Hello! Welcome to the April issue of Prim Buddies!

“Cause a little bit of summer is what the whole year is about”

May, a vacation ahead makes it more special. Having cherished 10th Annual day held in April. We are preparing to have summer fun in full swing.

Hope you enjoy reading this month’s issue and we will see you soon after summer Holidays!

With Love and Hope, Editorial Team

Meenakshi Subramanian, X  Nandhini Ganesh, X
Why should we remember our roots?

A lot of people would say we don’t need to remember our roots, its old, out of trend, not valuable and many more. But our roots are where we come from. The palm trees’ leaves soar into the air. Its branches extending way above the ground. If the roots rot and decay, the leaves would have to come crashing down to the ground. As the quote goes “A Nations’ culture resides in the heart and in the soul of its people - Mahatma Gandhiji ”. We the students of Primrose learned the richness and value of our tradition through the 11th Annual Concert “ Remembering Our Roots”. We feel proud to be a part of this Annual Day. Our school has played a vital role in bringing to life the values essential for our life. Values like drinking water in sitting position, eating food on a plantain leaf in sitting position has added a lot of value to my life.

Our friends did not only impart our value system to us, but they also entertained us with a visual treat. They brought to light various forms of games and dance that were enthralling. I feel proud for being a part of this informative and entertaining Annual Concert.

Harish. M Class X
The day all our efforts were put to test. The day we were all waiting for... Yes, it was our Annual Day. Now, this wasn’t your normal day today school program, however you look at it, this event wasn’t created in the span of a week. New ideas crept in and old ideas were kicked out. We stayed at school late to practice for this day. And everything was worth it. Our efforts paid off and the Annual Day was a big hit which was held at The Music Academy. Though the evening was embraced by the darkness, parents were reluctant to leave the hall. The drama, the talk show, the dances and the games stole our hearts and minds. The theme “Remembering Our Roots” seemed like a perfect fit, for it would be remembered forever.
Examinations are necessary evils, the stress level of the child increases further compounded by parental and teachers’ expectations. Every parent wants their child to be the best. Every teacher wants their students to perform well. The impact of stress level is felt among the parents, teachers and the children, and keeps their minds under captivity. Examinations though tough and sensitive, helps us to assess our knowledge and understanding. By all means, exams are EXAMS for every child. However, we are thankful to the summer season for bringing in a pleasure time for us. Our hearts are filled with joy looking forward for the days that are going to bestow on us the time to sleep, run around and entertain ourselves.
Buttermilk is a common accompaniment in most of the Indian diets. To begin, buttermilk contains active cultures. This means that it has healthy bacteria that become active in the intestines. These probiotic properties of buttermilk cause it to soothe the intestinal tract. These bacteria perform functions such as manufacturing vitamins, boosting immunity and manufacturing nutrients. This helps us to be active in this summer days.

Primrose School started offering free buttermilk to people as the heatwaves started in the last week of April and we served the passers-by to quench their thirst and strengthen them to battle the heat. Many travellers and pedestrians who passed by benefited through this initiative of our school. We at Primrose School also learn to care for our fellow beings.