

Springdays Odyssey - JULY 2026



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WORD OF THE MONTH CONGENIAL

Pleasant, friendly, and easy to get
along with.

THIS MONTH'S MISSION

Be a congenial classmate by cooperating
and showing respect.

REFLECTION CORNER

How did you create a congenial
classroom?



BEST CLASS AWARD

A big round of applause to Grade 7 for earning the Best Class Award! Their dedication, cooperation, and daily efforts reflected the true spirit of excellence.



NEWS AND VIEWS

- ECO CLUB, JULY 10
- MUN, JULY 25&26\
- MATH DAY
- M.A.D. JULY 24
- DIET AND WELLNESS CLUB, JULY 17
- NARUVI TRIP, JULY 23
- PI APPROXIMATION DAY, JULY 22



CLUBS

ECO CLUB

Many different kinds of activities were held in our Eco-Club, aiming to promote environmental awareness and reduce plastic pollution. Grades 6 and 7 participated in a poster-making activity on the theme "Reduce, Reuse and Recycle Plastic". Grade 8 students conducted an awareness campaign on reducing plastic waste, which is planned to continue near the school canteen and other crowded areas. Grade 9 students designed and presented prototypes of eco-friendly installations for the school campus, explaining why they should be built on a larger scale. Winners were selected for each activity, and one prototype from Grade 9 will be chosen for construction on a larger scale in the school.

/ SAI VARSHINI - GRADE 9



DIET AND WELLNESS CLUB

The Diet and Wellness Club of Springdays Cambridge International School organized an exciting Nutrition Challenge Day to help students understand the importance of healthy eating. The event encouraged us to explore nutrition in a fun, creative, and practical way.

Students from different grades took part in activities designed especially for them. Grade 6 and 7 students became Food Label Detectives, where they read nutrition labels, compared products, and learned how to identify healthier food choices. Grade 8 students created their own Gourmet Trail Mix, carefully selecting healthy ingredients and balancing protein and fibre to design a nutritious snack. Grade 9 students participated in the Ad-Busters Challenge, where they analyzed food advertisements, identified misleading marketing claims, and redesigned the ads with truthful and informative messages.

The event was judged based on teamwork, creativity, accuracy, presentation, and critical thinking. It taught students that making healthy choices is not just about eating well, but also about understanding food labels and recognizing smart marketing strategies.

Nutrition Challenge Day was both educational and enjoyable. It inspired students to think before they eat, make informed food choices, and adopt healthier habits for a better future.

/ PRANAV - GRADE 9



MAD CLUB – CELEBRATING CREATIVITY THROUGH MUSIC

On 24th July, the MAD Club (Music, Art and Dance) provided students with an exciting platform to showcase their creativity, teamwork, and musical talents. The event was organised by Ms. Mirunalini (Computer Science Teacher) and Ms. Deepika (Mathematics Teacher) of Springdays International.

Grades 6 & 7 designed and created musical instruments using recycled materials, promoting creativity, innovation, and environmental awareness. They confidently presented their unique creations.

Grade 8 students composed and performed jingles using only kitchen utensils, demonstrating that music can be created from everyday objects through imagination and collaboration.

GRADES 6 & 7	GRADE 8	GRADE 9
- Gritvik - Rhana Krishnav & Dhanyashree - Harvithashree & Balaragav	- Shaaswathi & Tanushree - Yazh Aruvi & Genesis	- Kanishka Reddy - Jude Mohan - Adhithiya Nivasan & Pranav Sabharish

Grade 9 students composed and performed original songs, showcasing their confidence, creativity, and musical abilities.

The performances were judged by Ms. Kim and Ms. Hebsiba Joseph (Grades 6–8), and Ms. Sivaranjini and Ms. Komal (Grade 9).

The MAD Club was a vibrant celebration of creativity, collaboration, and musical talent, inspiring students to think innovatively and express themselves with confidence.

/ ADHITHIYA NIVASAN GRADE 9



ASSEMBLY

In honor of World Youth Skills Day, grades 6 and 7 worked together to present the assembly. A movie showcasing the skills of kids in grades 6 and 7, including a world record performance, knitting, singing, doodling, crocheting, and more, was shown at the assembly. In order to highlight the value and practicality of young skills, the kids also staged a skit. It was straightforward but incredibly significant. In honor of World Youth Skills Day, a promise was given to every kid in the assembly. Our principal gave thoughtful remarks to wrap off the program, and students who took part in the 2026 NGTM Malaysia conclave were given awards.

✍ ANAS ANWAR - GRADE 9



MATH DAY

In the world of mathematics, Pi is a beautiful reminder that some things are infinitely wonderful.

Pi Approximation Day was a spectacular celebration filled with learning, creativity, and friendly competition! The day kicked off with an engaging morning assembly that introduced everyone to the fascinating concept of Pi. Once the students' minds were sparked, the competitive spirit took over as each grade level showcased their mathematical and artistic talents. Grade 6 students crafted imaginative designs in the Tangram Picture competition, Grade 7 blended culture and math in Rangometry Art, Grade 8 explored patterns through Tessellation Art, and Grade 9 brought geometry to life with Polygon Art.

The creativity displayed across the school made judging a true challenge, but the outstanding talents of our students shone through.

Grade 6	Grade 7	Grade 8	Grade 9
- Dhanyashree - Moumitha & Nandhinee	Balaragav	- Ezhil Francina - Pio Anto Vyan & Tanushree	- Kanishka Reddy - Jude Mohan, Sai Varshini & Adhithiya Nivasan

Congratulations to all our brilliant winners and participants for making this day an unforgettable fusion of numbers and art!

✍ LOHITH – GRADE 9



MUN - MODEL UNITED NATIONS

SIS launched its MUN campaign again, as Youthalic jointly hosted the semi-finals of the League of Legats and its flagship Springdays 2026 MUN conference on July 25 and 26. The conference began with a blissful opening ceremony featuring educational psychologist and activist Dr. Saranya Jaikumar (and her sporty interaction with Jithish from A-Level), cultural performances and tons of excitement. Our delegates were star-studded, featuring Ezhil Francina and Meghavini from Grade 8; Kanishka Reddy, Jude Mohan, and Lohith from Grade 9; Kavin from Grade 10, and Jithish from Grade 12 A Level. Delegates found the MUN to be more than policies, debating, and politics.; it was an eye-opener for all, and a lifelong experience of mutual respect, active dialogue, and being a responsible citizen.

✍ JITHISH - A LEVEL

Committee	Delegate (Country)	Award
UNGA	Kavin (Malaysia)	Best Delegate
UNGA	Jithish (Japan)	High Commendation
WHO	Jude (Canada)	Verbal Mention

We commend all delegates and especially the first-timers who enthusiastically involved themselves in an immersion they will never forget!



The MUN was wonderful! Not specifically because I won a prize, but the satisfaction in meeting new people, forming close friends (in the United Nations AND for real), and drafting something impactful was exhilarating. I'm forever looking forward to the next MUN!

This was the most exciting MUN for me personally. There was tons of stuff going on at the same time, and many plots that followed in our committee. We also made many new friends. Overall, it was a great opportunity to socialise and have fun while also solving real-world problems at the same time. Even though it's a chaotic activity most of the time, it really helps you understand how things really work in international meetings and committees.

✍ MUN participants – JITHISH [A LEVEL] and LOHITH [GRADE 9]

VISIT TO NARUVI HOSPITAL

A team of IGCSE and A Level Biology learner set off to explore the core mechanisms of Nephrology, Pulmonology, and Pathology at Naruvi Hospital Vellore, where pupils, who were split into two teams, were impressed at the bustling dynamic of a hospital in action, and they stopped at each department for a brief but highly engaging session with the medical specialists and doctors. Nephrology uncovered unique perspectives on kidney functioning and regulation and an opportunity to observe hemodialysis. Accordingly, Pulmonology offered a medical perspective of the lungs, highlighting laboratory practices, prognosis, and lung anatomy. Complementing both these departments was Pathology, where students were involved in analyzing tissue samples and examining human organ specimens to learn about various illnesses, including carcinoma. The visit served as an eye-opener for us, introducing a new perspective in the biology we have learned.

✍ JITHISH - A LEVEL



WELL-BEING SESSION

Our well-being session was like a weight taken from our shoulders. The students shared their feelings, opinions and worries with the class and we did fun acclivities regarding our emotions. One activity was writing our worries in pieces of papers and let Ms. Mirunalini, our class teacher, read them; this was nice as everyone agreed that it felt nice to share our small or big worries.

✍ GENESIA WILSON - GRADE 8



 Cambridge Learner Attribute	 Why it fits Congenial	 Monthly Focus
 Engaged	Congenial learners build positive relationships through kindness, cooperation, and respect for others.	<i>I create a welcoming environment by being friendly, respectful, and inclusive.</i>

TEACHER'S MESSAGE

Friendship is a bridge that connects hearts through trust, respect, and kindness. It reminds us that we are never alone in our journey. Be the friend who listens, encourages, and uplifts others, because the friendships we nurture today shape the people we become tomorrow.

DIVYASHREE - PHYSICS TEACHER



True friendship is one of life's greatest treasures—an effortless comfort where you can be completely yourself. A genuine friend is an anchor in life's storms and a steady presence in everyday moments. Through shared laughs and unconditional support, good friends make the journey lighter and endlessly richer

SUDHA - CHEMISTRY TEACHER