





Call us: 94887 46666 | 94887 36666 | 76677 06666 Visit us: www.rockford-hosur.com Mail us : rockfordcbseschool@gmail.com

www.my-little-rocks.com

ROCKFORDIAN WEEKLY DIGEST - RWD 60







Affiliated to Central Board of Secondary Education

SCHOOL

Karnur & Madhakondapally Campus

KG, I - IX & XI



It's easy to mould a child rather than repair an adult. RockForD provides Rock solid foundation

Be a RockForDian

Why Choose us?

YOUR KIDS DESERVE

THE BEST **EDUCATION** To begin with the end in mind means to start with a clear understanding of your destination. It means where you're going so that you better understand where you are now so that the steps you take are always in the direction of RockForDian's.

Cell: 9488736666 / 9488756666

Madhakondapalli, Thally Road, Hosur. Visit us: www.rockford-hosur.com www.my.little-rocks.com / instagram: my littel rock123









C CENTRE OF EXCELLE



RACE THE UNIQUE

- **IDENTIFYING THE CHILD'S POTENTIAL**
- **FOCUSING EVERY INDIVIDUAL**
- LEARNING ON DAILY BASIS

RACE IS UNIQUE IN...

STRUCTURED TEACHING

- ENVIRONMENT WITH MULTIPLE **OPPORTUNITIES FOR STUDENTS**
- **EXPERIENCED FACILITATORS**
- TYPICAL LEARNING PLANS FOR INDIVIDUAL CHILD
- realtime closure of learning gaps
- RACE IS NEP COMPLIANT

If you don't go after what you want you will never have it

COURSE FEE RS.75000/-IN THREE INSTALLMENTS

FOUNDATION COURSE FOR NEET & JEE

JEE MAIN

JEE (MAIN + ADVANCED)

NEET - UG

CA FOUNDATION COURSE



VENUE:

RocKForD International Kindergarten School, Karnur, Hosur-634 109.

FOR FURTHER ENQUIRY CONTACT: 94887 36666 / 76677 06666 Visit us: www.race-hosur.com



ROCKFORD ACADEMIC CENTRE OF EXCELLENCE



SIVARAJAVEL IAS ACADEMY

www.sivarajavelias.com

www.race-hosur.com

JUNIOR

PROGRAM 2024 - 25

ADMISSION OPEN REGISTER NOW

PRODUCING TAMIL NADU **UPSC TOPPERS FOR** THE LAST 8 CONSECUTIVE YEARS



























FOR PRELIMS CUM MAINS **COACHING ENROLL**

@ ROCKFORD ACADEMIC CENTRE OF EXCELLENCE

FOR ENQUIRY & ADMISSIONS:

RockFord: 948873 6666 | 766770 6666 SRV Office: 962636 4444 | 962636 9899

VENUE:

RocKForD International Kindergarten School, Karnur, Hosur, Krishnagiri District, Tamil Nadu - 635 109.









"The Only Way to Learn Mathematics Is to Do It"

Class: I

Subject: Mathematics

Play way method emphasizes learning while doing it in a free environment suited to student's needs and interests. Ordinal numbers help us to communicate the order of objects in a series. Students of class I have learnt how and where to use ordinal numbers in their day-to-day life by play way method.

Special Letters

Class: I Subject: English

Flash cards are a great study tool. This process is used to retrieve memories and information. Using cards is an active learning technique that promotes the method of recalling.





Critical Thinking

Class: I Subject: Mathematics

Learning to think critically is one of the most important skills that today's children will need for the future. Children need to be able to do much more than repeat a list of facts; they need to be critical thinkers who can make sense of information, analyse, compare, contrast, make inferences, and improve their higher order thinking skills.







The Bird's Nest

Class: III Subject: EVS

Bird's nest activities are a great way to introduce children to natural materials and the importance of these fragile environment. Students of Grade-III learnt how to make connections with the natural world and other nestrelated activities.





"In The World of Computer"

Class: III

Subject: Computer Science

Grade III B students did a project on designing their dream car in Paint Application software. They were guided by their instructor and she is proud of it and she also said "I am happy to have them as my students".

Healthy Foods

Class: III

Subject: English

Grade III learnt about the different type of foods and the vitamins, minerals, proteins found in them. They also identified the function of nutrients from the cards. They learnt that vitamin D is present only in sunlight.









Eat Healthy

Class: III

Subject: English

The kids learnt what to eat to live a healthy life.

This activity helped them to see the various food and they shared the health benefits of each food.

Water and its importance were also learnt.

Saccha Dost

Class: IV

Subject: Hindi

Learning outcomes for conducting a race for students in school:

- Develops physical fitness and gross motor skills
- Encourages teamwork and sportsmanship
- Builds confidence and self-esteem
- Teaches goal-setting and achievement
- Develops time management and organization skills
- Fosters healthy competition and perseverance
- Promotes active lifestyle and wellness
- Enhances school spirit and community building
- Develops resilience and coping skills
- Encourages fair play and respect for others





A Pocket Full of Music

Class: IV

Subject: English

The students learnt how to write a poem.

They wrote their own ideas and represented them in class.

This activity is related to the lesson "A Pocket Full of Music" & how music saved two lives

Learning outcome: They learnt the use of new words and gave a try on writing a poem by themselves.







Data Handling

Class: VII

Subject: Mathematics

A double bar graph is used to display two sets of data on the same graph. For example, if you wanted to show the number of hours the students worked in one month compared to another month, we should use a double bar graph.







Class: VIII

Subject: Hindi

Activity - Flip Classroom

Learning outcome: -

- * Students develop independent learning skills.
- * Students who are absent don't fall behind.
- * Keeps the class more active than lecture method.
- * Students create an explorative topic in greater depth, creates meaningful learning opportunities.











Double Bar Chart

Class: VII

Subject: Mathematics

A double bar graph (or double bar chart) displays two data sets on the same graph. Students of class VII A made different applications of situations by making different working models of double bar graphs. They were able to explain the data and analyse it realistically.

















"Rahim ke Dohe"

Class: IX Subject: Hindi

Activity - To make Flow chart
Box of Dohe
6 cups of Dohe

Learning outcomes:

- * It teaches a child to develop stable emotions.
- * Child is inspired and improves concentration on overall holistic development.
- * Child looks in to him\her- self.
- * Learns human values and understands deep meaning hidden behind that couplet.

YOGA

Improves Physical Health

Chakrasana can improve posture, strengthen the arms and back, stretch the chest and lungs, and tone the abdomen. It can also improve blood circulation, boost energy levels, and help with digestion.

Improves Mental Health

Chakrasana helps reduce stress, anxiety, and depression, and improve mental focus and concentration. It can also help with clarity of thought and mental peace and also other health conditions.

Chakrasana helps cure respiratory issues like asthma and bronchitis as well as digestive problems, thyroid disorders, and infertility. It can also help alleviate menstrual discomfort and menopause symptoms.









Mass PT

Benefits:

Improves muscle strength: Regular exercise can help tone muscles and improve strength.

Increases bone density: Muscle growth can stimulate bone cell growth, which can lead to stronger bones and healthier joints.

Better balance and posture: Strong muscles can help support balance and posture which can reduce the risk of falls and injuries.

Weight control: As muscles increase, the body can burn calories more easily, which helps control weight.

Improved flexibility: Flexibility, or the range of movement in joints and muscles without pain, can help improve movement and muscle strength.

Increased endurance: Regular exercise can help boost endurance.

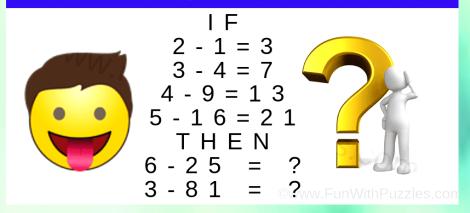
Improved athletic performance: Strong core muscles can help with posture and stability.

perform better and



MYSTERY CHAMBER

CAN YOU FIND THE MISSING NUMBER?



BIRTHDAY CELEBRATION









WEEKEND READING

रानी चेनम्मा

रानी चेनम्मा बेदार नायक कोली :(१७७८ - १८२९) भारत के कर्नाटक के कित्तूर राज्य की रानी थीं। सन् १८२४ में (सन् १८५७) के भारत के स्वतंत्रता के प्रथम संग्राम से भी ३३ वर्ष पूर्व) उन्होंने हड़प नीति (डॉक्ट्रिन ऑफ लेप्स) के विरुद्ध अंग्रेजों से सशस्त्र संघर्ष किया था। संघर्ष में वह वीरगति को प्राप्त हुईं। भारत की स्वतंत्रता के लिये संघर्ष करने वाले सबसे पहले शासकों में उनका नाम लिया जाता है।

Kittur Chennamma (23 October 1778 – 21 February 1829) was the Indian Queen of Kittur, a former princely state in present-day Karnataka. She led an armed resistance against the British East India Company, in defiance of the Paramountcy, in an attempt to retain control over her dominion. She defeated the Company in the first revolt, but died as a prisoner of war after the second rebellion. As one of the first and few female rulers to lead Kittur forces against British colonisation, she continues to be remembered as a folk hero in Karnataka, she is also an important symbol of the Indian independence movement.



Kittur Chennamma









In a small village, there lived a skilled carpenter named John, renowned for crafting beautiful houses, furniture, and intricate wooden creations. After many years of hard work, John decided it was time to retire. His employer, a wealthy man named Mr. Brown, requested one last favour: to build a final house.

John reluctantly agreed. However, tired and eager to retire, he didn't put his usual effort into the project. He used subpar materials, rushed the work, and completed the house with little care. When he finished, he handed the keys to Mr. Brown.

To John's surprise, Mr. Brown smiled and said, "John, this house is my gift to you for all your years of dedicated service."

John was shocked and deeply ashamed. Had he known the house was meant for him, he would have built it with the utmost care and precision. Now, he was left to live in the house he had constructed half-heartedly, facing the consequences of his lacklustre effort.

Remember, Champions are made when no one is watching and your actions shape your future. Always put in your best foot forward. Don't work only for accolades or recognition. Be true to yourself and work hard to make a difference.

Have a wonderful weekend!

