

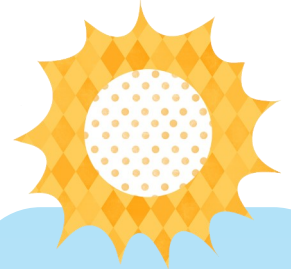
June 14th to 21st 2020

Manage Your energy, not your time.

Tony Schwartz and Catherine McCarthy.

Physical Energy

- Enhance your sleep by setting an earlier bedtime.
- Engage in some form of exercise every day
- Eat small meals and light snacks every three hours
- Pay attention to signs of flagging energy
- Take brief regular breaks from work at 90 to 120 minutes.



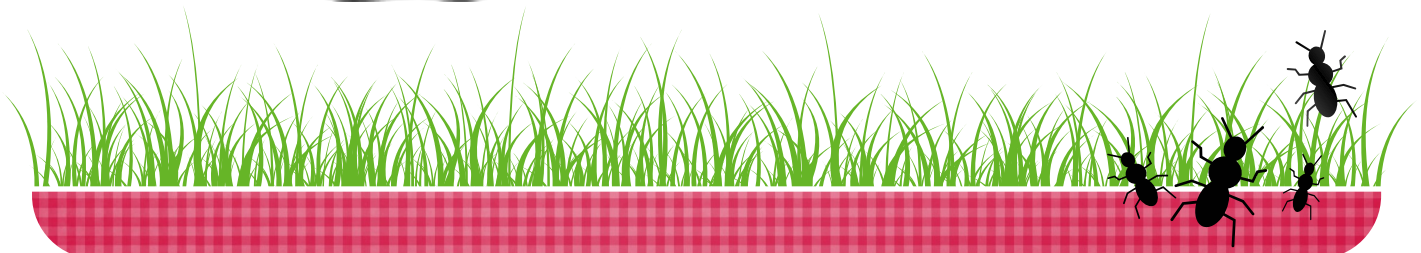
Spiritual Energy

- Identify your “sweet spot” activities that give you feelings of effectiveness, effortless absorption, fulfilment and find ways to do more of these.
- Allocate time and energy to what you consider most important in your life
- Live your core values by practicing them intentionally.



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Tips for Caregivers

- Increase the child's self-esteem with warm, positive parenting and reinforcement
- Minimize comparisons among children and help them overcome failures
- Promote respect and positive relationships between the child and others
- Talk to the child about school, friends, and feelings regularly
- Expect that the child's level of independence will change depending on the circumstance.



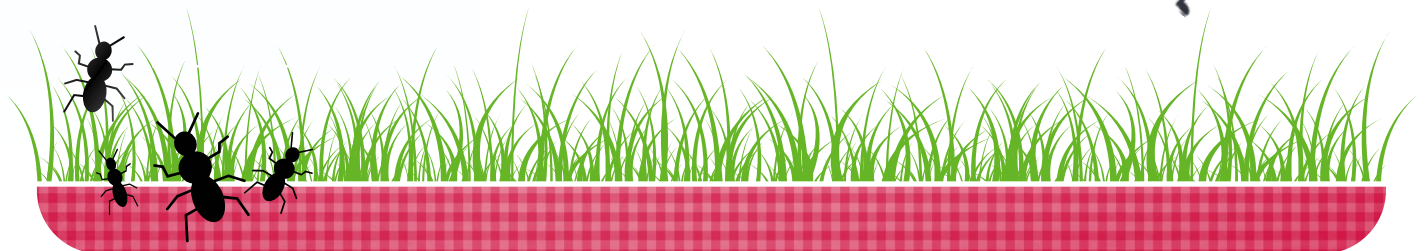
Emotional Energy

- Defuse negative emotions, such as irritability through deep abdominal breathing
- Fuel positive emotions in yourself and others by regularly expressing appreciation
- Look at upsetting situations through new lenses:
 - * **REVERSE LENS** "what would the other person in this conflict say, and how might they be right?"
 - * **LONG LENS** "how will I likely view this situation in six months?"
 - * **WIDE LENS** "how can I learn and grow from this situation?"



Mental Energy

- Reduce interruption by working on high concentration tasks away from phones and email. Switch them off.
- Respond to voice mails and emails at set times during the day.
- Select the most important challenge for the next day the night before. Then make that your priority when you start work.



How I spend my me time

Serene W of Grade 7 Macaws

Hello everybody. This lockdown has helped me hone my cooking skills. As I love desserts, I have been trying recipes to bake cookies, prepare sheera, bread roll and cupcakes. I never knew learning cooking will be so interesting like experimenting in Science. Adding own ingredients, replacing mentioned ingredients with the ones available in the kitchen.

To my surprise I was the winner of the Cooking Challenge. For the cooking challenge I knew all my classmates would participate and so I wanted to make something that would be different than the rest and I tried making Vanilla Cake. Believe me I tried it several times to make it spongy and fluffy and tasty though I knew I had to just send the video. When I tried the recipe for the fourth time my cake was all set and presentable. It was yummy, fluffy and tasty!!!

As this recipe has worked well, I would like to share the recipe with all my friends. Do try and let me know if it worked for you.

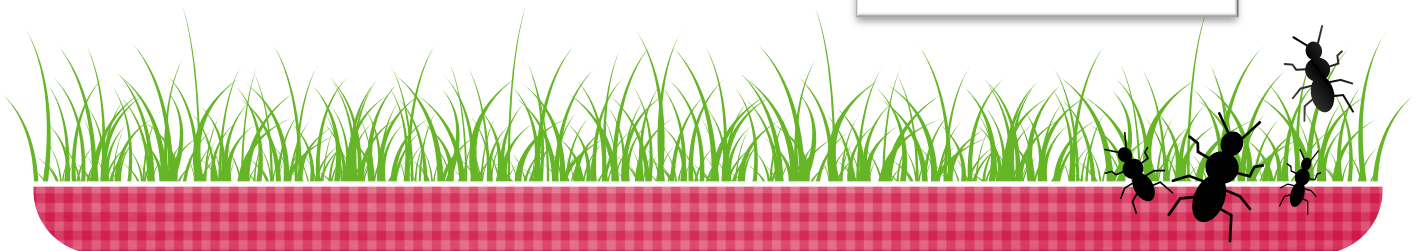
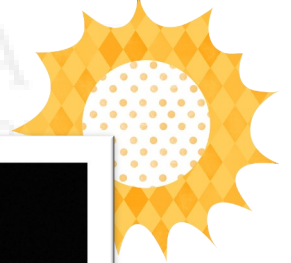
Vanilla Cup Cake

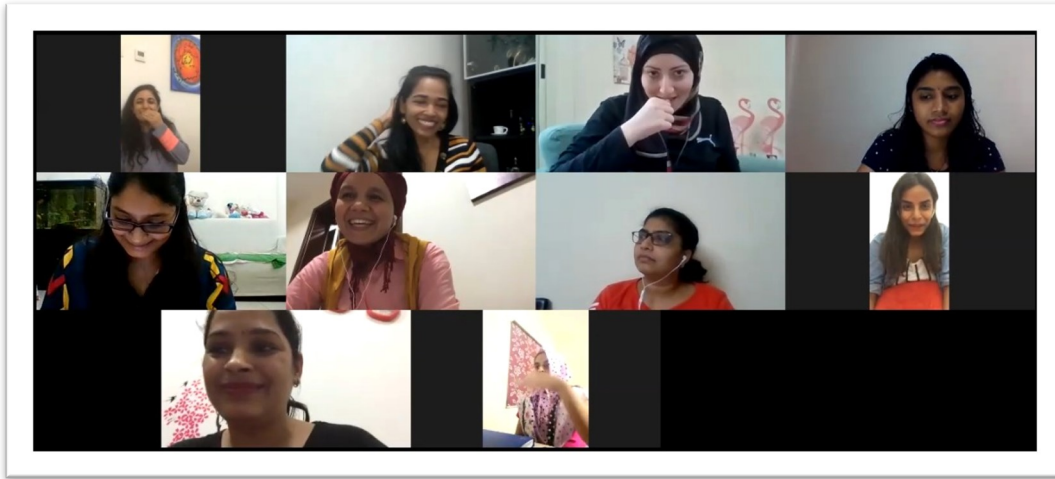
Ingredients:

- Flour 1 cup
- Vanilla essence 1 teaspoon
- 3 eggs

Steps to prepare:

- Whisk the egg in a bowl.
- Add vanilla essence and flour and whisk thoroughly
- The batter should be thick and perfect
- Grease the cake pan with butter and pour the batter
- Bake for an hour and half.





'Merrymakers' Club'

"There is only one happiness in this life, to love and be loved." – George Sand.

Happy at Home – Stars of the week.

Week - 12

HAPPY AT HOME
WEEK - 12

'STEAM Engine' - Stars of the week

- Ehaan – Grade 4 Macaws
- Hiba – Grade 5 Keas
- Serene W – Grade 7 Macaws

Congratulations to you all!!

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To watch the star videos [click here](#).



Calls for Celebration

SIS DUBAI
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مدرسة السرابي الهندية

CELEBRATING SUCCESS
For the week 08/06/2020 – 14/06/2020.

Congratulations
Phase - 2

Best Attendance – Grade 5 Keas
Best Buddies – Grade 3 Macaws
Best Inquirers – Grade 4 Macaws.

DUBAI
SARABI INDIAN SCHOOL

SIS DUBAI
SARABI INDIAN SCHOOL
مدرسة السرابي الهندية

CELEBRATING SUCCESS
For the week 08/06/2020 – 14/06/2020.

Congratulations
Phase - 3

Best Attendance – Grade 7 Macaws
Best Buddies – Grade 6 Keas
Best Inquirers – Grade 8 Keas.

Can you answer this??

What Grows quicker hair or toenails?

Which two parts of the body continue to grow for entire life?

Which instrument is used for measuring wind speed?

How many straight edges does a cube have?

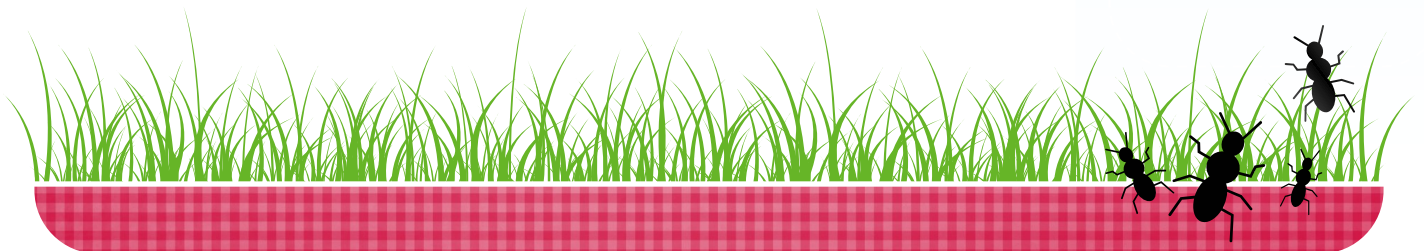
What is the unit of energy?

How many planets are in our solar system?

Which is the most sensitive organ in our body?

Scientific study of birds is called?

Which bird cannot fly?



Happy at Home

Week 13 challenge



HAPPY AT HOME
Week - 13
GAMIFICATION

Create a game using scratch or any other software and demonstrate your game through a video for a minute or two.
The best ones will be celebrated on social media.

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