



**NEW
HEIGHTS
SCHOOL**

Glimpses

■ November 2024



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Dear NHS FAMILY

ADMISSIONS OPEN FOR 2025-26



I'm Happy & Learning! 😊

ADMISSIONS OPEN 2025-26
PLAYGROUP TO CLASS XII SCIENCE | COMMERCE | HUMANITIES

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**At New Heights School , it's time to fix,
A brighter future for 2025-26!
With a motto so bold, a QUEST to CONQUER,
Join our family, let dreams grow stronger!
From little learners to growing minds ,A world of
knowledge is what you'll find.
Together we rise, together we stand,
Expanding the NHS family hand in hand.
Parents, teachers, students —hear the call,
The doors are open, welcome all !
Come be a part, take the climb,
At New Heights School , it's your time to shine !**

Principal

CHILDREN'S DAY CELEBRATION

14TH NOVEMBER, 2024



On Children's Day, a special assembly was organized by the teachers to make the day memorable for the children. The celebration began with a melodious Bhajan by Sandeep Sir, creating a peaceful atmosphere. Several cultural programs followed to engage and entertain the children. Group activities included a lively song and an energetic dance, performed by the teachers for the children. A street play captivated the audience with its social message. Solo performances added variety to the event. Arun Sir narrated an inspiring story, while Umesh Sir sang a beautiful solo song. To conclude, Pallavi Ma'am recited a heartfelt poem, leaving everyone inspired. The celebration was a blend of performances, creativity and fun, making Children's Day special for all.

ANNUAL DAY CELEBRATION

16TH NOVEMBER, 2024

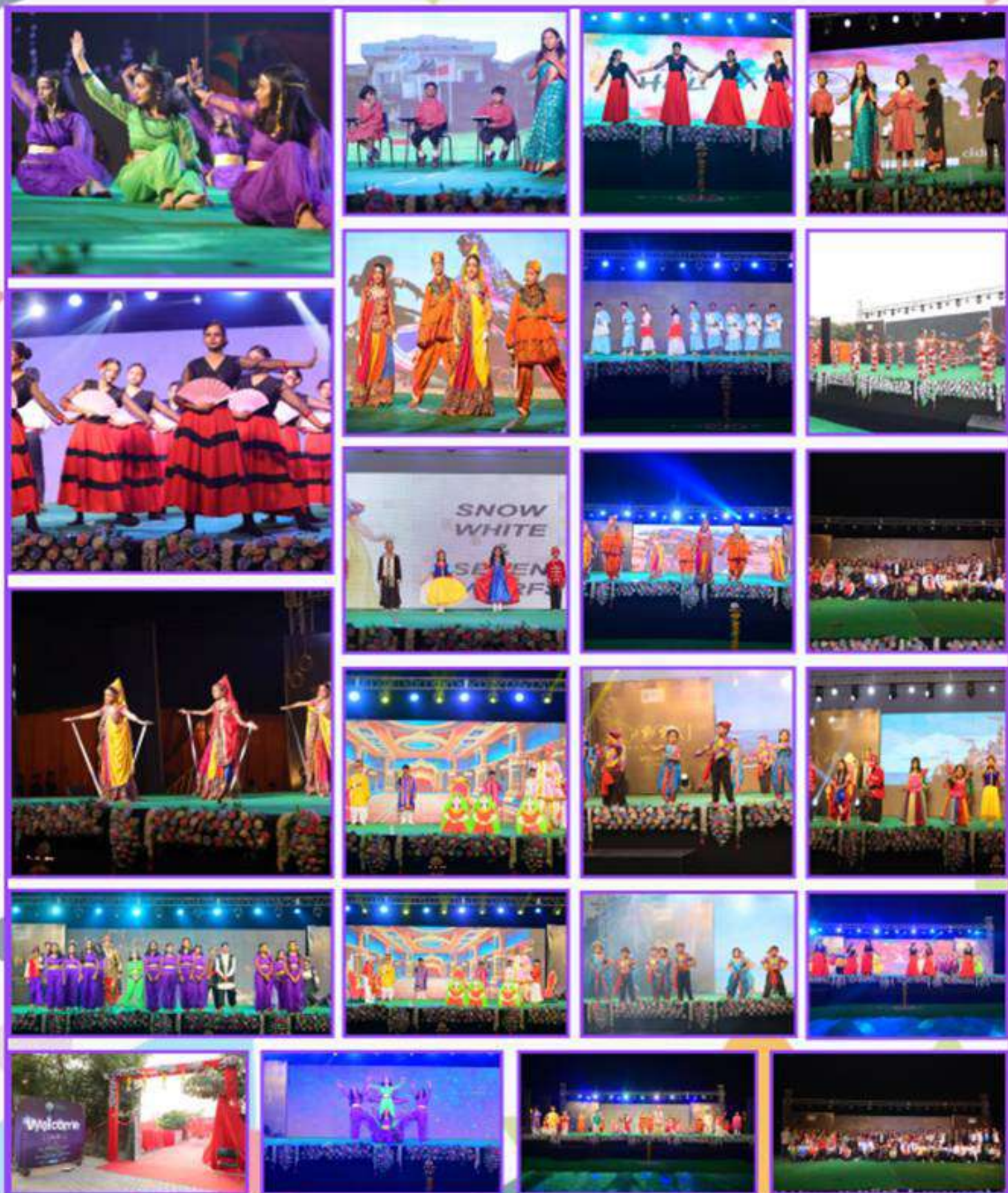


The Annual Day celebration at New Heights School, held on 16th November 2024, was graced by the esteemed Chief Guest, Mrs. Saumaya Gururani (IAS), Chief Development Officer of Hardoi, making the day truly memorable. The event began with the lighting of the lamp, symbolizing the triumph of light over darkness and knowledge over ignorance, followed by Vedic Mantarochcharan, adding a spiritual atmosphere. The school also launched the brochure for admissions for the new academic year 2025-26, inviting new students to join the New Heights School community.

The occasion was honored by the presence of Founders and Managing Directors, Ms. Nami Jain Kapoor and Mr. Shivam Kapoor, whose guidance has been integral to the school's growth. Principal Ms. Vinita Dhankar also graced the event.

The audience was mesmerized by the students' exceptional performances, from cultural dances to skits and songs. To conclude, Mrs. Gururani addressed the gathering, inspiring students and faculty to strive for excellence.

GLIMPSES: ANNUAL DAY CELEBRATION-2024



INFINITO:OPENING CEREMONY INTER-SCHOOL SPORTS COMPETITION

21ST -22ND NOVEMBER, 2024



INFINITO: Inter School Sports Competition Opening Ceremony-The much-anticipated INFINITO Inter-School Sports Competition began with great enthusiasm at New Heights School, HarDOI. The event was graced by the presence of Ms. Anju Sharma, the District Sports Officer, as the Chief Guest . The competition kicked off with an impressive opening ceremony, featuring participants from seven different schools. The March Past and Oath Taking ceremony created an atmosphere of excitement and unity. In her address, Ms. Sharma highlighted the importance of sports in building character, discipline and teamwork among young athletes. Her words inspired the students to embrace the values of sportsmanship and give their best performance. The opening ceremony set the stage for an exciting two-day competition, filled with energy and determination.

INFINITO:OPENING CEREMONY

INTER-SCHOOL SPORTS COMPETITION

FLAG MARCH-SCHOOL REPRESENTATION



On 21st November 2024, New Heights School (NHS) had the honor of welcoming different school teams to its premises for the opening ceremony of the INFINITO Inter-School Sports Competition. The event kicked off with great enthusiasm as teams arrived at NHS, proudly displaying their school flags. The participating schools included New Heights School, St James School, Jai Vidya Centre of Excellence, Lucknow Public School, Shrish Chand Public School, Sri Gurm Ram Rai Public School, and The Cambridge School. Each school team represented their institution with pride during the March Past, marching in synchronization with their school flags held high. The opening ceremony set the tone for the competition, fostering a sense of unity and excitement among the participants, setting the stage for an action-packed event.

INFINITO

INTER-SCHOOL SPORTS COMPETITION

FOOTBALL (GIRLS) UNDER-18



The Under-18 Football competition was one of the most exciting events at the INFINITO Inter-School Sports Competition. Teams from various schools competed with remarkable skill, strategy and determination. The matches were filled with intense action, as players showcased their agility, teamwork and tactical prowess on the field. The games were fast-paced and thrilling, with each team competing for victory with great enthusiasm. Players displayed exceptional ball control, quick passes and powerful shots, creating a captivating atmosphere for the spectators. The intense competition pushed the athletes to their limits, highlighting their commitment to the sport. The Under-18 Football event was not only a display of athleticism but also a celebration of sportsmanship and teamwork. The determination of the players made this competition one of the most anticipated events of the day.

INFINITO

INTER-SCHOOL SPORTS COMPETITION

LONG JUMP UNDER-15 & UNDER-18



The Long Jump competition was an exciting event at the INFINITO Inter-School Sports Competition, featuring both boys and girls in the Under-15 and Under-18 categories. In the Under-15 category, both boys and girls demonstrated remarkable speed, technique and precision as they launched themselves into the sandpit. Each jump was filled with anticipation, as the athletes pushed their limits to achieve their best distances. The Under-18 competition was equally thrilling, with the older athletes showcasing their advanced skills and strength. The boys and girls in this category displayed incredible form, executing powerful and precise jumps that captured the attention of the audience. Throughout both categories, the athletes exhibited dedication and determination, making the Long Jump competition one of the most memorable events of the day. Their performances highlighted not just physical strength, but also their focus and commitment to excellence in athletics.

INFINITO

INTER-SCHOOL SPORTS COMPETITION

KHO-KHO (BOYS) COMPETITION



The Boys' Kho-Kho Under-15 competition was one of the key events on Day 1 of the INFINITO Inter-School Sports Competition. The matches were filled with energy, showcasing the players' speed, agility and strategic thinking. The teams demonstrated excellent teamwork and coordination, with each match becoming more intense as the competition progressed. The boys' teams displayed remarkable skills in both defense and attack, with thrilling moments that kept the audience on their toes. Every move was crucial, and the determination of the players was evident throughout the matches. The action-packed games were a true display of sportsmanship, and the spirited competition made the Boys' Kho-Kho event one of the highlights of Day 1. The players' dedication and team effort set the stage for a fantastic continuation of the INFINITO competition.

INFINITO

INTER-SCHOOL SPORTS COMPETITION

RACE- 100M & 4X100M



The 100m and 400m races for boys and girls in the Under-12, Under-15, and Under-18 categories were exciting highlights at the INFINITO Inter-School Sports Competition. In the 100m race, athletes demonstrated impressive speed and agility, sprinting with determination in a fiercely competitive atmosphere. Each race was short yet intense, with competitors striving to achieve their best times. The 400m race tested the endurance and strategy of the athletes. The boys and girls raced around the track with remarkable stamina, maintaining their pace across all four laps. Both events showcased the athletes' strength, speed and resilience, leaving the audience cheering for every runner.

INFINITO

INTER-SCHOOL SPORTS COMPETITION

KHO-KHO (GIRLS) UNDER-15



The Girls' Kho-Kho Under-15 competition was the standout event on Day 1 of the INFINITO Inter-School Sports Competition. The matches showcased excellent teamwork, strategy and determination as the girls' teams competed fiercely. The action was thrilling, with each team displaying remarkable skill, speed and coordination. The players fought hard till the very last moment, keeping the audience on the edge of their seats. The energy and excitement in the air made this event a memorable start to the competition. The Girls' Kho-Kho matches were undoubtedly one of the most captivating and anticipated events of the day.

INFINITO

INTER-SCHOOL SPORTS COMPETITION

SHOT PUT UNDER-15 & UNDER-18



Shot-put Competition (Under-15 and Under-18 Boys and Girls)-The Shot-put competition, featuring both Under-15 and Under-18 categories for boys and girls, was one of the exciting event of the INFINITO Inter-School Sports Competition. The athletes showcased their strength, precision and techniques in this challenging event. In the Under-15 category, both boys and girls competed fiercely with each participant pushing their limits to achieve their personal target. The competitors demonstrated remarkable skill, with the audience cheering for every powerful throw. The Under-18 Shot-put competition was equally thrilling, with older athletes displaying advanced technique and incredible strength. The boys and girls gave their best performances, setting impressive records and adding an extra layer of excitement to the event.

INFINITO: CLOSING CEREMONY

INTER-SCHOOL SPORTS COMPETITION



The closing ceremony of the INFINITO Inter-School Sports Competition held at New Heights School (NHS) was a grand celebration of talent, teamwork and sportsmanship. The competition featured exciting Track and Field events like Kho-Kho, Football, Shotput, Javelin and Long Jump, with students from different schools competing with enthusiasm. The ceremony and prize distribution were graced by our Director Sir, Mr. Shivam Kapoor, Director Ma'am, Mrs. Nami Jain Kapoor and Principal Ma'am, Ms. Vinita Dhankar. The highlight of the day was NHS students lifting the prestigious Champions Trophy for the second consecutive year. Their hard work, discipline and team spirit were evident throughout the events. The school's consistent performance, under the guidance of the Sports Department Teachers, was commendable. Principal Ms. Vinita Dhankar delivered the Vote of Thanks, congratulating all participants. Congratulations to the winners and participants for making the event a grand success!

INDIAN CONSTITUTION DAY

26TH NOVEMBER, 2024



A special assembly was held on 26th November 2024 to celebrate and highlight the importance of Indian Constitution Day. The assembly began with a speech on the significance of the Constitution and its formation. Both children and teachers delivered speeches, sharing their insights on this historic day. The event also featured a poem recitation, reflecting the values of justice, equality and liberty enshrined in the Constitution. The children actively participated, demonstrating their understanding and respect for these principles. The assembly aimed to instill patriotism and awareness of India's democratic framework. To conclude, Principal Ms. Vinita Dhankar addressed the gathering, urging everyone to uphold the values of the Constitution in daily life. It was an educational and inspiring occasion for all.

CREATIVE CORNER: NOVEMBER



The Creative Corner in the month of November was a vibrant display of artistic talent, as children showcased their creativity through paintings and paper crafts. With colorful paints and brushes in hand, the young artists created stunning pieces that captured their imagination and vision. From nature scenes to abstract art, each painting reflected the individuality and unique style of the students. In addition to paintings, the children explored the world of paper crafts, crafting a variety of objects such as flowers, animals and decorative items. Their intricate designs and attention to details were truly impressive. November's Creative Corner was a wonderful celebration of the children's artistic abilities, allowing them to express themselves and share their creativity with others. It was a month full of imagination, color and inspiration!



NEW
HEIGHTS
SCHOOL

HOUSE POINTS UPDATE

OVERALL POSITION-NOVEMBER 2024

RUBY HOUSE
POINTS: 444



SAPPHIRE HOUSE
POINTS: 425



EMERALD HOUSE
POINTS: 413



PEARL HOUSE
POINTS: 328



DESK OF JOURNALISM

EXAMS & STRESS MANAGEMENT

Exams can be a source of stress for many students, but managing this stress is crucial for both mental and physical well-being. The pressure to perform well often leads to anxiety, but with the right strategies, stress can be minimized.

One effective way to handle stress is through proper time management. Creating a study schedule helps break down tasks into manageable chunks, reducing the feeling of being overwhelmed. Regular breaks during study sessions also play a vital role in maintaining focus and relaxation.

Physical activity such as exercise can release tension and improve concentration. Additionally, maintaining a balanced diet and getting enough sleep are essential for staying energized and focused.

Relaxation techniques like deep breathing, meditation or mindfulness can calm the mind, helping to control anxiety. By practicing these strategies, students can handle exam stress more effectively and perform at their best without compromising their health.

**Mstr. Prakhar Singh
(Vice-President #NHS_Lens)**





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<https://youtu.be/STkU6xQW1mo?si=iFYTAVUnW6Xpu1IK>

MAY, 2024:

<https://youtu.be/MFXr3EV1aZY?si=t4GEvyaRuzvXlqzB>

JULY, 2024:

https://youtu.be/2F7t8Zha_04?si=33ZmRqN1ZSq2b_Kp



AUGUST, 2024:

<https://youtu.be/sel69QiSYK4?si=u07IAZz5r4nWeTxZ>

SEPTEMBER, 2024:

https://youtu.be/8ueLsqkGeDE?si=_JsQwcVxnKxbLhKC

NOVEMBER, 2024:

https://youtu.be/_qLGahdNgQQ?si=jpo-kTevsdkaAQT6

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***“Education is the passport to the future, for tomorrow
belongs to those who prepare for it today.”
– Malcolm X***

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