

PUPIL'S PARTICULARS
(TO BE FILLED IN BY THE PARENT)



NAME (CAPITAL LETTERS): _____

ADM. No. : _____ HOUSE : _____

DATE OF BIRTH : _____ BLOOD GROUP : _____

CLASS : _____ SEC : _____ CLASS TEACHER : _____

CASTE : _____ RELIGION : _____

CATEGORY : ☐ OC ☐ FC (**General**) | ☐ BC ☐ MBC (**OBC**) | ☐ SC ☐ ST

AADHAR NO. : _____

EMIS NO. : _____

NAME OF THE PARENTS (CAPITAL LETTERS) :

FATHER/GUARDIAN (with Initial): _____

MOTHER (with Initial) : _____

ADDRESS FOR COMMUNICATION : _____

_____ PINCODE: _____

MOBILE / CONTACT DETAILS :

HOME : _____ MOBILE: _____

OFFICE : _____

E-MAIL : _____

NAME AND CLASS OF BROTHERS / SISTERS AT THIS SCHOOL

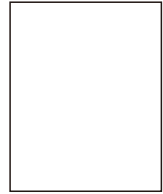
(MOTHER)

SIGNATURES

(FATHER)

PUPIL'S PARTICULARS

(TO BE FILLED IN BY THE PARENT)



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NAME AND CLASS OF BROTHERS / SISTERS AT THIS SCHOOL

(MOTHER)

SIGNATURES

(FATHER)

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TIME TABLE FOR THE ACADEMIC YEAR 2023 - 2024

PERIOD		I	II		III	IV	V				VI	VII	VIII	IX		
Starts At	8.30	8.50	9.30	10.10	10.25	11.05	11.45	12.25	12.55	1.00	1.35	2.10	2.20	3.05	3.50	3.55
End At	8.50	9.30	10.10	10.25	11.05	11.45	12.25	12.55	1.00	1.35	2.10	2.20	3.05	3.50	3.55	
MONDAY	ASSEMBLY				MORNING RECESS				LUNCH BREAK		SILENCE TIME		AFTERNOON RECESS			STUDENTS LEAVE THE SCHOOL
TUESDAY																
WEDNESDAY																
THURSDAY																
FRIDAY																
SATURDAY																

ZERO PERIOD TIME TABLE 2023 - 2024

PERIOD		I	II		III	IV	V		VI	VII	AFTERNOON RECESS		VIII	IX			
Starts At	8.25	9.30	10.05	10.40	10.50	11.25	12.00	12.35	1.00	1.35	2.10	2.20	2.20	3.05	3.50		
End At	9.25	10.05	10.40	10.50	11.25	12.00	12.35	1.00	1.35	2.10	2.20	2.20	3.05	3.50	3.55		
MONDAY	EXAM				MORNING RECESS				LUNCH BREAK				AFTERNOON RECESS			END OF THE DAY PRAYER	
TUESDAY																	
WEDNESDAY																	
THURSDAY																	
FRIDAY																	
SATURDAY																	

DAILY SCHEDULE - FOR CLASSES VI TO XII

TIME	PERIOD
8.15 a.m	STUDENTS REPORT TO THEIR RESPECTIVE CLASSROOMS
8.15 a.m to 8.25 a.m	ATTENDANCE AND INSPECTION
8.25 a.m to 8.30 a.m	CLASS TEACHERS TO SEND THE ABSENTEE LIST TO THE OFFICE
8.30 a.m to 8.50 a.m	ASSEMBLY
8.50 a.m to 9.00 a.m	1 st PERIOD
9.30 a.m to 10.10 a.m	2 nd PERIOD
10.10 a.m to 10.25 a.m	MORNING BREAK
10.25 a.m to 11.05 a.m	3 rd PERIOD
11.05 a.m to 11.45 a.m	4 th PERIOD
11.45 a.m to 12.25 p.m	5 th PERIOD
12.25 p.m to 12.55 p.m	LUNCH BREAK
12.55 p.m to 1.00 p.m	SILENCE TIME
1.00 p.m to 1.35 p.m	6 th PERIOD
1.35 p.m to 2.10 p.m	7 th PERIOD
2.10 p.m to 2.20 p.m	AFTERNOON BREAK
2.20 p.m to 3.05 p.m	8 th PERIOD
3.05 p.m to 3.50 p.m	9 th PERIOD
3.50 p.m to 3.55 p.m	END OF THE DAY PRAYER
3.55 p.m	STUDENTS LEAVE THE SCHOOL

HOME WORK TIME TABLE

DAY	SUBJECT 1	SUBJECT 2	SUBJECT 3
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			

PAYMENT OF SCHOOL FEES

TERM	ON OR BEFORE
TERM I	15 th APRIL 2023
TERM II	15 th AUGUST 2023
TERM III	15 th DECEMBER 2023

NOTE: THE PAYMENT MUST BE MADE THROUGH ONLINE PORTAL (www.psgps.edu.in) ONLY. IN THE EVENT OF ANY OF THESE DATES FALLING ON A PUBLIC HOLIDAY THE VERY NEXT WORKING DAY WOULD BE TREATED AS THE LAST DATE FOR THE REMITTANCE OF SCHOOL FEES.

LATE FEE: A LATE FEE OF Rs.100/- PER DAY SHOULD BE REMITTED FROM THE DUE DATE FOR THE NEXT FIVE DAYS. THEREAFTER, NEITHER THE BANK NOR THE SCHOOL WILL ACCEPT THE SCHOOL FEE AND THE NAME OF THE STUDENT WILL BE STRUCK OFF FROM THE ROLL WITHOUT INTIMATION.

EXAMINATION SCHEDULE

FOR CLASSES VI TO VIII

MONTH	EXAM	BEGINS ON	CONCLUDES ON
JUNE	MONTHLY TEST	21.06.2023	30.06.2023
JULY	MONTHLY TEST	20.07.2023	28.07.2023
SEPTEMBER	HALF YEARLY EXAMINATION	04.09.2023	15.09.2023
NOVEMBER	MONTHLY TEST	23.11.2023	30.11.2023
JANUARY	MONTHLY TEST	19.01.2024	27.01.2024
MARCH	ANNUAL EXAMINATION	08.02.2024	21.02.2024

FOR CLASS IX

MONTH	EXAM	BEGINS ON	CONCLUDES ON
JUNE	MONTHLY TEST	21.06.2023	30.06.2023
JULY	MIDTERM EXAMINATION-I	20.07.2023	28.07.2023
SEPTEMBER	HALF YEARLY EXAMINATION	04.09.2023	15.09.2023
NOVEMBER	MIDTERM EXAMINATION-II	21.11.2023	30.11.2023
JANUARY	MONTHLY TEST	19.01.2024	27.01.2024
FEBRUARY	ANNUAL EXAMINATION	12.02.2024	21.02.2024

FOR CLASS X

MONTH	EXAM	BEGINS ON	CONCLUDES ON
JUNE	MONTHLY TEST	21.06.2023	30.06.2023
JULY	MIDTERM EXAMINATION	20.07.2023	28.07.2023
SEPTEMBER	HALF YEARLY EXAMINATION	04.09.2023	15.09.2023
OCTOBER	SPLIT UP EXAMINATION-I	25.10.2023	30.10.2023
NOVEMBER	SPLIT UP EXAMINATION-II	15.11.2023	20.11.2023
DECEMBER	PRE BOARD EXAMINATION-I	30.11.2023	08.12.2023
JANUARY	PRE BOARD EXAMINATION-II	18.01.2024	27.01.2024
FEBRUARY	PRE BOARD EXAMINATION-III	01.02.2024	09.02.2024

FOR CLASS XI

MONTH	EXAM	BEGINS ON	CONCLUDES ON
JUNE	MONTHLY TEST	21.06.2023	30.06.2023
AUGUST	MONTHLY TEST	20.07.2023	28.07.2023
SEPTEMBER	HALF YEARLY EXAMINATION	04.09.2023	15.09.2023
NOVEMBER	MONTHLY TEST	23.11.2023	30.11.2023
JANUARY	MONTHLY TEST	10.01.2024	25.01.2024
FEBRUARY	ANNUAL EXAMINATION	12.02.2024	21.02.2024

FOR CLASS XII

MONTH	EXAM	BEGINS ON	CONCLUDES ON
JUNE	MONTHLY TEST	21.06.2023	30.06.2023
JULY	MIDTERM EXAMINATION	20.07.2023	28.07.2023
SEPTEMBER	HALF YEARLY EXAMINATION	04.09.2023	15.09.2023
OCTOBER	SPLIT UP EXAMINATION-I	25.10.2023	30.10.2023
NOVEMBER	SPLIT UP EXAMINATION-II	15.11.2023	20.11.2023
DECEMBER	PRE BOARD EXAMINATION-I	30.11.2023	08.12.2023
JANUARY	PRE BOARD EXAMINATION-II	18.01.2024	27.01.2024
FEBRUARY	PRE BOARD EXAMINATION-III	01.02.2024	09.02.2024

EXAM SCHEDULE

SCHEDULE FOR HALF YEARLY EXAMINATION

SEPTEMBER - 2023

DATE	DAY	SUBJECT

SCHEDULE FOR ANNUAL EXAMINATION

FEBRUARY 2024

DATE	DAY	SUBJECT

SCHOOL MANAGING COMMITTEE

CHAIRMAN

Shri. L. Gopalakrishnan

SECRETARY

Shri. E. Girish

MEMBERS

Shri. V. Lakshminarayanaswamy

Smt. Geetha Padmanaban

Shri. E.H. Sathishkumar

Smt. B. Velumani

Smt. S. Veena

Shri. R. Manoharan

Smt. Shobana

Smt. Geetha Jayachandran



PARENT TEACHER ASSOCIATION

Office Bearers

PRESIDENT

Shri. P. Ramachandran

VICE-PRESIDENT

Smt. S. Veena

SECRETARY

Smt. N. Sarala

JOINT SECRETARY

Shri. P. Nallasamy

TREASURER

Shri. K. Ravi



STAFF LIST

Principal

Mr. E. Girish M.Sc., B.Ed.

Vice Principal

Mr. E.H. Sathish Kumar MCA., M.Phil., B.Ed., M.Sc (Coun. & Psy)



TEACHING STAFF

DEPARTMENT OF ENGLISH

Mrs. S. Cathaleen Elgiva M.A., B.Ed.,

H.O.D

Mrs. N. Gnaneswari M.A., B.Ed.,

Mrs. K. Vinodhini M.A., B.Ed.,

Mrs. S. Sumaiya M.A., B.Ed.,

DEPARTMENT OF LANGUAGE

TAMIL

Mrs. A. Bhuvaneswari M.A., B.Ed.,

H.O.D

Mrs. R. Bhagavathi M.A., B.Ed.,

Mrs. B. Geetha Lakshmi B.Lit., M.A., M.Phil., B.Ed

HINDI

Mr. R. Thiruvankataswamy M.A., B.Ed., M.phil

Mrs. S. Shanmugavadivu M.A., MA., B.Ed., M.phil., PGDCA

DEPARTMENT OF MATHS

Mrs. J. Diana M.Sc., M.phil., B.Ed.,

H.O.D

Mrs. L. Jeevitha M.Sc., B.Ed.,

Mrs. S. Subha M.Sc., M.phil., B.Ed.,

Mrs. V. Prashanthi M.Sc., B.Ed.,

Mrs. R. Ramya M.Sc, B.Ed.,

Mrs. L. Priyadarshini M.Sc., B.Ed.,

DEPARTMENT OF SCIENCE

Mrs. M. Kalayarasi M.Sc., B.Ed., (Bio)

H.O.D

Mr. S. Regis Antony Christopher M.Sc., B.Ph., B.Ed., (Phy)

Mrs. M. Veena M.Sc., B.Ed., (Che)

Mrs. V. Nivetha M.Sc., B.Ed., (Che)

Mrs. R. Sangeetha M.Sc, B.Ed., (Phy)

Mrs. R. Renuga Devi M.Sc, M.Phil., Ph.D., (Che)

Mr. S. Srinivasan M.Sc, B.Ed., (Bio)

New Physics Teacher

DEPARTMENT OF COMPUTER SCIENCE

Mrs. R. Meenakshi M.Sc., I.T

H.O.D

Mrs. S. Padmini M.C.A., B.Ed.,

STAFF LIST

DEPARTMENT OF HUMANITIES

Mrs. S. Veena M.Com., B.Ed.,

H.O.D

Mrs. S.Bhagavathiammal M.A. (Political Science), M.L.I.Sc.,

Ms. S. Nandhiniswari M.A, B.Ed.,

Mrs. Babitha Varghese

New SST Teacher

DEPARTMENT OF PHYSICAL EDUCATION

Mrs. G.Shoba M.P.Ed.,

H.O.D

Mr. K. Kuppusamy Cert .Course in Physical Education

Mr. K. Santhosh Kumar B.Sc., B.Ed., B.P.Ed

FINE ARTS & MUSIC

Mrs. R. Meenakshi M.Sc I,T

H.O.D

Mr. B. Mani (Instrument)

Mr. D. Saravanan M.F.A., (ART)

Ms. K. Janani B.A., Dip. Dance., (DANCE)

Mrs. Dhanya Navin B.P.A, M.P.A., (MUSIC)

LIBRARY SCIENCE

Mr. V. Parameswaran M.Com, M.L.I.S.,

WELLNESS

Ms. M. Janani M.Sc., Applied Psychology

NON TEACHING STAFF

Mrs. S. Vijayalakshmi B.B.M - Secretary to Principal

Mr. R. Suresh Balaji B.C.A - System Administrator

Mrs. C.B Kavitha B.Sc - Receptionist

Mrs. A. Lavanya B.Com - Office Assistant

Mrs. M. Veerakaliammal - Office Attender

DUTIES & RESPONSIBILITIES

ACTION TEAMS 2023-2024

1 DISCIPLINARY COMMITTEE

Chair Person
Members

Principal
Vice Principal
Academic Coordinator
Respective In-charge of sections
Respective Class Teacher &
Associate Class Teacher

2 ACADEMIC CO-ORDINATOR

Mrs. A. Bhuvaneswari

3 SEWA CO-ORDINATORS

Mrs. S. Bhagavathiammal (**Work Education**)
Mrs. G. Shoba (**Health & Phy. Education**)
Mrs. R. Meenakshi (**Art Education**)

4 IN-CHARGES OF SECTIONS

Junior school (Classes 6 to 8)
Secondary school (Classes 9 to 12)

Mr. R. Thiruvengkataswamy
Mrs. S. Subha

5 EXAMINATION

Co-ordinator
Members

Mrs. S. Shanmugavadivu
Mr. R. Thiruvengkataswamy
Mrs. L. Priyadarshini

6 IN-CHARGE OF TIME TABLE

Vice Principal

7 COMPETITIVE EXAMINATION

Co-ordinator
Members

Mrs. N. Ganeswari
Mrs. R. Meenakshi
Mr. D. Saravanan
Mrs. M. Kalayarasi
Mrs. V. Prashanthi

Consolidation of results

OTHER EXAMINATIONS:

8 GENERAL KNOWLEDGE

Mrs. S. Bhagavathiammal
New SST Teacher

9 SPELLING BEE

Mrs. K. Vinodhini
Mrs. S. Sumaiya

10 TEST OF REASONING

Mrs. V. Prashanthi
Mrs. R. Ramya

11 TALENT SEARCH IN SCIENCE

Ms. N. Sandhiya
Ms. V. Nivetha

12	GENERAL STUDIES (XI & XII)	Mrs. S. Veena Class Teachers
13	JEE/NEET/CPT/PISA	Mrs. M. Kalayarsi Ms. M. Veena Mr. S. Regis Antony Christopher Ms. J. Diana Mrs. L. Jeevitha Mrs. S. Subha
14	HOUSE ACTIVITIES	
	Co-ordinator Cauvery House Godhavari House Krishna House Vaigai House	Ms. J. Diana Mrs. K. Vinothini Mrs. Mrs. S. Cathaleen Elgiva Mrs. Ganeswari Mrs. S. Shanmugavadivu
15	INTER-HOUSE COMPETITIONS	
	Convenor Consolidation of House Points	Mrs. S. Subha Ms. J. Diana House Mistresses
16	INDUSTRIAL VISITS & FIELD TRIPS	
	Co-ordinator Members	Vice Principal Mr. R. Thiruvengkataswamy Ms. M. Veena Mr. S. Regis Antony Christopher
17	PHOTOGRAPHY	Mrs. G. Shoba Mr. D. Saravanan Mr. R. Suresh Balaji
18	AV ROOM & AV EQUIPMENTS	Mr. R. Suresh Balaji Mr. B. Mani
19	CULTURAL ACTIVITIES & SCHOOL FUNCTIONS PLANNING & INVITATION	Principal Vice Principal Heads of various departments
	RECEPTION & REFRESHMENT	Mrs. S. Padmini Mrs. N. Ganeswari Ms. N. Sandhiya Mrs. L. Priyadarshini
	STAGE SETTINGS & PROPS	Ms. K. Janani - Dance Teacher (In-charge) Mrs. S. Veena Mrs. R. Meenakshi Mr. B. Mani Mr. S. Regis Antony Christopher
	PROGRAMME IN-CHARGE	Mrs. S. Cathaleen Elgiva

20	PARENT TEACHER ASSOCIATION	Vice Principal Mrs. S. Veena
21	SCHOOL EDITORIAL TEAM	
	Chief Editor	Vice Principal
	Members	Mrs. K. Vinodhini Mrs. N. Gnaneswari Mr. R. Thiruvengataswamy Mrs. A. Bhuvaneshwari Mr. D. Saravanan
22	CAMPUS MAINTENANCE	Mrs. C.B. Kavitha Ms. A. Lavanya
23	QUARTERLY REPORT	
	In-Charge	Ms. J. Diana
	Harbinger	Mrs. K. Vinodhini
	School Newsletter /Press Notes	
24	NCC - ANO	Mr. K. Santhosh Kumar
25	WEBSITE UPDATES	
	Incharge	Mrs. R. Meenakshi
	Member	Mrs. S. Padmini

CLASS TEACHERS

CLASS & SEC.	CLASS TEACHER	CLASS TEACHER
VI A	Mrs. B. Geethalakshmi	Mrs. R. Ramya
VI B	Mrs. V. Prashanthi	Ms. KJanani (Dance Teacher)
VII A	Mrs. R. Bhagavathi	New SST Teacher
VII B	Mrs. S. Sumaiya	Ms. V. Nivetha
VIII A	Mrs. N. Gnaneswari	Ms. N. Sandhiya
VIII B	Mrs. K. Vinodhini	Mrs. Babitah Varghese
IX A	Mrs. S.Bhagavathiammal	Mrs. L.Priyadharshini
IX B	Mrs. M. Kalayarasi	Mrs. R. Sangeetha
X A	Mrs. M. Veena	Ms. M. Janani (Wellness Teacher)
X B	Mrs. S. Subha	Mr. S.Regis Antony Christopher
XI SCI A	Mrs. R. Meenakshi	Mr. S. Srinivasan
XI SCI B	Mrs. S. Cathaleen Elgiva	Mrs. R. Renuga Devi
XI MGMT	Ms. S. Nandhiniswari	
XII SCI A	Mrs. L. Jeevitha	
XII SCI B	Mrs. S. Padmini	
XII MGMT	Mrs. S. Veena	

HOUSE STAFF

CAUVERY HOUSE

Mrs. K. Vinodhini

Mr. R. Thiruvengataswamy
 Mrs. R. Ramya
 Mr. S. Regis Antony Christopher
 Ms. M. Veena
 Mrs. R. Meenakshi
 New SST Teacher

GODHAVARI HOUSE

Mrs. S. Cathaleen Elgiva

Mrs. B. Geethalakshmi
 Mrs. L. Jeevitha
 Ms. N. Sandhiya
 Mrs. R. Renuga Devi
 Mrs. S. Padmini
 Ms. M. Janani

KRISHNA HOUSE

Mrs. N. Gnaneswari

Mrs. R. Bhagavathi
 Mrs. L. Priyadharshini
 Mrs. M. Kalayarasi
 Mrs. R. Sangeetha
 Mrs. S. Bhagavathiammal
 Mrs. Babitah Varghese

VAIGAI HOUSE

Mrs. S. Shanmugavadivu

Mrs. S. Sumaiya
 Mrs. V. Prashanthi
 Ms. V. Nivetha
 Mr. S. Srinivasan
 Mrs. S. Veena
 Ms. S. Nandhiniswari

STUDENT COUNCIL

SERVE

LEAD

INSPIRE

2022 - 2023

HEAD BOY	DHANUSH MS
HEAD GIRL	SONIKA P
VICE-HEAD BOY	MADHUSHYAM M
VICE-HEAD GIRL	SHRINIYATHI S
LITERARY CLUB PRESIDENT	MARIYA M
LITERARY CLUB SECRETARY (BOY)	ADARSH PRANAV S
LITERARY CLUB SECRETARY (GIRL)	SHALIKA RAVISHANKAR
SPORTS CAPTAIN (BOY)	GUHANESH N
SPORTS CAPTAIN (GIRL)	ASHMITHA S
CULTURAL SECRETARY	LAKSHANA K
CAUVERY HOUSE PREFECT (BOY)	SHAILESH S
CAUVERY HOUSE PREFECT (GIRL)	MAALIKA P
GODHAVARI HOUSE PREFECT (BOY)	ALAN ISSAC DAVIDSON
GODHAVARI HOUSE PREFECT (GIRL)	MAHIMA S
KRISHNA HOUSE PREFECT (BOY)	HARISH G M
KRISHNA HOUSE PREFECT (GIRL)	JEMIMA SARDONYX HALENA
VAIGAI HOUSE PREFECT (BOY)	PRASANNA ADITHYAA R
VAIGAI HOUSE PREFECT (GIRL)	NESHIKA S

VISION & MISSION



VISION

To create a conducive and congenial learning environment that caters to the various needs of the diverse learners in our school to acquire the essential skills of 21st century learners and develop holistically to face the world with courage and confidence to become a socially responsible Global citizen.

MISSION

MISSION STATEMENT 1: INFRASTRUCTURE

The school will build state of the art infrastructure which is essential to reach the vision.

MISSION STATEMENT 2: CURRICULUM

The school will develop student-centric curriculum which will maximize the participation and potential of every child in the learning process.

MISSION STATEMENT 3: PEDAGOGY

The school will develop Innovative and Creative Pedagogy to enhance the various skills of 21st century learners. Our core principle will be Competency Based Teaching – Learning process which will enhance Experiential and Active Learning.

MISSION STATEMENT 4: ASSESSMENTS

The school will generate assessment plans based on Multiple Intelligences (MI) and diverse learners in any classroom and ensure that every child experiences success which is essential for building one's self esteem to face the world with courage and confidence

MISSION STATEMENT 5: TEACHER DEVELOPMENT

The school will evolve necessary developmental plans in order to recruit / retain quality teachers who are considered to be the backbone of our school. For leading learning, our teachers would periodically engage themselves in Continuous Professional Development (CPD) programmes as prescribed in NEP 2020

MISSION STATEMENT 6: EXTR-CURRICULAR & CO-CURRICULAR ACTIVITIES

The school will design a rigorous academic programme which will be our prime focus, but we would have an equally outstanding co-curricular and extra-curricular agenda for students to endow them with a much needed holistic education (as per NEP 2020) to give them a competitive edge over their counterparts elsewhere.

MISSION STATEMENT 7: CORE VALUE SYSTEM

The school will promote communal harmony, secular approach and inculcate in every child the respect for human dignity and a sense of patriotism.

MISSION STATEMENT 8: SQAA

In order to ensure that the school meets all these standards to become a first rate school in the country, we will periodically assess our systems and processes through SQAA.

Our Philosophy :

Aim to develop holistically



21st Century skills

COMMUNICATION :

Communication skills are essential for success in school and beyond. By encouraging active listening, providing opportunities for collaboration, teaching effective writing skills, practicing public speaking, and using technology to enhance communication. Schools can help students develop strong communication skills that will benefit them throughout their lives. By developing good communication skills, students can improve their academic performance, build better relationships with peers and teachers, prepare for future careers, foster personal development, and enhance critical thinking abilities.

Assembly talks, Public speaking, Role-play, Debate, Peer discussion, Collaborative projects, Book review, Creative writing and Vox Populi.



COLLABORATION :



Collaboration among students promotes teamwork, enhances problem-solving skills, and fosters a sense of community. It helps students to develop important social skills and prepares them for success in personal and professional life.

Group projects, Peer teaching, Academic Exhibition, Expo, etc.

CRITICAL THINKING :

Critical thinking is essential for problem-solving, decision-making, and effective communication, and can help students become responsible and engaged citizens. By promoting critical thinking among students, schools can help prepare them for success in the classroom and in life.

Problem solving activities, Socratic Discussions, Debate and Declamation, Inquiry based learning and Brainstorming.



CREATIVE THINKING :



Creative thinking can help students in schools to solve complex problems, think critically, and come up with innovative solutions. However, it is often neglected in traditional educational systems that focus more on rote memorization and standardized tests.

Encouraging divergent thinking, Providing opportunities for self-directed learning, Incorporate art and music into the curriculum.

Mind mapping, Creative writing and Gamification.

LEADERSHIP :



Leadership in school is crucial for students as it helps in their overall development and prepares them for future challenges. It provides a platform for them to learn and grow, and equips them with the skills and qualities necessary for success in life.

Student Council, Organising Morning Assembly, Preparing various events / items for Annual Day Celebrations, Sports Meet and other Celebrations in the school.

HEALTH AND WELLNESS :

Health and wellness in schools promote academic success, mental health, and healthy habits. They create a positive school culture and prepare students for future success. Schools can play a critical role in promoting health and wellness by providing resources, education, and opportunities for students to prioritize their well-being as envisaged by the Government of India through its NEP 2022.



EXPERIENTIAL LEARNING :

Experiential learning focuses on creating experiences that have a practical application of knowledge and skills to real-world experiences to increase learner's knowledge and develop competence in skills and behaviours.

Hands-on laboratory experiments (Pasco Lab & Science Lab) , Field trips and Educational tours



CAREER COUNSELLING :

Career counselling in schools helps students explore their interests, skills, and values to make informed decisions about their future career paths. It helps students achieve their career goals and succeed in their chosen fields.

Psychometric Test, Personality Test, Aptitude Test, Interest Test & One on one discussion - Counseling Report.



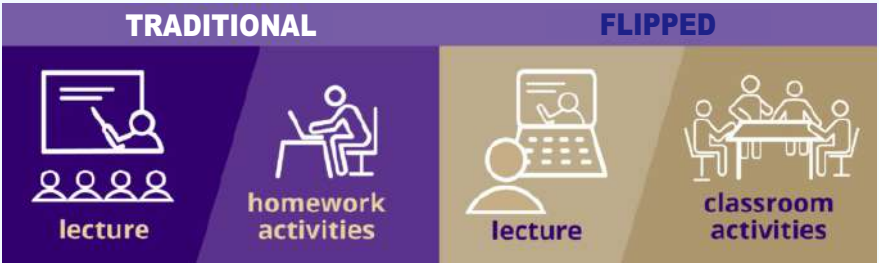
COMMUNITY OUTREACH PROGRAM :



Community outreach program aims to connect schools with the wider community, with the goal of enhancing student learning and community development. It provides opportunities for individual development, promotes wellness, and builds social connections.

Adaption of a neighbouring village and taking up the following projects : i) Academics ii) Sports & Games for the school going iii) Adult Literacy & iv) Nutrition and Healthy living etc.

FLIPPED LEARNING :



In the flipped classroom, students watch pre-recorded lectures or read instructional materials before coming to class, and use class time to engage in active learning by indulging in discussions, problem-solving, and collaborative projects. By providing students with the opportunity to review and interact with instructional materials before class, they are better prepared to engage in class activities and apply their knowledge. In addition, class time can be used more efficiently, with teachers focusing on addressing student’s questions and facilitating deeper learning experiences rather than delivering lectures.

HIGH - TECH CLASSROOMS (INTERACTIVE PANEL WITH LMS SUPPORT):



It provides communication tools that allow educators and learners to communicate effectively. Educators can send announcements, respond to student inquiries, and facilitate discussion forums. It allows Educators to create and deliver quizzes, assignments, and assessments. The system can automatically grade assignments and provide learners with feedback. It also provides a

personalized learning experience for learners. The system can adapt to individual learning styles and provide learners with customized learning paths. There are prime objectives behind this exercise, they are i) the lessons are customized to the needs of individual learners and ii) it promotes deeper learning and each learner can use it to their pace of learning.

RULES & REGULATIONS

(For details, especially of admission, withdrawals and fees rules, please contact the school office)

01. All students come under school rules from the beginning of the journey to school until the end of their journey back home.
02. All students should, at all times, maintain a high standard of manners, in particular:
 - (a) they should show consideration for the need of others;
 - (b) they should take pride in their personal appearance;
 - (c) they should greet all ladies, teachers, administrative staff and visitors; and,
 - (d) boys must stand up at the approach of ladies and gentlemen of their acquaintance and of visitors and never keep their hands in their pockets while speaking to the teachers or to their prefects and monitors.
03. Prefects along with the staff are responsible for the discipline of the school and for enforcement of all rules.

DRESS CODE

01. Students should always be dressed in the prescribed school uniform or games dress, wherever applicable.
02. Informal dress is permitted only on excursions/expeditions/outing or, whenever permitted by the teacher-in-charge of the particular class on the child's birthday.
03. All the buttons, except the top one, of the shirt will be fastened.
04. Clothes and shoes not of the regulation pattern, or, in any way, unsuitable, will not be allowed.
05. All boys must have regulation haircut (side burns and long hair on nape, mushroom cut or crew cut are forbidden). Beard or stubble is not permitted.
06. Children who wish to wear informal clothes on their birthday should avoid wearing Jeans, T-shirts, or tight fitting clothes. (Please seek Class Teacher's advice in this regard)

MISCELLANEOUS



01. Classrooms must be kept tidy. Text-books and exercise books must not be defaced in any way. Desks and cupboards must be kept in an orderly and tidy manner.
02. Lights and fans and must be switched off and windows and doors closed when the classroom is not in use. This is the responsibility of the class monitor.
03. No student may tamper with or operate any electrical fitting.
04. Litter: All waste paper and waste material must be put in the proper receptacle. Students must make it a point of picking up and disposing of litter and caring for the appearance of the school.
05. Breakages: Any breakages of, or damage to, school property must be reported immediately to the Class Teacher and the school office. The charge debited to the student will depend on the circumstances and nature of the damage, and on the promptness with which it is reported.
06. Literature: No boy or girl may possess any literature without having it approved and signed by the Class Teacher or English or Second Language teachers, as appropriate. Unsigned literature will be confiscated or thrown away and the possessor punished.
07. Losses: All loss should be reported at once to the office and any unclaimed article found on the school campus must be taken to the school office and deposited there.
08. No video and audio tapes, CD, DVD, floppy disks, pen drives and any other form of storage devices, electronic articles/equipment should be brought to the school.

NOTE to Parents...

In order to achieve our aims we should like you to help us make our children follow all school rules. May we request you also to keep in mind the following?

01. Improper conduct reflecting character, persistent irregularity, continual neglect of studies, disobedience, insubordination and disrespect towards any staff member, malpractice at test and examinations, thieving, immoral behaviour, smoking or chewing tobacco, use of drugs and liquor and other serious intentional offences, are punishable by expulsion.
02. Parents are requested to co-operate with the school authorities by enforcing regularity and discipline, by seeing that the children prepare their lessons and by taking an active interest in the activities of the school.
03. Parents are informed that remarks by the teachers are made in the Pupil's diary-cum-calendar, when necessary. They are requested to check the diary-cum-calendar and sign it, indicating that they have seen the remarks.
04. Parents are expected to sign, at least, once a fortnight the exercise books of their children, their periodic progress reports or any other similar documents, when requested to do so. Failure to do so may put their children to inconvenience.
05. Parents/Guardians are requested not to apply for leave of absence for their children or ask to see them during lessons, unless absolutely necessary.
06. If a student is likely to be absent due to illness for a long period, the Principal must be informed in writing as soon as possible to request leave of absence.
07. When communicating with the Principal, parents/guardians are requested to mention in the letter, besides the name of the student, his/her class and section.
08. Parents/guardians are especially requested to notify the school of any change in their address and telephone numbers as soon as possible.
09. Parents/guardians are requested not to send the children to the school for at least a fortnight after they have recovered from infectious or contagious diseases like chicken pox, measles, mumps, etc., and until they are medically fit. They should bring the necessary medical certificate of fitness to school and hand it over to the Class Teacher.

10. Parents/guardians or other persons are not permitted to see the teachers during school hours without the permission of the Principal/Headmistress. On urgent matters, the staff may be seen by prior appointment, when they are free.
11. Parents/guardians are expected to ensure that their children/wards leave the school premises not later than fifteen minutes after the school gets over.
12. ATTENTION TO CIRCULARS: Parents are requested to read carefully all circular letters/notices issued by the school from time to time, and take action promptly. Timely action on these is in the interest of the children.
13. CORRESPONDENCE: All letters concerning children, except those of a personal nature, should be addressed to the "PRINCIPAL" by designation and not by name. It will be of great help if parents state in their letter the class and section of the child.
14. Parents are requested not to enter their child(ren)'s classroom without permission.
15. SMOKING AND THE USE OF CELL/MOBILE PHONE IN THE SCHOOL PREMISES IS STRICTLY PROHIBITED.
16. Parents are welcomed to call on the Principal in his office by appointment when they visit the school.
17. SPECIAL LEAVE: Parents/guardians are requested to refrain from asking for special leave of absence to attend weddings of other than child's own brother or sister or for religious ceremonies, social functions and domestic celebrations as leave for such purposes is normally not granted during term time.
18. VALUABLES: Children are not allowed to bring any valuable articles such as expensive cameras, costly watches, transistors, radios, jewellery, cassette recorders, audio and video cassettes, floppy drives, pen drives, other storage devices, mobile phones, etc., with them.
19. ATTENDANCE: Attendance on the day of reopening is compulsory. Absence due to illness or for any other reason should be intimated at once as prior permission is required even for a short period of a day or two. Long absence, without prior intimation, may result in the child's name being taken off from all the school rolls.

A Perfect Attendance Certificate is awarded at the end of the year if one was present on all school days and was on time for roll call every morning and for all functions of the school.

Similarly, attendance on the last day before the commencement of each vacation is compulsory. Permission for children to leave school early, except for valid reasons, is normally not granted.

20. **PRIVATE TUITIONS:** There are no facilities for private tuitions in the school. However, children who are weak in a particular subject are given extra tutorial help as and when considered necessary, or requested by parents in very special cases.
21. **FAMILY PROBLEMS:** It would help the child if parents inform the Principal and the child's Class Teacher/Housemistress about unusual problems in the family, like estrangement, divorce, separation, property dispute, etc. Information about unusual health problems should also be shared with the school staff. All such information will be treated in strict confidence and remedial measures taken in order to ensure the child's happiness here.
22. **SCHOOL UNIFORM:** Your ward(s) is/are expected to wear the following uniform on different days as per the schedule given below:

DAY	GRADE VI - VII	GRADE IX - XII
MONDAY	WHITE T-SHIRT AND TRACK PANT	WHITE T-SHIRT AND TRACK PANT
TUESDAY & THURSDAY	REGULAR SCHOOL UNIFORM (SHIRT & PANT/SKIRT)	HOUSE T-SHIRT AND TRACK PANT
WEDNESDAY & FRIDAY	HOUSE T-SHIRT AND TRACK PANT	REGULAR SCHOOL UNIFORM (SHIRT & PANT/SKIRT)
SATURDAY	HOUSE T-SHIRT AND TRACK PANT	HOUSE T SHIRT AND TRACK PANT

IN THE EVENT OF HAVING ANY INTER-HOUSE TOURNAMENTS ON SATURDAYS THE PLAYERS CAN COME IN HOUSE T SHIRT AND TRACK PANT. ALL THE DAYS THEY ARE EXPECTED TO WEAR THE SCHOOL SHOES AND SOCKS.

The Principal will always welcome your suggestions, comments and opinions. Do feel free to see him or write to him. He feels that nothing much can be achieved without parents' co-operation.

PARENTS ARE WELCOME ALWAYS TO CALL ON THE PRINCIPAL IN HIS OFFICE ON FRIDAYS BETWEEN 1.00 AND 2.30 P.M. FOR GENERAL QUERIES HE CAN BE CONTACTED BY MAIL

(principal@psgps.edu.in)

SCHOOL OFFICE TIMINGS

MORNING 08.15 A.M. TO 12.25 P.M.

LUNCH 12.25 P.M. TO 01.00 P.M.

AFTERNOON 01.15 P.M. TO 03.55 P.M.

(VISITORS ARE ALLOWED ONLY DURING THE MORNING SESSION)



ADMISSION & WITHDRAWALS



Students of our school are expected to follow the curriculum prescribed by the Central Board of Secondary Education, New Delhi.

Applications for admission should be made on the prescribed form by parents or guardians who will be responsible to the head of the school for the pupil's conduct, deportment, punctuality, regular attendance, progress in school and payment of fees, and other matters.

A child must be two years old on 31st December of the School Year before he/she can be admitted to the Pre K.G. No child who has not completed 5 years will be considered for admission to Class I. A corresponding scale of age is fixed for the successive classes.

A pupil will be given a test at the time of admission. The decision of the school authorities regarding the entrance test shall be final.

A pupil who joins the school for the first time must produce a photocopy of the official birth certificate or passport, as evidence of the date of birth entered in the admission form. A child coming from another school must produce a transfer certificate from the school last attended, duly countersigned by the education officer or the competent authority of the area.

Applications for withdrawal should be submitted in writing to the Principal at least one month before the date of withdrawal or a month's fee will be charged in lieu of the notice.

A transfer certificate, or any other certificate, will be issued only if all school dues have been paid and library books and school items taken on loan have been returned.

LEAVE OF ABSENCE



No leave will normally be granted during term time.

No student should leave the school premises during the school hours without the written permission of the Principal / Headmistress.

Except for duly approved reasons, the extension of vacation is not permitted. Latecomers after vacation, who have not been granted leave of absence, may have their names struck off the rolls.

Application for medical leave should always be accompanied by a medical certificate from a registered practitioner.

All leave applications should bear the signature of parents, or, in their absence, of guardians, who are directly responsible for the child.

EXAMS & ASSESSMENTS



UNIFORM SYSTEM OF ASSESSMENT, EXAMINATION AND REPORT CARD FOR CLASSES VI – IX FROM ACADEMIC YEAR 2017 – 18.

As you are aware, the CBSE has restored Board Examination for class X and revised assessment structure and examination for class X from Academic year 2017 – 18 onwards. This new scheme will bring the uniformity in the system of assessment and examination for classes XI and X in all the CBSE affiliated schools. To increase the confidence in the students to start preparing for class X board examination when they join the upper primary stage in class VI, the CBSE has decided to implement the uniform system of assessment, examination pattern and issue of report cards for classes VI to VIII also on the similar pattern. While keeping in view the provisions of Rights to Education Act, 2009, the scheme for classes VI – VIII has been designed on Term Assessment basis with gradual increase in the learning assessment as the students move forward. This would prepare the students to cover the whole syllabus of the academic year and face the challenge of class X Board examination, and would thus, ensure the “quality of education”.

As the CBSE affiliated schools are required to follow the NCERT syllabus in the upper primary stage, uniformity in the assessment structure, examination and issue of report card across all the affiliated schools is felt necessary from classes VI to VIII. The detail components of the scheme are mentioned below for easy understanding and implementation. There are basically three areas of assessment that CBSE has proposed. They are: 1. Scholastic areas 2. Co-scholastic areas and 3. Discipline. The assessment structure for classes VI to VIII are explained below:

Subjects	TERM -1 (100 Marks) (1st half of the session) 20 marks Periodic Assessment + 80 marks for Half Yearly Exam		TERM -2 (100 Marks) (2nd half of the session) 20 marks Periodic Assessment + 80 marks for Yearly Exam	
	PA 20 Marks	Half Yearly Exam	PA 20 Marks	Yearly Exam
Language - 1	★ Periodic Test 5 marks with syllabus covered till announce- ment of test dates by school	★ Written Exam for 80 marks with syllabus covered till announcement of Half Yearly exam dates by school	★ Periodic Test 5 marks with syllabus covered till announce- ment of test dates by school	★ Written exam for 80 marks with syllabus coverage till announcement of Yearly exam dates by school
Language - 2				
Language - 3				
Mathematics	★ Multiple Assessment- 5 Marks		★ Multiple Assessment- 5 Marks	
Science				
Social Science	★ Sub Enrichment - 5 Marks		★ Sub Enrichment - 5 Marks	
Any other Subjects				
	★ Portfolio - 5 Marks		★ Portfolio - 5 Marks	

SUBJECT ENRICHMENT ACTIVITIES: These are subject-specific activities aimed at enhancing the understanding and skills of the students. These activities are to be carried out throughout the term, however, they should be evaluated at the term-end.

LANGUAGES: Aimed at equipping the learners to develop effective listening and speaking skills. The language teachers may devise their own methods and parameters for assessment of the languages.

MATHEMATICS: Aimed at equipping the learners to develop mathematical skills through various math lab activities. The math teachers may devise their own methods and parameters for assessment of Mathematics.

SCIENCE: Practical work and activities in Science may be undertaken as suggested by the NCERT syllabus and text books.

SOCIAL SCIENCE: Map or the project work may be undertaken and suggested by the NCERT syllabus and text books.

Grading Scale for Scholastic Areas (Classes VI to IX & XI)

(School will award grades as per the following grading scale)

MARKS RANGE	GRADE
91 - 100	A1
81 - 90	A2
71 - 80	B1
61 - 70	B2
51 - 60	C1
41 - 50	C2
33 - 40	D
32 & below	E (Essential Repeat)

1. CO-SCHOLASTIC ACTIVITIES :

For the holistic development of the student, co-curricular activities in the following areas be carried out in CBSE schools by the teachers and will be graded term-wise on a 3-point grading scale (A – outstanding, B – very good and C – fair). The aspect of regularity, sincere participation, output and the teamwork be the generic criteria for grading in the following activities:

- A. Work education
- B. Art education (visual & performing)
- C. Health and physical education

2. DISCIPLINE:

The students will also be assessed for the discipline which will be based on the factors like attendance, sincerity, behaviour, values, tidiness, respectfulness for rules and regulations, attitude towards society, nation and others.

Grading on discipline will be done term-wise on a 3-point grading scale (A – outstanding, B – very good & C – fair)

The Assessment structure for classes IX & X are explained below :

1. SCHOLASTIC AREAS :

Subjects	80 Marks (Board Examination) Student has to secure 33%	20 Marks (Internal Assessment) Student has to secure 33% marks out of overall 20 marks earmarked in each subject			
		Periodic Test (5 Marks)	Multiple Assessment (5 Marks)	Portfolio (5 Marks)	Subject Enrichment Activity (5 Marks)
		(I)	(ii)	(iii)	(iv)
Language 1	Board will conduct Class-X (SSE) Examination for 80 marks in each subject covering 100% syllabus of the subject of Class - X only	Periodic written Test, restricted to three in each subject in an Academic Year.	Quizzes, Oral Test, Concept Map, Exit cards, Visual Expression etc...	Class Work, Home Work, Pear Assignment, Self Assessment, Achievement of the student in subject, Narrations, Journals etc...	Speaking and listening skills
Language 2					Speaking and listening skills
Science					Practical Lab work
Mathematics					Maths Lab Practical
Social Science					Project Work
Health and Physical Education				Compulsory Subjects having only school based internal assessment	
Work Experience					
Art Education					

DETAILS OF INTERNAL ASSESSMENT (20 MARKS)

1. PERIODIC TEST (5 MARKS)

The school should conduct three periodic written tests in the entire academic year and the average of the best two will be taken. The schools have the authority to make its own schedule. However, for the purpose of gradient learning, three tests may be held as one being the mid – term test and other the two being pre mid and post mid-term with portion of syllabus cumulatively covered. The gradually increasing portion of contents would prepare students acquire confidence for appearing in the board examination with 100% syllabus. The school will take the average of the best two tests for the final marks submission.

2. MULTIPLE ASSESSMENT (05 MARKS):

Multiple assessment will be done over the period of curriculum transaction. The subject teachers would determine the type and frequency of these. The school will use multiple and diverse techniques to assess learners viz. observation, oral tests, individual or group work, class discussion, field-work, concept maps, graphic organizers, visual representation etc. Also the school will use alternate modes of assessment as per the demand of the subject and the context towards addressing the goal of assessment for and as learning, such as, quizzes, project-work, Self and peer assessment, collaborative projects, experiments, classroom demonstrations, etc.

3. PORTFOLIO (5 MARKS)

The creation of portfolios is suggested to broaden the scope of learning and achieve diverse curriculum outcomes by examining a range of evidence of student performances being assessed. Portfolios would include classwork and homework assignments that would help evaluate learners' progress. Besides this, portfolio should be a space for student to display his/her exemplary work in the related area. The attention should be to promote techniques such as annotation, identification of key words / topics/ themes, summarization and organization of ideas and content, photos, presentations, assignments, art integrated learning, etc.

4. SUBJECT ENRICHMENT ACTIVITES (5 MARKS)

These are subject-specific activities aimed at enhancing the understanding and skills of the students. These activities are to be carried out throughout the year, however ,they should be evaluated at the year-end.

SUBJECT	ENRICHMENT ACTIVITY
LANGUAGES	SPEAKING & LISTENING SKILLS
MATHEMATICS	LAB ACTIVITIES
SCIENCE	PRACTICAL WORKS / ACTIVITIES
SOCIAL SCIENCE	PROJECT WORK

Range of Marks and Grade Boundaries

MARKS RANGE	GRADE
91 - 100	A1
81 - 90	A2
71 - 80	B1
61 - 70	B2
51 - 60	C1
41 - 50	C2
33 - 40	D
32 & below	E (Essential Repeat)

5. CO-SCHOLASTIC ACTIVITIES :

Schools should promote co-curricular activities for the holistic development of the student. These activities will be graded on a 5 – point grading scale (A to E) and will have no descriptive indicators. The generic criteria for grading in the following activities:

1. Work education or Pre – vocational education
2. Art education (visual & performing)
3. Health and physical education

6. DISCIPLINE :

Discipline significantly impacts career shaping and it helps build character, sincerity, good behaviour and values develop strength and foster unity and co – operation. Therefore, the element of discipline has been introduced.

Class teacher will be responsible for grading the students on a five – point scale (A to E).

FOR CLASSES X & XII

- 1 Assessment of theory/practical papers in external subjects shall be in numerical scores. In addition to numerical scores, the School shall indicate grades in the marks sheets issued to the candidates in case of subjects of external examinations. In case of internal assessment subjects, only grades shall be shown.
- 2 Letter grades on a Nine-point scale shall be used.
- 3 The grades shall be derived from scores in case of subjects of external examination. In case of subjects of internal assessment, they shall be awarded by the schools.
- 4 The qualifying marks in each subject of external examination shall be 33% at Senior School Certificate Examination. However, at Senior School Certificate Examination, in a subject involving practical work, a candidate must obtain 33% marks in the theory and 33% marks in the practical separately in addition to 33% marks in aggregate, in order to qualify in that subject.

- 5 For awarding the grades for the X & XII Examination, the School shall put all the passed students in a rank order and will award grades as follows:

A-1 Top 1/8th of the passed candidates
A-2 Next 1/8th of the passed candidates
B-1 Next 1/8th of the passed candidates
B-2 Next 1/8th of the passed candidates
C-1 Next 1/8th of the passed candidates
C-2 Next 1/8th of the passed candidates
D-1 Next 1/8th of the passed candidates
D-2 Next 1/8th of the passed candidates
E Essential Repeat

PROMOTION RULES

Students of classes VI to IX & XI should obtain 33% aggregate in all the scholastic areas. Promotion to the next class is decided on the basis of the above scheme of assessment during the year.

Students using, or attempting to use, unfair means (UFM), helping or attempting to help others, in any assessment test / examination will be awarded zero in that particular subject and disciplinary action taken against them.

Students absenting themselves without any valid reason from test / worksheet / assessments / examinations may not be considered for promotion. Those who are sick and are granted medical leave or those granted leave for exceptional reasons during assessment / examination may be considered for promotion if their progress has been satisfactory throughout and they have done well in the previous assessments.

Those absent from assessments will not be awarded any mark/grade. Instead, the letter "Ab" will be used in the appropriate column. They will not be placed on the merit list, either.

EVENTS & CELEBRATIONS

DATE	DAY	EVENT .
05 June 2023	Monday	School Reopens
16 June 2023	Friday	Field Trip / Industrial Visit
17 June 2023	Saturday	Fresher's Day (Senior)
07 July 2023	Friday	Investiture (9:30 - 10:30)
11 August 2023	Friday	Kiddies Meet
12 August 2023	Saturday	Sports Day
15 August 2023	Tuesday	Independence Day
24 & 25 August 2023	Thursday & Friday	Health Checkup for Term I
16 September 2023	Saturday - Monday	Term I End Holidays / Educational Tour
02 October 2023		
03 October 2023	Tuesday	School Reopens after Term I End Holidays
07 October 2023	Saturday	Open House
20 October 2023	Friday	Annual Day
10 November 2023	Friday	Diwali Celebration
23 December 2023	Saturday	Christmas Celebration
02 January 2024	Tuesday	School Reopens after Winter Holidays
09 & 10 January 2024	Tuesday & Wednesday	Health Check up for Term II
12 January 2024	Friday	Pongal Celebration

SATURDAY SCHEDULE

DATE	EVENT	PEP TALK
17 June 2023	Health Education/ Work Education / Inter House Activities (Junior - LAN II Recitation, Senior - English Extempore)	Positive Psychology
15 July 2023	Health Education/ Work Education / Inter House Activities (Junior - GK Quiz, Senior - LAN II Spelling Bee)	Biomarkers and Molecular docking.
5 August 2023	Health Education/ Work Education / Inter House Activities (Junior - LAN Elocution, Senior - Science Quiz)	Leadership, Team Building & Handling peer pressure.
19 August 2023	Health Education/ Work Education / Inter House Activities (Junior - Science Quiz, Senior - Maths Quiz)	Research - Application and Methodologies, IELTS & International Relations.
4 November 2023	Health Education/ Work Education / Inter House Activities (Junior - English Story Telling, Senior - LAN II Recitation)	NEET Preparations along with Boards & Digital addiction.
18 November 2023	Health Education/ Work Education / Inter House Activities (Junior - IT Quiz, Senior - English Elocution)	Experience working in the non profit space; Education sector
16 December 2023	Health Education/ Work Education / Inter House Activities (Junior - Humanities Quiz, Senior - LAN II Elocution)	Dentistry and Social Work
6 January 2024	Health Education/ Work Education / Inter House Activities (Junior - LAN II Spelling Bee Quiz, Senior - IT Quiz)	Supply Chain
20 January 2024	Health Education/ Work Education / Inter House Activities (Junior - English Recitation, Senior - Nil)	Ethical Hacking, C, GitHub
3 February 2024	Health Education/ Work Education / Inter House Activities (Junior - Maths Quiz, Senior - Nil)	AI and ML
10 February 2024	Health Education/ Work Education / Inter House Activities (Junior - LAN II extempore, Senior - Nil)	Hackathons, Product Development, Prototyping, CAD



NATIONAL PLEDGE

India is my country...

All Indians are my brothers and sisters...

I love my country...

I am proud of its rich and varied heritage...

I shall always strive to be worthy of it.

I shall give my parents, teachers and all elders respect,

and treat everyone with Courtesy...

To my country and to my people, I pledge my devotion.

In their well-being and prosperity alone, lies my Happiness.

Jai Hind...!

PRAYERS

SCHOOL PRAYER

O God, Who hast set us here in the majestic grandeur of this land, make us ever mindful of the abundance of Thy blessings. We praise Thee for our school, and for the heritage into which we have entered. Take away whatever is unworthy from our midst; cherish and strengthen whatever is best. Bind us more closely together in the spirit of loyalty and service so that our school may grow in strength and may become a first rate institution.

PRAYER BEFORE CLASS

Almighty God, we thank Thee for the beginning of a new day, for the dim twilight, the glowing sunrise, for new hopes and new opportunities, for the new consciousness of Thine abiding care. Give us courage and strength for our work today, give us steadfastness of purpose, patience and humility, and help us to speak the truth.

PRAYER AFTER CLASS

O God, under whose mighty and gracious protection our day was spend; we thank Thee for the continuance of so many great blessings; for the good examples we have seen; for the good words we have heard or read; for all good thoughts and fine desires which have come to our minds. O God, grant that these may not be unfruitful in us.

May God bless my mother; God bless my father; God bless my sisters; God bless my brothers; God bless my teachers; God bless me and make me a good child.

SPECIAL PRAYERS FOR THE NEW TERM

O God, we are together at the beginning of another term to ask Thy blessings upon us all. Make us strong in mind and body; make us eager in work and play; make us loyal, and ready to endure discipline for our own good, for the good of the school, and for the glory of Thy name. Give Thy blessings to all new members of our school. And grant unto us all that, as we grow in mind and stature, so may we ever grow in the knowledge and love of Thee.

FOR THOSE IN TROUBLE

O God, bless those who are not so fortunate as we are, bless those who are ill. Specially bless those who are away from home in hospitals and in infirmaries and who are feeling everything very strange, and are a little afraid. Bless those who are poor and hungry and cold; grant that in our happiness we may not forget the need of others.

THANKS GIVING AT THE END OF THE TERM

O God, under whose mighty and gracious protection our days are spent, we thank Thee for the mercies of the term that is now past, for the continuance of so many and great blessings; for any good examples we may have seen; for any good words we may have heard or read, for all thoughts and fine desires which Thou may have put into our minds. O God, grant these many not be unfruitful in us. Also that we may all have a safe journey back home and an enjoyable and rewarding holiday.

May God bless my mother; God bless my father; God bless my sisters; God bless my brothers; God bless my teachers; God bless me and make me a good child.

TRANSCEND MOBILITY

APRIL 2023	- SELF AWARENESS
MAY 2023	- DECISION MAKING
JUNE 2023	- PROBLEM SOLVING
JULY 2023	- CREATIVE THINKING
AUGUST 2023	- CRITICAL THINKING
SEPTEMBER 2023	- EFFECTIVE COMMUNICATION
OCTOBER 2023	- INTERPERSONAL SKILLS
NOVEMBER 2023	- EMPATHY
DECEMBER 2023	- DEALING WITH EMOTIONS
JANUARY 2024	- COPING WITH STRESS
FEBRUARY 2024	- COLLABORATION
MARCH 2024	- COMMUNITY OUTREACH

SELF AWARENESS

What is Self Awareness?

Self-awareness is our ability to notice our thoughts and feelings and how they influence our behaviours. In doing so, we can monitor ourselves because we have a better understanding of what our internal preferences are. At its core, self-awareness is our ability to understand ourselves and how we fit into the world.

Self-awareness is the single most important thing in living a meaningful life. We need it to be happy, find purpose, and have healthy relationships. Incorporating self-awareness into our life is quite literally the key to living the life that we want.

Being self-aware also means recognizing what you can and can't control. Many of us rely on the external world to tell us how to live. As a result, we take away our ability to define our own truth. We also fail to fully discover our values, dreams, and patterns - all important keys that can help inform our decision-making in creating the life we want.

Why is living these Examples of Self-Awareness so Important?

Self-awareness isn't just a factor in living a happy, purposeful life. It's essential. Studies have linked self-awareness with greater happiness, stronger relationships, better moods, and increased success, among other things.

Some of the primary benefits of self-awareness include:

Give you a better understanding of what you want and/or need | Increase your chances of getting what you want and/or need | Improve your decision making | Help you manage your emotions | Lead to healthier reactions to external factors | Boost your productivity and success | Enhance your ability to make positive change | Bolster your self-esteem | Strengthen your relationships.

Three Categories of SELF AWARENESS



What am I feeling?



What am I thinking?



What am I doing?

The 5 Elements of Self-Awareness

Self-Concept: Your self-concept is your perception of yourself. Your perceptions come from your personal experiences, what you expect from yourself in the future, and what you believe your abilities are. If your self-concept is healthy, you are more likely to take on challenges, achieve goals you've set for yourself, and live more positively overall.

Explore your self-concept and if you don't believe it's healthy, make an effort to change how you perceive yourself. This may be easier for some people and much harder for others - but it is possible.

Thoughts: Our thoughts are tied to our emotions, so when we try to become more aware of our emotions, we must first understand our thoughts and thought processes. Throughout the day, take note of what you say about yourself, how you talk about yourself, and what you say about situations you encounter.

If you notice your thoughts are more negative, practice mindfulness to discover why your thoughts are that way. Then, after reflecting, try to have more positive thoughts or thought processes. You might have to force it - you might not even believe it! But over time, it will influence your thoughts to be more positive.

Feelings : How do you feel when you say things about yourself? What about when other people say things about you? No matter what your feelings are, you must identify from other people's opinions which are associated with your thoughts and experiences.

Once you can identify those feelings, keep track of them and see if there are any patterns. Do you notice yourself starting down a negative pattern? Take steps to avoid continuing going down with it.

Body : Sometimes when we're thinking, it comes with a physical response that other people may or may not notice! The next time you feel a physical response to an emotion, take a couple of minutes to think where in your body you feel the response. Do the feelings present in your facial expressions, heart rate, voice, or somewhere else? Is this the kind of physical response you want? If not, there are ways to retrain those knee-jerk reactions.

Emotions : Emotions are the most powerful factor to show how we interact with others. People with higher levels of emotional intelligence are able to recognize and accept their varying emotional states. Knowing what emotional state you're in can go a long way towards enhancing your professional and personal relationships!

If you fail to recognize these responses, you will find it difficult to process your emotions and move past them. By effectively managing these five elements, you will be able to control emotional outbursts and work towards much more effective communication and an overall healthier, happier demeanour.

4 Proven Benefits of Self-Awareness

- ✦ It can make us more proactive, boost our acceptance, and encourage positive self-development (Sutton, 2016).
- ✦ Self-awareness allows us to see things from the perspective of others, practice self-control, work creatively and productively, and experience pride in ourselves and our work as well as general self-esteem (Silvia & O'Brien, 2004).
- ✦ It leads to better decision making (Ridley, Schutz, Glanz, & Weinstein, 1992).
- ✦ It can make us do better at our jobs become better communicators in the workplace, and enhance our self-confidence and job-related wellbeing (Sutton, Williams, & Allinson, 2015).

5 Ways to Increase Your Self-Awareness

 CREATE SPACE AND TIME <ul style="list-style-type: none">✦ Connect with yourself daily✦ Avoid digital distractions✦ Carve out solitude	 JOURNAL YOUR AWARENESS <ul style="list-style-type: none">✦ Process your thoughts writing✦ Record your inner states
 PRACTISE MINDFULNESS <ul style="list-style-type: none">✦ Pay attention to your inner state as it arises✦ Try mindful walking, eating, listening	 PRACTISE LISTENING <ul style="list-style-type: none">✦ Pay attention to speaker✦ Observe emotions & body language✦ Don't judge or evaluate

**GAIN A DIFFERENT PERSPECTIVE**

- ✦ Ask for feedback

APRIL 2023

SUN	MON	TUE	WED	THR	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	Working Days : 14					

Date	Day	Particulars
04.04.2023	TUE	MahaVir Jayanthi
07.04.2023	FRI	Good Friday
14.04.2023	FRI	Tamil New Year
21.04.2023	FRI	Life Skills/General Education
22.04.2003	SAT	Ramzon
23.04.2023 to 29.04.2023	SUN WED	Working Days

Do you have self awareness?

Yes I am _____

DECISION MAKING

Decision-making is not just the process of identifying the choices and making a decision but it also involves gathering the necessary information and evaluating it respectively

It is not done on whim rather it is a step-by-step process where all our thoughts are organized and analysed to finally arrive at a conclusion

Robert Frost wrote, "Two roads diverged in a wood, and I—I took the one less travelled by, and that has made all the difference."

Unfortunately, decision-making is not that simple, it is a very hard task to do as there is a lot at stake, especially in a business

Decision-making is something that we encounter in our everyday life. Our life is after all a sequence of decisions. We make decisions to have a happy, successful and fulfilled life.

There are a couple of questions to ask yourself before making a decision:

What can I do? | What do I need to know? | Am I thinking straight? | Will I do it?
| What am I really deciding? | What do I do? | What is my capacity?

By asking these questions one ensures that the elements of a good decision are being followed.



Decision-making is not just the routine programmed ones like eating and sleeping but they are also the non-programmed ones where an individual takes a decision or a group. It can also be done solely for creative purposes rather it can also be an initiative or rational one too.

One should always keep in mind to not make decisions hastily with limited information as this leads to disorganisation and lack of clarity which does not result in a good decision.

When making a decision one should always remember three conditions RCU

Risk | Certainty | Uncertainty

Every decision has a risk factor, but one must also remember that higher the risk higher are the gains. So, one must make the decision based on not just the risk but on all the certain and uncertain possible outcomes, as a decision not taken right will have great grievous consequences.

There are certain ways or styles of making a decision. It can be Reflexive, Reflective, Consistent, Linear or Nonlinear.

Decision-making is not just easy to use, it is also flexible and requires only the necessary information needed to solve a particular dilemma.

There are 7 effective steps or guidelines to follow and keep in mind while making a decision. They are:

1. Identify : Clearly understand the situation, its nature and the problem faced
2. Investigate : Find the cause of the problem, its needs and wants
3. Think : Come up with ways to solve the problem and its alternatives
4. Select : Choose the best option out of all the others
5. Analyse : Research the selected option based on its impact and use
6. Determine : Have a level of confidence based on the Risk, Certainty and Uncertainty
7. Report : Convey the decision to the higher authority and the other members of the team if it is a group effort

7 STEPS OF EFFECTIVE TEAM DECISION-MAKING

- 1 IDENTIFY** the situation, the problem, and the decision to be made
- 2 INVESTIGATE** the cause of the problem
- 3 THINK OF** different solution alternatives
- 4 SELECT** the best option
- 5 ANALYZE** the selected option
- 6 DETERMINE** the level of confidence in the decision
- 7 REPORT** the decision to the leader and/or the rest of the team



Decision-making helps to

1. Focus on what is important
2. Think in a logical and consistent manner
3. Be straightforward and reliable, easy to use and flexible.
4. Acknowledge both subjective and objective thinking
5. Blend analytical with intuitive thinking.
6. Encourage and guide the gathering of relevant information and informed opinion.

Isn't decision-making so amazing!

To reap the full benefits of decision making it is better to develop this skill even further by

1. Starting with the desired outcome
2. Relying on data and insights to spot patterns
3. Using S.W.O.T. analysis
4. Simulating the outcomes
5. Trusting your instincts

MAY 2023

SUN	MON	TUE	WED	THR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Working Days : 0

Date	Day	Particulars
01.05.2023 to 31.05.2023	MON WED	Annual Holidays

Are you a good decision maker?

Yes I am _____

PROBLEM SOLVING

Isn't all our lives just problem-solving?

Problem-solving involves identifying the root cause of a problem and providing the necessary solution. It is after all a very essential skill involving defining a problem, determining the cause of the problem, identifying, prioritizing, and selecting the best alternative possible.

But all this needs the final step which is implementing it in the right way in the end.

It would be wonderful to have the ability to solve all problems efficiently and in a timely fashion without difficulty, unfortunately, there is no one way in which all problems can be solved. But it must be kept in mind that a

"A problem well stated is a problem half solved."

--John Dewey

All problems have two features in common:

Goals and Barriers.

Goals

Problems involve not just setting out to achieve some objective or desired state of affairs but can include avoiding a situation or event.

Goals can be anything that one wishes to achieve, or where one wants to be.

One must find the best way to achieve these goals but while doing so there are certain barriers

Barriers

If there were no barriers in the way of achieving a goal, then there would be no problem. Problem-solving involves overcoming the barriers or obstacles that prevent the immediate achievement of goals.

Duke Ellington said, "A problem is a chance for you to do your best."

So let's start

Stages of Problem Solving

Effective problem-solving usually involves working through several steps or stages, such as those outlined below.

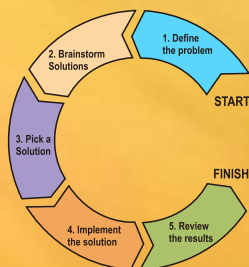
1. Define the problem

It involves

Problem Identification:

This stage involves: detecting and recognising that there is a problem; identifying the nature of the problem; defining the problem.

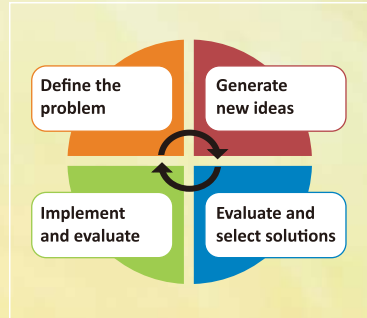
The first phase of problem-solving may sound obvious but often requires more thought and analysis. Identifying a problem can be a difficult task in itself. Is there a problem at all? What is the nature of the problem, are there in fact numerous problems. How can the problem be best defined? By spending some time defining the problem you will not only understand it more clearly yourself but be able to communicate its nature to others, which leads to the second phase.



Structuring the Problem:

This stage involves a period of observation, careful inspection, fact-finding and developing a clear picture of the problem.

Following on from problem identification, structuring the problem is all about gaining more information about the problem and increasing understanding. This phase is all about fact-finding and analysis, building a more comprehensive picture of both the goal(s) and the barrier(s). This stage may not be necessary for very simple problems but is essential for problems of a more complex nature.



2. Brainstorm Solutions:

During this stage, you will generate a range of possible courses of action, but with little attempt to evaluate them at this stage.

From the information gathered in the first two problem-solving frameworks, it is now time to start thinking about possible solutions to the identified problem. In a group situation, this stage is often carried out as a brainstorming session, letting each person in the group express their views on possible solutions (or part solutions). In organisations, different people will have different expertise in different areas and it is useful, therefore, to hear the views of each concerned party.

3. Pick a Solution

This stage involves careful analysis of the different possible courses of action and then selecting the best solution for implementation.

This is perhaps the most complex part of the problem-solving process. Following on from the previous step it is now time to look at each potential solution and carefully analyse it. Some solutions may not be possible, due to other problems like time constraints or budgets. It is important at this stage to also consider what might happen if nothing was done to solve the problem - sometimes trying to solve a problem that leads to many more problems requires some very creative thinking and innovative ideas.

Finally, make a decision on which course of action to take - decision making is an important skill in itself and we recommend that you see our pages on decision-making.

4. Implementation of the solution

This stage involves accepting and carrying out the chosen course of action.

Implementation means acting on the chosen solution. During implementation, more problems may arise especially if the identification or structuring of the original problem was not carried out fully.

The last stage is about reviewing the outcomes of problem-solving over a period of time, including seeking feedback as to the success of the outcomes of the chosen solution.

The final stage of problem-solving is concerned with checking that the process was successful. This can be achieved by monitoring and gaining feedback from people affected by any changes that has occurred. It is a good practice to keep a record of outcomes and any additional problems that had occurred.

JUNE 2023

SUN	MON	TUE	WED	THR	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Working Days : 21

Date	Day	Particulars
01.06.2023 to 04.06.2023	THR SUN	Annual Holidays
05.06.2023	MON	School Reopens
09.06.2023	FRI	Spelling Bee/PISA English/JEE/NEET/CPT
10.06.2023	SAT	Fresher's Day
16.06.2023	FRI	Field Trip / Industrial Visit
16.06.2023	FRI	Test of Reasoning/PISA Maths/ JEE/NEET/CPT
17.06.2023	SAT	PTA Executive Committee Meeting)
17.06.2023	SAT	Health Education/ Work Education / Inter House Activities (Junior - LAN II Elocation, Senior - Sci & IT Quiz
21.06.2023 to 30.06.2023	Wed FRI	Monthly Test (Grades VI - XII)

Are you good in solving problems?

Yes I am _____

EXAMINATION SCHEDULE & PORTIONS

FOR THE MONTH OF _____

DATE	SUBJECT	PORTION

DAILY ASSIGNMENT

Date : 05-June		Day : Monday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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Date : 06-June		Day : Tuesday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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DAILY ASSIGNMENT

Date : 07-June

Day : Wednesday

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : 08-June

Day : Thursday

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

55

Transcend Mobility

DAILY ASSIGNMENT

Date : 09-June		Day : Friday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE

Date : 12-June		Day : Monday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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DAILY ASSIGNMENT

Date : 13-June		Day : Tuesday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE

Date : 14-June		Day : Wednesday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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DAILY ASSIGNMENT

Date : 15-June		Day : Thursday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE

Date : 16-June		Day : Friday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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DAILY ASSIGNMENT

Date : 17-June		Day : Saturday	
SUBJECT		ASSIGNMENT	

TEACHER'S SIGNATURE		PARENT SIGNATURE	

Date : 19-June		Day : Monday	
SUBJECT		ASSIGNMENT	

TEACHER'S SIGNATURE		PARENT SIGNATURE	
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DAILY ASSIGNMENT

Date : 20-June		Day : Tuesday	
SUBJECT		ASSIGNMENT	

TEACHER'S SIGNATURE		PARENT SIGNATURE	

Date : 21-June		Day : Wednesday	
SUBJECT		ASSIGNMENT	

TEACHER'S SIGNATURE		PARENT SIGNATURE	
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DAILY ASSIGNMENT

Date : 22-June

Day : Thursday

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : 23-June

Day : Friday

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : 26-June		Day : Monday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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Date : 27-June		Day : Tuesday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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DAILY ASSIGNMENT

Date : 28-June

Day : Wednesday

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : 30-June

Day : Friday

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

63

Transcend Mobility

DAILY ASSIGNMENT

Date :		Day :	
SUBJECT		ASSIGNMENT	

TEACHER'S SIGNATURE	PARENT SIGNATURE
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Date :		Day :	
SUBJECT		ASSIGNMENT	

TEACHER'S SIGNATURE	PARENT SIGNATURE
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CREATIVE THINKING

Creativity is the ability to transcend traditional ways of thinking or acting, and to develop new and original ideas, methods or objects.



Creativity is a valuable skill.

- Creativity nurtures confidence.
- Creativity can connect reflection with action.
- Creativity instills curiosity.
- It encourages questions.
- Creativity stimulates and motivates.
- Creativity opens the mind.
- Creativity inspires collective thinking.
- Creativity nurtures ideas.
- Creativity supports resilience.

**Learning gives creativity.
Creativity leads to thinking.
Thinking provides knowledge.
Knowledge makes you great.**

About Kalam

Henry Ford gave people automobiles instead of the faster horses they would have requested; Elon Musk is working on an underground tunnel system with car elevators and a hyperloop instead of improving ground transportation - efforts like these require more than technical ability; they demand imagination, creativity, and a sense of belief in the impossible.

The idea of creativity today means thinking out of the box, understanding there might be limits to what you can do, trying to overcome these, and improving on the results. Creativity is the interaction between the learning environment, both physical and social, the attitudes and a clear problem-solving process which produces a perceptible product.

Creativity is valuable in education because it builds cognitive complexity. Creativity relies on having deep knowledge and being able to use it effectively. Being creative involves using an existing set of knowledge or skills in a particular subject or context to experiment with new possibilities in the pursuit of valued outcomes, thus increasing both knowledge and skills .

JULY 2023

SUN	MON	TUE	WED	THR	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	Working Days : 23				

Date	Day	Particulars
01.07.2023	SAT	Inter House Activities (Juniors - English Recitation Seniors - Maths Quiz)
07.07.2023	FRI	Investiture (9:30 - 10:30)
07.07.2023	FRI	Talent Search / PISA Science/JEE/NEET/CPT
14.07.2023 and 15.07.2023	FRI SAT	Cultural Fiesta / Senior - Pep Talk
15.07.2023	SAT	PTA Executive Committee Meeting
20.07.2023 to 28.07.2023	THR FRI	Monthly Test (Grades VI - VIII & XI) / Midterm Exam - I (Grades IX, X & XII)
29.07.2023	SAT	Moharam

Can you think creatively?

Yes I can _____

[illegible]

EXAMINATION SCHEDULE & PORTIONS

FOR THE MONTH OF _____

DATE	SUBJECT	PORTION

DAILY ASSIGNMENT

Date : 01-July		Day : Saturday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE

Date : 03-July		Day : Monday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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DAILY ASSIGNMENT

Date : 04-July

Day : Tuesday

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : 05-July

Day : Wednesday

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

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Transcend Mobility

DAILY ASSIGNMENT

Date : 06-July		Day : Thursday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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Date : 07-July		Day : Friday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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DAILY ASSIGNMENT

Date : 10-July		Day : Monday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE

Date : 11-July		Day : Tuesday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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DAILY ASSIGNMENT

Date : 12-July

Day : Wednesday

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : 13-July

Day : Thursday

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : 14-July

Day : Friday

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : 15-July

Day : Saturday

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : 17-July		Day : Monday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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Date : 18-July		Day : Tuesday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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DAILY ASSIGNMENT

Date : 19-July		Day : Wednesday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE

Date : 20-July		Day : Thursday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE

DAILY ASSIGNMENT

Date : 21-July		Day : Friday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE

Date : 24-July		Day : Monday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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DAILY ASSIGNMENT

Date : 25-July		Day : Tuesday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE

Date : 26-July		Day : Wednesday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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DAILY ASSIGNMENT

Date : 27-July		Day : Thursday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE

Date : 28-July		Day : Friday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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DAILY ASSIGNMENT

Date : 31-July		Day : Monday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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Date :		Day :	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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DAILY ASSIGNMENT

Date :

Day :

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date :

Day :

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date :		Day :	
SUBJECT		ASSIGNMENT	

TEACHER'S SIGNATURE	PARENT SIGNATURE
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Date :		Day :	
SUBJECT		ASSIGNMENT	

TEACHER'S SIGNATURE	PARENT SIGNATURE
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DAILY ASSIGNMENT

Date :		Day :	
SUBJECT		ASSIGNMENT	

TEACHER'S SIGNATURE	PARENT SIGNATURE
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Date :		Day :	
SUBJECT		ASSIGNMENT	

TEACHER'S SIGNATURE	PARENT SIGNATURE
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CRITICAL THINKING

Critical Thinking is, self-directed, self-disciplined, self-monitored, and self-corrective thinking. It presupposes assent to rigorous standards of excellence and mindful command of their use. It entails effective communication and problem solving abilities and a commitment to overcome our native egocentrism and sociocentrism.

Critical Thinking skills teach a variety of skills that can be applied to any situation in life that calls for reflection, analysis and planning. Good Critical Thinking is the foundation of science and a liberal democratic society. Science requires the critical use of reason in experimentation and theory confirmation. The proper functioning of a liberal democracy requires citizens who can think critically about social issues to inform their judgments about proper governance and to overcome biases and prejudice.

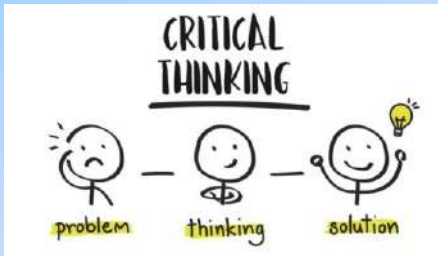


A good critical thinker knows how to separate facts from opinions, how to examine an issue from all sides, how to make rational inferences and how to withhold personal judgment or biases.

Effective critical thinkers remain curious about a wide range of topics and generally have broad interests. They retain inquisitiveness about the world and about people, and have an understanding of and appreciation for the cultures, beliefs, and views that are a shared quality of our humanity. This is also part of what makes them lifelong learners. Because critical thinkers are curious by nature, opportunities to apply critical thinking skills are all around them every moment. They are always alert for chances to apply their best thinking habits to any situation. A desire to think critically about even the simplest of issues and tasks indicates a desire for constructive outcomes.

**Assume
NOTHING**
**Question
EVERYTHING**
OPEN Your Eyes
CHALLENGE
The Opposition
**And Start
THINKING**

Critical thinkers have the inherent ability to see challenges from several perspectives. By deflecting the reaction to defend their personal beliefs, critical thinkers are more self-reflective and can change their minds and opinions in light of new information.



Critical Thinking

- Key for a Success Career.
- Enhances better decision making.
- Promotes Curiosity.
- Allows For Creativity.
- Enhances Problem Solving Skills.

If you practice critical thinking, you logically connect ideas, scrutinize and evaluate arguments, find inconsistencies and errors in your work and the work of others, solve complex problems and engage in reflection.

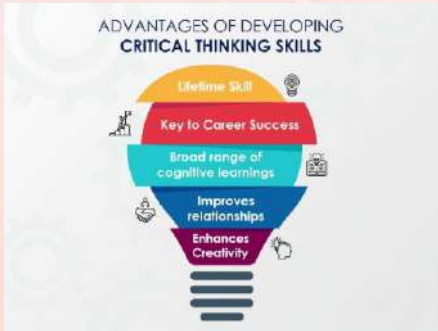
By improving the quality of your thoughts and your decisions, better critical thinking skills can bring about a big positive change in your life. Learn how.

The quality of your life largely depends on the quality of the decisions you make.

Amazingly, the average person makes 35,000 conscious decisions every day!

Imagine how much better your life would be if there were a way to make the best possible decisions, day in and day out? Well, there is and it's called critical thinking.

Learning to master the skill of critical thinking can have a profoundly positive impact on nearly every aspect of your life. Ultimately, Critical Thinking Skills help you to better understand the experiences and views of others, enhancing your ability to work with different people.



AUGUST 2023

SUN	MON	TUE	WED	THR	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	Working Days : 25	

Date	Day	Particulars
03.08.2023	THR	Aadi Perukku
04.08.2023	FRI	Spelling Bee/PISA English/JEE/NEET/CPT
04.08.2023 and 05.08.2023	FRI SAT	Heats (Primary)
05.08.2023	SAT	Health Education/ Work Education / Inter House Activities (Junior - Maths Quiz, Seniors - IT Quiz)
07.08.2023 to 09.08.2023	MON WED	Heats (Senior)
11.08.2023	FRI	Kiddies Meet
12.08.2023	SAT	Sports Day
15.08.2023	TUE	Independence Day
18.08.2023	FRI	Test of Reasoning/PISA Maths/ JEE/NEET/CPT
19.08.2023	SAT	PTA Executive Committee Meeting
19.08.2023	SAT	Health Education/ Work Education / Inter House Activities (Junior-Science Quiz, Senior-Humanities Quiz)
24.08.2023 to 25.08.2023	THR FRI	Health Checkup for Term I
26.08.2023	SAT	Academic Exhibition

Are you an effective critical thinker ?

Yes I am _____

EXAMINATION SCHEDULE & PORTIONS

FOR THE MONTH OF _____

DATE	SUBJECT	PORTION

DAILY ASSIGNMENT

Date : **01-August**

Day : **Tuesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **02-August**

Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **04-August** Day : **Friday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **05-August** Day : **Saturday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **07-August** Day : **Monday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **08-August** Day : **Tuesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **09-August** Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **10-August** Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : 11-August		Day : Friday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE

Date : 12-August		Day : Saturday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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DAILY ASSIGNMENT

Date : **14-August** Day : **Monday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **16-August** Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : 17-August

Day : Thursday

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : 18-August

Day : Friday

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **19-August** Day : **Saturday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **21-August** Day : **Monday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **22-August** Day : **Tuesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **23-August** Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **24-August**

Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **25-August**

Day : **Friday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **26-August** Day : **Saturday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **28-August** Day : **Monday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **29-August** Day : **Tuesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **30-August** Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : 31-August

Day : Thursday

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date :

Day :

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

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SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date :		Day :	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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Date :		Day :	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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EFFECTIVE COMMUNICATION

Effective communication is the process of exchanging ideas, thoughts, opinions, knowledge, and data so that the message is received and understood with clarity and purpose.

Communication is one of the essential social skills required for any individual to survive in the world. Effectively communicating ensures that we not only convey our message to someone but also let them know about our feelings and emotions.

The communication process involves understanding, sharing, and meaning, and it consists of eight essential elements: source, message, channel, receiver, feedback, environment, context, and interference.

Effective communication in a team brings the following benefits:

- **Easier and better problem-solving:**

Streamlined communication helps team members find the best solution to any problem in record time.

- **Easier and better decision-making:**

Good communication ensures decision-makers have all the information necessary to make the decision with the best possible outcomes.

- **Improved productivity:**

Improved internal communication can raise employee productivity by 25%.

- **Better team culture:**

Great communication builds trust among team members and helps them create a healthy environment to work in.

“The quality
of your
communication
is the quality
of your life.”

—Anthony Robbins

REASONS WHY EFFECTIVE COMMUNICATION IS IMPORTANT:

- It builds and maintains relationships
- It builds trust
- It helps build the team as an effective unit
- Listening is critical to effective communication
- It builds understanding with the audience
- It encourages innovation
- It increases Student engagement
- It increases accountability and brings clarity in work flow
- It helps with decision making
- It improves customer satisfaction
- It reduces conflict

Body Language :

Body language is also a critical aspect of effective communication. Nonverbal cues such as facial expressions, gestures, and posture can convey emotions and attitudes that are not expressed verbally. Therefore, it is important to be aware of our body language when communicating with others. For example, maintaining eye contact can signal interest and engagement, while slouching or looking away can indicate disinterest or discomfort. By being mindful of our body language, we can ensure that our message is conveyed consistently with our verbal communication.

Effective communication is essential in both personal and professional settings. In the workplace, clear communication can improve productivity, build strong relationships with colleagues and clients, and ensure that everyone is working towards the same goals. In personal relationships, effective communication can strengthen connections, resolve conflicts, and foster mutual understanding.

In conclusion, effective communication is a vital skill that enables individuals to connect with others, exchange information, and build strong relationships. Active listening, clear expression, and appropriate body language are key components of effective communication, and they can be developed with practice and effort. By honing our communication skills, we can improve our personal and professional relationships, resolve conflicts, and achieve our goals.



SEPTEMBER 2023

SUN	MON	TUE	WED	THR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Working Days : 12

Date	Day	Particulars
01.09.2023	FRI	GK & PISA Social /JEE/NEET/CPT
04.09.2023 to 15.09.2023	MON FRI	Half Yearly Examination
06.09.2023	WED	Gokulastami
16.09.2023 to 30.09.2023	SAT SAT	Term I Holidays / Educational Tour
18.09.2023	MON	Ganesh Chaturthy

Is you commutation?

Yes _____

EXAMINATION SCHEDULE & PORTIONS

FOR THE MONTH OF _____

DATE	SUBJECT	PORTION

DAILY ASSIGNMENT

Date : **01-September** Day : **Friday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **02-September** Day : **Saturday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **29-September** Day : **Monday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **30-September** Day : **Tuesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **07-September** Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **08-September** Day : **Friday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **09-September** Day : **Saturday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **11-September** Day : **Monday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **12-September** Day : **Tuesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **13-September** Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **14-September** Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **15-September** Day : **Friday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

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DAILY ASSIGNMENT

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SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

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Date :

Day :

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

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INTERPERSONAL SKILLS

Interpersonal skills are a specific type of social skills. Enthusiasm, Leadership, Communication, Empathy, Self-evaluation, Creativity, and Emotional intelligence are the Interpersonal competencies that help us to interact, communicate, and collaborate with others effectively.

Interpersonal skills are the ability to network with people through effective listening and communication. It is important for students to have interpersonal skills because it helps them connect with people and benefit their personality development too.

Interpersonal skills help students in enhancing their teamwork quality. A positive attitude, having gratitude for others, mutual effort in solving the problem with other team members helps them to learn how to work as a team.

Importance of Interpersonal Skills for Students

1. It helps them clear their doubts from teachers and learn better
2. Helps in building good relationships with their peer group, teachers, family members and society
3. Boosts their confidence and personality development
4. Helps them express their thoughts/ideas and feelings to their parents, teachers or classmates to get help/support
5. Improves their social status as they interact and entertain their friends and acquaintances
6. It helps them value the diversity, individual respect and different customs in the society
7. With better soft skills, a person is considered more ethical and gets respect in society

Interpersonal skills refer to the ability to communicate, interact and build relationships with other people. They are crucial in both personal and professional life as they determine how effectively we can communicate and work with others. Strong interpersonal skills include communication, listening, empathy, collaboration, and conflict resolution. In this essay, we will discuss the importance of interpersonal skills and how they can be developed.

Firstly, interpersonal skills are essential in building relationships. Good communication skills allow us to express our thoughts and feelings effectively, making it easier to connect with others. When we listen actively to others, we show them that we care about their concerns and feelings, which helps to build trust and understanding. Collaboration skills enable us to work effectively in teams, achieve common goals and share knowledge, which are vital in professional settings.

Secondly, interpersonal skills are essential in conflict resolution. Conflicts are an inevitable part of personal and professional life. Strong interpersonal skills such as active listening, empathy, and collaboration can help resolve conflicts quickly and efficiently. By understanding the other person's perspective and finding common ground, we can find solutions that work for everyone involved.

Thirdly, interpersonal skills are essential in leadership. Good leaders must be able to communicate effectively with their team, build strong relationships and inspire trust. They must also be able to resolve conflicts and provide feedback that motivates team members to improve. Strong interpersonal skills enable leaders to build high-performing teams and achieve their goals.



Developing interpersonal skills requires practice and effort. One way to develop these skills is through training programme that focus on communication, collaboration, and conflict resolution. Such programme can provide practical tools and techniques to improve these

skills. Reading books and articles about effective communication and collaboration can also be helpful. Additionally, getting feedback from others about our communication style and listening skills can provide insights into areas that need improvement.

In conclusion, interpersonal skills are essential in both personal and professional life. They enable us to build relationships, resolve conflicts, and achieve our goals. Developing these skills requires practice, effort, and a willingness to learn. By improving our communication, listening, empathy, collaboration, and conflict, resolution skills, we can become more effective in our interactions with others and achieve greater success.



OCTOBER 2023

SUN	MON	TUE	WED	THR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Working Days : 21

Date	Day	Particulars
01.10.2023 and 02.10.2023	SUN MON	Term I End Holidays / Educational Tour
02.10.2023	MON	Gandhi Jayanthi
03.10.2023	TUE	School Reopens after Term I Holidays
06.10.2023	FRI	Spelling Bee/PISA English/JEE/NEET/CPT
07.10.2023	SAT	Open House
13.10.2023	FRI	Test of Reasoning/PISA Maths/ JEE/NEET/CPT
20.10.2023	FRI	Annual Day
21.10.2023 to 24.10.2023	SAT TUE	Pooja Holidays
25.10.2023 to 30.10.2023	WED MON	Split Up Examination - I
28.10.2023	SAT	Juniors - Humanities Quiz

Do you have interpersonal skills?

Yes I am _____

EXAMINATION SCHEDULE & PORTIONS

FOR THE MONTH OF _____

DATE	SUBJECT	PORTION

DAILY ASSIGNMENT

Date : **03-October** Day : **Tuesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **04-October** Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **05-October** Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **06-October** Day : **Friday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **07-October** Day : **Saturday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **09-October** Day : **Monday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **10-October**

Day : **Tuesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **11-October**

Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **12-October**

Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **13-October**

Day : **Friday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **16-October**

Day : **Monday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **17-October**

Day : **Tuesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **18-October** Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **19-October** Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **20-October** Day : **Friday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **25-October** Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

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DAILY ASSIGNMENT

Date : **26-October** Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **27-October** Day : **Friday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **28-October** Day : **Saturday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **30-October** Day : **Monday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : 31-October

Day : Tuesday

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date :

Day :

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

EMPATHY

How to Practice Empathy in Your Daily Life?

It is never a bad idea to find more ways that you can practice more empathy in your day-to-day life. Some practical ways are:

Become curious about people you don't know. Empathetic people are people who are curious about those around them. They may strike up conversations with strangers or observe others with openness. They are people who keep the natural curiosity that we all possess when we were children. This curiosity helps us empathize because it exposes us to different world views, lifestyles, and people we would not usually meet.

Focus on similarities rather than differences. Every single one of us are biased in one way or the other.. There are always ways to put other people into boxes and make assumptions about them based on stereotypes or cultural stigmas. Doing this to others keeps us from understanding other people's individuality and unique qualities. This can also help us to understand them better.

**working on your empathy skills?
you'll need :**

trust

active
listening

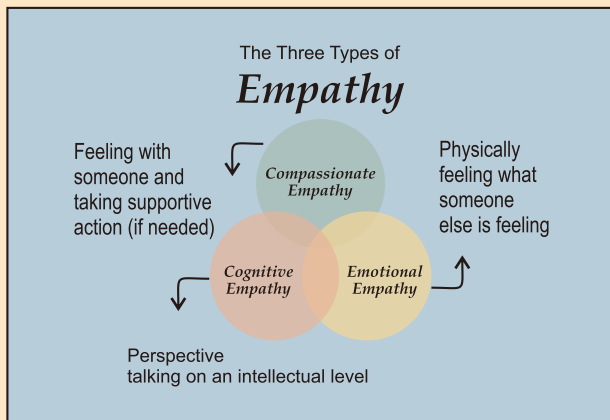
compassion

Put yourself in someone's shoes. For example, instead of walking past the homeless person in the train station and simply thinking about how unclean they look, try and get a better idea of their life. This could be anything from bringing them a meal

or care package and saying hello to volunteering at a homeless shelter. Either way, immersing yourself in the lives and experiences of others is a great way to increase your empathy.

Listen, but also share.

Empathy is not just about having empathy for others but also about showing ourselves to others. Trusting someone with your genuine thoughts and feelings is essential crucial to building a healthy and empathetic



relationship with someone else. Empathy is fantastic because it is not just a one-way street. It can go both ways.

Connect with social action movements. Empathy doesn't have to be just an individualistic concept. It can extend to large groups of people and exist in a global or community-wide plane. Getting involved in advocacy groups or charity efforts is a great way to embody empathy.

Get creative with it. So often, people think that just because someone disagrees with them or if the other person lives a different lifestyle than they do, that person doesn't deserve empathy. Using your imagination and creativity is essential when empathy seems hard or even impossible. Through your creativity, empathy is possible even when you didn't ever think it could be.

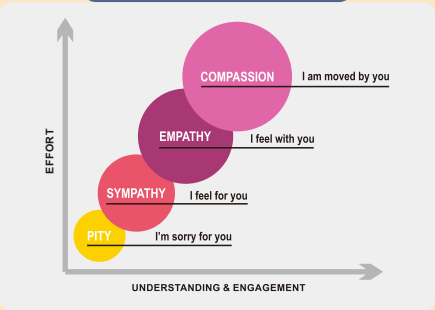
Benefits of Empathy

Show yourself self-compassion and resolve inner conflict	01	07	Diffuse you're and another's emotions effectively - in short order
Clear internal static and sharpen the clarity of what you want.	02	08	Dramatically increase understanding in all relationships
Calm and transform automatic negative self talk	03	09	Redirect anger (and other strong emotions) effectively
Relinquish judgement of self and others	04	10	Widen your influence and impact on all teams and relationships
Create a spacious sense of well being	05	11	Constructs a kind and firm opening for setting healthy boundaries
Show yourself self-compassion and resolve inner conflict	06	12	Creating a life long habit of cognitive & compassionate empathy will eliminate any arguments & misunderstandings

TIPS FOR PRACTICING EMPATHY



SPECTRUM OF EMPATHY



NOVEMBER 2023

SUN	MON	TUE	WED	THR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Working Days : 23

Date	Day	Particulars
03.11.2023	FRI	Talent Search / PISA Science/JEE/NEET/CPT
04.11.2023	SAT	Health Education/ Work Education / Inter House Activities (Junior - English Skit, Senior - LAN Spell Bee)
08.11.2023	WED	Completion of Curriculum (X & XII)
10.11.2023	FRI	Diwali Celebration
11.11.2023 to 13.11.2023	SAT MON	Diwali Holidays
15.11.2023 to 20.11.2023	WED MON	Split Up Examination - II
17.11.2023	FRI	GK & PISA - Social/JEE/NEET/CPT
18.11.2023	SAT	Health Education/ Work Education / Inter House Activities (Junior - Lang Recitation)
23.11.2023 to 30.11.2023	THR THR	Monthly Test / Midterm Examination II - IX
30.11.2023	MON	Mock Parliament

Do you practice empathy in your daily life?

Yes I am _____

EXAMINATION SCHEDULE & PORTIONS

FOR THE MONTH OF _____

DATE	SUBJECT	PORTION

DAILY ASSIGNMENT

Date : **01-November** Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **02-November** Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **03-November** Day : **Friday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **04-November** Day : **Saturday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **06-November** Day : **Monday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

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Date : **07-November** Day : **Tuesday**

SUBJECT	ASSIGNMENT

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DAILY ASSIGNMENT

Date : **08-November** Day : **Wednesday**

SUBJECT	ASSIGNMENT

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Date : **09-November** Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

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DAILY ASSIGNMENT

Date : 10-November Day : Friday

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : 14-November Day : Tuesday

SUBJECT	ASSIGNMENT

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DAILY ASSIGNMENT

Date : **15-November** Day : **Wednesday**

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Date : **16-November** Day : **Thursday**

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Date : **17-November** Day : **Friday**

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Date : **18-November** Day : **Saturday**

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DAILY ASSIGNMENT

Date : 20-November Day : Monday

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Date : 21-November Day : Tuesday

SUBJECT	ASSIGNMENT

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DAILY ASSIGNMENT

Date : **22-November** Day : **Wednesday**

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Date : **24-November** Day : **Friday**

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Date : **25-November** Day : **Saturday**

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Date : **27-November** Day : **Monday**

SUBJECT	ASSIGNMENT

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Date : **28-November** Day : **Tuesday**

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Date : **29-November** Day : **Wednesday**

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Date : **30-November** Day : **Thursday**

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Date : **31-November** Day : **Friday**

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DEALING WITH EMOTIONS



Here are three steps that can help you handle negative emotions.

Step 1: Identify the Emotion

Learning to notice and identify your feelings takes practice. In addition to focusing on your feelings, check in with your body, too. You may feel body sensations with certain emotions — for example your face gets hot, or your muscles tense.

Be aware of how you feel. When you have a negative emotion, such as anger, try to express what you're feeling.

For example: That guy Ian in my study group makes me so mad!

I feel afraid whenever I have to walk past those bullies.

Don't hide how you feel from yourself. You might not want to broadcast your feelings to other people (for example, or that guy in your study group who is making you mad). But don't suppress your feelings entirely. Simply expressing the feeling is a lot better than pretending not to have it — or exploding without thinking.

Don't blame. Being able to recognize and explain your emotions isn't the same as blaming someone or something for the way you feel. The guy who takes credit for your work might not even realize what he is doing. How you feel when these things happen comes from inside you. Your feelings are there for a reason — to help you make sense of what's going on.

Step 2: Take Action

Once you've processed what you're feeling, you can decide if you need to express your emotion. Sometimes it's enough to just realize how you feel, but other times you'll want to do something to divert your attention to feel better.

Think about the best way to express your emotion. Is this a time when you need to gently confront someone else? Talk over what you're feeling with a friend? Or work off the feeling by going for a run? For example: It won't solve anything to show my anger to Ian — it may even make him feel more superior! But my feelings tell me that I need to avoid getting into another situation where he takes control over a project. I'll hold my head high around my ex, then I'll put on some sad songs and have a good cry in my room to help me release my feelings and eventually let go. My fear of being around those bullies is a sign that they have gone too far. Perhaps I should talk about what's going on with a school counselor.

Learn how to change your mood. At a certain point, you'll want to shift from a negative mood into a positive one. Otherwise your thinking may get stuck on how bad things are, and that can drag you down into feeling worse. Try doing things that make you happy, even if you don't feel like it at the time. For example, you might not be in the mood to go out after a breakup, but going for a walk or watching a funny movie with friends can lift you out of that negative space.

Build positive emotions. Positive feelings create a sense of happiness and well being. Make it a habit to notice and focus on what's good in your life — even the little things, like the praise your dad gave you for fixing his bookshelves or how great the salad you made for lunch tastes. Noticing the good things even when you're feeling bad can help you shift the emotional balance from negative to positive.

Seek support. Talk about how you're feeling with a parent, trusted adult, or a friend. They can help you explore your emotions and give you a fresh way of thinking about things. And nothing helps you feel more understood and cared for than the support of someone who loves you for who you are.

Exercise. Physical activity helps the brain produce natural chemicals that promote a positive mood. Exercise also can release stress buildup and help you from staying stuck on negative feelings.

Step 3: Get Help With Difficult Emotions

Sometimes, no matter what you do, you can't shake a tough emotion. If you find yourself stuck in feelings of sadness or worry for more than a couple of weeks, or if you feel so upset that you think you might hurt yourself or other people, you may need extra help.

Talk to a school counselor, parent, trusted adult, or therapist. Counselors and therapists are trained to teach people how to break out of negative emotions. They can provide lots of tips and ideas that will help you feel better.



ASK OTHERS IF there's lots of people out there who can help us in different ways.

REALLY LISTEN



LET IT OUT IF we want to cry, we can cry. Help others to know that this is OKAY



COME BACK to yourself recognise when we are in a spin so we can return to CALM faster



WAYS to HANDLE BIG FEELINGS



WRITE UP use a journal or device to record how we are feeling. It helps us to find patterns



MOVE let our body tell the emotion & let it pass through us. It will move on faster



HEAD AND SHOULDERS find things that help us feel well, content & are good for us in the long run

HAPPY DANCE AROUND



STOP FOR A MINUTE each time we breathe we can return to the present moment, helping us to let emotions come & go

I FEEL

Overwhelmed

I NEED TO

take a deep breath and think about one thing at a time

Sad

write down how I'm feeling or talk to a friend or grown-up about what is making me feel sad

Angry

take a step back and think about how I can have a calm conversation about why I am angry

Drained

rest and recharge by lying down or resting without a screen for a few minutes

Frustrated

calm down by taking a water break, a few deep breaths, and then try again

Restless

take a walk around my neighborhood or turn on some music and dance

154

Transcend Mobility

DECEMBER 2023

SUN	MON	TUE	WED	THR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Working Days : 19					

Date	Day	Particulars
01.12.2023	FRI	Spelling Bee/PISA English/JEE/NEET/CPT
01.12.2023 to 08.12.2023	FRI FRI	Preboard Examination - I
02.12.2023	SAT	Juniors Eng Extempore
08.12.2023	FRI	Test of Reasoning/PISA Maths/ JEE/NEET/CPT
15.12.2023	FRI	Talent Search / PISA Science/JEE/NEET/CPT
16.12.2023	SAT	Health Education/ Work Education / Inter House Activities (Junior - General Knowledge Quiz, Senior - Eng Spell Bee
22.12.2023	FRI	GK & PISA - Social/JEE/NEET/CPT
23.12.2023	SAT	Christmas Celebration
24.12.2023 to 02.01.2024	SUN TUE	Winter Holidays

Do you deal with the emotions positively?

Yes I am _____

EXAMINATION SCHEDULE & PORTIONS

FOR THE MONTH OF _____

DATE	SUBJECT	PORTION

DAILY ASSIGNMENT

Date : **01-December** Day : **Friday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **02-December** Day : **Saturday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **04-December** Day : **Monday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **05-December** Day : **Tuesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **06-December** Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **07-December** Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **08-December** Day : **Friday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **11-December** Day : **Monday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **12-December** Day : **Tuesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **13-December** Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **14-December** Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **15-December** Day : **Friday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **16-December** Day : **Saturday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **18-December** Day : **Monday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **19-December** Day : **Tuesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **20-December** Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **21-December** Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **22-December** Day : **Friday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **23-December** Day : **Saturday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : Day :

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date :		Day :	
SUBJECT		ASSIGNMENT	

TEACHER'S SIGNATURE	PARENT SIGNATURE
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Date :		Day :	
SUBJECT		ASSIGNMENT	

TEACHER'S SIGNATURE	PARENT SIGNATURE
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COPING WITH STRESS

"Stress is not what happens to us. It's our response TO what happens. And RESPONSE is something we can choose."—Maureen Killoran

People of all ages encounter stress and attempt to cope with it. People deal with stress in various ways. Sometimes people confront a problem directly and rationally, and sometimes they try to escape from or avoid the things they find threatening. **Stress** has been viewed as a **response**, a **stimulus**, and a **transaction**. How an individual conceptualizes stress determines his or her response, adaptation, or coping strategies.

What is the Meaning of Coping with Stress?

"Coping consists of efforts, both action-oriented and intrapsychic, to manage (i.e., master, tolerate, reduce or minimize) environmental and internal demands and conflicts among them" (Lazarus and Launier, 1978). People try to cope when they deal with the perceived discrepancy between the demands of a stressful situation and their ability to meet those demands.

Coping is a dynamic process. An individual may attempt several coping strategies, and feedback about the success of it. One type of effort, typically spurs the person on to try it again, whereas failure encourages an individual to try a different approach or possibly give up altogether. The individual continually appraises and reappraises the environment and his or her efforts at coping with it.

Stress is usually thought of in negative terms. But it can manifest itself in both positive and negative way. It is said to be positive when the situation offers an opportunity for one, to gain something.

COPING WITH STRESS

1. Support Systems.
2. Relaxation.
3. Exercise.
4. Positive Mental Attitude.
5. Keeping Balance.





Eustress is the term used to describe positive stress. It is often viewed as motivator, since in its absence the individual lacks the spirit necessary for peak performance. **Distress** is the term used to indicate negative stress.

There are different ways of coping with stress such as: confronting (facing), distancing (remoteness), self-control, seeking social support, accepting responsibility, escape or avoid (from the stressor), plan a problem solving strategy and positive reappraisal.



Usually two broad type of coping types are seen- **Instrumental coping** and **Emotional coping**. In instrumental coping, a person focuses on the problem and tries to solve it. In emotional coping, the focus is more on the feelings generated by the problem.

It could be concluded that planning and positive reinterpretation and growth were the two most predominant strategies for problem-focused and emotion-focused coping styles respectively. Supportive skills like talking and sharing could be developed. This will enable students to feel comfortable and free enough to express their feelings.

JANUARY 2024

SUN	MON	TUE	WED	THR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Working Days : 21		

Date	Day	Particulars
03.01.2024	WED	School Reopens after Winter Holidays
05.01.2024	FRI	Spelling Bee/PISA English/JEE/NEET/CPT
06.01.2024	SAT	Health Education/ Work Education / Inter House Activities (Junior - IT Quiz)
09.01.2024 and 10.01.2024	TUE WED	Health Check up for Term II
12.01.2024	FRI	Pongal Celebrations
13.01.2024 to 17.01.2024	SAT WED	Pongal Holidays
18.01.2024 to 27.01.2024	THR SAT	Preboard Examination II
26.01.2024	FRI	Republic Day
19.01.2024 to 27.01.2024	FRI SAT	Monthly Test
20.01.2024	SAT	Health Education/ Work Education / Inter House Activities (Junior - Lang Spell Bee)
31.01.2024	WED	Completion of Curriculum (VI - IX & XI)

How do you conceptualize stress?

Yes I am _____

EXAMINATION SCHEDULE & PORTIONS

FOR THE MONTH OF _____

DATE	SUBJECT	PORTION

DAILY ASSIGNMENT

Date : **02-January** Day : **Tuesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **03-January** Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **04-January** Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **05-January** Day : **Friday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **06-January** Day : **Saturday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **08-January** Day : **Monday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **09-January** Day : **Tuesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **10-January** Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : 11-January

Day : Thursday

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : 12-January

Day : Friday

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **18-January** Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **19-January** Day : **Friday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **20-January** Day : **Saturday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **22-January** Day : **Monday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **23-January** Day : **Tuesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **24-January** Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **25-January** Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **27-January** Day : **Saturday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **29-January** Day : **Monday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **30-January** Day : **Tuesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **31-January** Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : Day :

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

COLLABORATION



"Alone we can do so little. Together we can do so much." – Helen Keller

Collaboration is the process of two or more individuals working together to complete a task or achieve a common objective. Collaborative learning can occur peer-to-peer or in larger groups. Peer learning, or peer instruction, is a type of collaborative learning that involves students working in pairs or small groups to discuss concepts or find solutions to problems. **The primary purpose of collaboration include: identifying and sharing effective academic, behavior, and social-emotional instructional practices, ensuring that practices are consistent across all providers, and ensuring that the students benefit from those practices.**





Why use collaborative learning?

Research shows that educational experiences that are active, social, contextual, engaging, and student-owned lead to deeper learning. The benefits of collaborative learning include:

Development of higher-level thinking, oral communication, self-management, and leadership skills.

Promotion of student-faculty interaction.

Increase in student retention, self-esteem, and responsibility.

Exposure to and an increase in understanding of diverse perspectives.

Preparation for real life social and employment situations.

Conclusion

Collaborative learning is gaining importance in various institutions as it helps to focus on various learning aspects of the students. It helps them to improve teamwork, cognitive skills, public speaking skills, and critical thinking. Further, the students are responsible for the ideas and concepts that they build along with better learning outcomes.

FEBRUARY 2024

SUN	MON	TUE	WED	THR	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

Working Days : 23

Date	Day	Particulars
01.02.2024 to 09.02.2024	THR FRI	Preboard Examination - III
03.02.2024	SAT	Health Education/ Work Education / Inter House Activities
17.02.2024	SAT	Health Education/ Work Education / Inter House Activities (Junior - Lang II Extempore, Senior - Nil)

Are you good in solving problems?

I conceptualize stress... _____

EXAMINATION SCHEDULE & PORTIONS

FOR THE MONTH OF _____

DATE	SUBJECT	PORTION

DAILY ASSIGNMENT

Date : **01-February** Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **02-February** Day : **Friday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **03-February** Day : **Saturday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **05-February** Day : **Monday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **06-February** Day : **Tuesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **07-February** Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **08-February** Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **09-February** Day : **Friday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **12-February** Day : **Monday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **13-February** Day : **Tuesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **14-February** Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **15-February** Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **16-February** Day : **Friday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **17-February** Day : **Saturday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **19-February** Day : **Monday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **20-February** Day : **Tuesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **21-February** Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **22-February** Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **23-February** Day : **Friday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **26-February** Day : **Monday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **27-February** Day : **Tuesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **28-February** Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **29-February** Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : Day :

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date :		Day :	
SUBJECT		ASSIGNMENT	

TEACHER'S SIGNATURE	PARENT SIGNATURE
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Date :		Day :	
SUBJECT		ASSIGNMENT	

TEACHER'S SIGNATURE	PARENT SIGNATURE
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DAILY ASSIGNMENT

Date :		Day :	
SUBJECT		ASSIGNMENT	

TEACHER'S SIGNATURE	PARENT SIGNATURE
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Date :		Day :	
SUBJECT		ASSIGNMENT	

TEACHER'S SIGNATURE	PARENT SIGNATURE
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DAILY ASSIGNMENT

Date :

Day :

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date :

Day :

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

COMMUNITY OUTREACH

What?

The School encourages all students to empathize with those who are not so fortunate both physically and financially, by lending a helping hand and serving unconditionally.

Outreach activities can take several forms, such as **school presentations, workshops, public talks and lab visits**, etc. The objective of outreach is to explain the benefits of research to a larger public.



Outreach Program Strategies for Nonprofits

1. List down goals. ...
2. Ask the right stakeholders. ...
3. Research on opportunities. ...
4. Define your target audience. ...
5. Come up with a detailed action plan. ...
6. Set standards to gauge your results. ...
7. Start a system.



Education: They make people aware of the options they have

Outreach : They directly engage with their target audience

And that is precisely what a community outreach programme is.

It is targeted communication by your organization with a group of people, to meet a particular goal.

In the case of Planned Parenthood, the 'particular goal' is improved health. For some nonprofits, it would be to create awareness about their cause. For still others, it could simply be an exercise to understand how best they can help the community.



Community Outreach Programme:

Regardless of the end goal, successful community outreach is rarely easy. It involves knowing exactly whom to reach and how to engage with them.

An outreach plan is documenting your approach to sharing the information with the community you are targetting. To ensure that you are not caught unprepared with your outreach program, here is a list of things you need to have in your community outreach action plan.

1. Conduct a needs assessment
2. Identify and know your issue
3. Set a goal
4. Create a list of stakeholders
5. Develop a strategy
6. Build a coalition and start engaging with key decision-makers
7. Craft and refine the message
8. Tailor it across channels
9. Measure your impact

Community outreach programmes are crucial in addressing social issues. They provide opportunities for community members to connect, engage and support each other. These programmes address various social issues, including poverty, unemployment, homelessness, and health issues, among others. Through community outreach programmes, individuals can access resources, services, and support that they may not otherwise have access to.

Community outreach programmes promote community involvement and development. They empower community members to be active participants in their community, contributing their skills and knowledge to improve the community's well-being. By engaging with community members, outreach programmes build a sense of belonging and connection, fostering a supportive and inclusive community.

Community outreach programmes have many benefits for the participants. They provide opportunities for personal and professional development, such as skill-building workshops and training programmes. Outreach programmes also promote physical and mental wellness, providing access to health and wellness resources, including counselling and other support services. Participants in these programmes also benefit from the social connections and networks they build through community involvement.

In conclusion, community outreach programmes are essential in promoting community development and addressing social issues. These programmes provide opportunities for personal and professional development, promote wellness, and build social connections. Implementing successful community outreach programmes requires identifying community needs, designing programmes to meet those needs, and forming partnerships to provide resources and support. Through community outreach programmes, we can build strong, supportive, and inclusive communities.

MARCH 2024

SUN	MON	TUE	WED	THR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Working Days : 13					

Date	Day	Particulars
04.03.2024 to 15.03.2024	MON FRI	Annual Examination (VI - VII)

**Are community outreach programmes
are essential in addressing social issues?**

Yes _____

EXAMINATION SCHEDULE & PORTIONS

FOR THE MONTH OF _____

DATE	SUBJECT	PORTION

DAILY ASSIGNMENT

Date : 01-March		Day : Friday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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Date : 02-March		Day : Saturday	
SUBJECT	ASSIGNMENT		

TEACHER'S SIGNATURE	PARENT SIGNATURE
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DAILY ASSIGNMENT

Date : **04-March**

Day : **Monday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **05-March**

Day : **Tuesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **06-March**

Day : **Wednesday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **07-March**

Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : 08-March		Day : Friday	
SUBJECT		ASSIGNMENT	

TEACHER'S SIGNATURE		PARENT SIGNATURE	

Date : 11-March		Day : Monday	
SUBJECT		ASSIGNMENT	

TEACHER'S SIGNATURE		PARENT SIGNATURE	
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DAILY ASSIGNMENT

Date : 12-March

Day : Tuesday

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : 13-March

Day : Wednesday

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **14-March**

Day : **Thursday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date : **15-March**

Day : **Friday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

DAILY ASSIGNMENT

Date : **16-March**

Day : **Saturday**

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

Date :

Day :

SUBJECT	ASSIGNMENT

TEACHER'S SIGNATURE

PARENT SIGNATURE

ASSIGNMENT RECORD

DATE	ASSIGNMENT	TEACHER'S SIGNATURE	PARENT'S SIGNATURE

ASSIGNMENT RECORD

DATE	ASSIGNMENT	TEACHER'S SIGNATURE	PARENT'S SIGNATURE

FROM TEACHER TO PARENT

[illegible]

FROM TEACHER TO PARENT

[illegible]

FROM PARENT TO TEACHER

[illegible]

FROM PARENT TO TEACHER

[illegible]

FROM SUPERVISION IN-CHARGE TO PARENT

Whenever a Student exhibits good conduct it will be recorded below by the members of the student council. The student will be given a Gold Star. If the student gets 3 Gold Star a month, he / she be recognised in the Assembly and suitably rewarded.

DATE	REMARKS / NOTES	SUPERVISOR'S SIGNATURE	PARENT'S SIGNATURE

FROM SUPERVISION IN-CHARGE TO PARENT

Whenever a Student exhibits good conduct it will be recorded below by the members of the student council. The student will be given a Gold Star. If the student gets 3 Gold Star a month, he / she be recognised in the Assembly and suitably rewarded.

DATE	REMARKS / NOTES	SUPERVISOR'S SIGNATURE	PARENT'S SIGNATURE

LEAVE RECORD

Name: _____ Class: _____ Sec: _____

[illegible]

Note : Prior information must be obtained and a separate letter is required if the request is more than 3 days.

FROM SUPERVISION IN-CHARGE TO PARENT

Name : _____ Class : _____ Sec : _____

DATE	REASON FOR LEAVE	NO. OF DAYS	PARENT'S SIGNATURE	CLASS TEACHER'S SIGNATURE

Note : Prior information must be obtained and a separate letter is required if the request is more than 3 days.

[illegible]

[illegible]

[illegible]