Pal Gaon, Jodhpur	A-262, Aarti Nagar, Opp. Reliance Petrol Pump, Pal Road, Pal Gaon, Jodhpur - 342008



Khairthal



Sewar Road



Pal Gaon, Jodhpur



CURRICULUM CORNER

What are Social Skills?

Social skills are:

- **Cooperation** – Playing your part in a positive way. Example: taking turns, doing your part in a shared task.
- **Being a friend** - There are many levels of friendship.
- **Sharing** - Treats, belongings and ideas with others (that means yours and theirs).
- **Participation** - Joining in and ‘giving it a go’ even if you are not very good at something.
- **Being patient** – Everyone has the right to be heard and considered, so everyone needs to learn patience and wait for his or her turn.
- **Helping others** - Even little kids can help others, so that the job gets done or someone can feel cared about.
- **Following directions** - Learning to follow directions or rules helps keep us all safe and well.
- **Staying on task** - Getting our own job done and not stopping others from doing theirs.
- **Accepting differences** - Every person is unique and special and we all have feelings.
- **Listening** - Learning to be an ‘active listener’.
- **Praising** - Praising others and not using ‘put downs’. Letting people know when they have done well and not being mean when they haven’t.
- **Positive communication and interaction** - If you are nice to others then they are usually nice to you. Shouting and bullying may get attention but won’t win friends.



COGNITIVE SKILLS

Cognitive skills are the core skills your brain uses to think, read, learn, remember, reason, and pay attention. Working together, they take incoming information and move it into the bank of knowledge you use every day at school, at work, and in life.



AWARDS

Woman
of the Future
Award-2018

FACTS

An infant’s babbling is the earliest stage of language development.

UPCOMING ACTIVITIES

9TH FEB.: **CANVAS FOUNDATION DAY**

11TH FEB.: **VASANT PANCHAMI**

21ST FEB.: **HELPER’S DAY**

27TH FEB.: **BE A CHEF**

PARENT’S PLEDGE

I will do my best to parent by being:

- More understanding
- More guiding
- More inspiring
- More present
- More accepting





Parent’s testimonial:

My child, Aarna, studied for 2yrs in Canvas International Preschool, Bhopal. I was completely satisfied by the efforts of the canvas team in every field, be it from study’s perspective or any sort of extra-curricular activities. When my kid was admitted to the school I had a fear in my mind, whether she will be able to cope up with the school environment or the staff of Canvas will treat her fairly as she is very mischievous. But, with time my fear was in vain as everything was perfect and beyond my expectations. I am saddened as my child is unable to continue in Canvas because of my transfer, but still I would love to recommend Canvas school to every parent.

“Thank you for making my child so confident and smart.”
Dr. Mitali Porwal Augustya (BHOPAL BRANCH)

WORD PUZZLE GAME

red		d	e	v	o	l	g
ham		r	e	d	p	h	k
coat		q	c	h	z	j	c
glove		p	o	a	a	f	o
block		v	a	m	m	n	l
fox		q	t	f	o	x	b



Gagan Baghel - (Bhopal Branch)

“Coming together is a beginning, staying together is progress, and working together is success.”
- Henry Ford



JODHPUR BRANCH FRANCHISE

‘If talent and hard work meet, then it only results in success’. The way we win, it presents our teamwork and its skill. If we think beyond the effort, we are able to do anything. We are fortunate enough to have your Franchise. The facilitators are very cooperative, supportive and helpful. I want to extend my most heartfelt appreciation to Respected Hema Harchandani Ma’am, Director & Founder of Canvas International PreSchool and to every single person who worked for this school. Kudos to your team for giving tiny tots the way to show their academic performance in an innovative playful method and unearth their hidden talent.’

Thank You Team Canvas, Jaipur for pulling everyone and everything together. Great job! Keep growing.



Veer Pillai - (Bhopal Branch)