



# LIGHTWORKERS ACADEMY

Uniworld City, Chennai - 600127  
(A school by Uniworld Foundation Trust)  
(Affiliated to CBSE)

## NEWSLETTER

### APRIL 2021



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# FROM THE PRINCIPAL'S DESK



**Greetings from the  
LWA family !!**

**We have commenced the new academic year in April and have our summer break in May. Creative Holiday Home work that can be done from the safety and comfort of your home , has been given for all levels. I urge all to follow COVID appropriate behaviour.**

**Keep safe and stay protected by wearing a mask, following hand hygiene and distancing. As we take a summer break ,Relax and enjoy this edition of the newsletter.**

**- Ms. Santhi Swaminathan**



# Highlights

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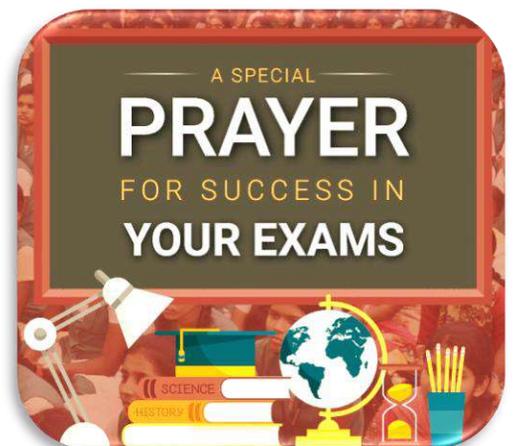
**LWA Orientation  
Session**

**16**

# A SPECIAL PRAYER

Every year a special prayer is organized for the students of Class X & XII before they appear for their board exams. This year too the visit was organised but a bit differently. Students were not involved this year keeping the pandemic in mind.

As the saying goes "Prayer brings Victory" a spiritual prayer and offerings were done at Unihomes Ganesha Temple for our students. Our Principal Mrs Santhi Swaninathan accompanied by the teachers performed the pooja. A religious song was sung by Mrs. Subha which created a spiritual and peaceful ambience. It was such an amazing and pleasant day for all.



# EARTH DAY

CLASS VI



SHAHZAD



TANYA DASNI



MAHATHI



SUVETHA



BHOOPESH



HARSHINI

MADHUSVETHA



SHAIK SHAHNOOR



SHREENIDHI



# PARENTS' FEEDBACK

## BRYAN – CLASS IV

Last years Maths class is very useful and you handled the classes in constructive ways. Daily questions on table helped Brayan to learn tables as well.

## NIRUTTHAK – CLASS IV

I am.. Nirutthak 's mother mam.. he is a new one to the class....but.. i want to say this mam... i am very much satisfied with your class...i like.. your way of teaching.. mam.. you are handing the class.. very well mam... hope everyone going to learn math... properly.. with your guidance .... thankyou so much..

## MITHUNA – CLASS IV

Dear Ma'am, Your way of handling the class, timing and teaching were perfect from day one (2nd std). Notes, HW everything seems apt. Keep doing the good work.

## MITHUNA – CLASS IV

Hi Ma'am, First to thank for your patience in the online class held last year. We were worried when the situation changed to online class but you made the class interested with your teaching skills and daily activity to make children active in learning. Overall we are satisfied with your teaching and would be able to observe the same with my child learning. Looking forward to the same for this year.

## SHASTIGAN – CLASS V

- 1.You are starting classes on time.
2. Method of teaching is simple and easy to understand.
3. Recalling the tables every day is useful to remember it.
4. Weekly worksheets are very useful to understand the concepts easily.
- 5.All problems are solved with real life examples.

## VRINDA – CLASS IV

The mathematics class was really interesting. I have seen my ward taking interest in mathematics. She learnt the tables just to give you answers when you ask in the class. She always wanted to give the correct answers because you encouraged in a very good manner. I really have not seen a mathematics teacher with so much patience. You really made every child to understand the topic really well. I see you very composed and teaching maths with great logics that young minds can consume well.



# PARENTS' FEEDBACK

## THEON – CLASS I

I really want to appreciate and thank you for being such a wonderful teacher, the way you were interacting with students, making learning so interesting and explaining, so a child understand easily.

## ANANYA – CLASS I

I really want to thank you to all the teachers of LWA family. The way all the worksheets and videos sent by teachers are so good and especially the online festival celebrations. My kid is really enjoyed. Hope to be continued by the next academic year.

## SANDRON – CLASS I

These online classes which are taken to my child are very useful to him. Kevin has improved counting numbers very fast he is very interested in classes.

## NANDHIKA – CLASS I

Similar to Nursery in 2019-20, the Preparatory 2020-21 was also a successful year for my kids. Though the mode of learning for the kids in preparatory was new (online) which in the beginning, as parents we thought it would not be feasible. But our school & staffs made everything happen so that learning went so smoothly & systematically. Our children enjoyed & they themselves got adapted to this new mode of learning. We would like to thank all the teachers of prep for helping our kids to complete a successful year.

## PRANAY – CLASS III

Thank you for calling and checking each child individually. Huge respect to your profession. We are so impressed for the care you have on students.

TEACHERS  
encourage,  
minds to Think  
hands to Create  
& Hearts  
to love



[https://youtu.be/iWQ\\_IVMvIk](https://youtu.be/iWQ_IVMvIk)

<https://youtu.be/tmUJLIhoDKA>



Time for  
FEEDBACK

# TAMIL ACTIVITY

CLASS : II

முகமூடி மாட்டு நடித்துக் காட்டு



# STUDENTS' ARTICLES

## Adapting ourselves with COVID-19 - Aswin Class VIII-A



Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. The first known case was identified in Wuhan, China, in December 2019. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment.

A healthy diet and exercise are key to help you build the immunity you need to fight off any disease. Stay active by doing daily chores and having an exercise routine. Very simple steps can be taken to avoid the disease while you're out of home.

**Wear your face mask:** The mask should cover your nose and mouth at all times to be effective. We recommend wearing a mask indoors in public spaces, and outdoors when social distancing isn't an option.

**Watch your distance:** If you can reach out and touch the person next to you, you're too close. The recommended distance is six feet apart, or arms' length away. Socialize safely through social distancing.

**Wash your hands often:** Washing your hands often is important. When you're out of the house, using hand sanitizer frequently is another effective way to stay safe.

By practicing these three W's and encouraging others to do the same, we can protect our community from the spread of COVID-19.

Let's adapt ourselves with the virus and fight it together by following the measures ensured by the government!

Stay home, stay safe!

# STUDENTS' ARTICLES



## **STAY POSITIVE AND ENSURE CORONA NEGATIVE**

**– Mahati Jayapraphap Class VII- A**

It has been a long time since we went to school and did lots of fun learning. I am sure all of us were groaning about the period when we had our first lockdown. We were told to be away from outsiders, stay at home and keep ourselves healthy. But how do we do that? We know we must exercise, eat fruits and vegetables and wash our hands often. But there are more ways which we can do to keep ourselves safe and healthy. We must follow all the safety measures until we as kids get a chance to get the vaccine.

### **HOW TO STAY HEALTHY DURING THE COVID-19 PANDEMIC?**

Proper nutrition and hydration are important. People who follow a well-balanced diet are usually healthier with stronger immune systems. So, we should eat a variety of fresh and unprocessed foods every day to get the vitamins, minerals, protein and antioxidants our body needs. Drinking enough water is very vital. Avoid sugar, fat and salt to lower the risk of obesity, heart disease, diabetes and etc. Thus, doing all of this we can be safe from the virus which is around us and spreading at a high speed.

### **HOW TO STAY SAFE FROM THE COVID-19 PANDEMIC?**

Wash our hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available. Avoid touching eyes, nose, and mouth with unwashed hands. Avoid close contact with people who are sick. Cover your mouth when you cough or sneeze with a tissue, then throw the tissue in a closed bin. Ensure social distancing. Wear cloth face coverings in public places. Wearing a mask will be the most important thing to do wherever you go.

### **WHAT WE CAN DO AND HOW?**

There are many ways to keep Mother Nature Healthy but now there are few things some of us are doing which is hindering the breakage of this covid-19 chain. We must stop throwing the used disposable masks carelessly. We must sincerely follow the rules and regulations that the government has set in this pandemic situation. We may be asymptomatic which means we could be carrying the virus but show no symptoms, but there is a chance that we might transfer the virus to people who are less immune. So, we must avoid going out unnecessarily. To avoid crowding at essential shops like medicine or vegetable store, we can help by shopping for 2 or 3 of our neighbours.

By doing so, we will indirectly be helping our frontline heroes like the doctors, police, ambulance services etc. as that will reduce the number of people coming out and getting infected.

Now there is one good thing about this pandemic, which is good for Mother Nature, many people are at home and doing work at home and rarely anybody comes out with their vehicles which reduces pollution in the area!

So let's stay positive but ensure corona negative.

**TOGETHER WE Can defeat coronavirus BEING APART!!**

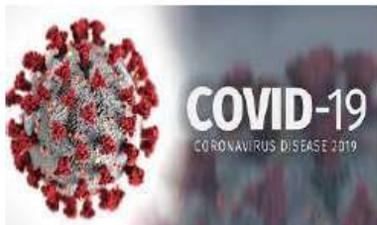
# STUDENTS' ARTICLES

## AWARNESS OF CORONAVIRUS - T.Sricharan Class VI A

- Wash your hands regularly
- When going out importantly, wear a mask have a hand sanitizer in your pocket and also wear gloves maintain social distance as well
- Don't use lifts use stairs only
- When coughing or sneezing cover your face so it won't spread to others
- Self-hygiene is very important at this situation bath at least 2 times a day
- Stay home and never go outside

STAY HOME STAY SAFE!

## COVID 19 - Tanya Dasni 🌸 **Class VII**



In December 2019, a novel coronavirus called SARS-CoV 2 has resulted in the outbreak of a respiratory illness known as COVID-19. COVID-19 appears to spread mostly through respiratory droplets (when a sick person coughs, for example) and close contact.

### Being Healthy

**Eating a healthy diet** is very important during the COVID-19 pandemic. What we eat and drink can affect our body's ability to prevent, fight and recover from infections. While no foods or dietary supplements can prevent or cure COVID-19 infection, **healthy** diets are important for supporting immune systems.

### Staying Safe

During day-to-day activities, people can take the following measures to prevent infection, in accordance with WHO guidelines:

1. Clean the hands regularly with an alcohol-based sanitizer, or wash them with soap and water. The sanitizer should contain "at least 60% alcohol" and that people should wash their hands for at least 20 seconds.
2. Clean surfaces — such as kitchen seats and work desks — regularly with disinfectant.
3. Avoid crowded areas when going out
4. Try to avoid close contact with people who display flu-like symptoms, including coughing and sneezing.

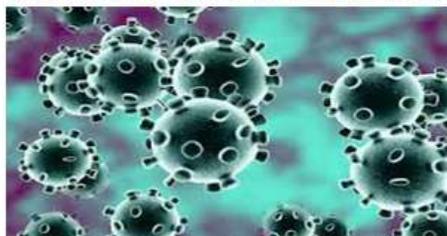
### Saving Mother Nature

When humans are locked in their homes, mother nature is rejoicing. Vehicles, Public transport, working at factories, are all closed to nature has begun to breathe with its flora and fauna. Pandemic is always nature's way of telling to stop over-exploitation of the planet.

# STUDENTS' ARTICLES

## SURVIVAL WITH CORONAVIRUS - A. BHOOPESH HARAN - Class VII

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Most of people those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.



The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette.

### SYMPTOMS OF COVID-19

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Fever, dry cough, tiredness, sore throat, diarrhoea, conjunctivitis, headache, loss of taste or smell, a rash on skin, or discoloration of fingers or toes.

### PREVENTION FROM CORONA VIRUS:

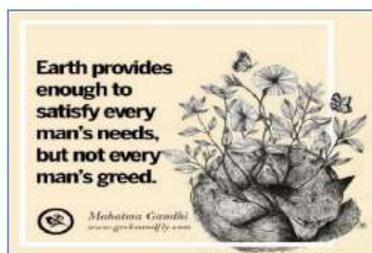
- Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub.
- Maintain at least 1-meter distance between you and people coughing or sneezing.
- Avoid touching your face. Cover your mouth and nose when coughing or sneezing.
- Stay home if you feel unwell. Refrain from smoking and other activities that weaken the lungs.
- Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people. And always wear mask when you are going out, to prevent corona virus.
- Be at home and stay safe. Get vaccinated to immune.

### BEING HEALTHY AND SAFE:

**Stay Hydrated: Drink up to 8-10 glasses of water every day, to stay hydrated. Hydration will help flush out the toxins from the body and lower the chances of flu.**

Apart from maintaining a healthy lifestyle and taking supplements, the Indian health ministry is also suggesting few organic and natural ways to practise as preventive measures to fight COVID-19.

- Drink warm water throughout the day. Practice Meditation, Yoga, Asana, and Pranayama.
- Don't Compromise on sleep. Avoid sugar and replace it with jaggery if needed.
- Apply Ghee (clarified butter), Sesame oil, or Coconut oil in both the nostrils to keep it clean.



*Take protein rich diet, vegetables and fruits rich in Beta carotene, Ascorbic acid & other essential vitamins. Certain foods like mushrooms, tomato, bell pepper and green vegetables like broccoli, spinach are also good options to build resilience in the body against infections. Some natural immunity supplements include ginger, gooseberries (amla) and turmeric. Some of these superfoods are common ingredients in Indian dishes and snacks.*

*There are several herbs that help in boosting immunity like garlic, Basil leaves and Black cumin etc.*

### HEALING OF MOTHER NATURE DURING PANDEMIC:

- The earth has been healing itself while we stay locked down in our houses.
- There are reports of Ganges water being sparkling clean, the Himalayas being visible from towns in Punjab, ozone layer sealing, air quality index improving significantly, birds singing in our cities, flamingos flocking Mumbai, animals coming out of hiding and roaming on the streets across various towns, Venice streams running clear and many more.

# STUDENTS' ARTICLES

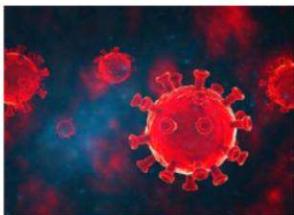
## COVID 19 Pandemic - SHRISH NYDHRUV Class VII

COVID-19 is caused by a virus called coronavirus. The first case of COVID-19 was reported in China. Coronavirus affects the lungs. Coronavirus spreads human to human through air.

### Symptoms:

Fever, difficulty in breathing, diarrhoea and cough are the most important symptoms of COVID-19. If the patient has above said symptoms, COVID test is to be done.

### The precautions people should take are:



- People should wear mask, since it spreads through the air
- People should sanitise and wash their hands frequently
- If necessary, people should step out of their home.
- People should not go to crowded places.
- In public places, people should maintain social distancing.
- People should take rich protein diet.
- Above all, the elders at home should get vaccinated.

### Carry home message:

Students like us are getting bored at home, because of the coronavirus pandemic. It is our responsibility to help the government and stop this pandemic.

So, wear mask and stay safe at home



## COVID 19 Pandemic - HARSHINI Class VII

To be honest this covid scenario hasn't been the simplest part of our lives, actually 2020 has been among the worst years of our life and when 2021 started, there was no sign of things getting better. Let's start with history, when the lockdown was initially announced on 25 March, in the first few days, we must have had a blast having fun in the lockdown. Little did we all know that our lives were going to be miserable.

A month had gone by and no sign of the virus' departure. People were losing jobs the economy descended at the speed of light. We had online classes, work from home was worse than ever. But ironically, those were the golden days when we took a break from our phones and spent some family time (at least for me). Those morning walks on the terrace, the evening tea, talking about the good old times and learning skills from our elders are just memories that you simply just can't forget. Around September was when things were getting out of hand.

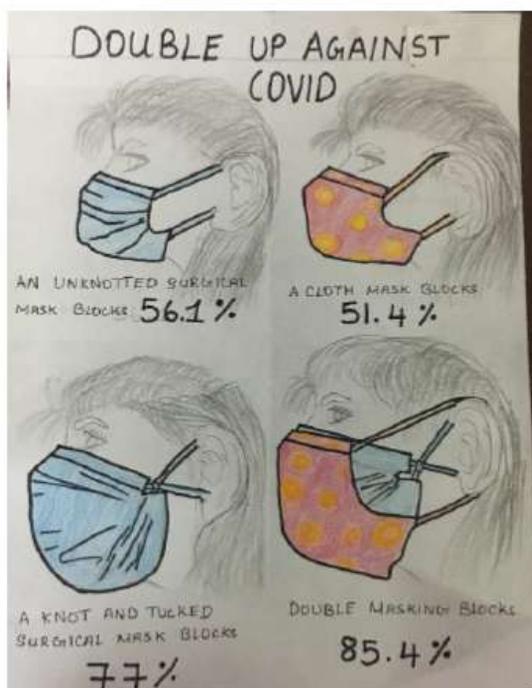
The country was running out of funds, they stated the 'unlock' where the lockdown was being lifted at several places and covid cases spiked through the roof. We were at the verge where we were able to give anything to get back to our old lives. Soon Online classes seemed boring, there was no concentration and our life routine was garbage. Some were quitting food because we had simply lost appetite and appeal for food.

There were scopes of the vaccine around November, aspirations for normal life were reappearing but the vaccine failed terribly on the human tests and so did our aspirations. Announcements were made to open the school faculties in January and February, luckily it had been for grades ix and above. Exams were conducted then and now I'm in grade vii and day dreaming about the great life where we could get our freedom back, without living in 4 walls, a world without viruses.

# STUDENTS' ARTICLES

## COVID-19 OUTBREAK - Zoyaa Shaik Class VIII

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization that is due to good immunity system. The most common symptoms are – fever, dry cough, sore throat, loss of taste and smell, breathing difficulty. If you have these symptoms here are some steps to follow:



- Stay home and Stay away from others for 14 days
- Keep at least a 1-metre distance from others, even from your family
- Keep the room well-ventilated.
- Stay in a separate room from other family members

Call your health care provider immediately if you have any of these danger signs: difficulty breathing, loss of speech or mobility, confusion or chest pain.

Here are the steps to prevent COVID-19:

Keep up with personal hygiene

Keep yourself fit

- Keep doing breathing exercises
- Plant more trees
- Get vaccinated.
- Wear a mask.
- Maintain safe distance.

There are currently three vaccines approved for use in India:

1. Covaxin by Bharat Biotech
2. Covishield by AstraZeneca/Oxford
3. Sputnik V by Gamaleya Research Institute, Russia

All of them approved for above 18 years of age. All 3 of them are required to be taken in two doses.

### **Why vaccines are important?**

Vaccines contain components of SARS-Cov2, but in an inactivated form, which means they are either killed or the replicating factor is neutralized. When injected into the body, the immune system is activated and develops antibodies to this foreign particle. Now activated, the memory cells recall this in the event it encounters the actual SARS-Cov2 virus and are able to get rid of the virus before it able to cause an infection. Hence, vaccines help in preventing one from getting COVID.

Data so far has shown all vaccines to prevent symptomatic

COVID to a great extent and a 100% protection from severe COVID and death due to COVID. There is some data to show that vaccinated people show lower chance of transmitting COVID to non-vaccinated people. However, vaccinated people do need to continue wearing masks and practice social distancing, unless surrounded by other vaccinated people or until a majority of people are vaccinated.

# STUDENTS' ARTICLES

## Covid -19 – VINISHA Class VII

As we all know covid-19 has been spreading all over India and our world. What happens if we get the virus and what are all the precautions we should take. Corona virus can spread very easily. Its easiest way of spreading is by droplet infection, when people cough, sneeze or when you touch someone who is ill and then your face, eyes or nose. This leads to the start of the virus's journey into our body. Just a few viruses can multiply and become very high in the number of viruses.

Our immune system helps in defeating these viruses and making sure they don't cause too much damage but, in some cases the viruses spread rapidly to the point where our immune system is weak and can cause permanent damage or even death. Corona virus is sometimes compared with the flu but it's much worse than the flu. The simplest thing we can do to stop the spread of this virus is to not get infected and not infect others. We all have to stay home and go outside only if it's an emergency, to wear a mask and regularly washing our hands with soap, handwash or an alcohol-based hand sanitizer. Nowadays the number of covid cases are increasing day by day, we all should follow the precautions, stay safe and heal our mother nature.

## COVID-19: Distance makes us stronger - Rohith S Nair Class VIII



*"Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less."-Marie Curie*

The whole world has come to a standstill, and the reason is the pandemic COVID-19. Even in our dreams, we could not have imagined ourselves confined to our homes, with no schools, no outings and unable to meet our friends and relatives.

Coronavirus Disease 2019 (COVID-19) is a respiratory infectious disease caused by a new coronavirus. We all have been affected by the current COVID-19 pandemic. Nevertheless, its impact and consequences are felt differently depending on our status as individuals and as society as a whole. The majority of individuals who are infected with coronavirus experience a mild or asymptomatic disease which can be treated at home. Fever is a common symptom of COVID-19. People may be infected with coronavirus but may not have fever.

The virus may move down to your respiratory tract. The symptoms of coronavirus are fever, cough, shortness of breath or difficulty in breathing, loss of smell or taste etc. Keeping calm and taking better care of yourself are crucial to your recovery. You should drink enough water, take plenty of rest. You should isolate yourself at home. If you have any symptoms of coronavirus, you should avoid any strenuous activity while you are unwell.

Mask should be used as a part of a measure to suppress transmission and save life. We can stay safe by taking some precautions such as physical distancing, wearing a mask, keeping rooms ventilated, avoiding crowds and cleaning your hands. Also, vaccination is found to be very effective against the virus. Even though the COVID-19 lockdown has several social and economic effects, lockdown, along with minimal human mobility, has impacted the natural environment positively. Greenhouse gas emissions have dropped, and the COVID-19 lockdown has led to an improvement in air quality and a reduction in water and noise pollution in many cities around the globe.

Nobody knows what the ultimate outcome of the COVID-19 crisis will be, but one thing is certain—we are stronger when we act together. The lessons we learn and the energy we put into making practical and effective choices today will make a meaningful difference tomorrow.

# LWA ORIENTATION SESSION

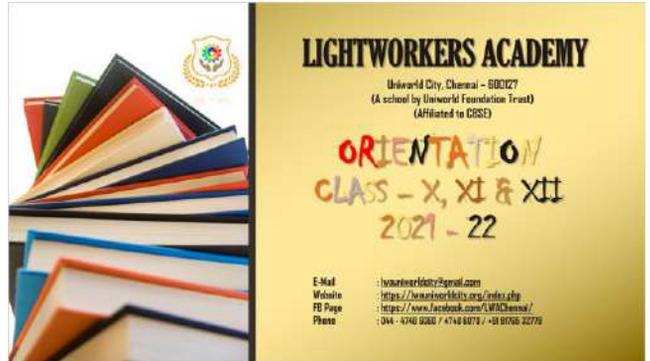
Preparation is the key to success and we at LWA strive towards it. Success of our students lies in a healthy collaboration between the parents and the teachers. Keeping this in mind, two exclusive orientation sessions were organized for the parents and students of class X and XII to walk them through the curriculum and the path lying ahead of them in this academic year.

The session started on a musical note invoking the blessings of the almighty. The parents and students were taken on a future tour of the examination procedure and the grading system that is being adopted by LWA as per the curriculum formulated by CBSE. The different subject combinations available to chose from were laid before the students.

The session was made interactive through the Q&A section, where clarifications were provided on several aspects. The arrangements made by the school in the wake of the pandemic to ensure the safety of the students and staff was a key ingredient of the interaction.

The session achieved its purpose of acclimatizing both parents and students through the contemporary examination procedure laid down by CBSE. The parents were left assured that the mode of education will adapt itself well with the needs of the students and there will be no compromise in this regard.

## CLASS – X, XI & XII



## LIST OF SUBJECTS

S.NO.	SUBJECT	SUBJECT CODE
1	ENGLISH	184
2	II – LANGUAGE : TAMIL	006
3	II – LANGUAGE : HINDI	085
4	MATHS	041
5	SCIENCE	086
6	SOCIAL SCIENCE	087

## LIST OF SUBJECTS – SCIENCE STREAM

S.NO	SUBJECT	S.NO	SUBJECT
1	ENGLISH (301)	1	ENGLISH(301)
2	STANDARD MATHS(041) / APPLIED MATHS(241)	2	STANDARD MATHS(041) / APPLIED MATHS(241)
3	PHYSICS(042)	3	PHYSICS(042)
4	CHEMISTRY(043)	4	CHEMISTRY(043)
5	BIOLOGY(044)	5	COMPUTER SCIENCE(083)
6	PHYSICAL EDUCATION (048) - OPTIONAL	6	PHYSICAL EDUCATION(048) - OPTIONAL

## LIST OF SUBJECTS – COMMERCE STREAM

S.NO.	SUBJECT	SUBJECT CODE
1	ENGLISH	301
2	APPLIED MATHS	241
3	BUSINESS STUDIES	054
4	ACCOUNTANCY	055
5	COMPUTER SCIENCE	083
6	PHYSICAL EDUCATION (OPTIONAL)	048



*Thank  
You*

*Learn Live*  
from yesterday, *Live*  
*Hope* for today,  
for tomorrow.

