

The Essence

Oct – Nov'24 Edition

A NEWSLETTER FROM TATVA



"If we do not believe within ourselves this deeply rooted feeling that there is something higher than ourselves, we shall never find the strength to evolve into something higher."

- Rudolf Steiner

Verse

***Into my will, let there pour strength.
Into my feeling, let there flow warmth.
Into my thinking, let there shine light.
That I may nurture this child with
enlightened purpose
Caring with hearts love,
And bringing wisdom into all things.
- Rudolf Steiner***

Primary School

Celebrations and Assemblies by Grades 1-3

By Ruppa Prasad (Language Educator, Hindi)

Recently, the primary campus had a memorable Diwali celebration with a special assembly filled with joy and festive cheer. The celebrations began with activities like crafting diyas, painting, cleaning classrooms, and making thoranams.

On the special day, the decorated corridors, filled with laughter and reflecting students' creativity truly set the festive mood. Students came in traditional attire, adding to the vibrant atmosphere. The assembly began with a heartfelt verse and songs by Grades 1, 2, and 3. Grade 3, as the senior-most on this campus, delivered a special performance, playing magical recorder tunes for a song exalting Light. Grade 2 added charm with their cultural performance featuring Kolattam and Diyas.

A diya-lighting ceremony brought students and staff together, symbolizing unity and the spreading of light and happiness. The celebration concluded with the distribution of delicious homemade sweets, leaving everyone with warm, cherished memories.

Mathematics Block: Place Values

By Archana N and Lydia Sivaji - Grade 2A

Our Grade 2 students recently experienced an exciting and hands-on mathematics block focused on place values. The highlight of this block was the story of young Saint Francis helping his merchant father count their surplus money by creating colourful fabric sacks filled with coins, representing tens, hundreds, and thousands that turned an abstract concept into a tangible and interactive learning experience, sparking an immediate interest in children to explore the Place Value concept.

What made this initiative truly special was the incredible support and involvement of our parent community. From the very outset, parents volunteered to manage the logistics of sourcing fabric for the sacks. They meticulously planned and procured all the necessary materials for the entire class. Taking their commitment a step further, parents formed groups and gathered at the school to measure and cut the fabric, ensuring every detail was taken care of with precision and love.

This collaboration between parents and the school staff was a testament to the strong bond and mutual respect that define our TATVA community. For the teachers, seeing this level of dedication was a moment of joy and hope. The parents' efforts not only lightened the workload but also created an atmosphere of unity and shared purpose.

The result- a vibrant classroom filled with sacks that represented learning and teamwork. As the children sorted and counted tamarind seeds into their colourful sacks, the concept of place values came to life in a way they will not forget.

We extend our heartfelt gratitude to the parents for their generosity, time, and creativity. Their involvement is a shining example of a nurturing community where we want our children to grow in. Here is to many more such collaborative and joyful learning experiences.

Middle School

Community Snack - Grade 7

By V. Rajalakshmi (Grade 7B class teacher)

It is heartwarming to see initiatives like the community snack program come to life. Here is a summary of its purpose and impact in my class.

The 7B Community Snack Program, initiated on October 16, 2024, has become a weekly tradition aimed at fostering stronger bonds among parents, teachers, and students. Every Wednesday, parent volunteers contribute wholesome snacks such as fruits, vegetable salads, fruit salads, sweet aval,



paneer salads etc. This effort not only promotes healthy eating habits but also instils a sense of belonging and shared responsibility within the school community.

The children have embraced the idea of eating together with excitement and enthusiasm as they enjoy the snacks, often going for second or third servings. The happiness on their faces speaks volumes about the program's success.

High School

The Waldorf Way in Woodwork: Crafting with Hands, Heart and Head

By Anuja (Grade 8A Class Teacher)

In Waldorf education, we believe in engaging the Will through the hands, the Feelings through the heart and the Thinking through the head, fostering holistic development in every child. At TATVA, this philosophy comes alive in woodwork classes, where students progress from simple handcrafts to intricate creations, finding joy and growth in their learning. For Grade 8 students, this journey is transformative, as their emerging Will meets the challenges of precision, creativity and teamwork.

Grade 8 is a pivotal year in the Waldorf journey, marking what we call 'earth maturity.' At this stage, children are deeply connected to the physical world and ready to engage with it in practical, meaningful ways. This aligns beautifully with their encounter with the Industrial Revolution block, a cornerstone of the curriculum this year. Through this, they explore humanity's relationship with machinery and its impact on the world.



This year's woodwork sessions were marked by teamwork and determination. The sounds of filing, sawing and drilling filled the space not as quiet hums, but as a dynamic rhythm of effort and focus, where individual contributions came together in perfect harmony of the entire class. The introduction of machines this year added a new layer of excitement and responsibility, allowing students to experience the interplay of human skill and mechanical precision. This hands-on interaction not only complemented their studies of the Industrial Revolution but also instilled a deeper appreciation for the tools that shape the modern world.

As they shaped wood, they also shaped themselves, learning patience, resilience, and the joy of bringing an idea to life. For Grade 8 children, woodwork connects them to their inner strength and symbolizes their readiness to engage with the world. It is a discovery of their abilities and their willpower. By crafting with purpose, they learn not only to create but also to appreciate the transformative power of effort and ingenuity in shaping both the world and themselves.

Himalayan Trip - Grade 9

By S. Renuka Karthikeyan (Grade 9 Class Teacher)

This year, grade 9 went to The Himalayas. Developmentally, children feel stronger in their bodies when they come into adolescence. This trip challenged their boundaries and made them go out of their comfort zones and physical comforts of home in many aspects like food, stay. In a safe environment, they had to trek rigorously and were challenged to adapt to the needs of the group. This way, they gently focused their attention on the needs of others and saw their place in a group. This brought them the reassuring sense of belongingness, which is crucial for their healthy development.



They learnt to pitch tents, dismantle them and general rules of using a tent safely. They learnt to pack light for the trek, to carry their bag in such a way that it does not cause unnecessary strain on the muscles, to be in the wild with minimal resources, to behave so that they do not cause any harm to the environment. These attributes, were not taught as lessons, but the children were made to work and understand and learn. This is just one aspect of the trip. On the other hand, they had their regular main lessons in the evenings. What better way to learn Astronomy than under the stars. As it was not their usual way of learning, writing exercises were also given to expand their imagination. In that sense also, they were stretched beyond their comfortable boundaries. The reflective exercises in the mornings quietened them before starting a hard day of working. They stayed in a village, as guests of the locals. They enjoyed the warmth of their hospitality and love. It was a transformative trip of 10 days for them. As a group, they changed in many ways.

This is how they were nourished in their heads, hearts and hands. Head-through creatively engaging with the work given, heart- by appreciating what was around them and hands-by working hard every single day and appreciating all of it!

Biology-Reproductive System Block - Grade 10

Grade 10 Biology Block holds a crucial space for children to understand and explore the idea of the human reproductive system, how new life is created, and how this life continues its journey on earth. In this block, children are introduced to the structure and function of male and female reproductive systems, like any other organ systems of our body. We had discussed the polarities of male and femaleness, how they complement each other, and how they hold great potential to form new life when they meet. Through this block, children encountered sex education in a healthy way and dived into a world of wonder and reverence.

As a high school biology teacher, I feel that this block is essential for children at this age to address the questions they hold inside about human creation and it provides an appropriate space for them to explore this sensitive topic. At the end of this block, children presented the essence of this block to their parents through poetry, movement, and music in a very creative and innovative way. This presentation also created a comfortable space between parents and children of the class to discuss and have a healthy and open conversation about the physiological and psychological changes of adolescence.



Celebrating the Miracle of Life: A Biology Event with a Difference

By Grade 10 Parent

The creation of life—a topic that sparks wonder and curiosity in all of us. In mid-November, our Grade 10 class hosted a truly special event focused on this very subject, the "Creation of Life." As part of their Biology Main Lesson Block, students delved into this fascinating topic, culminating in an event that brought parents and teachers together for an insightful and inspiring experience. It's no easy feat to tackle such a complex and potentially sensitive subject with young minds. However, the school managed to strike a delicate balance, presenting the information in a way that was both informative and respectful. Ms. Bala (Grade 10 teacher) deserves special recognition for her skilful handling of the biological terminology and processes involved, ensuring clarity and understanding for all.

The highlight of the event was undoubtedly the student-led skit. The students' vibrant costumes and energetic movements brought the stage to life as they creatively portrayed the miracle of creation. The soft music playing in the background created a serene atmosphere, allowing the

audience to fully appreciate the intricate beauty of the natural world. The students did a wonderful job of expressing the process of sperm and ovum fusion, the formation of a zygote, and finally, the birth of a baby, all in a metaphorical way that was both engaging and informative.



The students also showcased their artistic talents with beautifully calligraphed verses that explored the theme of creation. The calligraphy, with its elegant swirls and flourishes, added a touch of artistry to the event. And the creativity didn't stop there! Each child penned a poem inspired by the biological terms they learned, demonstrating their grasp of the subject matter in a unique and personal way. The poem, titled "If we were given the power to become a Sperm or Ovum,

what will you choose to become?", sparked thoughtful reflections on the roles of each gender in the creation of life.

There was also a display of clay works by Grade 10 students, each piece representing their imaginative interpretations of life within the mother's womb. The students' clay creations were both imaginative and thought-provoking.

The session ended with students performing the Kudumbam Chorus, a beautiful and harmonious piece that filled the room with a sense of unity and wonder. The chorus, explaining how the universe is reflected within each of us, left the audience mesmerized.

This event filled me with a sense of awe and appreciation for the intricate processes that bring life into the world. It was a testament to the school's commitment to providing a well-rounded education that goes beyond textbooks and lectures. By encouraging creativity, critical thinking, and open dialogue, they fostered a deeper appreciation for the wonders of science and the world around us.



General

High School Band Performance at Dakshin Chitra - A Soulful Resonance

We parents were excited and were looking forward to an evening of bliss. With a packed house within the quiet walls of an auditorium in Dakshin Chitra, the program started on a curious note. The show started with the classic piece, *Brahma Mokate* which called out to the oneness of the universe. The energetic start awakened the audience and the bass accompaniment was perfect! It was closely followed by a soft rendition of "Vellai pookal". Soothing to hear, with the dash of strings at appropriate time and harmony interspersed effectively, it held the audience captive as the next song made its way.

The gahzal inspired *Amana Bibi* and the peppy number, *Enama Thozhi* was followed by the classical tunes Fur Elise and Hungarian Dance.

Quickly jerking us up next was this fast number Tamburi *Meetidava* which brought us back into the room, from the imaginary lands we had ventured into. All through the performance what was fascinating was the attitude of the band. They were confident and they supported each other throughout. The mix of songs certainly deserves a special mention- they brought a spirit of unity which held us together. The performance ended aptly with Maitrimbhajata which was so endearing that we wished the evening wouldn't end.

The evening was an opportunity to drift away from the fast-paced world and connect to our roots. For me, it was a place to close my eyes in contemplation, to surrender and this is something that will stay etched in my memory!

Reading Circle

Reading Circle is a collective effort of parents who meet for a few hours, once a week to read Steiner's views on various subjects. Most of us look at it as an introspective journey, which is essential for our busy schedules. For me, it is like taking a mental vacation every week to get back strong. - **Gowtham K.G Parent**



We (a group of parents) gather weekly once for the Reading Circle, which is dedicated to exploring the works of Rudolf Steiner. Those couple of hours offer us the space to engage deeply with Steiner's visionary ideas, which inspire new ways of thinking about education, spirituality, and human development. Together, parents unwind the layers of Steiner's philosophy, sharing interpretations and insights that make his teachings accessible and relevant to their lives.

Such a circle becomes more than just a discussion group; it develops / fulfils a sense of community and shared purpose. It encourages personal growth, collective understanding, and the application of Steiner's wisdom in parenting and everyday life. In this supportive environment, parents find inspiration to nurture their children's individuality and holistic development while building meaningful connections with others on the same path.

To add to the above, we have an exceptional mentor, Neelu Ma'am who is passionate about Steiner's ideas, child development, and facilitates these reading sessions. Big thanks to her and Tatva School for providing us an excellent platform to engage and nurture our knowledge. A kind request to parents: Please bring in more like-minded parents and join us as we walk this path together. - **Mahesh (K.G parent)**

Dr.Wahida's Session

By Lydia Sivaji, Educator, Grade 2

I had the wonderful opportunity to attend an insightful session by Dr. Wahida Murthy, an Allopathic and Anthroposophic physician with 28 years of experience. Her approach to health was deeply inspiring and holistic, emphasizing that being truly healthy is not just about the absence of illness but about achieving a state of balance across physical, mental, spiritual, and social well-being. One of the most striking aspects of Dr. Murthy's session was how she unpacked complex concepts in a simple, relatable way. She beautifully illustrated the idea of the four bodies, namely physical, mental, spiritual, and social – and how these aspects of our lives are interconnected (Annamaya kosha, Pranamaya kosha, Manomaya kosha, Vijnanamaya kosha, and Anandamaya kosha).



She briefly touched upon the topic 'the threefold body' and its relation to physical health was particularly eye-opening, as she explained how imbalances in one area can manifest as ailments in the body.

Dr. Murthy also emphasized the critical role that parents and teachers play (more than that of the child's paediatrician!) in the development of a child's health and well-being. She shared her insight on how children's environment and upbringing influence their physical and emotional health as they grow into adults. It was a powerful reminder of how awareness and intentionality in nurturing children can help prevent many health challenges in their future. She also pointed out how doctors typically enter our lives when a health problem arises, but by being more proactive as parents and educators, we can avoid many of these issues altogether for our children.

The session was not only enriching but also ended on a warm note, as we enjoyed tea and snacks while catching up with fellow parents, teachers from Waldorf schools, and colleagues. Dr. Wahida Murthy's holistic approach left me feeling inspired and empowered to take a more balanced and mindful approach to health in my own life. It was truly a memorable and uplifting experience.

Testimonial

Riding the Storms Together : A Note of Gratitude to Tatva School

Parenting is a journey filled with joy, challenges, and constant learning. As parents, we often focus on the best ways to raise our children, especially during the crucial pre-teen and adolescent years. Recently, Tatva School organized a two-day session on how to handle this stage of parenting, and it was truly an eye-opener.

The session highlighted the importance of raising children in a holistic way. As parents, we all want our children to grow not just academically but, in all areas, —emotionally, socially, and mentally. I am sure every parent feels the same, and in this regard, Tatva School is a blessing for us. Their approach goes beyond academics, focusing on the overall well-being of every child.

One of the key aspects discussed during the session was understanding how children change as they grow and how our parenting must evolve with their age. The workshop emphasized the importance of age-appropriate parenting, where our communication, understanding, and responses are aligned with the developmental stage of our children. This was an invaluable insight, reminding us that effective parenting isn't a one-size-fits-all approach; it requires adaptability and empathy as our children move through different phases of life.

What stood out during the session was the collaborative approach between parents and teachers. It's a powerful reminder that when parents and schools work together with the same mindset, raising children becomes a much smoother and more fulfilling process. Tatva School, under the guidance of Bala Sir and Vidya Ma'am, consistently leads by example, bringing in exceptional resource persons to guide us through these parenting milestones.

Another key takeaway was the need to reflect on our own belief systems and conditioning. Sometimes, our approaches to parenting are shaped by habits or ideas we have never questioned. These sessions highlighted the importance of self-awareness in parenting, encouraging us to grow alongside our children and adapt to their needs.

Tatva School is truly a beacon of hope for the future. Their efforts focus on creating a nurturing environment that shapes resilient, happy children. It is reassuring to know that as parents, we have such incredible support to guide us in this journey.

I am deeply grateful to Tatva School and their leadership for organizing such meaningful initiatives. These programs not only support parents but also strengthen the foundation for a

brighter future. Let us continue to work together, as parents and educators, to nurture the potential of every child.

After all, happy and resilient children of today will grow to be the bright and compassionate and responsible beings of tomorrow. Thank you, Tatva School, for being a true partner in this incredible journey.

**With Gratitude,
Dr Maheshwari Sangolli.**

Other Events @ Tatva

<<< Lovingly prepared by Tatva Parents >>>

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