

**LEADERS PRIVATE SCHOOL, SHARJAH**

**SCHOOL ACTIVITIES**

**OCTOBER 2019**



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# 1. ORGANISING SPORTS ACTIVITIES

The Physical Education and Sports programme at Leaders Private School aims at improving the health and fitness levels of the students. Physical Education periods in the regular school time table are supplemented by Yoga sessions /Aerobics in the mornings and special coaching for games (Football, Basketball, Throw ball, Kho Kho and Table Tennis) after school hours.

## YOGA

Yoga does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation. It helps students fight against stress and anxiety.

LEADERS PRIVATE SCHOOL, SHARJAH hosts daily yoga classes for the students of V-XII during zero period as per the schedule given below. Students perform many Yogasanas under the guidance and supervision of our PE coach.

The students actively participated with enthusiasm and also wished to adopt Yoga as a daily practice. They learned the importance of various Asanas and promised to take all the valuable information to their families.

### YOGA SCHEDULE

DAYS	BOYS	GIRLS
SUNDAY	-----	GRADE:- 7 & 8/9&10/11&12
MONDAY	GRADE:- 5 & 6	-----
TUESDAY	-----	GRADE:- 5 & 6
WEDNESDAY	GRADE:- 7 & 8/9&10/11&12	-----



# AEROBICS

Aerobic exercise is a physical activity that makes you sweat, causes you to breathe harder, and gets your heart beating faster than at rest. It strengthens your heart and lungs and trains your cardiovascular system to manage and deliver oxygen more quickly and efficiently throughout your body.

Students of Grade 1 and 2 were taken to the Quadrangle for Aerobics Exercises during zero period on Sundays and Wednesdays. P E Teachers along with the Class Teachers had shown Aerobics steps to the students. At the time of Aerobics children really pepped up on the fast track! They showcased a very energetic and spirited performance!



## 2. INTER SCHOOL SPORTS COMPETITIONS

Our school, Leaders Private School has participated in various competitions as part of CBSE Cluster UAE Chapter this year 2019-20. We participated in Chess, Kho-Kho, Athletics, Table Tennis, Badminton, Football and Handball, competing with various schools all across UAE.

The CBSE Cluster Chess Championship was held at Sharjah Indian School on 9th & 10th October 2019 under categories U-11, 14, 17 and 19. We won third position in U-19 girls category. Other all categories performed well. Ms. Bhakti Parmekar and Mr. Aasif Iqbal accompanied the team players for the championship.

The CBSE Cluster Kho-Kho Championship was held at Sunrise English Private School Abudhabi on 15th, 16th & 17th October 2019. Our girls' team participated in U-17 category and boys' team participated in both U-17 & 19. We won second position in U-17 girls category. Other all categories performed well and U-17 boys' team reached semifinal, they played against ADIS Abudhabi and it was a tight match but unfortunately, we lost in the extra time by one point.

Mr. Saji Sathyapal and Ms. Bhakti Parmekar accompanied the team players for the championship.



The CBSE Cluster Table Tennis Championship was held at India International School Sharjah on 20th & 21st October 2019. Our boys' team participated in U-14 category and girls' team participated in U-17. Both teams performed well, this is the first time we participated in table tennis competition. Our boys' team defeated Ambassador School Sharjah and DPS Ajman in first two rounds respectively and we reached the Quarter-finals. Mr. Edwin Antony and Ms. Bhakti Parmekar accompanied the team players for the championship.

The CBSE Cluster Handball Championship was held at Woodlem Park School, Ajman on 23rd & 24th October 2019. Our school boys' team participated in U-17 category and reached semifinal. Looking forward for a better performance in the coming year. Mr. Edwin Anthony accompanied the team players for the championship.



The CBSE Cluster Football Boys Championship was held at DPS Dubai from 22nd to 24th October 2019 and Girls Championship was held at Gulf Asian English School, Sharjah on 22nd October 2019. Our both boys' and girls' teams participated in U-17 category. Both team performed well. Looking forward for a better performance in the coming year. Mr. Aasif Iqbal accompanied the boy's team players and Ms. Bhakti Parmekar accompanied the girl's team players for the championship.



The CBSE Cluster Athletics Championship was held at Our Own High school, Al Warqa'a, Dubai on 29th & 30th October 2019. Our 6 athletes participated in the athletics in different categories. All our athletes performed well and almost everyone came in the best six. One of our girl athletes won third prize in 200m in U-17 category. Mr. Edwin Antony and Ms. Bhakti Parmekar accompanied the team players for the championship. The school had very good exposure in the cluster championships against schools all over UAE and it has been a great experience for the playing students as well. We could learn all our strengths and weaknesses and we aim to improve each player much better to be more able and strong in each sport for the forthcoming year.

SL.NO	EVENT	VENUE	DATE	CATEGORY & GENDER	POSITION	TEACHER INCHARGE
1	CHESS	Sharjah Indian School, Sharjah	9th & 10th October	U-11,14,17,19 (boys & girls)	U-19 girls won third prize	Ms. Bhakti Parmekar & MR.Aasif Iqbal
2	Kho-Kho	Sunrise English Private School, Abudhabi	15th, 16th & 17th October	U-17 (girls) U-17 & 19 (boys)	U-17 girls won second prize	Mr. Saji Sathyapal & Ms. Bhakti Parmekar
3	Table Tennis	India International School, Sharjah	20th & 21st October	U-14 (boys) U-17 (girls)	U-14 boys team reached quarter finals	Mr. Edwin Antony & Ms. Bhakti Parmekar
4	Handball	Woodlem Park School, Ajman	23rd & 24th October	U-17 (boys)	Reached semifinals	Mr. Edwin Antony
5	Football	DPS Dubai	22nd,23rd & 24th October	U-17 (boys)	Played in first round	Mr. Aasif Iqbal
		Gulf Asian English School, Sharjah	22nd October	U-17 (girls)	Played in first round	Ms. Bhakti Parmekar
7	Athletics	Our Own High school, Al Warqa'a, Dubai	29th & 30th October	U-14,17 (boys & girls)	won third prize in 200m in U-17 girls category	Ms. Bhakti Parmekar & Mr. Edwin Antony



### 3. SWACHHATA ABHIYAAN

“A clean India would be the best tribute India could pay to Mahatma Gandhi on his 150th birth anniversary in 2019,” said Shri Narendra Modi, as he launched the Swachh Bharat Mission as a National Movement in New Delhi, on 2nd October 2014. The campaign aims to achieve the vision of a ‘Clean India’ by 2nd October 2019.

Perceiving the vital role of spreading awareness about the Swachhata Mission and its implementation across the country, our school organized various activities across all grades, from 1st to 15th September, 2019.

The Kindergarten & the Primary classes took part in a variety of activities related to Personal Hygiene, Environmental Hygiene and Importance of washing hands, inculcating the importance of hygiene in and around them. The Grades 1 to 4 had poster making on Green School Drive, after which the Gr.1 & 2 students had a march also, with their voices echoing the slogan ‘Swachh Bharat. Green School Drive’

Students of the Middle School engaged themselves in making models from waste or re-usable materials. The main objective of this activity was to create awareness about the reduction of waste materials and the reuse of the materials through art and craft. Students collected various types of waste materials from their surroundings and prepared very creative and innovative models and art items, with these materials.

It helped the students to develop their fine motor skills while using different kinds of materials and also encouraged them to use waste material for making decorative and useable items.

The High School students participated in the ‘Pick-up Campaign’ by picking the litter after recess. They also wrote poems about ‘Swachhata’ and gave a one minute ‘On the Spot’ speech, on topics related to ‘Cleanliness’ incorporating interdisciplinary links.

The commitment and the passion of the students in understanding the significance of cleanliness, were quite remarkable as was visible in the Special Assemblies on Swachh Bharat Abhiyaan, conducted by the students.

The values like preservation, recycling, conservation, reduce, reuse etc. were imbibed in the young hearts and minds by demonstrating this noble act of caring for our environment.







# 4. TERI-GREEN OLYMPIAD 2019



“GREEN Olympiad” – an annual environment examination for school children was scheduled on **16-10-2019 from 8:30am to 9:30am** at our school premise.

The examination was conducted in 3 Levels

(Level 1 for Classes 4 & 5 / Level 2 for Classes 6, 7 & 8 / Level 3 for Classes 9 & 10).

The Questions were combined in one 'Booklet' with 150 questions (1-50, 51-100 and 101-150 for level 1, level 2 and level 3 respectively).



Necessary instructions were given to all student participants and it was made sure that they answer the questions pertaining to their respective Levels ONLY.

- OMR Answer sheet was also combined (with 150 questions), and students were requested to mark their answers at their respective part ONLY.

### Material supplied to the teachers from examination branch:

- Question Papers (Combined booklet with 150 questions)
- OMR Answer Sheets
- Attendance Sheet (List of candidates with their Roll Numbers)



Grade	Level	No. of Students	Venue	Invigilator
4 Boys	1	24	Multipurpose Hall	Ms. Akila
5 Boys	1	16	Junior Language Lab	Ms. Beena
4 & 5 Girls	1	35	Junior Library	Ms Prachi
6-8 Boys	2	25	Math Lab/Activity Room; Room No. 92	Ms.Anila
6-7 Girls	2	25	Senior Library	Ms. Rekha Subash
9 & 10 Boys	2	18	Room No.74; Grade-12B	Ms. Sunila
8 Girls	2	10	Room No. 102; Grade-12A	Ms. Shiji
9 & 10 Girls	3	5		
Total			159	

Marked Attendance sheet of the following students along with the OMR sheets and covering letter was sent to the mentioned address after Principal Ma'am approval.



## 5. HERITAGE INDIA QUIZ 2019

Indians have always been proud of their cultural heritage. The tangible (monuments/ artifacts), intangible elements (folk traditions/ language) and even natural heritage and its biodiversity need to be preserved and conserved. It is important for learners to know about the heritage which enables them to understand the beliefs, values, history and socio-cultural context of their country. This helps them to accept and respect the cultural differences given in the diversity and leads to developing critical skills. The value of Heritage and Culture in India – with special focus on the life and works of Mahatma Gandhi.”

The session of Heritage India Quiz-2019 would include 25% questions on the Life & Political journey of Mahatma Gandhi and about the preserving human heritage, diversity and vulnerability of the India's built monuments and heritage sites.

With reference to Circular No.: Acad-45/2019 dated 28th August, 2019 for the CBSE Heritage India Quiz, the first round of Selection was done on 12<sup>th</sup> September,2019 in Leaders Private School, Sharjah as follows. About 30 students from Grade IX to XII participated in the first round selection. Top three scores were considered for the Team, as representative of Leaders Private School.

REGISTERED TEAM MEMBERS ARE:	<b>SIDHARTH SUSIL VATTEZHATH (IX-C)</b>
	<b>RUDRA SHIVPRASAD MENON (IX-C)</b>
	<b>PRERANA RAM KUMAR (IX-B)</b>

Leaders Private schools submitted the registration form and confirm their participation on 25th September,2019, by filling in the online registration form available at [www.cbse.nic.in](http://www.cbse.nic.in) & [www.cbseacademic.nic.in](http://www.cbseacademic.nic.in) by entering their LOC credential. The registration fees of 900/- per team was paid through credit/debit/net banking through payment gateway.

The Registered Team members are trained by the teacher in-charge for online test that to be held on 20th November2019. They were provided sufficient supportive materials and online link for the quiz preparation.

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