



ASPEE NUTAN[®]
ACADEMY
(AFFILIATED TO CISCE)

Nurturing dreams, Creating futures

SCHOOL NEWSLETTER



Expressions
December 2025

Meet Our Team



Mrs. Nuzhat Khan
(Principal)



Ms. Freda Almeida
(Senior Editor)



Ms. Saleena Cardoz



Mrs. Foram Shah



Ms. Jhanvi Sisangiya



Ms. Numa Shaikh



Ms. Nashrah Patel



Ms. Shefali Kajarekar



Mrs. Ashwini



Ms. Charmi Sheth



Mrs. Tanushree Prajapati



Mrs. Ramya Menon



Ms. Petrea Dcosta



Mrs. Sangeeta Yadav



Ms. Sinny Parmar

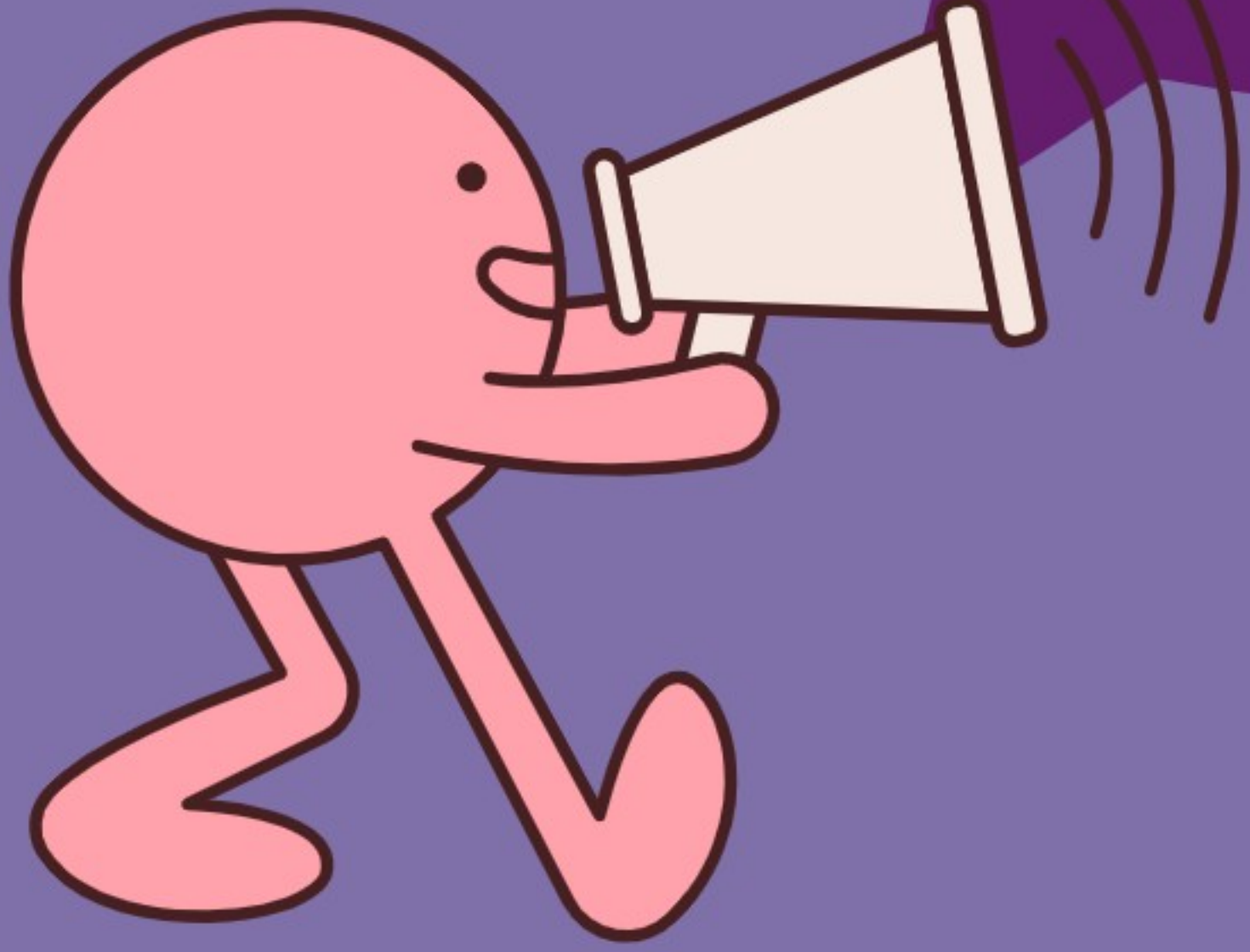


Sr. Cristopher Britto



Mrs. Jainee Vadhar

BEYOND THE CLASSROOM



Strength Beyond Years!

Harshiv of Grade 1 has been training in Mallakhamb for nearly three years with great discipline and dedication. He recently led his team to secure third place at the Khasdar Krida Mahotsav. With the highest individual score in his team, Harshiv's performance truly stood out—an inspiring reminder that passion, perseverance, and hard work pave the way to success, even at a young age! 💪 ✨



HARSHIV DHAVAL SHAH – 1B

India's Hidden Gems: Villages That Inspire!

Hivrem–Arvalem – Goa's Quiet Heritage Hamlet



“Not all treasures shine in crowds; some wait quietly to be discovered.”

Tucked away in North Goa, far from the bustling beaches and tourist trails, lies Hivrem–Arvalem, a village where time seems to slow down. This peaceful hamlet is a living museum of Goa's ancient past, preserving stories carved in stone, temples steeped in history, and traditions passed gently from one generation to the next.

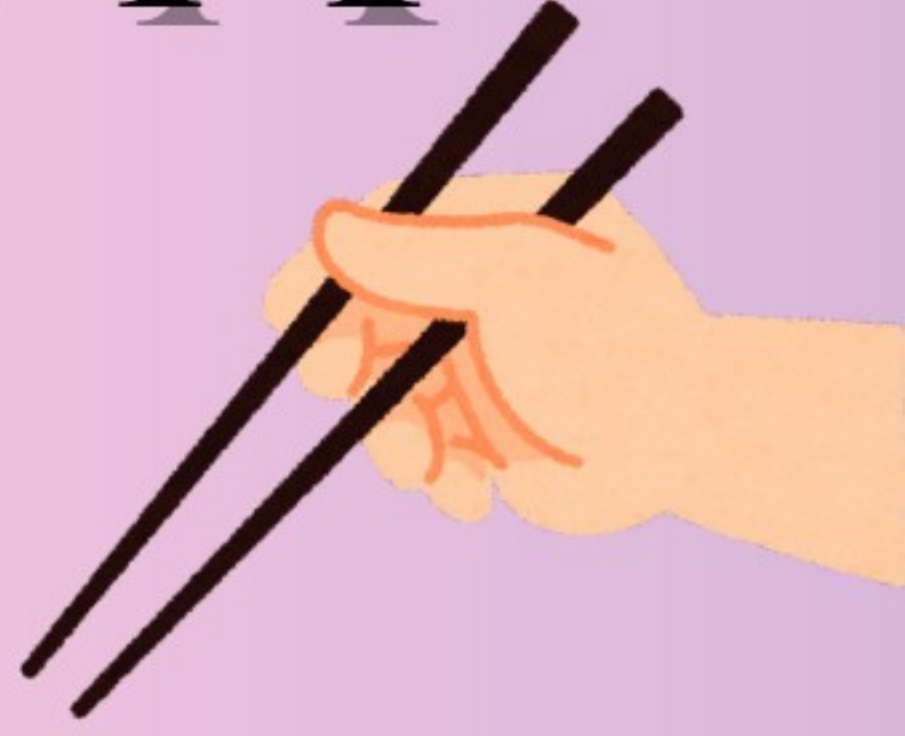
Hivrem–Arvalem is best known for its rock-cut Arvalem Caves, believed to date back over 1,500 years. Nearby stands the Rudreshwar Temple, nestled beside a flowing stream, reflecting the village's deep spiritual roots. Surrounded by forests, hills, and the soothing sound of nature, the village offers a rare glimpse of Goa beyond beaches and nightlife. What makes Hivrem–Arvalem truly special is its commitment to preserving traditional Goan culture. Simple homes, local festivals, folk practices, and community harmony define daily life here. The village continues to protect its heritage while embracing slow, sustainable living.

Hivrem–Arvalem reminds us that some of India's richest stories are not found in popular destinations, but in quiet villages that guard history with humility and pride.

DID YOU KNOW?

- The Arvalem Caves are believed to have been used by monks for meditation centuries ago.
- Despite being in Goa, the village remains untouched by mass tourism.
- The nearby Arvalem Waterfall becomes a stunning natural attraction during the monsoon season.

CULTURE ON A PLATE



Tamales

Tamales were made from masa (corn dough) filled with meats, vegetables, beans, or chillies, then wrapped in corn husks or banana leaves and steamed.



Tamales are one of the oldest traditional foods of Mexico and Central America, dating back to 5000-8000 BCE.

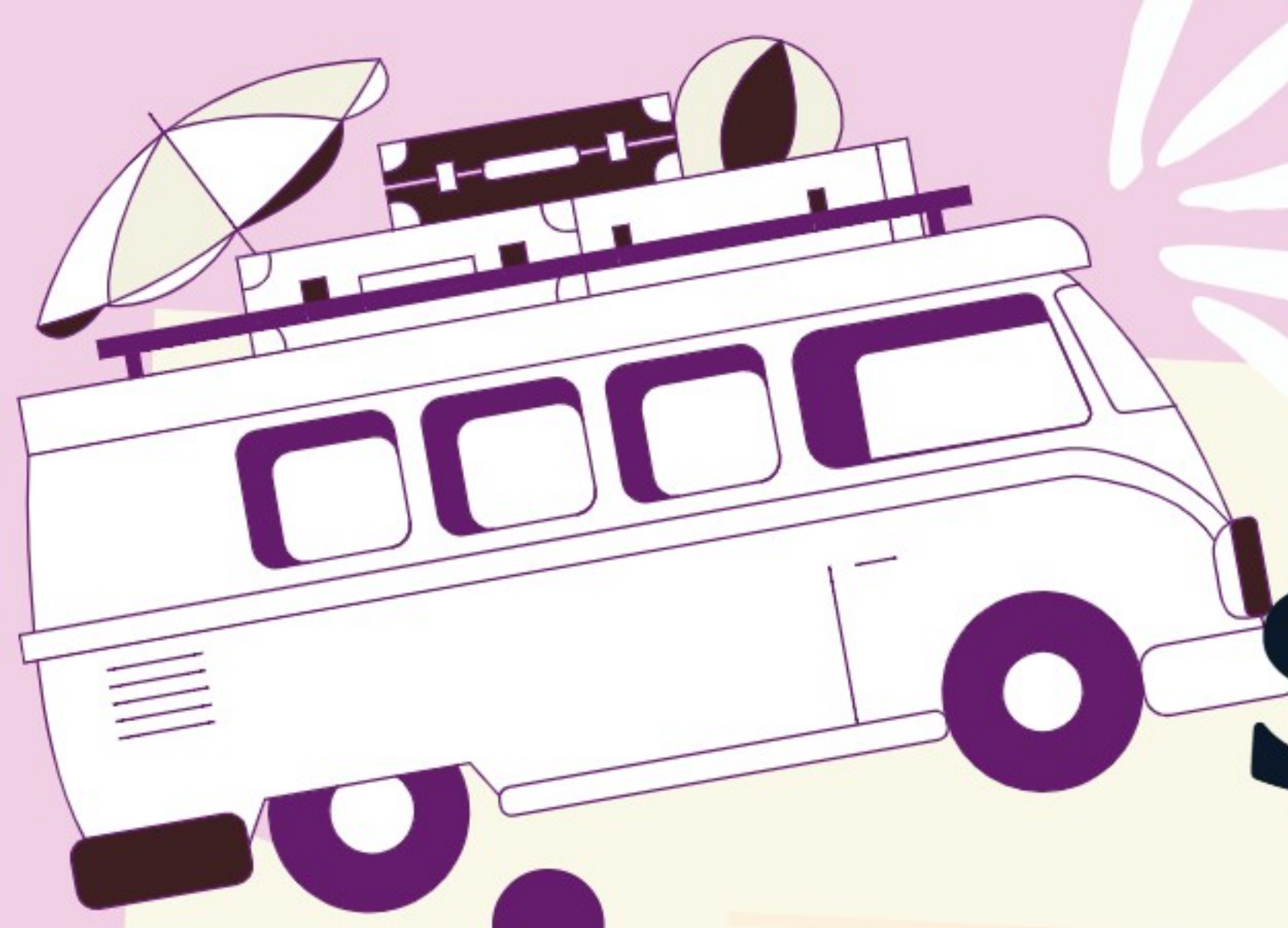
They were prepared by ancient civilizations like the Aztecs and Mayans using masa (corn dough) filled with meats or vegetables, wrapped in corn husks or banana leaves, and steamed.

Tamales were easy to carry and were eaten by warriors and travellers. After Spanish colonisation, ingredients like pork, chicken, and cheese were added.

They also played an important role in religious ceremonies and festivals and remain a symbol of community celebrations.

They are especially popular during festivals such as Día de los Muertos and Christmas, where families gather for "Tamaladas" (tamale-making gatherings).

There are hundreds of regional varieties of tamales across Mexico, Central America, and South America—some sweet, some savory, and some even served with chocolate.



Student Diaries

Our Unforgettable School Trip to IMAGICA



JASH VORA- 5A

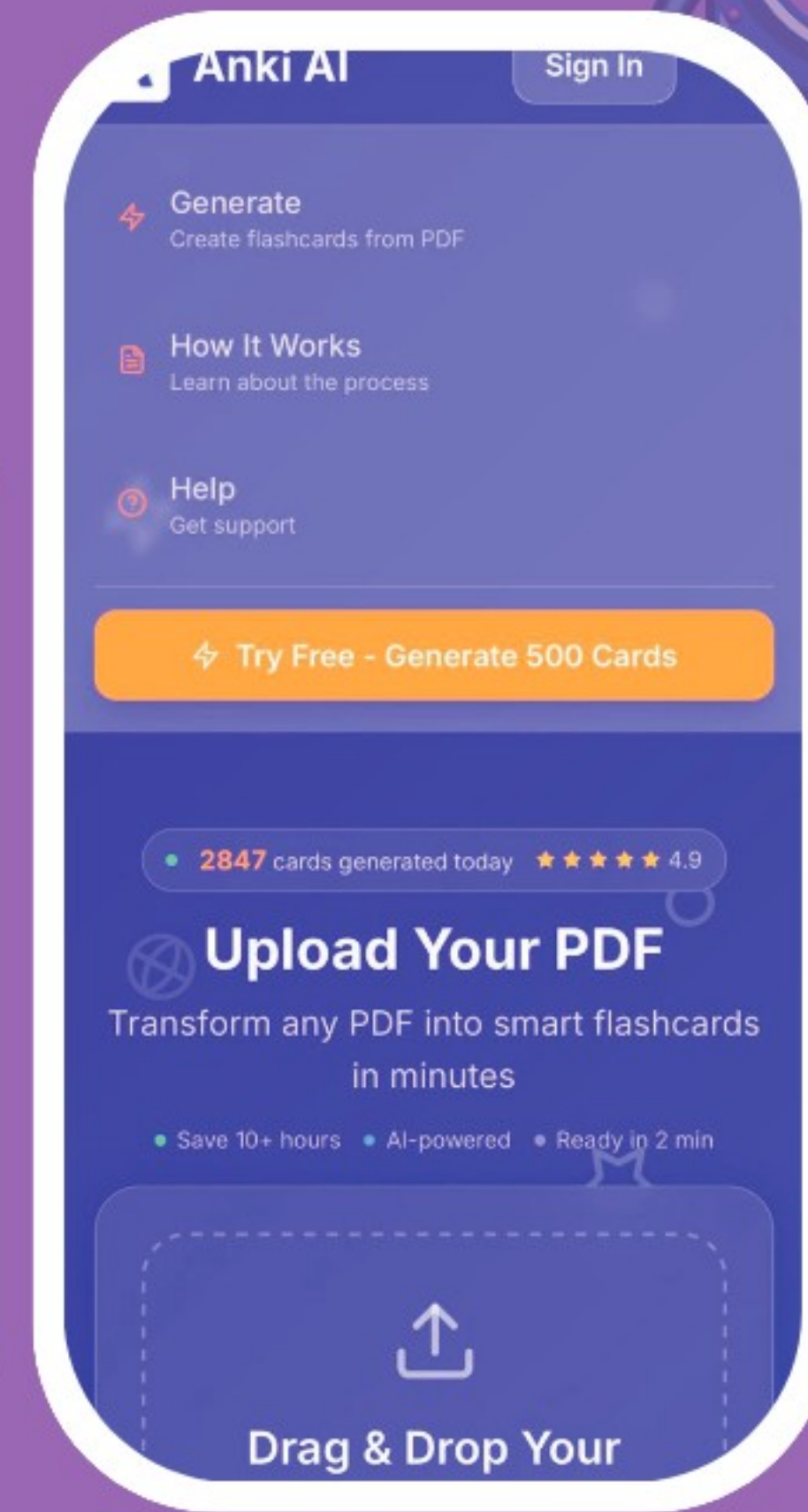
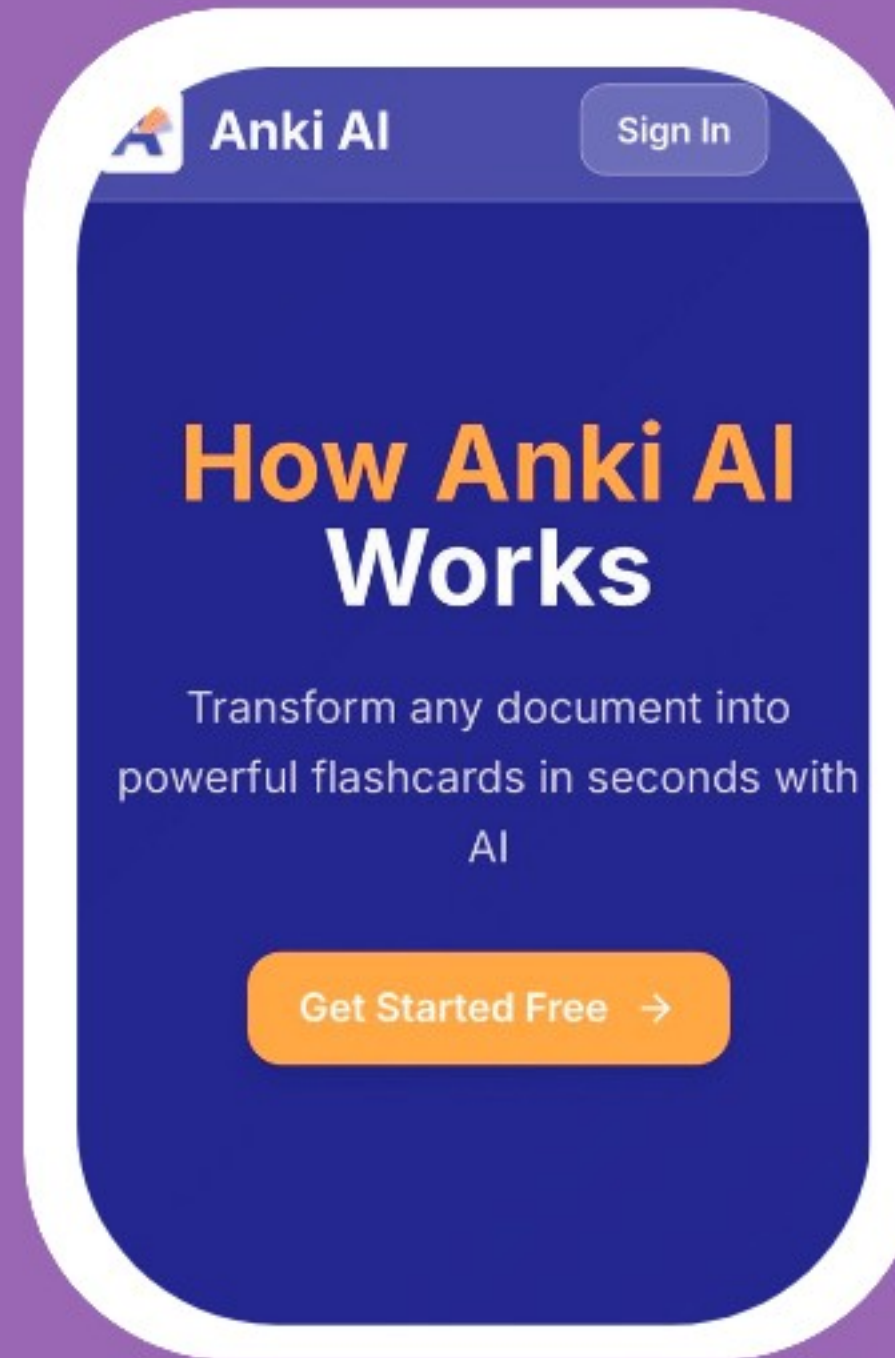
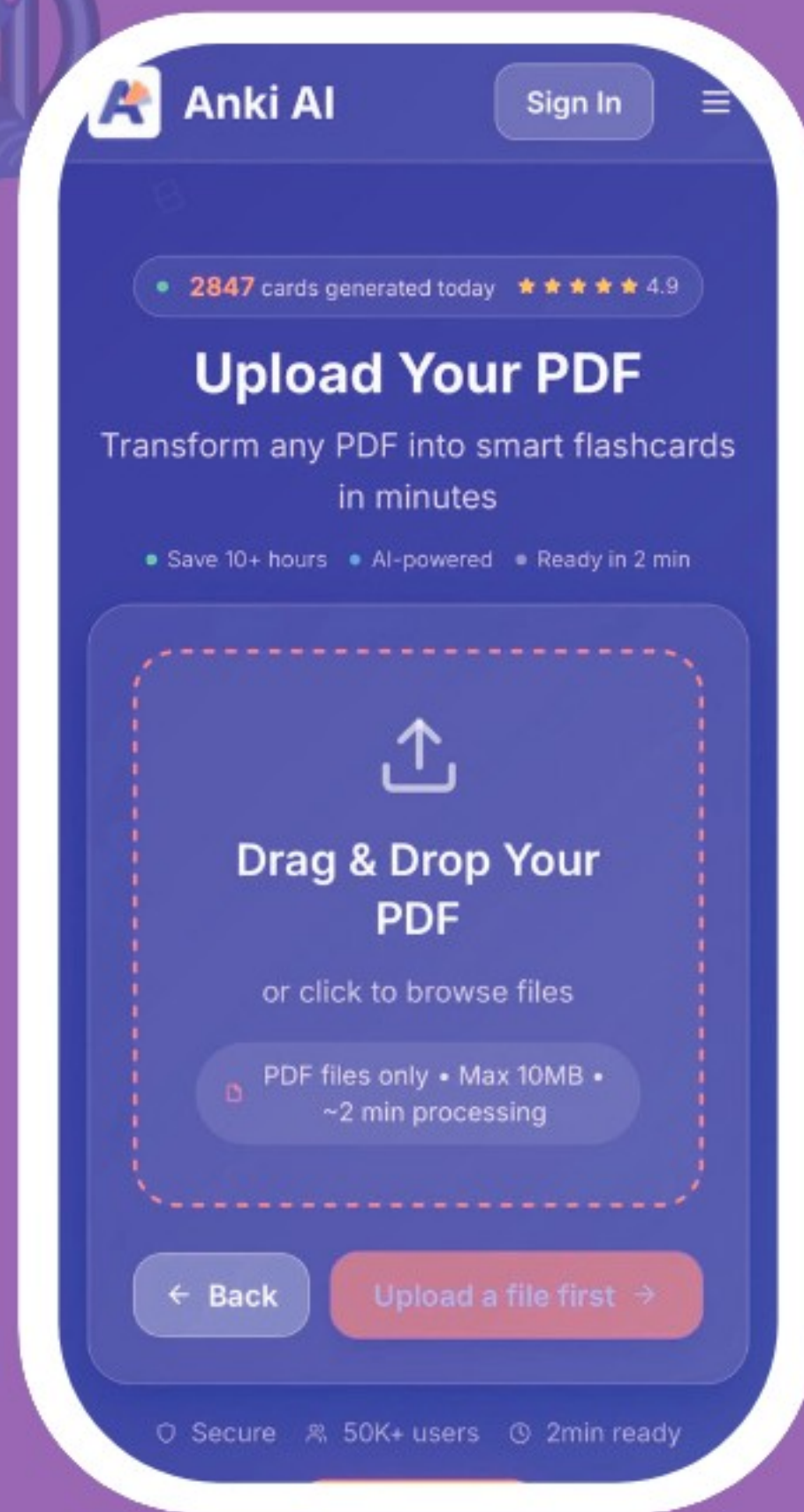
At the crack of dawn, I woke up feeling extremely excited for our school picnic to Imagica. I reached school early to meet my friends, and soon we boarded the bus, full of energy and laughter. With songs playing and everyone singing together, the journey felt like a celebration right from the start.

When we arrived at Imagica, we were amazed by its colourful and lively atmosphere. We received Imagica cash and a warm welcome, which made us feel special. The excitement around us made us eager to explore every corner of the park.

The highlight of the picnic was the thrilling rides. Rides like Deep Space and Gold Rush filled us with excitement, loud screams, and endless laughter. Some rides made our hearts race, while others left us cheering with joy. We ran from one ride to another, not wanting the fun to end even for a moment.

As we returned home, we were tired but smiling brightly. The day was filled with fun, friendship and unforgettable moments. This picnic to Imagica will always remain a joyful memory for all of us.

TECH TIPS : AI TOOLS



ANKI AI

A tool that uses artificial intelligence to instantly convert your notes, PDFs, or videos into flashcards.

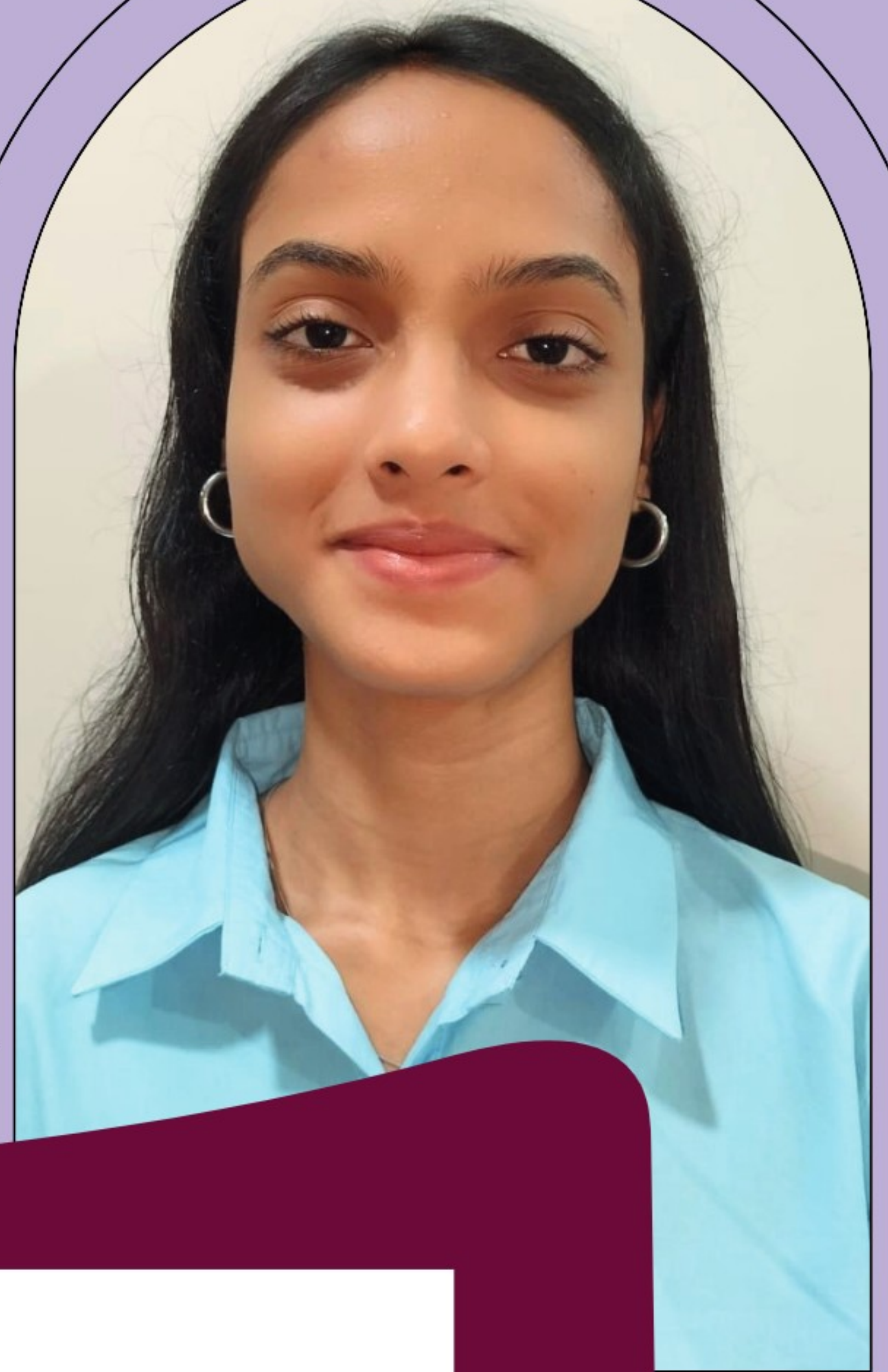
Why choose us ?

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Meet Our Alumni



When I think about my six years in ANA, it feels like I am remembering one very special part of my life. I still remember Literae, where we played characters like Matilda and The Invisible Man. Missing lectures for annual day and sports day practice was always fun for us. Activity Day was also my favorite because we could show our creativity, art, performances freely. School trips and educational tours were full of enjoyment, bus journeys, sharing snacks, laughing together, and making memories.

What made ANA really special were the people. Our principal, Nuzhat ma'am, has been teaching and guiding us since 5th grade. She was fun but also strict when it was needed, especially during the serious time of 10th board exams. The teachers who taught us since 4th grade always supported us and saw us grow year by year. Now as an alumna, I truly feel proud to be part of ANA, and these memories will always stay with me.

— Bhavika Dhakate

Teacher's Corner

This is a “Best Out of Waste” creation—
a child-friendly flaming torch designed
especially for pre-primary children for use during
Sports Day.



Ms. Pranita Monde
Pre-Primary Art Teacher



Act of Kindness

**We Should Always
Help Others**



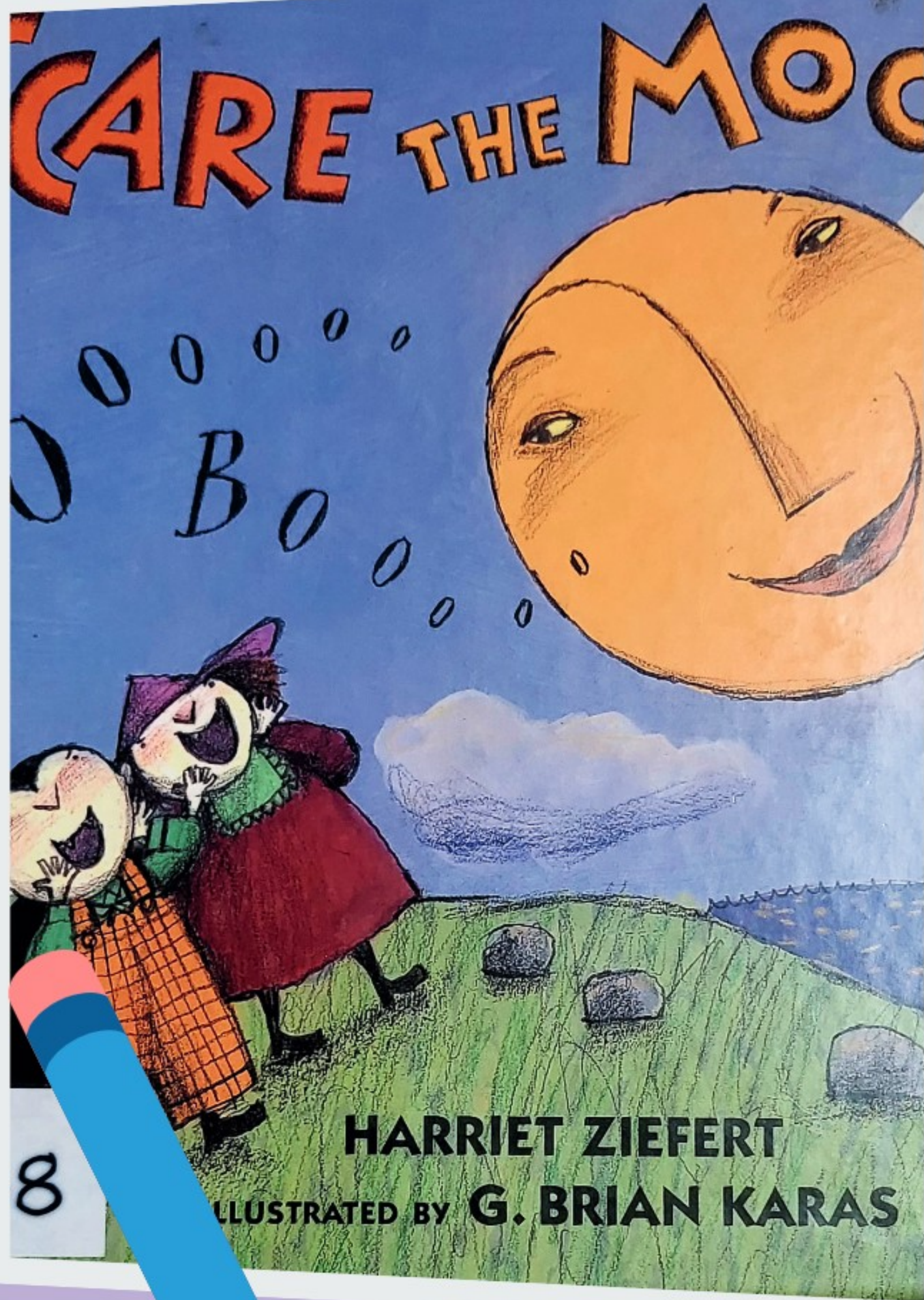
During the peak of the summer heat, we visited the Adhar Institute for Mentally Retarded Persons in Igatpuri. Understanding the refreshing relief that fruits bring in summer, we donated watermelon and muskmelon for the residents of the institute. The gesture not only offered cool nourishment but also brought smiles and a sense of care to the individuals living there.

Neev Vingole
IX-A



ANA BOOK CLUB

PRE- PRIMARY SECTION



Who can boo the loudest? Who can scare the moon? Come along with Griselda and George, a little witch and warlock, for a night of spooky fun

Read Scare The Moon,
boo boo!
This beautifully illustrated
edition retells this
adventure in a simple,
child-friendly way.



✨ **GOOD NEWS! YOU CAN FIND THE BOOK SCARE THE MOON IN OUR SCHOOL LIBRARY!**

ANA BOOK CLUB



PRIMARY SECTION



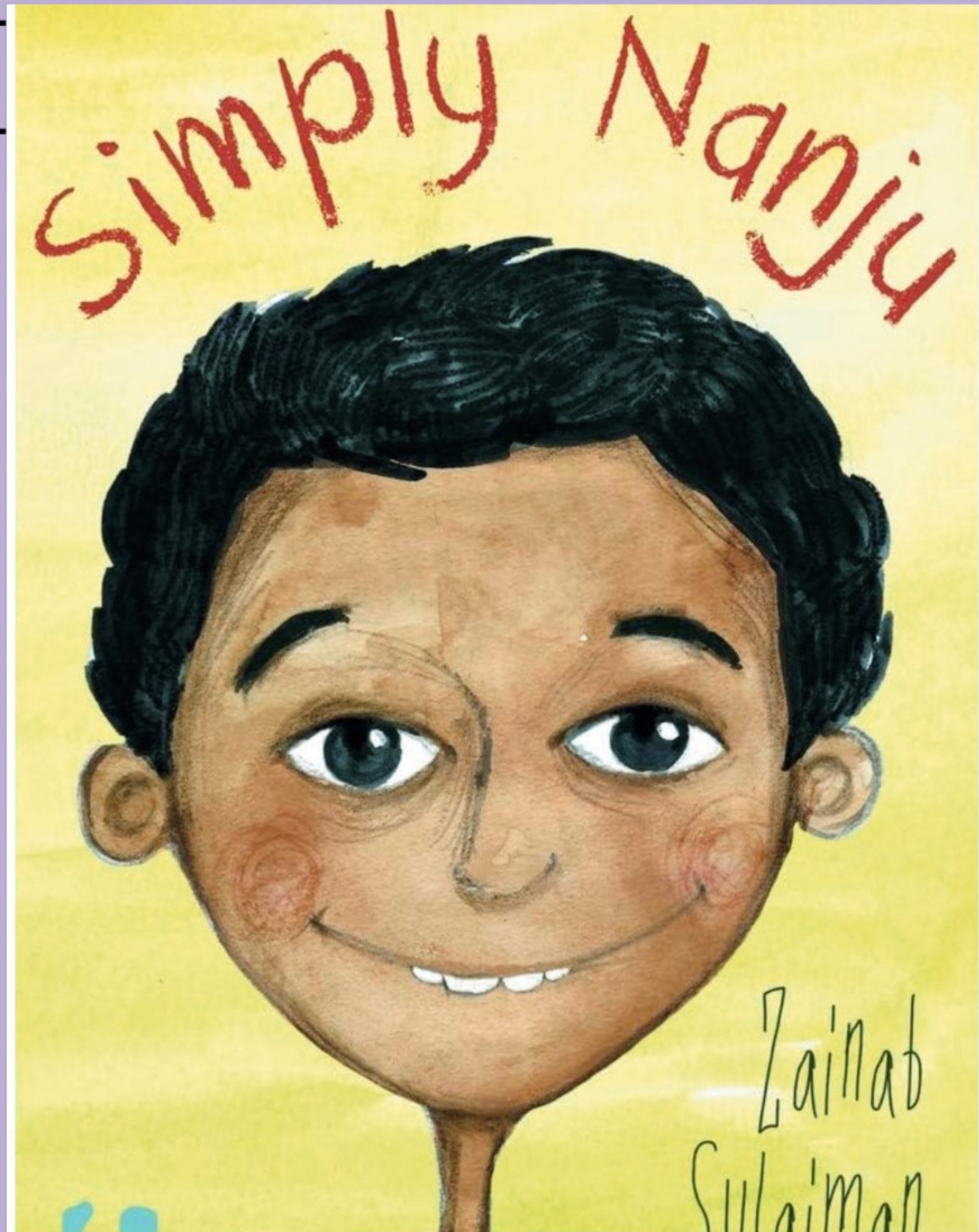
Kartik is a football-loving boy who was born with only one full arm. When he moves to a new school, the coach won't let him join the team because he thinks Kartik can't play. This book is the exciting story of how Kartik and his sister, Kavya, fight to prove that his talent is more important than his disability.

- **Action-Packed:** It's full of thrilling football matches and sports energy.
- **Super Inspiring:** It shows you how to be brave and never give up on your dreams, no matter what people say.
- **True Friends:** You'll learn what it means to be a real teammate and stand up for others.

**AVAILABLE NOW IN OUR SCHOOL LIBRARY – COME
PICK YOUR FAVOURITE STORY TODAY!** 📖✨

ANA BOOK CLUB

SECONDARY SECTION



Zainab Sulaiman's book *Simply Nanju* is about a young differently-abled boy and his classmates. All of them have a bunch of challenges but have caring teachers and didis who tend to the children during school hours. This is a story with good diversity in the representation of communities albeit restricted to a narrow socio-economic class. Every single character's story has been sensitively created by the author. A story about differently-abled children is an excellent idea given the paucity of literature in this area.

AVAILABLE IN OUR SCHOOL LIBRARY.

Art Corner



Vedika Gosalia
Grade : 3 D



Art Corner



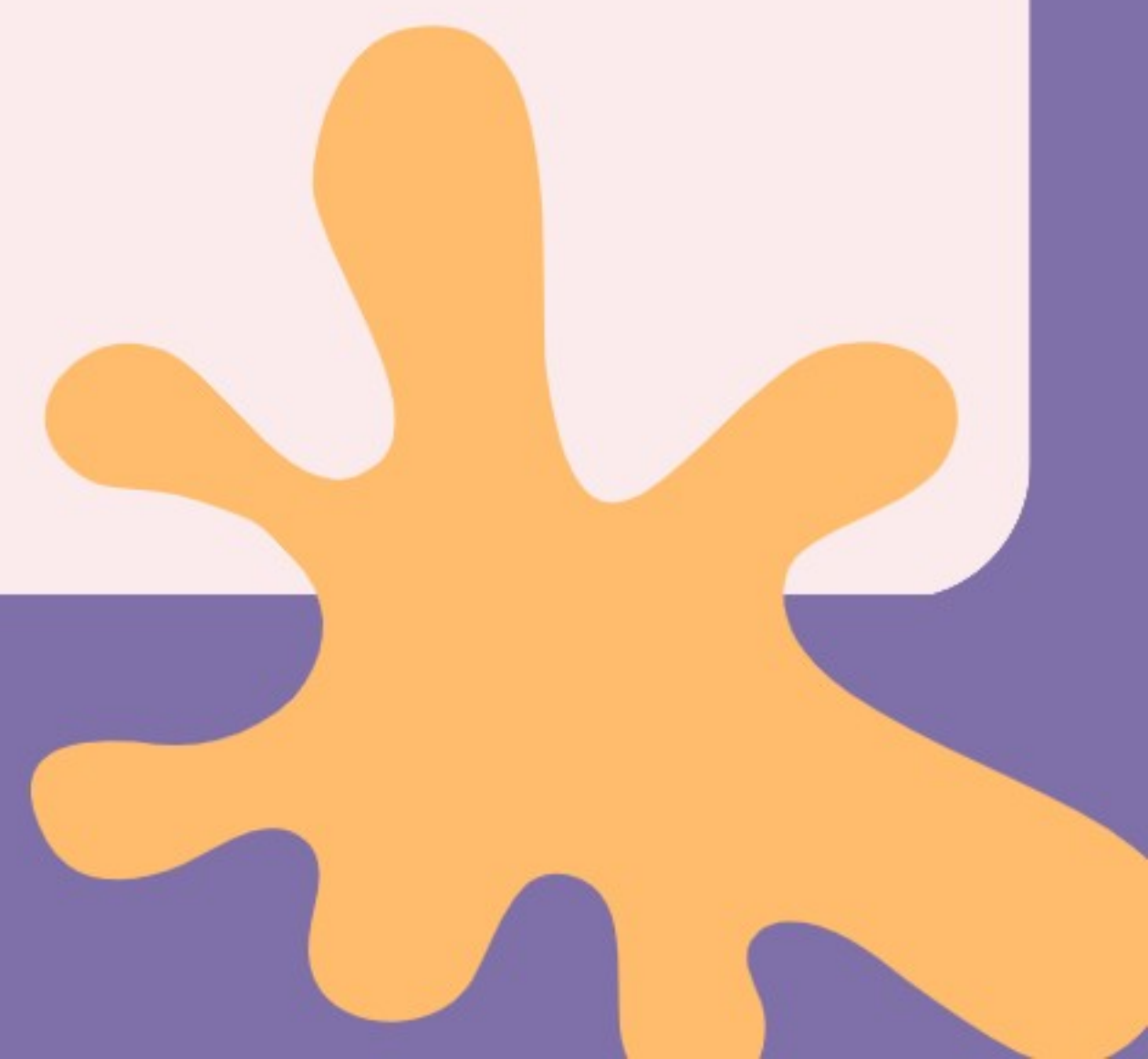
Mysha Hinger
Grade :3 D



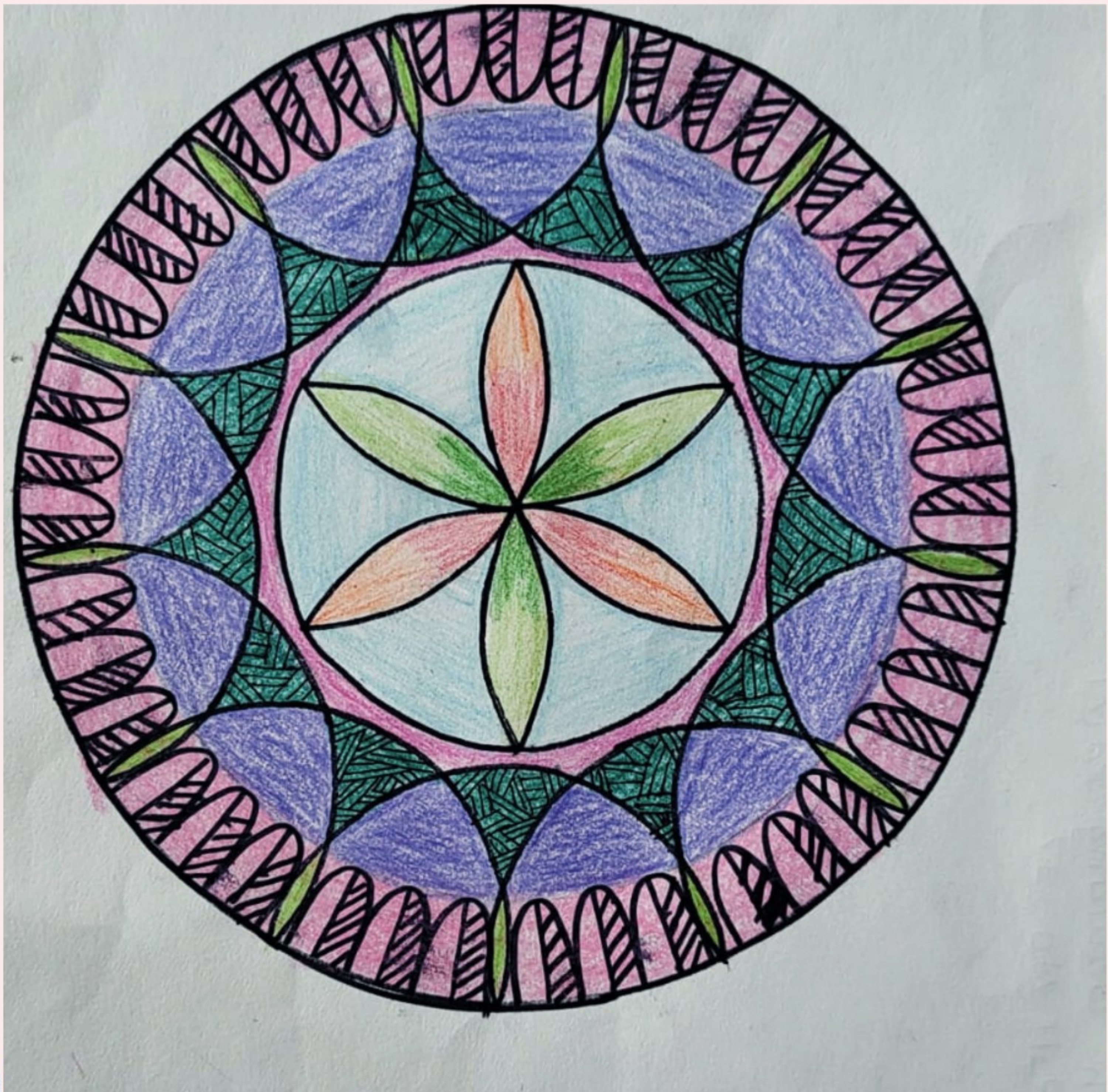
Art Corner



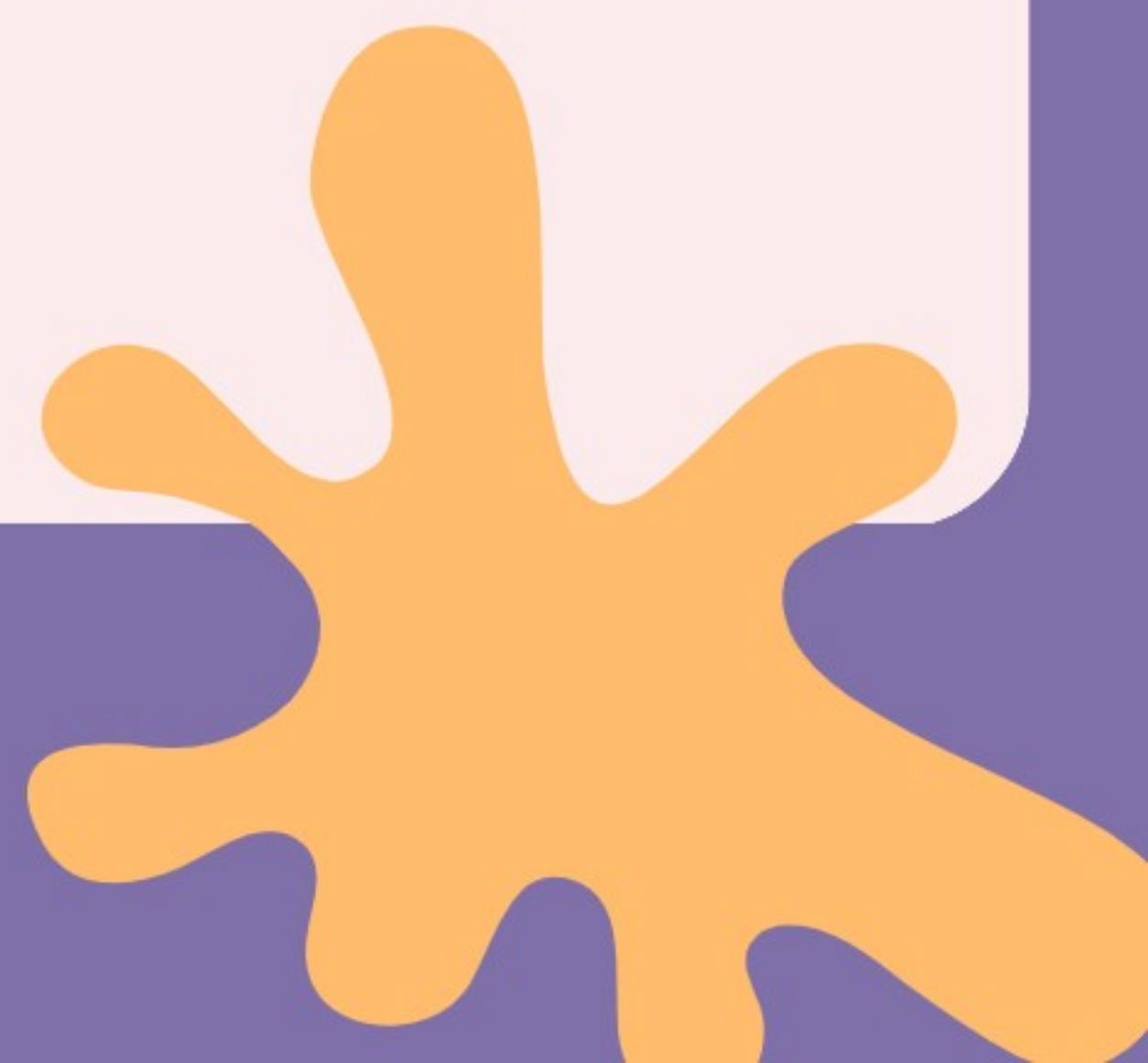
Durva Desai
Grade: 3D



Art Corner



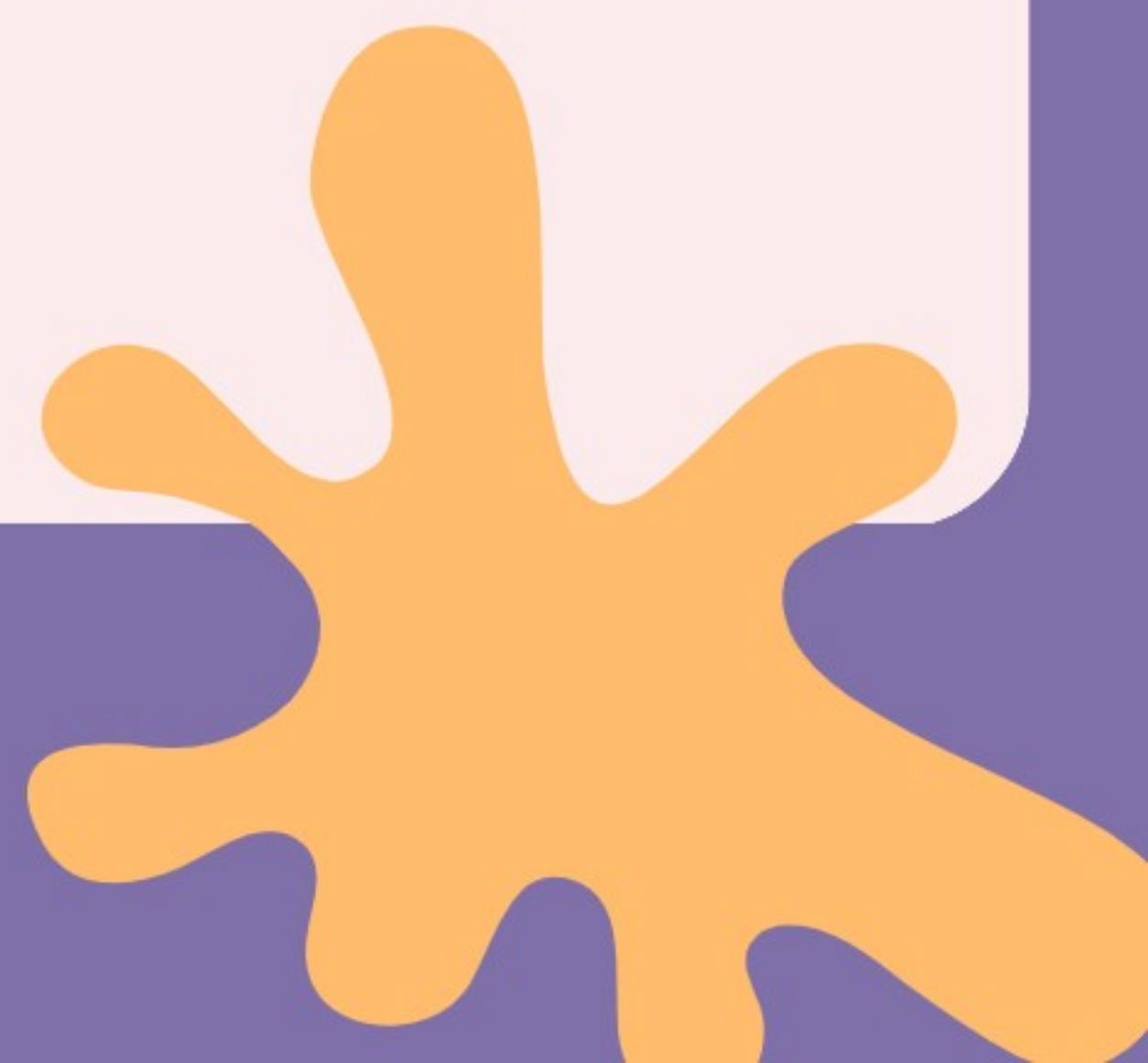
Reyansh Patel
Grade: 3 D



Art Corner



Durva Desai
Grade: 3 D



Activity Alley



“Giving with heart, learning with joy.”



Small acts of giving,
big smiles of joy.”

Joy multiplies when shared.”

Eventful Moments!

Pre - Primary Section Annual Sports Meet Nursery



Eventful Moments!

Pre - Primary Section Annual Sports Meet JR.KG



Eventful Moments!

Pre - Primary Section Annual Sports Meet SR.KG



Eventful Moments!

Pre - Primary Section Christmas Celebration - Nursery



Eventful Moments!

Pre - Primary Section Christmas Celebration - JR. KG



Eventful Moments!

Pre - Primary Section Christmas Celebration - SR. KG



Eventful Moments!

Pre - Primary Section
Mother - Toddler JR. KG



Eventful Moments!

Pre - Primary Section Mother - Toddler SR. KG



Eventful Moments!

Primary Section Annual Sports Meet



Eventful Moments!

Primary Section Christmas Celebration



Eventful Moments!

Primary Section Grandparents Day



Eventful Moments!

Primary Section Flameless Cooking Grade 2



Eventful Moments!

Primary Section

Picnic - G1

Bird Park



Eventful Moments!

Primary Section

Picnic - G2

Kidzania



Eventful Moments!

Primary Section

Joy of Giving – Visit to Orphanage



Eventful Moments!

Secondary Section Joy of Giving – Visit to Orphanage



Eventful Moments!

Secondary Section Christmas Celebration



Eventful Moments!

Secondary Section Annual Sports Meet



Eventful Moments!

Common Event APL - Father's



Eventful Moments!

Common Event APL – Mother's





Thank you