

AKHBAAR-E-VLC

Aug - Sep 2022

Vol. I



Putting play
→ back in to
playground!

Energy runs high in
Hummingbirds as
school resumes

Connect to
your senses

The magic
of creative
expression



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FROM THE DESK OF MB

Dear VLC Family,

I often reflect on the journey of VLC as she grows, evolves and changes shape. As we navigate through unfamiliar territories and uncharted waters - planning and strategizing our way forward - there is one thing that grounds us; the VLC 5! Our 5 core values anchor us to the essence of VLC and form the foundation upon which we build our vision for the future.

I am quite clear that VLC is "not just a school" - The vision is to continue to build on this community consisting of students, teachers, leaders, parents and families! The intention is to create a culture of respect, reciprocity, loving kindness, which celebrates inclusion and divergent ways of thinking. We seek curiosity, creativity and compassion as a way of life. My heart is so full of joy with the growing sense of excitement, purpose and determination our teachers have shown in answering the one question that is always at the top of our minds. How do we embed our 5 values in to our curriculum?

Something magical happened these past 2 weeks as I watched our teachers connect with parents during our curriculum orientations. I watched and cheered from the sidelines as conversations sparked ideas and thoughts. Teachers and parents worked together to co-create this learning space for our hummingbirds.

This has been a reminder that the core essence of VLC comes from our relationships with each other. As we grow, I envision the partnership between us to get stronger. We are in this together for the sake of our children and that is what makes our community beautiful and unique.

We are the VLC Family and this is OUR place.

Onwards and upwards,

Muzaffar Bukhari



August Highlights

☆ #independenceday ☆

Dekhainge khwaab, aur pooray bhi karainge
Tajassus se takhleeq tak ke raaste par chalainge,
Himmat rahay barqarar hur yaar ki;
Daray tou haath pakar ke agay barhainge.

Hai waada hamara koi peechay na reh jayega
Jub hogi hum-dilli, tabhi tou mulk main badlao ayega,
Jo seekhainge hum aaj, kal rakhainge woh yaad;
Humara hur qadam mulk ko agay barhayega!

**Hum se hai Pakistan,
Hum hain Pakistan se!**

- With love from our Hummingbirds



☆ #lifeatvlc ☆

Making our mark...signature VLC style!



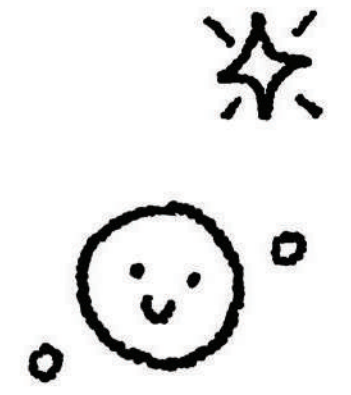
LOOK BACK



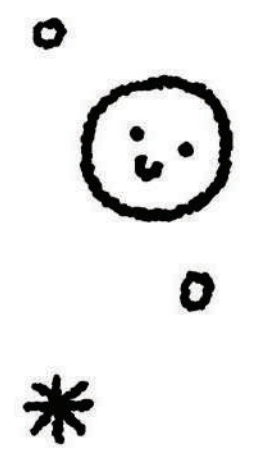
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 August, oh August, you have been a rollercoaster of a month! We were pumped up and ready for school-wide Orientations...

A wide array of modules have been introduced from a more versatile Fit Kids (which now includes tennis, cricket, basketball, soccer, gymnastics and more) to Carpentry, Yoga, Creative Writing, ICT, and more!

The situation around the country with the devastation caused by the floods is heartbreaking, and it has reminded us of the great responsibility we have as a community to help support those in need.



... and a fully planned back-to-school week ending with 14th August celebrations.



Our aim is to always provide a tempting buffet and give the kids a chance to savour it, tasting everything along the way!



The zeal with which the children made awareness posters and flyers and stood out in the sun to collect the donations warmed our hearts and gave us hope for a brighter future ahead.



STAMP it OUT

Decoding our STAMP curriculum and how we integrate Science, Technology, Arts, Mathematics and Play!

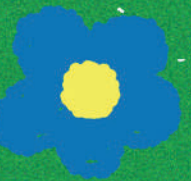
stamp in nature

Do you remember staring out the window of your classroom wishing you were outside rather than inside? While designing the STAMP curriculum for our Hummingbirds at VLC, it was our intention that our kids never feel that way. We ensure that education takes place beyond the classroom walls, and that the divisions put in place by traditional education are artificial, both between “subjects” and in separating the children from the world outside. So even with the curriculum evolving from SNAP (**Stories, Nature, Art and Play**) in the preschool to STAMP (**Science, Technology, Arts, Math and Play**) in the elementary school; the stories and Nature element continues to be an important ingredient of how learning happens at VLC.

In a world where children are expected to work and learn in a dominantly digital environment, blocking out many of the human senses in order to focus narrowly on the screen in front of the eyes, by taking them out into the gardens, our intention is to make learning a sensory experience, where children interact with a cornucopia of sounds, smells and textures and begin to build more of a relationship with the natural world. While it sounds like a flight of fancy, our practices are based in research. Scientists now describe the human cost of alienation from nature as as Nature Deficit Disorder, which results in diminished use of the senses, attention difficulties, higher rates of physical and emotional illnesses.

Nature provides us with endless opportunities for creativity, discovery, and problem-solving. There is no better way to learn about the science of nature than by observing, inquiring, analysing, recording data and making new discoveries. Our hummingbirds step in to our garden to find angles and patterns. They touch the leaves and smell the flowers while learning about classification and plant life cycles. They observe birds to learn about aerodynamics.

As we excitedly unfold the world before us, we’re integrating nature and stamp to spark natural curiosity just the way an apple falling from a tree had sparked Newton’s. And who knows? Maybe one of our hummingbirds will make the next life changing scientific discovery!



Oh Snap!

A snippet of our SNAP curriculum and how we learn through Stories, Nature, Art and Play!

free play at vlc

Play is the P of our SNAP Curriculum and an essential part of our daily routine.

Free play in particular is a type of play that is unstructured, voluntary, and child-initiated, which basically means that it is the type of play in which children have full freedom to play in whatever way they want! This allows children to develop their imaginations while exploring and experiencing the world around them. It is the spontaneous play that comes naturally from children's inborn curiosity, love of discovery, and enthusiasm.

There are actually many benefits of free play for children! Below are some ways in which children grow, learn, and thrive through this form of unbridled play:



1. Free play builds **creativity** and ability to come up with unique ideas in imaginative play as they invent a new game or build a fort.
2. It helps develop **motor skills** as they run, jump, hop, and chase outdoors.
3. It fosters **decision-making skills** while kids decide who will "hide" and who will "seek". Unstructured play provides many opportunities to make choices while playing alone or while playing in a group.
4. It encourages and develops **independence**. Children learn to think independently and also how to entertain themselves.
5. It develops **social skills and collaborative play skills**. Free play allows children to develop conflict resolution skills when they both want a turn on the swing at the same time, for example. It also helps children develop their skills as leaders and as followers.

6. Free play provides opportunities for children to **discover their interests and skills**

It is important to note that free play does not include time with electronics, such as the television, video games, or computer. True free play is guided by the child's imagination without the direction of an adult or the assistance of a gadget.

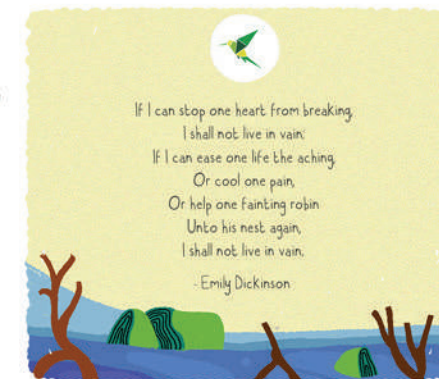
FLASH FORWARD

September is always a more relaxed month as things have settled down, into their flow and routine. The preschoolers have mostly all settled in well with their facilitators and peers, though there may be some children who are still having some difficult days and that is completely ok! Come and talk to us if you have anxieties or concerns about your child's settling in process, we are always here to help.

Curriculum Orientations continue this month and give us the chance to connect and give an in-depth look into our philosophy, curriculum, and academic goals for the year. We will also be doing a deep-dive into teacher training. As the settling-in period is over, and we fully immerse ourselves into our curriculum, it is a crucial time for teachers to be well equipped with all the tools and strategies that they require to be implemented in the classes for making teaching and learning more meaningful and effective.

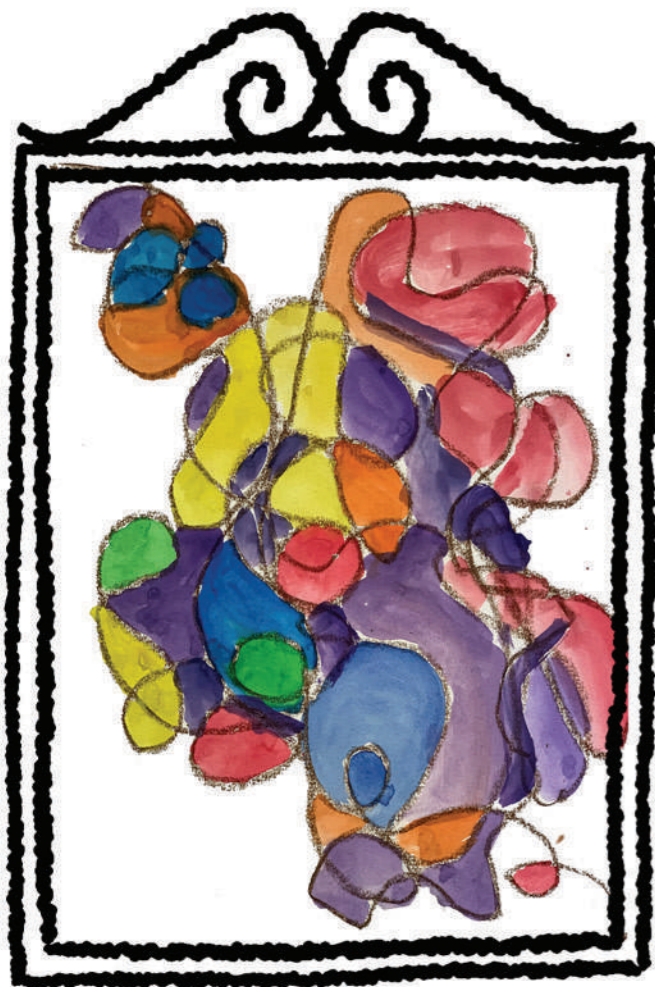
Our Family Enrichment Program - Flutter - kicked off in August with a bang with some beautiful community connection sessions and we move into September with the theme of "Self-Expression". We will be looking into the areas of music, art, mindfulness, and creative writing as means of widening our horizons and expressing ourselves. Morning Fika's are open for all parents and we hope many of you come by and join us!

As we kicked off the first phase of our Flood Relief Campaign last month, we will be moving into phase 2 in September. Elementary students who are taking part in the Entrepreneurship Module are working on plans for a special fund-raising event called 'Cakes and Crafts for a Cause', where they will be selling some yummy goods along with artwork and crafts made by them! The funds collected will go towards flood relief. Grade 6 is working on a social media awareness campaign on how we can play our part to help. Discussions on how to utilise digital tools for creating awareness have been taking place, and the insights, thoughts and ideas shared by the kids are just fantastic!



V-FLOCK

This section of our newsletter is a glimpse of how we creatively expressed ourselves at VLC this month. Head on over to our socials and follow for more snapshots of the amazing work put forth by our community of hummingbirds, our V-Flock!



Nashmia
Grade 2 Kensho



Hamza Abdeali
Grade 6 Kensho

Gr:2 Ukiyo
Khizar

Words That Describe Me

funny, cool, super, kind, fast, energetic, happy

Khizar - Grade 2 Ukiyo

I am funny because I tell jokes. I am super because I think people should stop littering. I am fast because I win in races. I am energetic because I do lots of stuff. I am happy because everyday is the best day ever.

Layers of Learning

Fatimah Rabail 23-8-2022 Gr:2-Kensho

Words That Describe Me

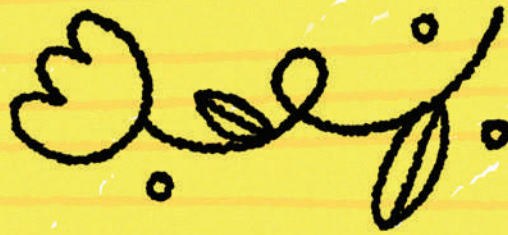
fun, strong, playful, fast, lucky, kind, joyful

Fatimah Rabail - Grade 2 Kensho

30-8-2022

I am brave because I am not scared of the dark. I am funny because I make my friends laugh. I am kind because I make my friends feel ok.

Layers of Learning



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A special shoutout to all our facilitators for doing what you do that makes life at VLC so awesome!



Our Official Page:
Veritas Learning Circle

Our Community Group:
VLC Family



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@flutter.vlc
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