

C.G.S. Newsletter

Volume 30 Issue 3

<https://www.cgs.com.bd/newsletter.php?GID=5&MID=38>

October 2023

Dear Reader,

We are happy to have begun 2023-24 with a vision to take special notice and extra care for our world. Following our this year's school theme One Planet, One Future students will be encouraged to research, investigate how and why things happen, and form their own opinions on environmental issues rather than just being told information.

One of our subjects Environmental Management, promotes critical and creative thinking skills and inspires kids to become more engaged with the communities. It helps kids understand why the environment is essential and provides the building blocks they need to live eco-friendly and sustainable lives.

We have embedded outdoor classes in our curriculum regularly. Nature has a profound impact on kids' physical and mental health. Therefore outdoor classes also act as short breather breaks for the students which leads to higher academic performance, reduced stress level and more.

We also request the support of the parents to instil sustainable habits in kids. A few of the sustainable habits that can be practiced at any age are Recycling, using reusable shopping bags, turning water off while brushing teeth, keeping lights off when not in use, using reusable water bottles.

This October we have the World Vegetarian Day Mufti. It will be highly appreciated if students bring vegetables for tiffin, and avoid unhealthy meat and sweetened products. We want to ensure students understand that what they eat, and that their every action has an impact on the environment. Let's work together to raise a generation of lifelong environmentalists.

Regards

Rasha Tariq

LOWER SCHOOL OPEN DAY



Students and visitors had a fun-filled day at the recent Open Day - two busy bodies pictured above enjoying activities. Parents are also invited to the Art Festival and book 'A day in the life of CGS Lower' and join their child for a regular school day.



CGS RS CONFERENCE

The theme for the Round Square International Conference 2023, 'The New Africa' will explore the many ways in which the continent has evolved and is defining its position in the 21st Century. The Conference will be hosted by Brookhouse School, in Nairobi Kenya, with over 50 countries represented, by students in 230 school and over 2000 delegates! A 27 member delegation is travelling from CGSD, CGS and CGS NC combined including, CGS Upper Head Mahine Khan (below), 4 staff members and 22 students.



GRATITUDE DAY & MUFTI

All CGS campuses celebrated 'World Gratitude Day' on 21st September. Research has shown that grateful people are happy people. A 'Gratefulness' survey was circulated earlier to encourage students to reflect on all they are grateful for in life. Students helped to host a lunch for support staff and their families to express gratitude for the daily work they put in to keep the school clean and safe. Lower support staff and volunteers pictured below at the lunch.



SPORTS ROUND UP

CRICKET:

International Cricket: CGS hosted six local and overseas schools, including SAI International School from Bhubaneswar and Mayo College from India. CGS was winner and Presidency was Runners up.

Best batsman - Falak (from PIS) [Runs 176]

Best bowler - Rayed (from CGS)

Best wicket keeper- Jaiditya (from Mayo College)

Man of the tournament - Ahnaf (from CGS)

Huq Cricket Memorial: Students (class 12) trounced over the teachers team.

FOOTBALL: Junior Boys inter-house:

Match 1: **Courage** (2) Vs **Generosity** (2),

Match 2: **Service** (1) Vs **Courage** (0),

Match 3: **Service** (1) Vs **Generosity** (2),

Final: **Generosity** (6) Vs **Service** (5).

M-O-T-M, Uzaeir (4C).

FUTSAL:

Inter-school Futsal: CGS hosted 8 local teams.

Cider International School National Curriculum was winner and CGS was Runners up.

Congratulations to all participants!

ABINTA KABIR ART

Abinta Kabir Foundation organized 'The Little Artist' competition, 90 Middle School students participated. Sameena M Karim, founder of Mrinmoy Art Gallery is seen below awarding best entries.



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World Vegetarian Day Mufti	1.10.2023
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CGS will be observing World Vegetarian Day on the first of October. This day gives us the perfect opportunity to rethink our diet and add a decent amount of fruits and vegetables to our everyday life. We will be having activities in school highlighting the importance of the day.

Many people in the world especially in our neighbouring country are strict vegetarians. Some continue to be so their entire life. There are even restaurants which serve only vegetarian meals. However, this concept is unheard of in our country as most of us can't imagine a meal without fish or meat.

Childhood vegetarianism includes health benefits such as reduced incidents of obesity, reduced risk of allergies, prevention of cardiovascular diseases and improved mental health, academic status and physical fitness.

This is the perfect time to do a bit of reading on the matter as there are plenty of reliable resources available online. There are also good dieticians and nutritionists who could be counselled. We are fortunate that a variety of local and imported vegetables are abundantly available at our markets.

We don't have to convert to vegetarians overnight but we should acknowledge its benefits and regularly have veg dishes during meals. It would be great if parents would support this drive by preparing vegetarian meals at home and observe World Vegetarian Day with us.

Hector Fernandez.

MENTAL MATH WORLD CUP

Middle students recently participated in the Mental Math World Cup 2023, several got awards. Suprova (7M) was ranked Grandmaster while Liana (4C) Safa (6C) and Riyadh (5G), were ranked Masters, pictured right with their certificates.



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2. Mayo College from Ajmer, India
3. Sunshine Grammar School
4. Chittagong Grammar School-NC
5. Presidency International School
6. Chittagong Grammar School - Host

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Dear Parents,

As responsible adults, we play a pivotal role in shaping the future for our children, and one of the most significant ways we can contribute to a sustainable planet is by making conscious choices about what we put on our plates. The production of meat has far-reaching consequences for our environment, from deforestation to greenhouse gas emissions and water pollution. The livestock industry is a major contributor to climate change, and our dietary choices can either exacerbate or alleviate this problem. By choosing to reduce our meat consumption and embracing a more vegetarian friendly lifestyle, we can significantly reduce our carbon footprint and preserve the planet for generations to come.

On October 1st, we celebrate World Vegetarian Day, an opportunity to raise awareness about the benefits of vegetarianism and its positive impact on the environment. It is a chance for us, as parents, to set an example for our children and teach them the importance of mindful eating and sustainable living. In addition to World Vegetarian Day, I would also like to take this moment to wish you all a joyous and blessed Durga Puja. May the festivities bring happiness, prosperity, and unity to our families and communities. Let us embrace a vegetarian lifestyle not only for the sake of our planet, but also for the well-being of our children and future generations. Together, we can make a positive change for our environment and create a healthier world for all.

Faiza Chowdhury

RECENT EVENTS AT UPPER SCHOOL



Annual Awards Academic and ECA toppers were given awards for their achievements in 2022/23.

Presidency School MUN: 34 students participated and spent hours preparing, researching, and honing their diplomatic skills. They were rewarded by several accolades, including Best Delegate, Joynob (12G) and Best Campus Ambassador, Areeba (11C).

Taylor's University and International Medical University Malaysia: Conducted tertiary seminars to give senior students details about university courses, life and admission procedures.

Alumni talks: Idrak Karim (Mechanical Engineering from University College London) spoke on education and careers in Engineering.

Dr. Mir Abeed Rahman, Consultant in Dental Surgery at Evercare Hospital, conducted a fantastic and informative session on a career in Dentistry.



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