



# The Foundation School

## Annual Report 2023-24

As we reflect on the 2023-2024 academic year at The Foundation School, we are filled with a deep sense of pride and gratitude. This year has been a remarkable chapter in our school's journey, marked by both significant achievements and valuable lessons. Our commitment to fostering a supportive, innovative, and inclusive learning environment has never been stronger.

The 2023-24 school year has been a time of growth and transformation. We have continued to adapt to the evolving educational landscape, embracing new challenges and opportunities with resilience and enthusiasm. Our dedicated faculty and staff have worked tirelessly to provide our students with an enriching and engaging educational experience, while our students have shown remarkable perseverance and creativity in their academic and extracurricular pursuits.

In this report, we aim to highlight the key accomplishments and milestones of the past year. We will share insights into our academic successes, extracurricular activities, and the various initiatives that have contributed to our vibrant school community.

### A. Academics:

- 1. Board Examination Results:** We had exceptional results this year! Students of Class X and Class XII scored 100% Distinction in the 2024 Board Examinations with Centums in Class XII Chemistry and Information Technology.
- 2. Collaborative and Project-based Learning:** The school took up the implementation of Collaborative Learning approaches in Grades 1 to 8, with a special emphasis on Project-based Learning (PBL) in Grades 5 to 12. From training teachers on how to encourage students to work together, carry out research and make effective joint presentations of learnings, to deliberately inter-weaving these approaches into the daily lesson plan, the effort and time invested bore rich dividends. In keeping with NEP's guidelines regarding interconnected learning methods, 360° feedback, and reflective approaches to the curriculum, teachers designed activities that made students take ownership for their learning and understanding of concepts.
- 3. Structured Approach to Portfolio and Record Work in Grades 9 to 12:** In keeping with CBSE's requirements in the Secondary and Higher Secondary sections, teachers ensured seamless planning, execution and recording of student work towards the maintenance of Portfolios, Multiple Assessments and Subject Enrichment activities, capturing the essence of Formative Assessment as an integral part of an intense curriculum. From Speaking and Creative Writing Activities in the Languages, to Research-based Projects and Group Discussions in the Humanities, and to structured instruction in the Science and Math Laboratories to maximise conceptual grasp, the entire gamut of approaches yielded excellent outcomes in results across the senior grades.



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4. **Hands-on Science:** A unique offering at The Foundation School, this initiative saw students of Grades 1 to 8 exploring the engineering, constructive and observational aspects of science, through hands-on exploration. The outcome of the programme was an increased curiosity and deeper understanding of scientific concepts.

## **B. Co-Curricular Activities:**

1. **Dance, Music, Art and Craft:** Across Grades 1 to 12, the exposure to skill development and acquisition of appreciation for various fine art forms is an integral part of the school's philosophy and guiding principles. Students were trained in gradual increments in each of the specified areas, providing them an opportunity for holistic development over the past year.
2. **Sports and Physical Fitness:** A healthy mind must be housed in a healthy body, and what better way than regular sports classes. The students were trained and exposed to skill development in various sports categories as given below, under the able tutelage of qualified coaches:
  - a. **Football:** Grades 1 to 12
  - b. **Basketball:** Grades 3 to 12
  - c. **Skating:** Grades 1 to 4
  - d. **Taekwondo:** Grades 1 to 5
  - e. **Yoga:** Grades 1 to 5
  - f. **Indoor Games (Table Tennis and Chess):** Grades 3 to 12
  - g. **Exposure to Indian games** such as Kho Kho and Kabaddi.
3. **Life Skills Programme:** Students of Grades 1 to 10 were taken through a regular, well-designed, in-house, age-appropriate Life Skills programme during the academic year, focusing on self-management, wellbeing, presentability, skills for independent daily functioning and all-round development. The outcomes were truly visible in the latter part of the year when students hosted smaller events and stalls that brought these life skills to the fore.
4. **Creative Thinking:** Another unique offering at The Foundation School, this initiative involved students of Grades 3 to 8 engaging in out-of-the-box thinking activities, where the guiding principles were to "let go of all preconceptions" and "be fearless thinkers"! Students created games, methods and objects that turned out to be innovative solutions to mundane problems.



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## C. Extra-Curricular Activities:

1. **Inter-House Cultural and Art Events:** Inter-house cultural competitions brought alive the latent talents in our students across grade levels. Unlike competitive events in most places where the number of winners is limited, these cultural events aimed to recognize the talent in every child and appreciate them according to their progress. The gamut of events included:
  - a. Sound of Music (Instrumental and Vocal Music)
  - b. Kaleidoscope (Art, Painting and Drawing)
  - c. Petal Patterns (Rangoli)
  - d. Mad Ads
  - e. JAM (Just a Minute Speaking Event)
  - f. Sculpt It (Clay Modelling)
  - g. Criss Cross (Scrabble)
  - h. Magical Minds (Mental Agility, Me
  - i. Dress Up! (Fancy Dress)
  - j. Sherlocks and Enolas (Strategy and Reasoning)
  - k. Step Up! (Role Play)
  - l. Story Weavers
  - m. In Character! (Fancy Dress and Storytelling)
  - n. Authors of TFS (Comic Strip Making)
  - o. Twist n Twirl (Dance and Movement)
  - p. Podium (Elocution)
2. **Inter-House Sports Events:** From Football and Basketball to Athletics, Chess and Table Tennis, students were given the opportunity to bring laurels to their Houses by participating in inter-House fixtures in various sports and games. Heats and trials were conducted in a fair and transparent manner that allowed every student to come forward, after which the final teams and representatives for each House were chosen to compete in the finals.
3. **Educational Field Trips:** Educational field trips are an integral part of our curriculum at The Foundation School, offering students invaluable opportunities to connect classroom learning with real-world experiences. Throughout the 2023-24 academic year, our school organized a diverse range of field trips that have greatly enriched our students' educational journeys.
4. **Inter School Competitions:** Students participated in external competitions held by other schools. Such activities help children inculcate important skills which are beneficial to them throughout their lives, by making them confident of their talents. The key is to ensure that there is always constructive competition.



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## INTER SCHOOL EVENTS ORGANISED BY THE FOUNDATION SCHOOL IN 2023-24:

- a) **TFS Inter School Skating Tournament:** A Skating competition for Montessori 3 to Grade 6, which saw participation from 20 schools and many deserving winners across categories.
  - b) **The Foundation League: Inter School Football Tournament:** The First Edition of this tournament had enthusiastic participation from 8 schools and appreciation from all visiting teams for the format and ease of conduct.
  - c) **Pen It! Inter School Event:** An Online Literary Competition in association with BSSCA for all schools in Bangalore. We received active participation from close to 60 Schools and rousing reviews for the efficiency and heart with which the event was organized and conducted.
5. **CBSE Games:** Our students competed in the CBSE Games, a prestigious event that brings together young talent from across the country. Students from our school participated in Chess, Boxing and Skating with great enthusiasm.

**Our Students in External Events:** Students of our school participated in various inter-school competitions organised by other schools, organisations and clubs. The children were at their best in performing in a variety of cultural, fine arts and sporting events.

Here is a long list of our achievers!

## SPORTS EVENTS:

- i. **U-12-Boys Team** – Inter School Badminton Tournament @Vydehi School of Excellence - Badminton
- ii. **U-13 Girls Team** – Inter School Football Tournament @ Vydehi School of Excellence: **Third Position**
- iii. **Kaartikeya Barfal (Grade 1 Emerald) U-10 Boys Skating - Gnana Bhaskara Skating Competition: Second Position**
- iv. **Trishna Veda (Grade 3 Diamond) U-10 Girls Skating - Gnana Bhaskara Skating Competition: First Position**
- v. **Kaartikeya Barfal (Grade 1 Emerald) U-10 Boys Skating - TCIS Skating Competition: Second Position**
- vi. **Somanchi Satya Krishna Sharav (Grade 1 Jade) U-10 Boys Skating - TCIS Skating Competition: Third Position**
- vii. **Aaveg Shine (Grade 2 Ruby) U-10 Boys Skating - TCIS Skating Competition: Third Position**
- viii. **Somanchi Venkata Satya Narayana Pranav (Grade 3 Jade) U-10 Boys Skating - TCIS Skating Competition: Third Position**
- ix. **Guhan Patil (Grade 4 Diamond) U-10 Boys Skating - TCIS Skating Competition: Second Position**



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## ORATORICAL, CULTURAL & FINE ARTS:

- i. **Koyel Patra (Grade 9A)** – Hestia- Helios Event- GIS – Solo Dance: **3<sup>rd</sup> Prize**
- ii. **Jaiaditya Matha (Grade 7C)** – Archimedes- Helios Event- GIS: **3<sup>rd</sup> Prize**
- iii. **Sampada Kavathekar (Grade 10A)** – Orpheus (Solo Singing) - Helios Event- GIS: **1<sup>st</sup> Prize**
- iv. **Yashika Bhawe (Grade 7C)** – Orpheus (Solo Singing) - Helios Event- GIS: **2<sup>nd</sup> Prize**
- v. **Padmaja Pande (Grade 9B)** – Vydehi School of Excellence - MUN: **Best Reporter Award**
- vi. **T S Naren (Grade 1)** – *Bangalore Ke Sitaare*, Vishwa Vidyapeeth School Fest, Best Out of Waste Event: **1<sup>st</sup> Prize**
- vii. **Keyur Chaitanya (Grade 8)** – Deens MUN: **Special Mention Award**
- viii. **Vihaan Parmar (Grade 6)** – Oakridge International School MUN: **Honourable Mention**
- ix. **Daiwik Banik (Grade 7)** – Gopalan International School MUN: **Special Mention Award**

## D. Special Programmes and Initiatives:

- a. **International Yoga Day:** On the occasion of the International Day of Yoga which is celebrated all over the world on the 21<sup>st</sup> of June, our students set a tranquil tone to the morning by performing yoga at a joint assembly and through the day in smaller groups. The yoga session started with the Surya namaskara, followed by various balancing asanas, backward bending asanas, arm balancing asanas, balancing poses and shoulder stand poses. The effort put in by the children was evident in the flawless execution of all the asanas. The essence of the presentation was summed up by the class teachers in the phrase 'collect to connect', emphasising the importance of collecting our energies to remain connected to our curriculum throughout the day in a meaningful manner.
- b. **World Environment Day:** On June 5, 2023, we proudly celebrated World Environment Day with a series of impactful activities designed to promote environmental awareness and sustainability among our students and the broader community. This year's theme, "Ecosystem Restoration," served as the foundation for our engaging and educational events throughout the day. Themed Presentation, seeds distribution and tracking their growth, Sustainable Healthy Food Mela and the proceeds from these were directed toward planting saplings in the school's green spaces and a portion of the proceeds was allocated to social welfare causes, reflecting our commitment to holistic community support.
- c. **Student Council Elections and Investiture Ceremony:** An affirmative nod to the democratic process and franchise at school was witnessed through the well-organised campaigning, election via secret ballot, declaration of winners and official initiation into office, of the Student Council members from the Senior School for the year 2023-24. The Investiture marked the beginning of delivering on their commitments to the electorate.



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- d. TFS Carnival:** The school's flagship event was a gala affair organized by the students and teachers of Grades 1 to 12. From Parent-In presentations by Grades 1 and 2, and a spectacular Science, Mathematics & Technology Exhibition by Grades 3, and 8 to 12, to the wondrous journey through a museum setting by the Social Science department in Grade 7, Native Indian Games by students of Grade 4, the Refreshments and Fine Arts Stalls by students of Grades 5, 6 and 8, and the tremendous cultural performances on stage by students across the school, the 2-day Carnival was a treat for all the senses and enriching in its themes. Every parent who visited left with a sense of awe, satisfaction, fulfillment and looking forward to more!
- e. Annual Day:** A cultural extravaganza showcasing student talents across drama, music, dance and stage presence, this 3-day event across Montessori to Grade 12 was a grand success. In a gargantuan effort, every child from every class and section was showcased on stage! Woven together through themes that conveyed not just beauty but meaningful messages appropriate to each age group, this mega opus made every student and parent feel special and that they were in the right school!
- f. Sports Day:** The athletic prowess of our student body was put to the test through well-organised Sports Days for every age group. From drills and group presentations to athletic races, special races and team sport presentations, the Sports Day events did justice to providing every student the opportunity to put their best foot forward. There were many winners, and much to celebrate for every individual at the end of the day!
- g. Graduation Day Ceremony and Orientation Event for Grades:** The school conducted a memorable graduation ceremony for the students of grades 10 and 12. Orientation programs were conducted for the new students of grades 10 and 12 as well.
- h. Teachers' Day:** Led by the Student Council, the teachers were treated to a cultural programme of sorts, handmade greeting cards, a sumptuous lunch and heartwarming gifts in the form of handbags, to bring much joy to their special day.
- i. Children's Day:** The Teachers made the day memorable for their students, as they donned the role of actors, musicians and dancers to enthrall the young ones! Special little gifts from class teachers to their students, and Greeting Cards with special messages for every child made the day a colourful and memorable one.



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- j. Independence Day, Rajyotsava Day and Republic Day:** All days of National and State-level importance were observed and celebrated with patriotic fervour. Special programmes were arranged to showcase speeches in honour of the day, music, skit, dance and oratorical presentations to instill a deep sense of gratitude in all for the freedom that we cherish.
- k. Inspire to Aspire Programmes:** A well-thought out programme to expose students of Grades 7 to 12 to various career paths available, in-depth understanding of specific streams, and opportunities for interaction with specialists and stalwarts from the field.
- l. SOF Olympiad Exams:** In collaboration with external agencies, the IGKO, NSO, IEO, IMO and NCO Exams were conducted at school. Many students won laurels and placed in prestigious ranks in these events.
- m. Saturday Special Programmes:** To promote interest and involvement in beyond academic activities, the school organized Robotics Classes on Saturdays for students of Grades 1 to 8. Their learning was showcased at the end of the year through project presentations of live, working models.
- n. Prayas – An After School Sports Programme:** Excellence is derived out of conscious and consistent practice. The students of our school Sports Teams were given the opportunity to undergo specialized coaching to hone the skills and to make them match-ready, by participating in after school coaching sessions held from Monday to Thursday.
- o. SER Programme:** Every child will excel if given the impetus and scaffolding at the right time and pace. To help students with learning gaps draw level with the expected benchmarks, Subject Enrichment classes in Math and English were conducted on a regular basis during school hours.
- p. Counselling:** The school's in-house counseling cell, available to students of all ages, has been instrumental in providing therapeutic support. It has effectively addressed the various challenges faced by students as they navigate their growth and development.

## **E. Initiatives to Promote Responsibility and Awareness:**

The school conducted the following special programs:

- a. Safety and Infrastructure:** The school's stakeholders (teachers and parents) signed a petition to submit to the local authorities requesting expedited action on repairing regularly used roads leading up to the school premises, for the safety of all commuters.  
Fire safety orientation was conducted and a successful drill completed.





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- b. **Cleanliness Warriors and Beautiful Classrooms:** To enforce the idea that “Cleanliness begins with a single individual step in a collective environment”, students of Grades 1 to 12 along with their teachers started on a Cleanliness Drive to maintain their classrooms, corridors and school grounds spic and span, by setting aside time every Friday during Lunch break to clean up their surroundings. This instilled a sense of pride, collective responsibility and joy in all students and faculty.
- c. **Author Interaction:** On January 18, 2024, students from grades 3 to 5 had the wonderful opportunity to interact with renowned author Ms. Sudha Murthy. This engaging session centered around her book, *The Stories from Sudha Amma*. During the event, Ms. Murthy shared insights into her stories, offered behind-the-scenes glimpses of her writing process, and discussed the themes and messages within her book. Students were excited to hear directly from the author about her inspirations and the creative journey behind her stories.
- d. **Interaction with Scientists from Antarctica:** This year, our students had the unique and enriching opportunity to interact with Indian scientists stationed in Antarctica. Through a series of virtual sessions and live video conferences, students gained firsthand insights into the groundbreaking research and daily life of scientists working in one of the most extreme environments on Earth.

During these interactions, the scientists shared their experiences and findings related to climate change, glaciology, and Antarctic ecosystems. The sessions included discussions on their research methodologies, the significance of their work for global environmental understanding, and the challenges of conducting scientific work in such a remote and harsh setting.

These engaging sessions not only broadened our students' understanding of scientific inquiry and international research but also inspired them to think critically about global environmental issues and the importance of scientific contributions to our knowledge of the planet.

We are grateful to the Indian Antarctic program for facilitating this remarkable learning experience and look forward to future opportunities to connect our students with the broader scientific community.





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## F. CBSE and Faculty Training Programmes:

a. **In-house training and CBSE training for teachers:** Teachers have collectively attended around 1460 hours CBSE training sessions. Also, in-house training and Sahodaya trainings were attended by our teachers to enhance their teaching skills and be up-to-date on NEP.

### b. **CBSE Activities conducted in school:**

- World Environment Day Speeches
- Fit India Quiz - July
- Rashtra Gaan - July
- Expression series – July-August
- Ek Bharat Shreshtha Bharat – June to January
- Hindi Diwas -14 September
- Career Guidance – Through Inspire to Aspire programmes
- Rashtriya Poshan Maah -September
- Aryabhata Ganit Challenge - September
- Art Intregation Project- conducted across the year
- Vidyarthi Vigyan Manthan- September
- Brick MATH - October
- Constitution Day- 21<sup>st</sup> November, 2024
- Pariksha Pe Charcha – Essay writing by teachers and students, January 2024
- Swachhata Pakhwada – Oath taking and cleaning the school premises. 14-30 September, 2023
- Panch Pran Pledge

Our school is all geared up to work as per NCF, NEP, SAFAL, and SQAAC for the next academic year and we look forward to an equally exciting year 2024-25.

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