

Sacred Heart School

News Letter





PRINCIPAL'S MESSAGE

If education is a passport to the future for people who prepare for it today, the learning community in Sacred Heart School have been surely working hard towards it!

Our teachers have been training themselves through workshops and trainings. Formative assessment, student centric learning, making the learners take the learning responsibility and digitalisation has been the buzzwords in the teaching community.

We at Sacred Heart School have not been shy at facing our problems. To overcome the hesitation amongst students in mathematics, the mathematics department has been stocking up on learning aids, introducing- mindspark a digital platform for the Grades IV- VII to make maths practicing enjoyable. In the new term, the department plans to make an hour of compulsory mathematics practice mandatory for all.

The English department has not been far behind. They have introduced a reading programme which makes reading a mandatory activity in school. A DROP EVERYTHING AND READ-DEAR time is allocated over a day, where all adults and students take time to read a book of their choice and review it. The Science Department has been busy arranging thought provoking seminars and exchange of ideas with the Science Department in North Bengal University. The Second Language department has made assemblies in our mother tongue mandatory for all thrice a week.

The primary school apart from their daily lessons, games and activities has started taking time out to learn the subtle art of meditation and yoga! While the excitement continues in the different areas of sports and service, it is done with a motive that this paves a passport for a brighter tomorrow!

We are thankful for the support of our Director and Parents in this exciting journey.

Thanking you,

Prafullamani Pradhan



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Student Editors-

Mayuri Churiwal
Ayush Bhakat

Teacher Editors-
English
Department

Publication
Team

Clair Helen
Upshon
Dhara Chokhani

Aaryashree
Bhagat
Raksha Das,
Insha Raza,
Jerin
Ritesh Kumar
Ayush Agarwal
Aditya Kumar
Devraj Debnath
Rohit Jain
Sanim Limbu
Ayush Ranjan
Suraj Kumar
Ruchit Agarwal
Anup Minj

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courtesy-

Rudra Pratap
Md Mohazzab
Adeel

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Reverend Father John Tigga of Prabhu Jisa Parish led a special mass service in the new auditorium in the boys wing to commemorate the Feast Day of Sacred Heart of Jesus. The prayer mass began at 2p.m. and ended at 3.p.m.

The prayer mass was significant because it was being organised after a forced gap of two years because of the global pandemic.

In his sermon for the staff and students of the school, the Reverend emphasised upon the history of Sacred Heart of Jesus and the legend associated with the Feast Day. As his main message, he spoke at length on the need to introspect our lives and the mercy of the loving heart of Sacred Heart of Jesus. He also emphasised on the need to be a reflection of Jesus and his medium to call forth our fellow man.

The sermon witnessed beautiful hymns and passages from the Bible being read to elucidate God's love and kindness towards each and everyone of us.



While the prayer meeting was attended by Director Sir, Mr Anil Gupta, Principal Sir, Mr Prafulla Mani Pradhan, Coordinators, and faculty members, the student fraternity was represented by the student representatives from all classes and students belonging to the Christian Catholic Community.

Passages from the scripture were read by Kusum Kerketta and Mr Prakash Yonzon. Towards the end Reverend Father prayed for the well being and safety of the entire school community.

The final event of the prayer mass was the receiving of sacrament by the members of the Catholic Community.

Following the prayer mass, a High Tea was organised by the kitchen department which was a celebration by itself.

The work behind the scenes by Mr Hylton Upshon, Mr Raymond Shepherd, Mr Bobin Rai, Mr Lepcha, Mr Richard Gomes, Mr Matthew Gomes, and Mr Biswas Roka ensured that the entire prayer session was indeed blessed and spiritually fulfilling.





"You tell me and I will forget, you teach me and I might remember, you involve me and I will learn." Education has changed and it is headed towards experiential learning than mere rote learning.

The need of the hour is to discreetly step away from the boundaries of traditional learning and embrace the hitherto despised hobbies, interests and passions to open up a completely different dimension of human learning. Our arena is infinity sq ft, limitless acres that ultimately will lead to the summit of excellence.



Developing social skills, sharpening self-confidence, developing leadership skills, elevating self-esteem- these are where our darts aim at.

So we are either on our toes in the dance class, or focussing our lenses, either strumming the strings or learning the basics of desktop publishing. No matter what we are doing, we learning important life skills, toeing the lines of Recycle, Reuse, Reinvent.

Here, the rich diversity of leisure pursuit comprises painting, craft, dance, photography, publication and music. The strokes of paint brushes echo, the hands-on activities are louder, the moves on the dance floor express more, clicks and captures draw everyone's attention, music serves as food of love and we make them generally known.

In addition to the fun we have in all these activities, we are aligned with activities that serve greater purpose. IAYP and PSHE programmes are run hand in hand to graph the progress of skills in individuals under SUPW programme.

The verdict that is out for all is that our school has thrown caution to the wind and has taken the leap of faith to ensure that we get the best of opportunities to excel at what we want rather than focussing only upon what we need.

Socially interactive programmes such as IAYP, Scouts Movements are breaching the social barriers, forcing us to leave our cocoons and step out into the brave new world, adept, keen, bright and beautiful.



Survival skills are the rudiments of our lives and that is what the IAYP aims at. IAYP (International Award for Young People) aims at making students aged between 14-25 years, self-sustaining. Our school has given us the opportunity to participate in such a programme, for which we also had survival training programs. The girls from cases IX and X had our survival training on , in the backfield of our school campus and it was 12:45p.m, when we were addressed by Principal Sir as to how things would go on and we started working with it, under the guidance of our teachers Ms. Indrani Goswami and Ms. Ranjana Sharma. All of us braced ourselves up and prepared ourselves to the teeth. At 1:00p.m. we began preparing our food, and the most interesting part of it was that we cooked it on fire wood, for it was indeed nostalgic recalling those times when people depended on fire for almost everything that they did. It was what we could call a 'barbecue-like' arrangement on which we prepared our lunch. Collecting fire wood and twigs, was fun too.



It took about 2.5 hours for us to cook. Well, something that really counts in our life is how experienced we are. It's how we better ourselves that matters. We were a bunch of exuberant youngsters, waiting to learn something new. We learnt a lot of skills, and in sooth, some of us mastered it so well that we were sure to tackle any survival situation. That's how well our teachers trained us! When everything was ready, everyone was eagerly waiting to see the outcome of long hours of hard work, and to our surprise, everything was so well-cooked. The teachers appreciated our teamwork as well. We thanked our preceptors too. It was certainly great doing this, for it ensured our all-round development as well, which is one of the keys to a successful life, today, and that's how we effectively climbed up the ladder to success, and got the pot of gold, which was worth the assiduous work.

"The oak fought the wind and was broken, the willow bent when it must and survived."

Surviving is not about fighting against the odds and losing it all but learning to even out the odds. That is the true essence of IAYP that enables an individual to forage into the unknown and uncharted territories with a calm resilience.

It was with such a positive attitude that we, the boys from IX, under the leadership of Tej Pratap got ready to gear up for our first ever survival training program. Interestingly, it was outdoor cooking. Outdoor cooking at camp is very popular with youth and is an activity most children and teens have never done completely for themselves. Other than poaching burnt eggs on blackened sooty pans or rustling up greasy noodles, most kids usually have their meals prepared for them by adults rather than getting hands-on experience themselves. Outdoor cooking combines adventuresome elements — fire, knives, sharp skewers, hot pots, etc. — in a controlled environment to maintain safety while learning valuable life skills, allowing them to step outside their comfort zones in the midst of enjoying time with their friends. We had already been prepped up by Principal Sir a day prior and were raring to have a go on the d day. The venue was the backfield and we had all the items ready. However, the biggest challenge was the weather. The darkened cloud loomed large threatening to wash away our plans. .



Moreover, the incessant rain for the past couple of days had dampened the firewood among others. But it was just the ideal situation where our survival instincts kicked in. We started our preparations exactly at 12:40 pm in the afternoon of 20th June, 2022. We had divided ourselves into smaller groups to speed up the work. Some of the boys built up the makeshift fireplace using bricks while the others sliced and diced the vegetables and ground the spices. The good cooks among the boys started overseeing the cooking of rice and curry. The most difficult task was to build a fire. It took a lot of time for us to get the fire going with the damp wood. The smoke created a tiny havoc as it watered our eyes and burnt our lungs a bit. But we stood our ground and tackled it with patience. Eventually, we won and ended up cooking a simple but sumptuous meal. Principal Sir and teachers commended us on our terrific work. The words of appreciation boosted our confidence. It was a great learning experience for all of us. Through that simple task we learnt food preparation and nutrition, hands-on, practical cooking with limited equipment or supplies, how to build, manage and put-out a fire and most importantly team-work and problem solving skills.



INTERHOUSE MIDDLE SCHOOL FOOTBALL LEAGUE

Inter House Middle School Football League started in the month of April and culminated in the 2nd week of June.

The matches culminated with the Gandhi House winning the league with 11.8 points, the runner-up was Tagore House with - 11.6 points, followed by Netaji House with - 6.3 points and wrapping up the table , Nehru House with - 3.3 points.



THE INTER-HOUSE VOLLEYBALL LEAGUE APRIL-JUNE 2022



The Inter house volleyball league began on 16th April 2022 with the initiative of the adept house captains and the members.

It officially blazed off in the presence of Director Sir and Principal Sir as the chief spectators of the first house match of the session. Throughout the journey, our coach, Brahmacharya Sir, and our PTIs, Mr . Biswas Roka and Mr. Biru Sherpa were either the referee or the diligent guide on the bylines.

The 8 houses- Sister Nivedita, Madam Cama, Mother Teresa, Sarojni Naidu, (Girls).Nehru, Netaji, Gandhi, Tagore (Boys) played against each of the houses in a league format of 16 matches with each team playing against the rest.

At the end, Madam Cama House (Girls) and Tagore House (Boys) emerged victorious with Mother Teresa House and Netaji House tailing them as the first runners' up,



THE AQUADEMICIANS

The coming of the summer means the advent of the swimming season. It means joy, frolic, and absolute fun. The anxious feet that tremble at first, soon begin to paddle and gradually the paddle transforms into strokes of grace, some " back" others " butterfly".

The same lot which became pale in fear become attached to the water so much that they fight for it. The swimming season which began on 8th April 2022 is obviously one of the most fulfilling of ventures because "No Child gets Left Alone".

In the pool everyone wins even when he/she is last. Everybody learns to swim, and with it learns when to be still and when to move. Every boy and girl goes home with a skill that teaches balance and temperament without breaking a sweat or a heart.

Under the watchful eyes of Mr Naresh Burman, Mr Rakesh Das and Mrs. Rajani Das " the untrained ducklings" will surely transform into beautiful swans yet again.

Till that doesn't happen we keep splashing...

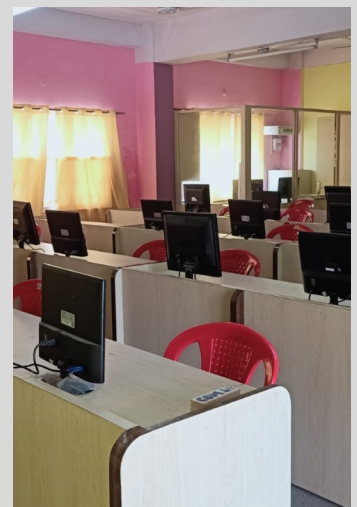


Over this Academic Year, our school has seen several areas of development to enhance the learning experience in Sacred Heart School

a. We are happy to announce that Sacred Heart School- has a spacious new hall, for the boys to use as study space and to host special occasions...

b) To enhance the learning and teaching experiences , appropriate multi media devices have been re-installed in class rooms. From smart television sets to projector screens, we have various options of audio- visual study aids.

c) we believe that our young ones need to spend more time under open skies. We have been blessed to extend our existing school boundaries and thus our sports fields. There is space being made for each wing to have its own play area.



Sacred Heart School is collaborating with “Mind spark “, an adaptive-learning program built by Educational Initiatives (EI) which allows users to connect to Mind spark servers via a web browser.

It is used by children in India, UAE and the United States.

Students learn Maths, English and Science concepts with games, practice and a series of questions.

e) Another layer of icing on our cake is the extension of the school building in the girls’ section. We are looking forward to a brand new primary wing, theatre room, girls hall, teacher’s quarters , class rooms and dormitory.

We thank God for his blessings.



Yoga is a light, which once lit will never dim.”



International Day of Yoga is celebrated all around the world on 21st June. On this occasion there was a special morning assembly organized by the Primary Wing in the Boy's hall. The little heartians enthusiastically participated in this event. The program started with presentations explaining the significance of Yoga by the students of Class III and Class IV. The students were then seated in Padmasana (crossed-legged sitting position) and were asked to meditate by chanting the Om Mantra which spread positive energy and harmonized the nervous system through energetic vibrations created by the sound. It was then followed by some other asanas for strengthening of muscles, improving flexibility, balance and concentration which were performed by all the students and teachers under the guidance of Deepa ma'am who was the main facilitator of the event. Our coordinator, Shampa ma'am then held a short meditation session which aimed at feeling the sun's energy within us as it was Summer Solstice on the same day which was extremely enlightening for all of us



The children felt immensely refreshed, energized and active throughout the day. This was a great opportunity to raise awareness of the multitude benefits of yoga. It was a joint effort of all the teachers and the students of the primary wing to make this program successful.

Feelings shared by some of the students after the wonderful Yoga session.

“I felt refreshed and energetic and felt like a bird.”- Priyam Roy Class V

“After doing yoga during the assembly, I felt relaxed and mentally and physically calm and felt like I was floating.” – Shayan Ann Shepherd Class V

“It was an amazing experience, I felt calm, relaxed and happy.” – Aradhya Jaiswal Class IV

“It was so good doing the Yoga asanas, I felt refreshed and light.” Kashish Chhajer Class IV





Under the guidance of our Physics teacher, Mr. Chinmoy Karmakar, the students of Grade 12 Science assembled in the school library on 18th June at 1:30 pm, all braced up for a Physics Seminar.

The topic for the seminar was Capacitor - a storage unit of energy for few time. The students were divided into three groups, each group explaining a different sub topic. Soham Sao and his team, explained the basics of capacitor. Palak Singh and her team threw light on the applications of capacitor. The interesting facts about capacitors were highlighted by Kasak Fitkeriwala and her team.

Finally Kishan Kumar Gaur and team wrapped up the presentation with : Types of capacitors : Super capacitors, charging and discharging of capacitor.

The presentation came to an end with Chinmoy Sir's address. This was followed by Principal Sir's address and the vote of thanks was proposed by our Chemistry teacher, Mr. Prabir Kumar Banerjee.

It was indeed a matter of honour for the entire Science Department to hold the seminar in presence of eminent scholars Research students Dr Prasan Choudhury currently working on Organic synthesis and catalysis, Mr. Sudharsan Pradhan working on schiff base metal complex, Mr Munna Makhija working on Green chemistry and Ms Pritika Gurung working on Beta cd based schiff base metal complex, who were present on the occasion as guests. We were delighted when after the Physics Seminar, the honorable guests were willing to meet us at the Chemistry laboratory in order to share with us certain information pertaining to their field of research. We are extremely happy to have taken part in this extremely enlightening seminar. Working for it, students garnered knowledge through a practical method of learning. As students who have dedicated their careers to the study of science, we surely look forward to such enlightening experiences.



Exams have been haunting students right from the get go.

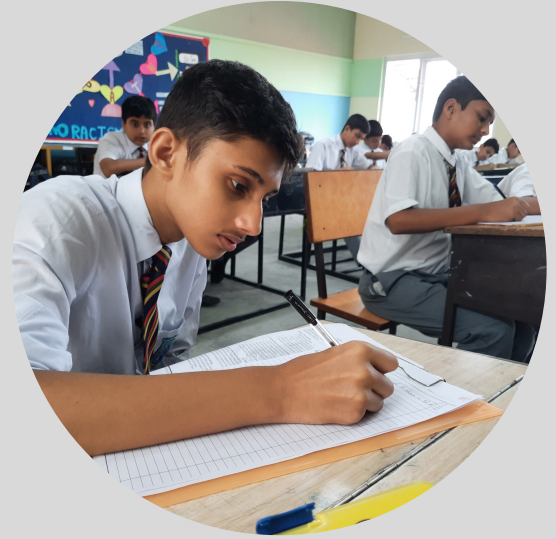
The fear is so deeply ingrained that the very mention of "it" strikes fear in the heart of many.

We often look upon the teacher giving the exam as *Chitragupta* noting the karma of his/her student and a grim reaper come down to rip the life out of innocent young lambs.

The whole school quietens down, it seems like curfew has been imposed in the corridors. It becomes the last refuge, and last minute suggestions the victuals of the mightiest god. On duty teachers suddenly become drill sergeants and subject teachers transform into generals of an army on the verge of impending doom.

It is to end this great tyranny called examination do I call for "mutiny" amigos, let us cast aside our apprehensions; let us rather celebrate this as a great festival that comes to cheer us every term.

Let us put on our best attire, cast aside our doubts and embrace examinations as an opportunity to prove ourselves the 'master of our own destiny' instead of "puny little lords".



Let us be able to look into viciousness of those immaculate questions and make them feel small and inappropriate; let us be free because we have nothing lose other than our weaknesses.

Therefore students of the world, let us embrace this brave new world, a world freed of the tyrannical shackles of mediocrity and burden of examination.

I extol my companions to resolve that we will not allow life to come to a stand still, we will not allow advertisers to feed us health drinks that will only clear our bowels rather than our doubts.

I call upon my comrades to realise that sports doesn't need to stop during examinations, entertainment doesn't need to end.

We need not develop bobblehead syndrome during examination nor do we need binocular eyes to earn some extra credits.

So if we want to end this tyranny, the first thing we should do, as soon as we receive the question paper is "smile" and say, " I am better than this exam." We must remember that how we get every credit matters rather than how much we get.

Exams will come and go like teenage pimples but it should not scar us for life. Thus, join us as we celebrate our 1st Term Examination.

