



RAVEN REVIEW



ADVANCING ACADEMIC EXCELLENCE HIGHLIGHTS FROM A DYNAMIC WEEK AT CAA

- ZACHARIAH PETERS

Our dedicated educators and enthusiastic students have been diligently working towards our shared goals of excellence in education. The week kicked off with the successful completion of the MAP testing, a pivotal tool in assessing our student's current levels of proficiency and identifying areas of growth. These results will provide invaluable insights into each student's unique learning journey, allowing us to tailor instruction to their specific needs.

Simultaneously, our exceptional teaching staff has been hard at work conducting diagnostic assessments. These assessments are a crucial step towards crafting adaptive and individualized lesson plans that cater to the diverse learning needs of our students. By understanding each student's strengths and areas that require improvement, our educators are better equipped to create a classroom experience that maximizes growth and engagement.

As we gather and analyze the data from these assessments, our curriculum planning and development team are already gearing up for action. The insights gained will directly inform our curriculum enhancements and modifications ensuring that we

remain aligned with the strategic mission and vision of CAA. Our commitment to fostering a supportive and enriching learning environment for every student remains unwavering.

This collaborative effort between our dedicated educators, eager students, and the entire CAA community underscores our relentless pursuit of educational excellence. We look forward to the continuous growth and success of our students as we move forward, guided by our shared vision for a brighter future in education.





DORMS CHECK IN

- CORNELL

Intelligence is often defined as our intellectual potential, something we are born with, something that can be measured and a capacity that is difficult to change. In recent years, however, other views of intelligence have emerged. One such conception is the theory of multiple intelligences proposed by Harvard psychologist Howard Gardner.

Gardner proposed that there are eight intelligences, and has suggested the possible addition of a ninth known as 'Existentialist intelligence'. In order to capture the full range of abilities and talents that people possess, Gardner suggests that people do not have just 'one' intellectual capacity, but have many different intelligences like linguistic, musical, logical-mathematical, bodily- kinaesthetic, interpersonal, intrapersonal, spatial-visual, naturalist and verbal- linguistic intelligences

A chef and a dabbawalla have all intelligences. All of us have at least 3 intelligences and can develop more. While a person might be particularly strong in a specific area, such as musical intelligence, they most likely possess a range of abilities. For example, an individual might be strong in verbal, musical and naturalistic intelligence.

The weekend Dorm workshops and activities are created and directed towards honing and inculcating these very intelligences. There is also something less known as 'Technopoiesis' which involves balancing the use of technology with poiesis to enable learners to develop both parts of the brain. This results in the cultivation of Source-full intelligence that perceives both uniqueness and oneness. Make sure your children attend all the weekend 'Dorm Workshops'.



DORMS CHECK IN

- REKHA

Leaving your home and your loved ones behind and enter a completely new environment can be shocking and traumatic. However, our highly trained and skilled professionals make this transition easy, comfortable and smooth. Our goal is to ensure that a child adopts to their new surroundings and feel at home away from home.

Since we truly believe that all studies and no sports will make a dull student, we put special emphasis on sports. All the students have a choice to select their sports and our highly trained professional will endeavor that your child achieves their goals and objectives in the sports of their choice.

Positive thinking coupled with a balanced diet is absolutely necessary for one's growth and hence our highly skilled nutritionist develops a well balanced diet, tailor made diet for each student.

The happiness of our ravens is our major priority and we will go the full distance to ensure that they are happy, comfortable, well adjusted and ready to meet the challenges of life.



NUTRITION: THE RIGHT BALANCE OF REAL FOODS

-APURVA SURVE

Sports Nutrition:

Sports success is determined by a variety of factors. Nutrition becomes an important contributor because the human body is entirely composed of compounds derived from the food and water we consume. The right foods, in the right amounts and combinations, can fuel the body's functions from basic to performance-enhancing. Adolescent athletes' sports nutrition focuses on meeting nutritional requirements for optimal growth, maturation, and physical development, as well as ensuring adequate energy and nutrient intake can support sports training loads.

Nutrition and Student-Athletes:

Nutritional deficiencies can have a substantial impact not only on growth and development but also on athletic and academic performance in school-aged children and adolescents.

Basic nutrition is essential for development, productivity, and achieving excellent health and school performance.



Sports nutrition builds on these fundamental concepts to improve athletic performance by reducing fatigue and susceptibility to disease and injury while also allowing athletes to train harder and for longer periods and recover faster.

Curated Menus:

At Corvuss, we focus on providing a balanced diet and a variety of natural performance-enhancing foods to our student-athletes. This will help them with their rigorous sports training as well as their overall growth and development. The cafeteria is managed by Sodexo and all the food safety parameters are taken into consideration.

The menu has been created with the students' and residential staff's food preferences, nutrient requirements, and food culture in mind.

There are options for vegetarians, non-vegetarians, and vegans alike! We've incorporated fun foods like deserts, pizza, burgers, and so on into the menu on occasion for the kids to enjoy, all of which are entirely prepared at the cafeteria using healthy ingredients.

We are providing six meals at the academy for the students, starting from the morning pre-training fruit & nuts, post-training breakfast, lunch, evening snacks, dinner, and bedtime milk. Some of the kids might feel hungry in between because of their growth phase & intense training sessions. Instead of consuming ultra-processed fast food which is loaded with sugars, unhealthy fats or refined flours, here is a list of suggested healthy snacks that can be sent with the students to the academy:



- Homemade granola bars
- Peanut, or Chana Jaggery Chikkis
- Prolicious Protein Khakras & Thins
- Threptin Protein Diskettes
- Amul Lassi or Buttermilk or milk (tetrapack)
- Soy Milk (tetra pack)

RAVEN CELEBRATES

- JEFFERY LOVE

Corvuss American Academy so proud to share that Neel has qualified for the State Championship in long jump. Let's show him our support as he heads to Nasik on October 4th and 5th.

Go Neel, Go Ravens!





RAVEN CELEBRATES

Our Raven Shreetej Hadge shines at the ISSO Swim championship, held at Noida. He secured 100m Fly 1st positions , 50m Fly 4th positions And 50m free 4th positions .

CAA congratulates you for your achievement today

RAVEN OF THE WEEK RECOGNITION

- LATOIYA PASCUA



Student Name: Anoushka Rai

Grade: 6

It is with great pleasure that we announce Anoushka Rai as our Raven of the Week! Anoushka, has demonstrated exceptional qualities that make her an inspiration to Corvuss American Academy.

Anoushka's dedication to learning and ability to tackle challenging subjects are truly impressive, she excels with her academics. Anoushka radiates positivity and her cheerful demeanor and willingness to assist others create a warm and welcoming atmosphere in our school.

Anoushka is a natural leader in her class. She actively participates in class and sets a remarkable example through her responsible behavior. She treats her fellow students and teachers with respect and kindness.

Anoushka not only excels academically but also seeks personal growth. She welcomes feedback and consistently strives to better herself. We are proud to recognize your dedication and congratulate Anoushka Rai as **Raven of the Week!**



- **Student Council elections**
- **David Palmer Squash Camp Dates- 12 October to 17 October**
- **HOA Larry Savery at TAISI conference in Mumbai 15-16 Sept**
- **CAA participates at the RedPen fair in October**
7th October Mumbai at St.Regis - 8th October Delhi at JW Marriot
- **Siddhant Rewari will be competing in the U/19 Age category in pune.**
- **Siddharth Roncon will be competing in 200m in the district athletic meet.**
- **The Girls Basketball team will be competing at Fatima School in Vidyavihar, Mumbai, in the Aztek Sportz Hoopmania tournament.**

