IMPERIAL HERITAGE SCHOOL, SEC-102, GURUGRAM
MONTHLY PLANNER FOR NOVEMBER
GRADE-VII (2026-2027)

"True education does not merely give us information, but aligns our life with all existence. To be educated is to live in constant gratitude for wisdom, nature, and the freedom to learn. In a thankful classroom, learning becomes a joyful celebration."

-Rabindranath Tagore

Dear Parents,

Greetings from Imperial Heritage School!

A new month brings fresh possibilities, and we are delighted to continue this journey with our IHS community. The encouragement and partnership of our parents and well-wishers help create a positive learning environment where children can explore their potential, develop skills and achieve their aspirations.

November inspires reflection, gratitude and a celebration of shared values. The month brings festive joy through Diwali, Govardhan Puja, Bhai Dooj, Chhath Puja, Guru Nanak Jayanti and Dev Diwali, celebrating the richness of our cultural heritage. Children's Day honours the innocence, imagination and potential of childhood, while Constitution Day reminds us of the ideals of justice, liberty, equality and fraternity that shape our democracy. As the year draws to a close, let us encourage our children to cherish their traditions, respect diverse perspectives and spread kindness through meaningful actions. At IHS, we remain committed to nurturing empathetic, responsible individuals who lead with integrity and contribute positively to society.

October at IHS was filled with celebration, discovery and enthusiastic participation. Students engaged in diverse activities, competitions and cultural festivities that nurtured creativity, collaboration and problem-solving skills. These enriching experiences enabled them to showcase their talents, strengthen self-confidence and discover valuable lessons beyond the classroom.

Mental Health Awareness: Nurturing Minds and Building Resilience

Promoting Emotional Well-Being Across IHS: In recognition of World Mental Health Day, observed on 10th October, and the importance of mental well-being throughout the month, a range of engaging initiatives was organised across the Primary, Middle and Senior School sections. Through thoughtful discussions and interactive, age-appropriate activities, students explored ways to identify and manage their emotions, embrace individual differences, make informed decisions, navigate peer influence and technology responsibly, and understand the value of reaching out for help when needed.

Challenging Misconceptions and Encouraging Digital Balance: Students of Grade VII took the lead in spreading awareness by addressing prevalent myths surrounding mental health during the school assembly. Extending this learning experience, students watched an informative video titled *"The Brain Behind Your Phone Addiction,"* which highlighted the impact of excessive phone use and emphasised the need for mindful screen time, self-control and a balanced approach to digital engagement and everyday activities. These initiatives reinforced the message that caring for mental health is essential to leading a healthy, balanced and fulfilling life.

SOF Olympiad Examinations:

Students were provided with an opportunity to participate in the Science Olympiad Foundation (SOF) Olympiad Examinations, fostering a spirit of academic excellence and intellectual curiosity. These competitions encourage conceptual clarity, logical reasoning, analytical skills and effective problem-solving while enabling learners to evaluate their subject knowledge and competencies at a broader level.

The examinations were scheduled as per the following calendar:

- IGKO – International General Knowledge Olympiad: 6 October 2026
- IMO – International Mathematics Olympiad: 22 October 2026
- IEO – International English Olympiad: 27 October 2026
- ISO – International Science Olympiad: 30 October 2026

Through these enriching academic opportunities, students are encouraged to embrace challenges, deepen their understanding and develop confidence in their abilities.

Caring and Sharing Week: Spreading Smiles Through Thoughtful Deeds

Donation Drive: Extending Care Beyond the Classroom: Demonstrating the true spirit of generosity, students contributed groceries and essential daily-use items for the residents of an old-age home as part of the school's community outreach initiative. This collective effort helped learners recognise their responsibility towards society and develop greater consideration for the needs of senior citizens. It encouraged them to value their privileges, express concern for others and discover the fulfilment that comes from helping those in need. The initiative served as a valuable lesson in humanity, generosity and responsible citizenship.

Kindness Coupon Board Activity: ***"A little kindness can leave a lasting impression on the heart."*** As part of the Month of Gratitude, students engaged in a meaningful exercise by designing Kindness Coupons that reflected the considerate actions they had carried out during the month. Their entries highlighted everyday gestures such as offering help, supporting classmates, showing regard for elders and bringing cheer to others. The activity inspired students to reflect on how their actions influence the lives of those around them. It also strengthened their understanding of compassion, thankfulness and sensitivity towards others, reinforcing the idea that thoughtful deeds, however small, can make a meaningful difference.

The **Inter-class Kindness Coupon Display Competition** brought together imagination, artistic expression and meaningful messages. Students designed vibrant display boards that conveyed the importance of being considerate, offering assistance and treating others with warmth and understanding. Their creative presentations reflected a shared commitment to building a caring school environment and inspired everyone to incorporate positive actions into everyday life. The contest also provided an opportunity for students to demonstrate their creativity while appreciating the importance of cooperation, respect and compassion.

The Results of the inter-class competition are listed below:

S.No.	Name of the students	Position
1.	Shanaya Chugh (VII B) and Soumya Phalswal (VII A)	I
2.	Pranjhana Indoriya (VII A) and Shreyanshi Nayak (VII B)	II
3.	Rehaan Verma and Nistha (VII B)	III

Term I Results on ERP: The Term I results were published on the school's ERP portal on 22nd October, enabling parents and students to review academic progress, identify areas for improvement and set meaningful goals for continued growth.

Night Camp: Adventure Beyond the Classroom: Held on 23rd October, the Night Camp offered students an exciting blend of adventure, exploration and camaraderie. Engaging in adventure-based challenges, team-building games and fun-filled activities, students strengthened their confidence, independence and collaborative skills. The experience encouraged them to step out of their comfort zones, embrace new challenges and forge lasting friendships while creating unforgettable memories in an enriching outdoor learning environment.

Parent–Teacher Meeting (PTM): The Parent–Teacher Meeting held on 31 October 2026 provided a meaningful platform for parents and teachers to exchange insights on students' academic achievements, learning progress and areas requiring support. The interaction strengthened the bond between home and school, reaffirming the importance of working together to nurture confident, capable and well-rounded learners.

Star Performers: Celebrating effort, dedication and all-round excellence is an integral part of life at IHS! Through the monthly Star Performer Certificate, students who excel in academics, co-curricular activities, discipline and active participation are recognised and encouraged to keep reaching for the stars. The Star Performers for October are **Aanya Kushwaha** of Grade VII A and **Adya Sanvi** of Grade VII B. Their achievements inspire their peers to embrace every opportunity, give their best and pursue excellence with enthusiasm.

Value of the Month: Gratitude—A Little Appreciation Goes a Long Way!

This month, students explored the beautiful value of **Gratitude**, learning to appreciate the people, experiences and blessings that enrich their lives. Through the *Gratitude Chain*, they shared positive qualities about their classmates, spreading warmth and positivity across the classroom. The *Gratitude Coupons* encouraged thoughtful gestures and everyday acts of kindness, while the *Donation Drive* highlighted the joy of sharing with those in need. Together, these heartwarming initiatives nurtured empathy, strengthened relationships and reminded students that gratitude is most meaningful when expressed through sincere words, caring actions and a generous spirit.

Shanaya Chugh and Riyanshi Bhada, VII B, delivered an exciting presentation on the importance of '**Yell, Run and Tell**. Through amusing and child-friendly analogies, they brought awareness to an important skill of how to address dangerous and conflicting situations.

Subject Enrichment Activities:

"Every transaction tells a story of needs, choices, exchange, and value." As part of the Subject Enrichment Activity for Grade VII **Social Science**, students explored **"From Barter to Money"** and **"Understanding Markets"** through an engaging **activity-based presentation**. Working in groups, students prepared and presented different concepts related to the barter system, the evolution of money, the need for a common medium of exchange, and the functioning of markets. Through interactive activities and explanations, they connected these concepts with familiar examples from everyday life. The activity encouraged collaboration, creativity, communication, confidence, and critical thinking, while strengthening conceptual understanding and helping students appreciate the role of money and markets in everyday economic transactions.

In **English**, students presented a short dialogue involving the conversion of direct speech into reported speech. The audience listened attentively and identified errors made during the conversion. The most common errors were related to the rules of tense changes in reported speech. The activity provided an engaging platform for students to enhance their speaking and listening skills while reinforcing their understanding of grammatical rules. It also encouraged active participation, attentive listening, and the practical application of concepts learned in the classroom.

In Mathematics, they explored the creative connection between mathematics and art by designing colourful rangoli patterns on grid paper. Using grids, shapes, symmetry, and geometric patterns, they transformed mathematical concepts into beautiful designs. The activity encouraged creativity, precision, and spatial understanding while making learning mathematics an enjoyable and engaging experience. An activity was also conducted to help students understand the multiplication of fractions using graph paper. Students represented the given fractions by shading the appropriate parts of the graph paper and then used overlapping shaded regions to visualize and determine the product of the fractions. This hands-on activity enabled students to develop a clear conceptual understanding of fraction multiplication, connect mathematical concepts with visual representations, and enhance their problem-solving skills.

In **Hindi**, हिंदी विषय के अंतर्गत विज्ञापन लेखन गतिविधि का आयोजन किया गया। इस गतिविधि में विद्यार्थियों ने अपनी रचनात्मकता और कल्पनाशक्ति का परिचय देते हुए सुंदर एवं आकर्षक चित्र बनाए तथा उनके माध्यम से प्रभावशाली विज्ञापन प्रस्तुत किए। विद्यार्थियों ने आकर्षक चित्रों, सुंदर शब्दों और रोचक नारों का प्रयोग करके अपने विज्ञापनों को विशेष रूप से प्रभावशाली बनाया। सभी विद्यार्थियों ने बढ़-चढ़कर भाग लिया और अपनी प्रतिभा का शानदार प्रदर्शन किया। इस गतिविधि के माध्यम से विद्यार्थियों के

लेखन कौशल, कल्पनाशक्ति, भाषा-ज्ञान और प्रस्तुतीकरण क्षमता का विकास हुआ। यह गतिविधि राष्ट्रीय शिक्षा नीति (NEP 2020) के रचनात्मक एवं अनुभवात्मक शिक्षण के उद्देश्यों को साकार करने की दिशा में एक सार्थक प्रयास रही।

Science in Action: Exploring Conduction and Convection – Students revisited the concepts of **conduction and convection** through engaging hands-on activities. They explored how heat travels through solids by conduction and how it is transferred in liquids through convection currents. The activities helped them connect scientific concepts with everyday experiences, deepen their conceptual understanding and appreciate the role of heat transfer in daily life. The experiential learning approach encouraged observation, scientific reasoning and curiosity, making science both meaningful and enjoyable.

PARENTING TIP EARLY ADOLESCENCE (Class 6 to Class 8 | Ages 11–13)

November & January— Mental Health

Mental health concerns and self-harm most commonly emerge in this phase. Parents might be the last to know because children this age conceal distress from parents and because parents are not trained to look.

Parent focus: Some themes that could be emphasized at this stage of development are outlined- The warning signs specific to this age — withdrawal, sleep changes, grade drops, loss of interest in previously loved activities; the selfharm conversation; not reacting with panic when a child discloses; knowing the school counselor by name.

IHS NEWS!

Dongpae Middle School Cultural Exchange Programme

Imperial Heritage School, Gurugram, welcomed a delegation from its partner institution, Dongpae Middle School, South Korea, from 5th to 11th October 2026, strengthening their longstanding educational partnership. The seven-day programme featured engaging workshops in knife painting, quilling, pottery, robotics and Hindi, along with traditional Indian cooking, soccer and games such as Pittu and Stapu. The exchange provided valuable opportunities for cultural learning, meaningful interactions and lasting friendships, fostering greater cross-cultural understanding among students and teachers.

Sports and Games News – Achievements and Accolades

Imperial Heritage School continues to celebrate the remarkable achievements of its students across sports and academics. Their talent, dedication and perseverance have brought laurels to the school, making the entire IHS family proud.

At the 16th Inter-School Skating Championships 2026, IHS bagged the Overall Trophy. Gold medallists were Dhruvik Singh (I-A), Krisha (I-A), Ekveera (II-A), Naina (III-A) and Devansh (III-C); Silver medallists were Paakhi (I-A), Lira Khandodiya (IV-B), Ayansh Jagwani (IV-B) and Arohi Khandodiya (VI-B); and Bronze medallists were Ekansh Gupta (UKG-A), Suryodya (III-B) and Hanshika (V-B).

1st School Sports Open State Roller Skating Championships-2026 Mannat (II-A) won Gold in 1000m; Ekveera (II-A) won Gold in 1000m and Silver in 500m; Kavyansh (II-A) won Bronze in both 500m and 1000m; Advita Sharma (II-B) and Naina (III-A) won Bronze in 1000m; Devansh (III-C) won Silver in both 500m and 1000m; and Ayush Janghu (IV-A) won Bronze in 500m.

In Inter-School Skating Championships at Pragyanam School, Kavyansh (II-A), Ekveera (II-A) and Lira Khandodiya (IV-B) won Gold, while Dhruvik (I-A) secured Silver. At the Inter-School Football Tournament at Pragyanam School, the Under-8 team won Gold and the Under-11 team secured Silver.

In Inter-School Taekwondo Competition 2026, Ditya Tyagi (III-B) won Gold; Jaanvi (I-B), Garvit Tyagi (III-C) and Shivaay Chauhan (V-A) won Silver; and Mayra Mishra (II-A), Himanshi (II-C) and Keshav Tyagi (IV-C) won Bronze. Inter-School Technology Competition at Ambience Public School, Aradhy Srivastava (VI-B) and Dhrupit Singh Jasrotia (VII-B) secured Second Position in AI Vision Studio, while Moksh Yadav (XI Science) and Disha (XII Commerce) secured Second Position in AI Shark Tank. Mannat (II-A) and Tarush (I-A) won Third Position in Pixels Pals: The Puppet Adventure.

At Rasmanjari, organised by Lotus Valley International School, Ananya (XI Science), Anupriya (XI Science), Arshia Malik (IX-B) and Navi Tripathi (IX-B) secured Third Position in Ganit Aur Viraasat: Exploring the Math Behind India's Heritage.

At Khel Mahotsav, organised by K.R. Mangalam World School, the girls' team secured Second Position in the Inter-School Lawn Tennis Competition.

At Tech Trex, organised by Blue Bells Preparatory School, Triyansh Dahiya (UKG-B) won First Position in Tech Trex, while Anirudh (I-B) secured Second Position in Tech Strokes.

At the inter-school competition hosted by S.D. Heritage School, Drishya Tyagi (V) and Ishika (VI) won First Position in Fusion Threads: Sustainable Folk Fusion Jewellery Creations.

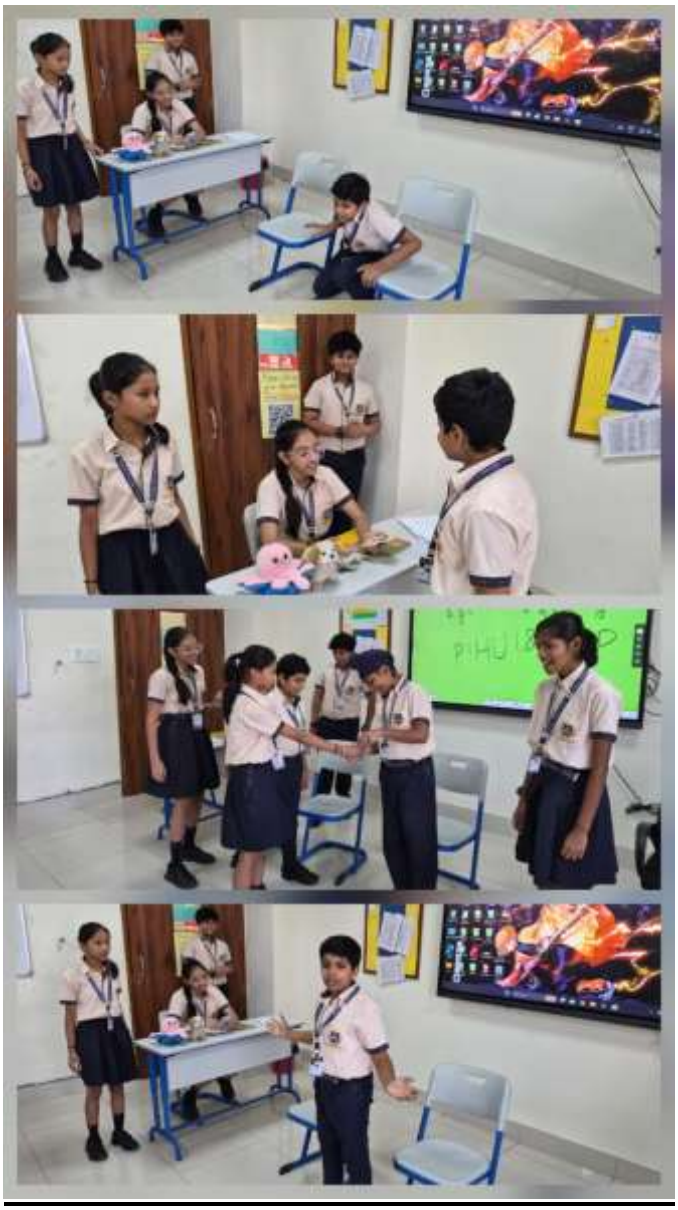
Looking Forward – November: Students will participate in Diwali-themed activities and inter- house competitions, followed by Sports Day for Nursery to Grade VIII on Children's Day, celebrating creativity, teamwork and sporting spirit.

1. Syllabus for the Month of November

ENGLISH	MATH	HINDI	SCIENCE
Coursebook 1. Junagadh's Dog Wedding **Reader** 1. Frankenstein's Creation **Grammar** 1. Words: A Mixed Bag 2. Quantifiers	**Chapter 2:** Operations with Integers(GP-2) **Chapter 3:** Finding Common Ground (GP-2)	**पाठ्यपुस्तक:** पाठ- 8 बिरजू महाराज से साक्षात्कार **व्याकरण** – मुहावरे , अशुद्ध वाक्यों का संशोधन लेखन अभि- चित्र वर्णन	**Chapter 8:** Measurement of Time and Motion **Chapter 10:** Life Processes in Plants
SOCIAL SCIENCE	**SANSKRIT**	**FRENCH**	**COMPUTERS**
Chapter 2: India and Her Neighbours **Chapter 3:** Empires & Kingdoms: 6th–10th Centuries **Chapter 4:** Turning Tides: 11th & 12th Centuries	**पाठ 8:** सुवचनानि पाठ-9 संग्रहालयः (विधिलिंङ् लकार) पाठ-10 स्वच्छतायाः महत्त्वम् पाठ-11 जनरलविपिनरावतः	**Chapter 2:** Operations with Integers(GP-2) **Chapter 3:** Finding Common Ground (GP-2) **Chapter 4:** Expression Using Letters-Numbers(GP-1)	**Chapter 9:** AI in Robotics **Chapter 5:** Introduction to HTML and CSS (Only for Practical)

PICTURE GALLERY






SHOP


THE STICKERSESIKANDAR RUNWAY






BARTER SYSTEM


BARTER SYSTEM




DONATION








REPORTED SPEECH


REPORTED






Reported Speech Activity
Report and Listen
II B




TONES





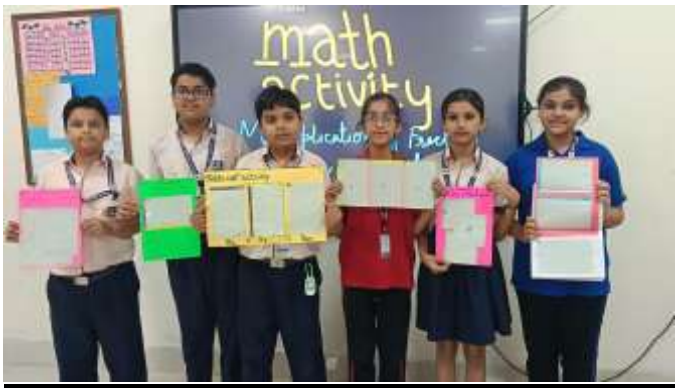









math


math




विज्ञापन - लेखन




विज्ञापन - लेखन

















































VALUE OF THE MONTH
HONESTY

2. Activities for the Month of November

- **Journey of Diya** — **02.11.2026**
- **Dress up the Corridors Interhouse Competition** — **05.11.2026**
- **Vaccine Card Making** — **12.11.2026**
- **Children's Day- Sports Fiesta** — **13.11.2026**
- **A Virtual Museum Tour** — **16.11.2026**
- **Constitution Day** — **26..11.2026**

School will be off on

- **Diwali Break** — **06.1120.26 to 11.1120.26**
- **Gurunanak Jayanti** — **24.11.2026**

3. General Information

- School timing is 8:00 am – 2:30 pm. The school gate will be closed at 8.05 am. No entry will be allowed post that.
- Students must adhere to the school timings. Please fill up the pages 10,11,13,15,16,19 and 22 of the almanac with complete details. Kindly paste pictures wherever necessary.
- Students must carry the almanac to school daily.
- Parents should check the almanac and ERP app regularly for any information.
- Students should be in proper school uniform. Kindly use only black rubber bands, clips or hair bands.
- Students must wear ID cards daily.
- Leave application must be submitted to the class teacher, one -day prior in the case of pre-planned leave. In case of illness, a medical certificate must be submitted within three days of rejoining school. In case of long leave to attend important family functions, prior written permission of the Headmistress / Principal must be obtained.
- Please ensure that your child is not suffering from cold, cough or fever at the time of leaving home.

We look forward to your cooperation in helping our children grow and learn together.





Headmistress **Principal**