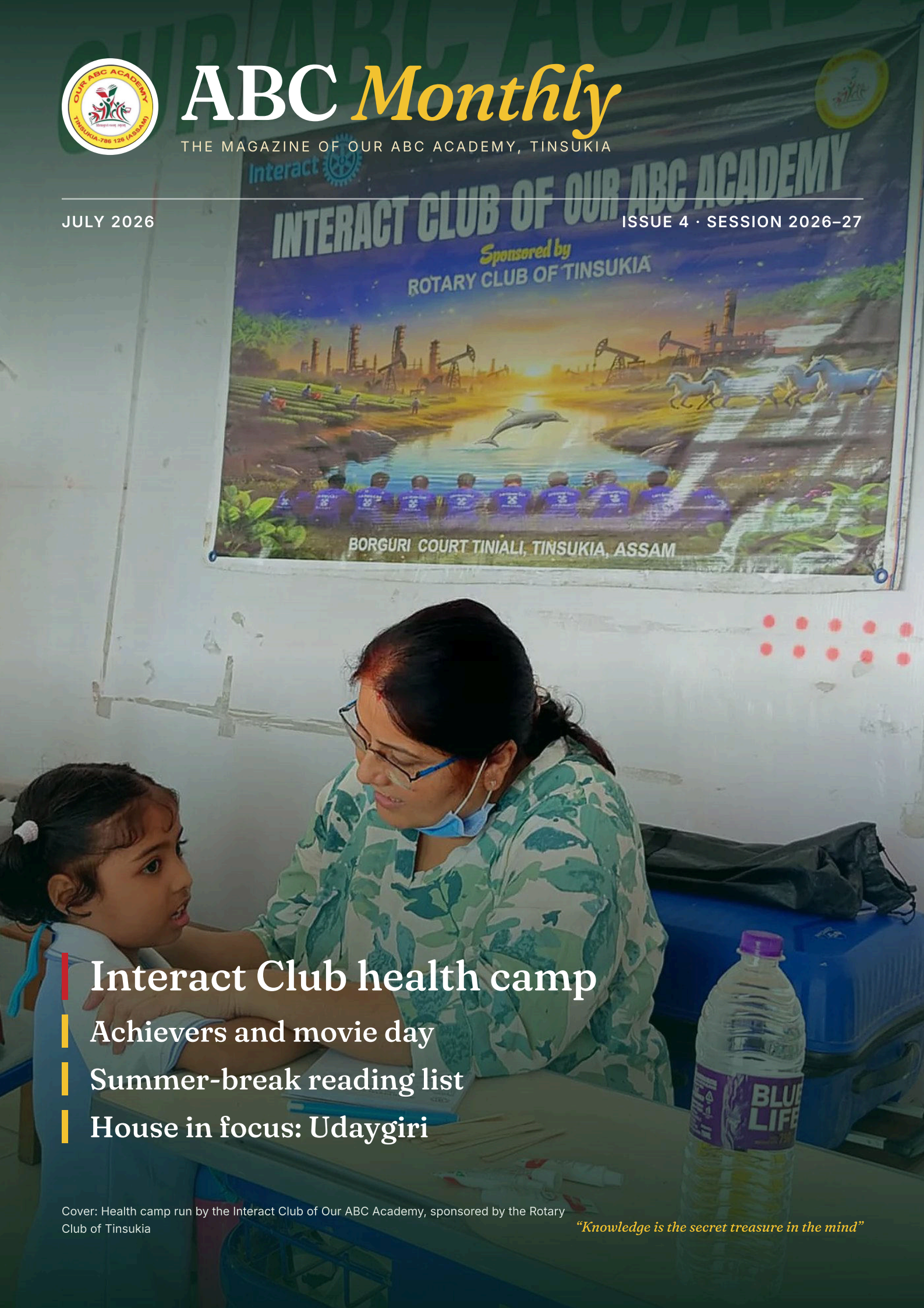
ABC Monthly

THE MAGAZINE OF OUR ABC ACADEMY, TINSUKIA

JULY 2026

ISSUE 4 · SESSION 2026–27



Interact Club health camp

Achievers and movie day

Summer-break reading list

House in focus: Udaygiri

Cover: Health camp run by the Interact Club of Our ABC Academy, sponsored by the Rotary Club of Tinsukia

"Knowledge is the secret treasure in the mind"

ISSUE 4 · JULY 2026

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FROM THE EDITORIAL DESK

July was a short month at school, but a full one. Before the summer break began on 13 July, the Interact Club of Our ABC Academy ran a health camp for students, sponsored by the Rotary Club of Tinsukia, with check-ups for every class.

We held a movie day in the hall, honoured award winners with their certificates, and cheered a judo podium finish.

The summer break runs until 12 August. This issue carries a reading list and some monsoon health advice for the holidays. Rest well, read a lot and come back ready.

OUR ABC ACADEMY AT A GLANCE

Founded	2003, Tinsukia, Assam
Affiliation	CBSE No. 230097 · School code 35181
Classes	Nursery to XII · Science, Commerce & Arts in XI–XII
Houses	Lohit · Lachit · Chilarai · Udaygiri
Boarding	Separate hostels for boys and girls
Results 2025–26	89%

THE MONTH AT A GLANCE

July *calendar*

3 Jul	Movie day in the school hall	AT SCHOOL
7 Jul	Interact Club health camp, sponsored by the Rotary Club of Tinsukia	AT SCHOOL
Early July	Award winners honoured with certificates	AT SCHOOL
13 Jul – 12 Aug	Summer break	HOLIDAY

Note for parents. Holiday homework is given class-wise. Boarders return to the hostel a day before school reopens; please check the date with the hostel office.

SCHOOL TIMINGS

Nursery – SKG	**8:30 am – 11:40 am**
Class I	**8:30 am – 1:00 pm**
Classes II – XII	**9:00 am – 2:00 pm**

School office: 9 am – 4 pm, Monday to Saturday.

STAY IN TOUCH

Notices, circulars and this magazine are published on the school website.

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SERVICE

Interact Club health camp



Interact Club health camp, July 2026

The Interact Club is the Rotary movement's club for school students, and ours is one of the most active in the district. In July the club ran a health camp at school, sponsored by the Rotary Club of Tinsukia.

Students of every class were checked by doctors, including a dental check-up. Interactors helped with the queues, registration and records — the kind of quiet, organised work that service really involves.

A health camp finds small problems early, before they become big ones. Parents who have received a note from the camp are requested to follow it up with their family doctor.



Health camp run by the Interact Club of Our ABC Academy, sponsored by the Rotary Club of Tinsukia



Dental check-up at the health camp



Check-ups for every class

CELEBRATIONS

Achievers, and a movie day



Award winners with their certificates

Award winners were honoured with their certificates in July — a reminder that the work of the first term had been noticed.

On the judo mat, the school finished on the podium, continuing a tradition that includes an international bronze at the Commonwealth Judo Championship in 2019.

And on 3 July the hall turned into a cinema for a movie day, a well-earned break before the summer holidays.



On the judo podium



Movie day in the hall

SUMMER BREAK

Read, rest and stay well



Reading in the library

A long break is the best time to read for pleasure. Here are some suggestions, by age. Choose one, then choose another.

Up to Class II: picture books read aloud with a parent — the Panchatantra and Jataka tales.

Classes III–V: Ruskin Bond's short stories; Sudha Murty's *Grandma's Bag of Stories*. **Classes VI–VIII:** R. K. Narayan's *Swami and Friends*; Satyajit Ray's Feluda stories. **Classes IX–XII:** A. P. J. Abdul Kalam's *Wings of Fire*; George Orwell's *Animal Farm*; and a newspaper, every day.

MONSOON HEALTH

- Drink boiled or filtered water.
- Don't let water stand in pots, tyres or coolers — that is where the *Aedes* mosquito that spreads dengue breeds.
- Sleep under a mosquito net; malaria is spread by the *Anopheles* mosquito.
- Wash hands before eating and after play.
- A fever that lasts more than two days needs a doctor.

PHOTO ESSAY

Play zone

The children's park and play zone, where the youngest learn balance, courage and turn-taking. From the school's archive.



The children's park



Play zone



Fun in the play zone



On the climbing frame



Friends

KNOW YOUR BODY

Why sleep, water and play matter



Sports day for the youngest, December 2025

SLEEP

School-age children need about nine to twelve hours of sleep a night, and teenagers eight to ten. During deep sleep the brain sorts and stores what was learned during the day. A tired child is not a lazy child — often they simply need an earlier bedtime and less screen time at night.

WATER

About 60% of an adult's body is water. Even mild dehydration causes headaches and poor concentration. A water bottle in the school bag — and the habit of refilling it — is one of the simplest health measures there is.

SUNLIGHT

Skin makes **vitamin D** in sunlight, which the body needs for strong bones. A little outdoor play every day, in the gentle morning or evening sun, does more than any supplement.

PLAY

Running, climbing and team games build the heart and lungs, and they teach children to win, lose and try again. The summer break is a good time to learn a new game — or to teach one to a younger brother or sister.

HOUSE IN FOCUS

Udaygiri

The Rising Sun

THE NAME

Named for the rising sun — Udaygiri means ‘the hill of sunrise’ — a fitting name for the house of Assam, the land where India's day begins. Its colour is blue.

WHAT UDAYGIRI STANDS FOR

Peace, loyalty, confidence and wisdom — calm under pressure, honest in action.

HOW HOUSES WORK AT ABC

- Every student, from Class I up, is placed in a house.
- Houses compete in sport, cultural events, quizzes, the food festival and more.
- Points are also given for discipline, punctuality and service.
- The house cup is awarded at the end of the session.

THE FOUR HOUSES

- Lohit — The Never-ending
- Lachit — The Soul Warriors
- Chilarai — The Fearless
- Udaygiri — The Rising Sun



Morning assembly

SCHOOL MANAGEMENT COMMITTEE

Meet the *SMC*

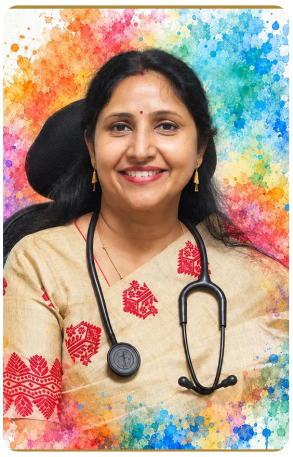
The School Management Committee guides the school under the CBSE Affiliation Bye-Laws. Each issue introduces some of its members, in their own profiles. The full committee is on the website.



MEMBER (FOUNDER TRUSTEE & DIRECTOR)

Dr Sailesh Sarmah, Er.

The founder and director of Our ABC Academy, Dr Sailesh Sarmah brings a wealth of diverse experience gathered from around the world, enriching both the school's culture and its educational outlook. His infectious enthusiasm and global perspective are a source of motivation for children and staff alike.



MEMBER (FOUNDER TRUSTEE)

Dr Rasmita Upadhyaya

A dedicated co-founder and trustee, Dr Rasmita Upadhyaya has championed numerous health and wellness initiatives within the school community. Her regular interactions with students on health-related matters demonstrate her commitment to holistic student wellbeing. Her advocacy for preventive health awareness creates a caring institutional environment.



MEMBER

Vivek Modi

A seasoned businessman and passionate social worker, Vivek Modi brings energy and resources to the school's sports initiatives. His wholehearted support and genuine commitment to student development through athletics and physical wellness demonstrate the power of community partnership with the school.

STAFF SPOTLIGHT

Specialist teachers & house mothers

PS
Parshant Sarmah
Physical Education Teacher

UG
Usharani Gogoi
Dance Teacher

KP
Keshaw Pandey
Martial Arts Teacher

AS
Arunav Sarkar
Art & Craft Teacher

AD
Alpana Das
House Mother

KD
Karuna Deep
House Mother

BC
Bina Chetry
House Mother

AT
Anjali Tanti
House Mother

SD
Sumi Dutta
House Mother

CB
Chahera Begum
House Mother

QUIZ CORNER

Test yourself

1. Which mosquito spreads dengue?
2. Which vitamin does our skin make in sunlight?
3. Who wrote Malgudi Days?
4. What is normal human body temperature in °C?
5. What is the national fruit of India?

Answers: 1. Aedes · 2. Vitamin D · 3. R. K. Narayan · 4. About 37 °C · 5. The mango

Our ABC *Academy*

Affiliated to CBSE, New Delhi · No. 230097 · School code 35181 · Nursery to Class XII



ADMISSIONS 2027–28

Enquiries are welcome all year. Visit the school office or apply through the website.

VISIT US

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ABC Monthly is published by Our ABC Academy for its students, parents and well-wishers. Photographs are the school's own. Undated photographs are from the school's archive. Issue 4, July 2026.