



ASPEE NUTAN[®]
ACADEMY
(AFFILIATED TO CISCE)

SCHOOL NEWSLETTER

EXPRESSIONS

*Every achievement has a story.
Every story finds its expression.*

JULY, 2026



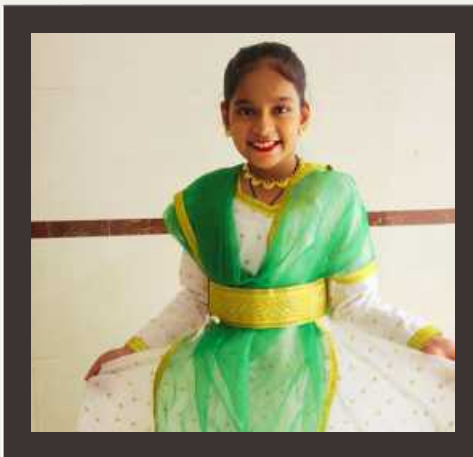
*A glimpse into the vibrant life of
our school.*

MEET OUR TEAM



BEYOND THE CLASSROOM

A Remarkable young Artist



MEHER PARIKH

Meher's inspiring journey reflects how dedication, perseverance, and unwavering commitment can shape a bright future.

Meher of Grade 6 discovered her love for dance at a very young age and began learning Kathak at the age of five. Since then, she has embraced this beautiful classical dance form.

She has proudly performed at the annual showcases of Jillis Dance Academy and has actively participated in cultural events like Guru Purnima. A remarkable milestone in her journey will be performing at the prestigious Nita Mukesh Ambani Cultural Centre (NMACC) alongside her Guru, Ms. Lalita Soni, and her academy troupe. Meher's journey reflects that love for one's art can lead to extraordinary opportunities at a young age. 🧘‍♀️ 🌸 ✨

INDIA'S HIDDEN GEMS !

India's Living Paradise: Mawlynnong, Meghalaya



Our India is home to many unique villages, each with its own special identity. One such village is Mawlynnong in Meghalaya, often called the "Cleanest Village in Asia." The people of Mawlynnong work together to keep their surroundings neat by using bamboo dustbins, avoiding plastic, and planting trees. The village is also famous for its beautiful gardens and the amazing living root bridges, which are made by guiding the roots of rubber trees over many years. This village teaches us that cleanliness, teamwork, and respect for nature can make any place beautiful. Mawlynnong is a shining example of how people can live in harmony with the environment.

MEGHALAYA |

Meghalaya, meaning "The Abode of Clouds," became a separate state of India on 21 January 1972. Before that, it was a part of Assam. The state is home to three major indigenous tribes—the Khasi, Garo, and Jaintia—each with its own unique language, traditions, and festivals.

Meghalaya is also known for its matrilineal society, where family names and property are traditionally passed down through the youngest daughter. The region has a rich history of respecting nature, preserving forests, and living in harmony with the environment. Today, Meghalaya is admired for its breathtaking landscapes, vibrant culture, and inspiring example of sustainable living.

CULTURE ON A PLATE



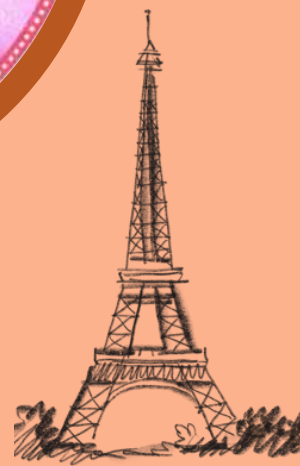
Macarons

Macarons are colourful French sandwich cookies made with almond flour, egg whites, and sugar. They have a crisp outer shell and a soft, creamy filling in the centre. These delightful treats come in many delicious flavours and bright colours.



- Macarons are one of the most famous desserts in France.
- Each macaron is carefully made by hand, showing the skill of French pastry chefs.
- They are available in many flavours, including chocolate, vanilla, raspberry, pistachio, and lemon.
- Every year on 20th March, people celebrate Macaron Day by enjoying macarons and supporting charitable causes.
- Although they are small, macarons are loved by people all around the world.

- Macarons are made with almond flour, which contains healthy fats and vitamin E.
- They are naturally gluten-free because they do not contain wheat flour.
- Macarons are a symbol of French elegance and fine baking. They are often served at weddings, birthdays, afternoon tea, and festive celebrations. Beautifully packaged macarons are also given as thoughtful gifts to family and friends, making them a special part of French culture.



STUDENT DIARIES

In the Lap of Paradise: My journey to Kashmir....



RUTVIK PAREKH V-A

Last year during vacation, I went to Kashmir with my family. It was one of the most wonderful trips of my life. Kashmir is called the “Paradise on Earth” and the “Queen of Hills.” I was amazed by its beautiful mountains, green valleys, sparkling lakes and snowy peaks.

We visited Srinagar, Pahalgam and Gulmarg. In Srinagar, we enjoyed a lovely shikara ride on Dal Lake and saw beautiful houseboats floating on the water. In Pahalgam, we enjoyed the green meadows, tall trees and the sound of the flowing river. Gulmarg was even more exciting because we got to play in the snow.

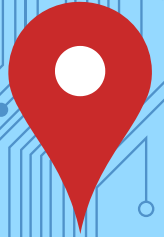
We also visited a local market in Srinagar. I loved seeing the colourful Kashmiri shawls, jewellery and beautiful handmade dresses. We bought a woollen toy for my cousin, a dress for my mother, Shawl for my grandparents and a Kashmiri top for my younger sister.

The people of Kashmir were very friendly and hardworking. I loved the beautiful scenery, fresh air and peaceful surroundings. I was on cloud nine throughout the trip.

I had a whale of a time with my family. It was a joyful and unforgettable trip, and I hope to visit Kashmir again someday.



AI IN EVERYDAY LIFE!



Smart Apps and Navigation



uses AI

PREDICTIVE TRAFFIC

Analyses live location data from millions of smartphones to predict slowdowns and congestion.

SMART REROUTING

Instant calculations are made to find the fastest alternative path in response to real-time events.



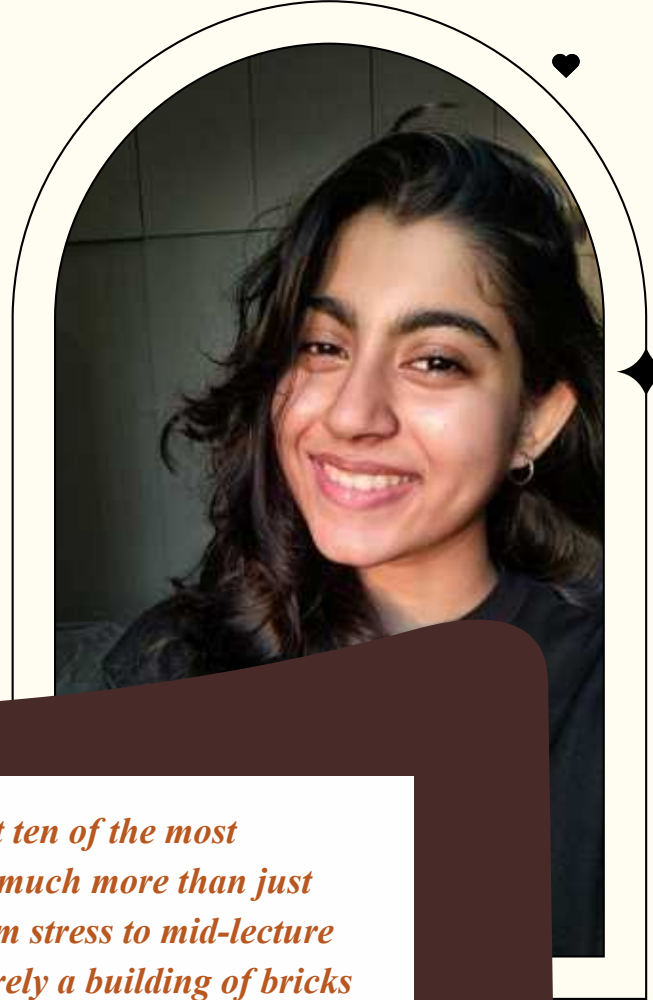
ETA ACCURACY

Factors in traffic, speed limits, and travel time to guess your arrival to the exact minute

LIVE VIEW AR

Scans real world buildings with your camera to overlay 3D arrows, so you never get lost while walking

Meet Our Alumni

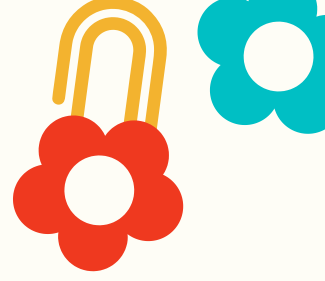


I've been a part of Aspee Nutan Academy for the past ten of the most memorable years of life. This school has given me so much more than just academic knowledge. From classroom fights and exam stress to mid-lecture naps, these walls have witnessed it all. A school is merely a building of bricks and cement without the people who truly bring it to life...our teachers. They held our hands every step of the way, whether it was on a preschool trip to the shopping centre or on the day our board results were announced. Their unwavering support has shaped not only our education but also the people we have become. It wasn't just the classrooms that shaped us, but every picnic, field trip, and short getaway along the way. Each outing left behind a memory embarked in us forever...from street shopping with friends to sipping hot chocolate with a side of momos by the Naini Lake in the chilled December air during our Nainital trip. What made these trips truly special was knowing they were always carefully planned and looked after by our teachers, who made sure these moments never faded from our memories. Looking back, it's these little escapes from routine that taught us just as much as our textbooks did. Today, I can proudly say that whoever I am is because of ANA and everything it has given me. I can never be thankful enough to my second home for pushing me when I felt like giving up, encouraging me when uncertainty clouded my judgment, and, most importantly, recognising my true potential before I even recognised it myself..and making sure that I eventually did. As an ANAite, I carry with me not just memories, but values, lessons, and friendships that will stay with me for a lifetime. No matter where life takes me, Aspee Nutan Academy will always be home.

-Ankita Poddar



Teacher's corner



Teacher's Artwork



As I painted this image of mother and a child I wanted to capture the multifaceted strength and quiet tenderness of a mother's love.

The sharp, geometric lines reflect the unyielding resilience required to nurture and protect a child in a complex world.

Surrounding them in darkness, I used warm yellows and gentle blues to show how a mother's embrace is a beacon of safety.

I felt a profound sense of peace shaping their closed eyes, representing the unspoken, instinctual bond they share.

Every brushstroke was an emotional tribute to the enduring sacrifices mothers make, often hidden beneath a calm surface.

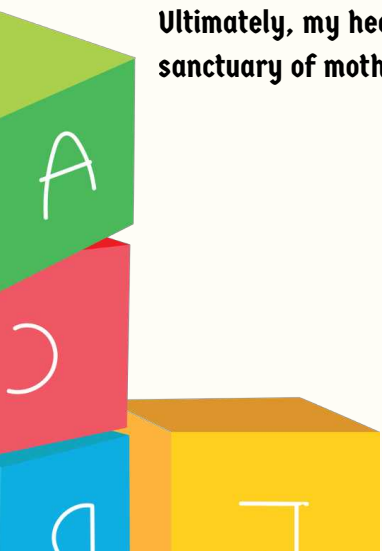
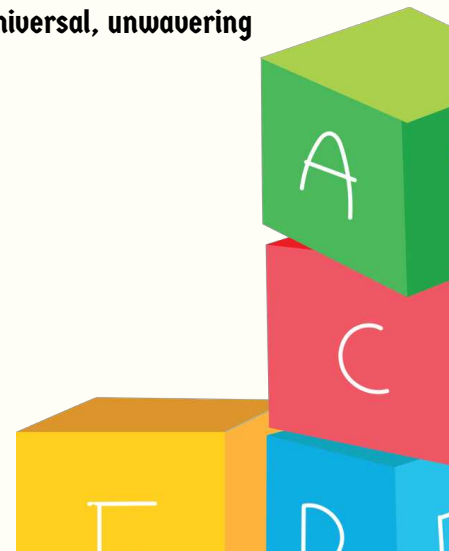
The interlocking shapes symbolize how a mother and child are fundamentally connected, inextricably woven together.

Ultimately, my heart swelled with deep gratitude, dedicating this piece to the universal, unwavering sanctuary of motherhood.



Mr. Shubham Kambli

Secondary Teacher





ACT OF KINDNESS



Kindness means helping and respecting others without expecting anything in return. It strengthens relationships, spreads happiness, and creates a positive ripple effect. As the saying goes, "What goes around, comes around."



**"We Should
Always Help
Others"**

On my birthday, I donated my old toys to an orphanage instead of throwing them away. Seeing the children's happy smiles filled me with joy and made my day special. It taught me that even a small act of kindness can make a big difference.

As the saying goes, "No act of kindness, no matter how small, is ever wasted." Even simple gestures, like holding the elevator door for someone, can brighten a person's day. Kindness is a universal language that everyone can understand and appreciate.



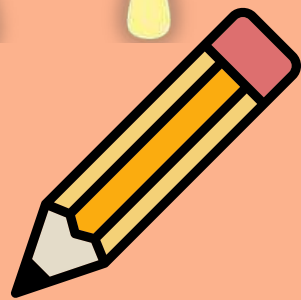
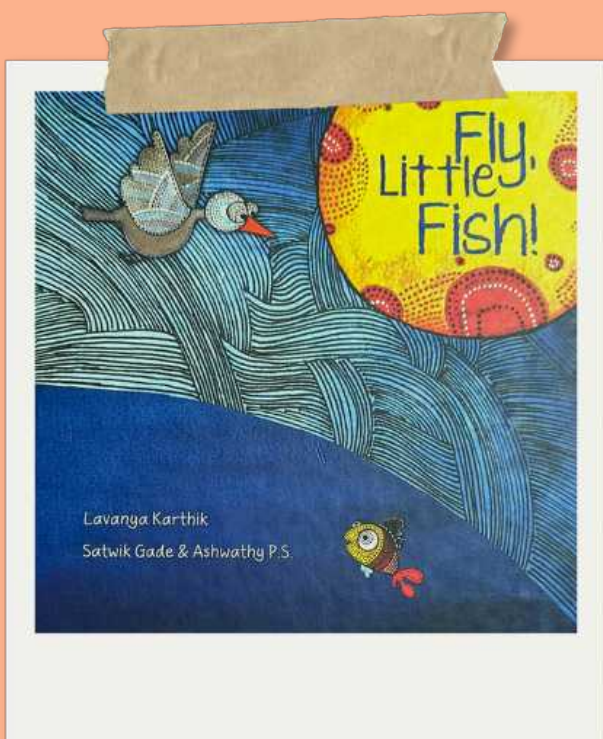
AVADHI BORICHA
V-D





ANA BOOK CLUB

Pre-Primary Section



Even though the other sea creatures tell her that fish belong in the water and cannot fly, Little Fish refuses to give up. She keeps flapping her tiny fins, practicing her jumps, and trying her best until she discovers her own special way to soar.

Fly, Little Fish! is an inspiring story about a brave Little Fish whose biggest dream in the world is to fly. This book features striking, patterned artwork that keeps young children captivated.

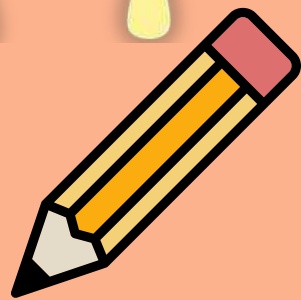
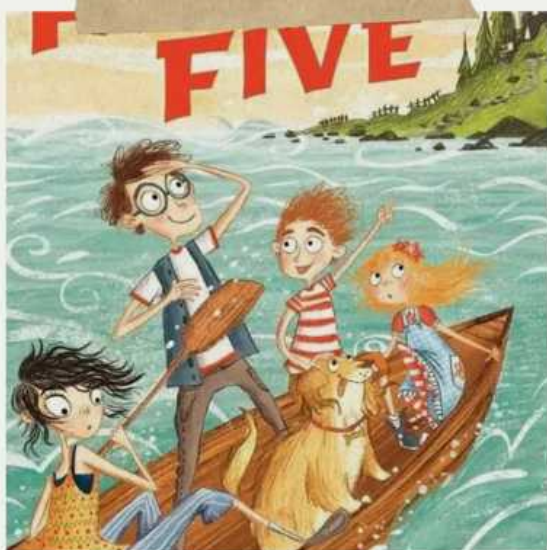
✨ **GOOD NEWS! YOU CAN FIND THE BOOK FLY, LITTLE FISH! AT OUR SCHOOL LIBRARY!**





ANA BOOK CLUB

Primary Section



The Famous Five

Ready for a secret island adventure? Join Julian, Dick, Anne, George, and Timmy the dog as they discover a mysterious shipwreck and a map to hidden dungeon gold! But watch out—greedy villains are racing to find the treasure first. Can you help the Famous Five uncover the secret before it's too late? Grab the book and jump into the mystery!

This classic story is worth reading because it delivers a fast-paced, comforting tale filled with secret passages, island explorations, and independent young heroes. It stands out for its timeless sense of fun and timeless themes of teamwork, bravery, and friendship.

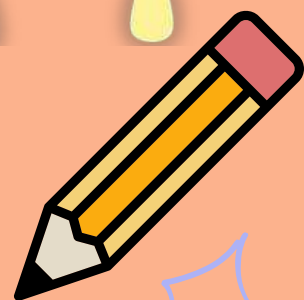
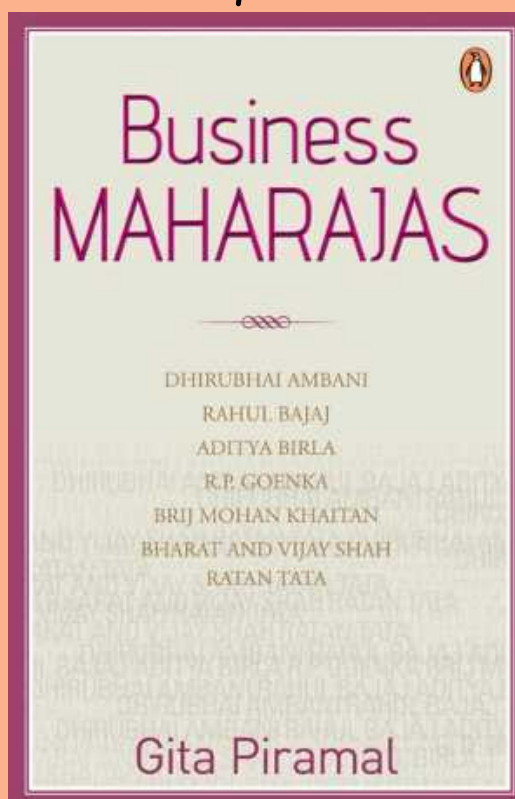
AVAILABLE NOW IN OUR SCHOOL LIBRARY





ANA BOOK CLUB

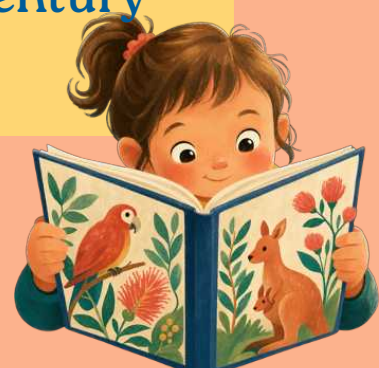
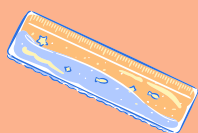
Secondary Section



Written by business historian Gita Piramal, this non-fiction book offers an inside look at eight of India's most powerful industrial tycoons. It details their incredible journeys—from building multi-billion-rupee empires and mastering risk management to outmaneuvering the intricate economic and regulatory hurdles of 20th-century India.



AVAILABLE IN OUR SCHOOL LIBRARY.



Our Star ACHIEVERS!

ASPEE NUTAN ACADEMY
(AFFILIATED TO CBSE)

Nurturing Dreams, Creating futures

Congratulations!



SHIKHA SHAH

A winning stride to remember!

Shikha secured 1st Place in the U-19 Girls 3 km Walk Race at the CISCE Council Athletic Meet.

ASPEE NUTAN ACADEMY
(AFFILIATED TO CBSE)

Nurturing Dreams, Creating futures

Congratulations!



MAHI MAKHWANA

A brilliant performance on the track!

Mahi secured 2nd Place in the 80m Hurdles at the CISCE Athletics Meet and has proudly qualified for the Best of the South.

ASPEE NUTAN ACADEMY
(AFFILIATED TO CBSE)

Nurturing Dreams, Creating futures

Congratulations!



ADVIKA, SAANVI, HELISHA, AYUSHI

Together, they raced towards success!

Advika, Saanvi, Helisha & Ayushi secured 2nd Place in the U-17 Girls 4 X 400 m Relay Race at the CISCE Council Athletic Meet

ASPEE NUTAN ACADEMY
(AFFILIATED TO CBSE)

Nurturing Dreams, Creating futures

Congratulations!



BURANUDDIN POONAWALA

Every step, every stride, every moment of determination paid off!

Buranuddin secured 2nd Place in the U-17 Boys 5 km Walk Race at the CISCE Council Athletic Meet.

ASPEE NUTAN ACADEMY
(AFFILIATED TO CBSE)

Nurturing Dreams, Creating futures

Congratulations!



HELISHA GALA

Walking with determination and finishing the top!

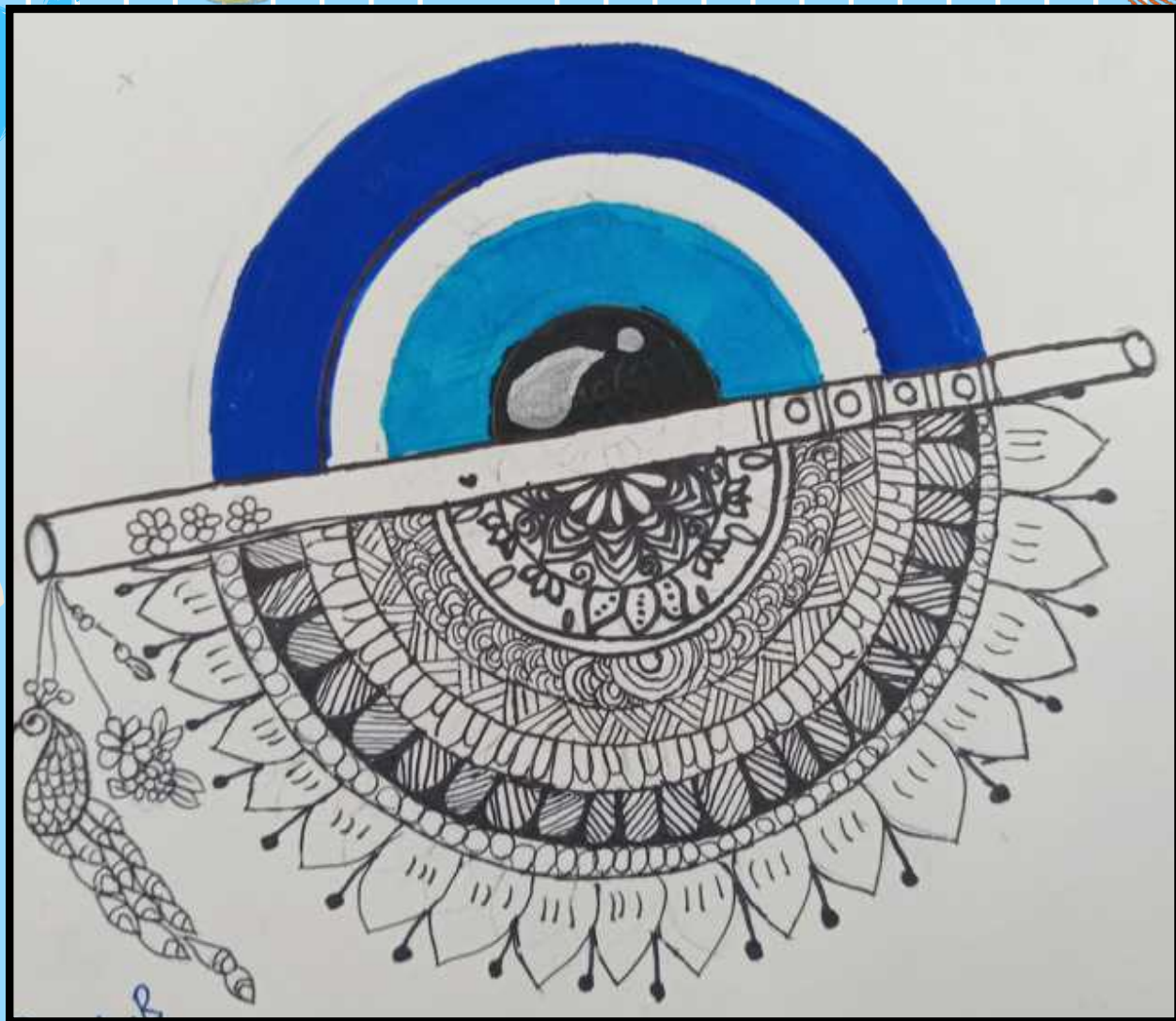
Helisha clinched 1st Place in U-17 Girls 3km Walk Race at the CISCE Council Athletic Meet.

ART CORNER



Reya Shah
Grade : 5 A

ART CORNER



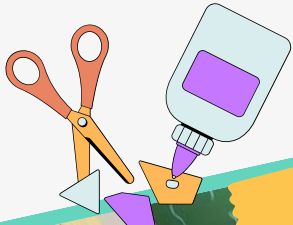
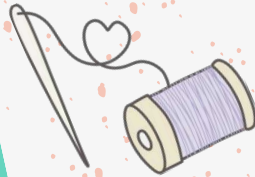
Pahel R
Grade : 4 D

ART CORNER



Darshan Dhatian
Grade :3 C

ACTIVITY ALLEY



Blue day



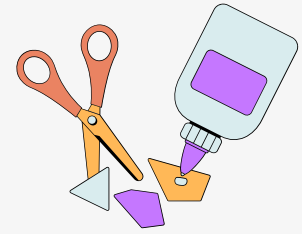
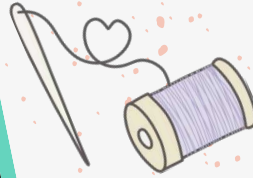
Red day

Hue-tiful Celebrations





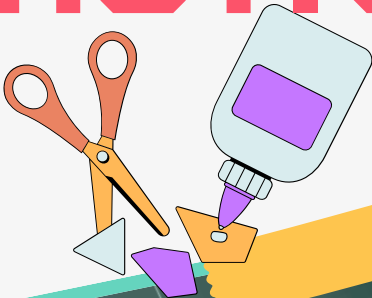
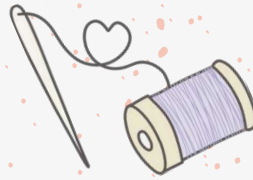
ACTIVITY ALLEY



Let's Say It!



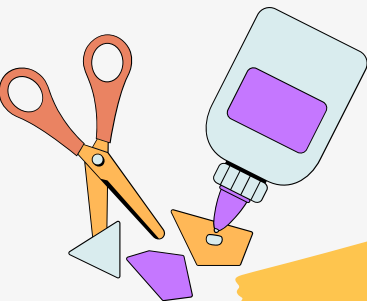
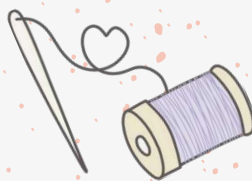
ACTIVITY ALLEY



Share A Story

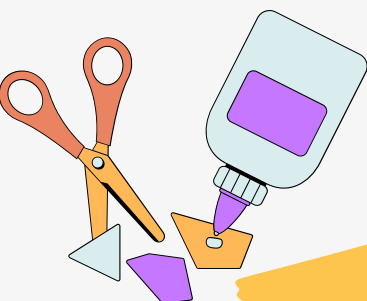
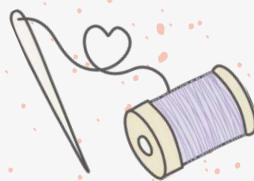


ACTIVITY ALLEY



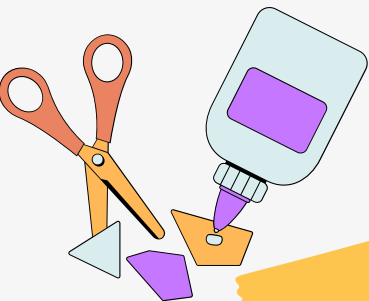
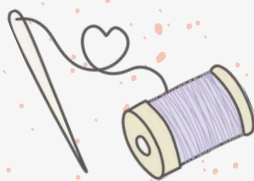
PARENTS AS LEARNING PARTNERS

ACTIVITY ALLEY



EDX- EDUCONNEXION

ACTIVITY ALLEY



**DEAR (DROP EVERYTHING AND READ)
PROGRAMME**

EVENTFUL MOMENTS!

PRIMARY SECTION *Guru Purnima Celebration*



EVENTFUL MOMENTS!

PRIMARY SECTION

Parent Involvement



EVENTFUL MOMENTS!

PRIMARY SECTION

Parents Competition



T-SHIRT MAKING



MADHUBANI ART



EVENTFUL MOMENTS!

PRIMARY SECTION *Parents Involvement*



EVENTFUL MOMENTS!

PRIMARY SECTION

AD O Mania



EVENTFUL MOMENTS!

PRE PRIMARY SECTION

International Tiger Day



EVENTFUL MOMENTS!

PRIMARY SECTION *Collocation Carnival*



EVENTFUL MOMENTS!

PRE-PRIMARY, PRIMARY & SECONDARY SECTION

PTA





ASPEE NUTAN[®]
ACADEMY
(AFFILIATED TO CISCE)

AND THAT IS A WRAP ON THIS EDITION!

*See you in the next edition of our
updates.* 😊

~EXPRESSIONS

