



TRINS ON TUESDAY



From The Principal's Desk: Throughout October, TRINS has a focus on Social Service. This past week has had a number of activities that have deepened student engagement: fundraisers, awareness sessions and the distribution of practical assistance. It is important to me that TRINS students are active citizens in their local com-

munity, as well as developing international mindedness. This is a combined effort of the whole school community and parent support is an integral part of this. I would like to acknowledge the sponsorship of food kits by KIMS, helping TRINS to make a difference.

The report from our delegates to the Round Square International Conference in Kenya gives an insight into the range of perspectives and experiences the school is able to provide for its students - and how our whole school is enriched by this.





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Main School Activities



Daan Utsav: On 17th October, as a part of the Daan Utsav, Food Day celebrations were initiated by the TRINS Social Service team.

Four Students from HS and SS visited Chavara palliative care centre to donate the rice and food kits (sponsored by KIMS CSR as a donation to TRINS Daan Utsav). Twenty five cancer patients were given the food kit under the supervision of Dr. Gopika. The students interacted with the patients and their bystanders to know their condition, and Dr. Gopika and Sister Minimol explained to the students about the various types of cancer and how self-examination can be done.



PYP students Vedanshi, Ethan, Jeshna and Gia Karthik visited Karunalayam Boys' Home and handed over a collection of 198kg rice, 87kgs of green gram, 28 kgs of tea dust and 4 kgs of sugar.

As a part of the Hostel contribution 25 food kits were donated to the underprivileged families selected from the Government school community. Each family was given 10 kg rice and provisions to support them for one month. The provision kit was sponsored by 68 hostel students from grade 6-12. We appreciate the hostel authorities' support extended in coordinating the event.





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A **bake sale** was initiated, giving the chance for TRINS student bakers from Grades 6-12 to display their baking skills and sell their items to the student community. Among the items sold were doughnuts, brownies, cookies, garlic bread and vada. The event was a fundraiser to raise funds for the Andoor LPS library initiative. An amount of Rs.14,809/- was collected from the bake sale. We wholeheartedly thank the TRINS student and teacher community in helping raise funds for the initiative.



Food Day Assembly: Class 10 IG A hosted the assembly on Food Day. Thanks to Ms.Anupama for coordinating the same.





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Group Occupational Therapy: The Junior School children of the SEN department benefitted from a group occupational therapy session facilitated by Ms. Amritha Renganath in which they did varied theraband exercises in a play way method, as well as learning to climb over a skipping rope and squeeze through a hula hoop.

Round Square

ROUND SQUARE INTERNATIONAL CONFERENCE 2023, NAIROBI: This year's Round Square International Conference 2023 was hosted by Brookhouse Schools, Nairobi, Kenya from the 8th October until the 14th October. I was part of the delegation of 5 students - myself, Jacob, and Arjun, Jesuren, Nihaal and Yusuf. We were accompanied by Ms. Sapnu and Ms. Sangeetha. This is my second Round Square International Conference, but my first time as the RS Student Rep. of the school. Our hosts showed great hospitality to all the delegates and presented us with the Conference theme, 'The New Africa'. The first day was 'arrivals day' with all delegations landing throughout the day from across the world. Brookhouse Schools have two campuses-



Karen and Runda - and the Trins delegation was assigned to the Karen campus. For the delegations that arrived early, like our school, there was some early entertainment that consisted of the Masai (the local tribes-people) playing their traditional songs, which we danced to. The night ended with an energetic performance by a Brookhouse alumnus and popular Kenyan Afro pop artist, Kagwe Mungai.

The student delegates were housed at the Qwetu hostel close by. The RSIC was declared officially open on the next day at the Opening Ceremony. This was conducted at the Bomas auditorium, which had unique architecture that was inspired by the shape of traditional huts common among different communities of Kenya. The ceremony was graced by Ms Margaret Kenyatta, the former first lady of Kenya. The auditorium was full with around 1200 student delegates from 160 schools across 50

countries. Musical presentations and dance performances followed, setting an exciting start to the conference. The entire student delegation was grouped into three: A, B and C. We were in the C group and our schedule over the next 3 days was Democracy, Service and Adventure.

Democracy day had Barazas (which was the name given to the small groups of 10-12 people). We were split into smaller groups that worked with each other for the upcoming activities and were named after the many cities across Africa. Along with Baraza sessions, where the small groups met up and discussed the events that happened, we also had a panel discussion and a treasure hunt. After that we had our Homestay night, where the families of students who studied in Brookhouse hosted us at their home and we had a taste of local Kenyan life. All the Homestay families were nice and hospitable; we were able to see Nairobi very well, and try authentic Kenyan food. We also handed over small traditional mementos from our home to our hosts.

The next day was Service day and Cultural Evening. For this our group (C) was split into small 5 groups that had 9-10 Barazas each. We went to five local schools and helped in renovations.





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We plastered floors, painted classrooms and played with the children who studied there. Overall, it was an amazing experience getting to interact with the children and providing them with the least we are able to do. In the evening, we returned to the Karen Campus of Brookhouse Schools, where our school was assigned, and had the Cultural Performance. We presented the audience with our traditional martial arts form 'Kalaripayattu'. On a side note, our Barazas were fun as they consisted of other delegates who we talked to and made friends with, sharing our cultures and finding out about new

things. On the day of the service activity, after we were free at the school, we played a game called 'Nepul' which the Australians taught us; it was a weird take on basketball.

The fourth day was Adventure day. We went to Nairobi National Park and explored the wildlife. On the bus we again were chatting away, clicking pictures and were mesmerised by the many animals that are not found from where most of us came from. After that, we camped the night at the Park itself; we had a campfire, a good dinner, and more traditional dancing as the local Masai people joined us that night.

The next day was sadly our final day. We had the closing ceremony, which was conducted at the Carnivore Restaurant. We had a commemoration for Late King Constantine II, who was Round Square's President and Patron. The ceremony also had choir performances by the Brookhouse students, followed by dinner and a performance by one of the biggest bands of Kenya, Sauti Sol. They are like the One Direction of Kenya, with the entire crowd breaking into dance. The rest of the night was filled with great Afro-Pop music and dancing.



The next RSIC (2024) was announced, which will be held at Colombia, South America, hosted by five RS



schools. The conference was overall an amazing and energetic one, and it truly showed us 'The New Africa'. We learnt about cultures and traditions of many people and places, learnt about the many great people who came from the continent and how wide and vast it is. The conference had shed light about how Africa is much more than just wars, diseases and poverty. Our eyes were opened to the beauty of other cultures and how so many people who had different views could gather to discuss and understand each other. We had truly enjoyed the hospitality Brookhouse showed us and the time we spent with students from other parts of the

world. The conference allowed us to become more open-minded and understand the cultures, plights and success stories of the peoples. The memories we made at this conference will be with us throughout our journey of life.

- Jacob T.M. 11DP,

Asst. Round Square Student Representative



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SARALA BIRLA CONFERENCE, INSPIRED BY RS IDEALS: Representing Trivandrum International School and Kerala, twelve of our students went to the Leadership Conference inspired by RS Ideals, hosted by Sarala Birla Academy in Bannerghatta, Bangalore. The trip lasted for four days from the 16th to the 19th of October 2023. It was my first experience in an inter school Round Square conference and it definitely exceeded my expectations.

The Sarala Birla Academy team were extremely warm and friendly hosts, constantly making efforts to meet the needs of every single person present and check up on them. Their students were pro-



active and took the initiative and completely led all the events in the conference on their own, from their student escorts welcoming us at the airport until they sent us off, and they made us feel as a part of their team, their family. They organised fun-filled days for us with various kinds of activities which included morning fitness sessions, such as campus tours, nature treks and zumba with a South Indian twist. Moreover, their workshops focused on ex-

periential learning and connected with the idea of leadership, whilst engaging in team-building outbound games, art workshops where students got to make tie-dye shirts and experience the art form of mosaic, as well as engaging baraza sessions about leadership and connecting it with iconic landmarks of the world. In a theatre workshop, students got to express their views on various topics and issues and understand how others perceive and visualise them differently using image theatre.





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My favourite parts of the trip were definitely the programmes the school arranged for the audience which included their retro themed house party, a showcase of their school rock band and a wonderful display of six different folk dances, all originated in different regions of Karnataka. The opening and closing ceremonies were filled with a wonderful keynote message on leadership and cultural programmes showcased by various schools who attended the conference. I am proud to say that our school displayed a beautiful group song and dance, giving back to the conference in our own manner.

The experience of the conference was amplified by the magical campus that Sarala Birla Academy is known for, with amazing facilities for food and accommodation and medical care (that was provided instantly to me when I fell ill and they made me feel safe and comfortable, like I was at home). Overall, the experience was enriching and developed the students in a rounded manner. Furthermore, I believe that as the Round Square Student Representative of TRINS, this was an opportunity I needed to experience and I am indebted with gratitude to the school and all the people who made this trip possible, my fellow students who made the most of this trip and Ms. Bindu for accompanying us and being there for us throughout the trip. I will forever cherish the memories I made and conversations I had with people I met and cannot wait to apply my learning and implement it in our own school soon.

Report by Sarah Biji Tharakan
RS Student Representative





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TRINS Technopark ELC

PRESCHOOL PARENT INTERACTIONS: On the 19th and 20th October, the facilitators engaged in productive interactions with the parents of preschool students during the parent-teacher meetings. Kudos to Ms. Sheena, Ms. Milan, Ms. Shehina, and Ms. Saniya for their unwavering dedication in nurturing our young learners and fostering a nurturing school environment that feels like a second home.

TRINS Sasthamangalam ELC

Our Kindergartners experienced an informative session about Good-Touch and Bad-Touch, delivered by Ms Nishitha Mohandas (Junior School and Hostel Counsellor). Apart from protecting our children from obvious dangers, we believe that sensitising children about Good Touch Bad Touch, helps them grow normally and makes them emotionally stronger. The session was packed with child-friendly information and tips that empowered our children with age-appropriate knowledge about good touch and bad touch. Our parent community was highly appreciative about the session conducted. A big shout-out to Ms Nishitha for delivering a highly sensitive session for our children in a language they could comprehend well.





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Staff Achievements

Ms. Syama Sugathan of the SEN department attended an online webinar titled "Skills of counselling - How to Understand Nonverbal Communication skills?" conducted by the Psychological Institute of Orientation on 12th October. The webinar provided valuable information about the tips for easily understanding nonverbal communication disorder.

She also passed the entrance test for the higher study of the Advanced Diploma in Montessori Child Education conducted by the State Resource Centre on October 11th. We wish her a good learning experience!

Ms Haripriya S from the SEN department attended a week-long online CIET- NCERT Training on Digital Technology for Children with Special Needs organised by NCERT (Ministry of Education).

