



SADHBHAVANA
WORLD SCHOOL

NEWSLETTER TERM II (2009-10)



“All children are gifted. Some just open their presents later than others.”

Dear Parents/Guardians,

As we come to the end of Term II, I can proudly say that this term has been an extremely busy learning period for the children as well as all of us at Sadhbhavana. A power packed term full of activities, events, projects, sports, field trips, assessments and celebrations.

Undeniably academics are important, but there are many more skills of vital importance during schooling, which students need to master on the road to becoming productive and successful adults in the years to come. This term the children participated and were exposed to a number of co-curricular activities planned and designed to suit their age group.



Co-curricular activities (CCAs), also referred to as **Extracurricular Activities** (ECAs) are activities that educational organisations create for school students. These are often great teachers for children and can offer them a great deal

more than one sees at first glance. Although these activities require extra time, usually outside of the academic schedule and sometimes the regular school hours, they are extremely worthwhile and valuable for our children. Every child should be involved in at least one extra-curricular activity during their schooling years for the following reasons;

1) **Learn to be Responsible:** Students must maintain high enough grades to be able to participate in co-curricular activities and live their lives according *to a schedule that involves practices, rehearsals, and events related to the activities* that they are involved in.



2) **Time-management skills:** In order to participate in an activity, a student must balance the other aspects of his or her life with the commitments the activity requires. Students must learn to devote appropriate amounts of time to everything in their lives to make it wholesome.

3) **Learn Communication and teamwork:** especially those activities that involve a group of people working together to achieve a common goal such as a sports team, a band, or the cast of a theater production.

4) **Provide students a way to make new friends** and find others who share their common interests.

Co-curricular activities *are thus a great way for students to begin transition into the adult world as they teach life skills that academics alone cannot.*

As parents, this is how you can help your child manage these within her/his busy daily schedule.

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|  <p>Improving Time Management</p> <ul style="list-style-type: none"> ▶ Have your child wake with an alarm clock each day in ample time for school. ▶ Provide a corkboard or other means for your child to collect important information about school events and other activities. ▶ Hang a calendar that is large enough to record your child's upcoming activities. Help your child use it to track deadlines and more. ▶ Break long-term projects into smaller tasks and set completion goals until your child can do this independently. <p>©Copyright EducationWorld.com</p> |  <p>Communicating With the School Year-Round</p> <ul style="list-style-type: none"> ▶ Stay attuned to your child's academic accomplishments on a weekly basis. Praise those accomplishments appropriately. ▶ Communicate with the school regularly. When you have a concern or question, write a note, or email or phone the teacher. <i>We need you on our team!</i> ▶ Think ahead: at the end of the school year, schedule a meeting to discuss with the teacher your child's successes and challenges. <p>©Copyright EducationWorld.com</p> |
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Role models for our children

“Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!” ----- Anne Frank

The Sadhbhavana school culture is committed to inculcating eternal and ageless values. But as educators in today's turbulent times it is a daunting task. Therefore, it is important that children imbibe values that both educators and parents must reflect as role models for them.

*The bottom line in character development is **behavior**. As parents and teachers, we want our children to be the architects of their own character crafting, while we must accept the responsibility to be architects of the environment—physical and moral. We need to create an environment in which our children can develop habits of honesty, generosity, and a sense of justice. For most of us, the greatest opportunity we personally have is to deepen our own character through the daily sweat and tears of struggling to be good parents and teachers.*

Give the pupils something to do, not something to learn; and the doing should be of such a nature as to demand thinking; learning naturally results--- **John Dewey**

Keep our children “violence-free”

Parents, teachers and caregivers are vital to the healthy development and growth of children. Helping children learn more about themselves and their environment can be a key step in preventing school and youth violence. Parents and the school want children to be safe, and children want to feel and be safe.

The following information will be both helpful to all of us, as well as to our children. So take time to read and make time to share this with your children. Violence prevention begins with YOU. Remember to make time to listen; take time to talk..these can be precious moments.



TOLERANCE

Like all attitudes, tolerance is often taught in subtle ways. Even before they can speak, children closely watch — and imitate — their parents and adults around them. Kids of all ages develop their own values, in great part, by mirroring the values and attitudes of those they care about.

Things we can do to help kids learn tolerance include:

- Notice your own attitudes. Parents who want to help their kids’ value diversity can be sensitive to cultural stereotypes they may have learned and make an effort to correct them. Demonstrate an attitude of respect for others.
- Remember that kids are always listening. Be aware of the way you talk about people who are different from yourself. Do not make jokes that perpetuate stereotypes. Although some of these may seem to be harmless fun, they can undo attitudes of tolerance and respect.
- Behaviors that disrespect or hurt others, like being mean or bullying, or behaviors that break social rules, like lying or stealing, should not be tolerated.

- Select books, toys, music, art, and videos carefully. Keep in mind the powerful effect the media and pop culture have on shaping attitudes.
- Point out and talk about unfair stereotypes that may be portrayed in media.
- Answer kids' questions about differences honestly and respectfully. This teaches that it is acceptable to notice and discuss differences as long as it is done with respect.
- Acknowledge and respect differences within your own family. Demonstrate acceptance of your children's differing abilities, interests, and styles. Value the uniqueness of each member of your family.
- Remember that tolerance does not mean tolerating unacceptable behavior. It means that everyone deserves to be treated with respect — and should treat others with respect as well.
- Help your children feel good about themselves. Kids who feel badly about themselves often treat others badly. Kids with strong self-esteem, value and respect themselves and are more likely to treat others with respect, too. Help your child to feel accepted, respected, and valued.
- Give kids opportunities to work and play with others who are different from them. Learn together about holiday and religious celebrations that are not part of your own tradition.
- Honour your family's traditions and teach them to your kids — and to someone outside the family who wants to learn about the diversity *you* have to offer.

When parents and teachers encourage a tolerant attitude in their children, talk about their values, and model the behavior they would like to see by treating others well, kids will follow in their footsteps.



NURTURE

- Show love and concern
- Every day, tell your child you love him/her.
- Show affection daily with a hug, a kiss, and/or a touch.
- Make time for special family fun activities.
- Meet your child's friends to ensure he/she has positive peer influences.

✓ **EMOTIONS**



Children who don't know how to control their anger are more likely to quarrel and pick fights. Teach children how to calm down and talk over their problems. Tips for keeping cool and solving a problem:

- Understand - don't take a stand
- Keep in mind that anger is real, but it usually goes away.
- To calm down, think about or do things you enjoy.
- Once you have calmed down, think about the problem with a clear head.
- Take steps to solve the problem.

✓ **COMMUNICATION**





Children who have good communication with their parents are more likely to ask for their advice than turn to peers. When talking to your child, always remember:

- Communication is a two way street
- Listen to your child.
- Let your child know he/she can always talk to you about anything.



✓ **EDUCATION**

- Take interest in your child's education and development
- Teach your child to speak out for him or herself.
- Read to your child and encourage your child to read.
- Develop an ear and an eye for what your children are absorbing. Children are like sponges. Much of what they take in has to do with moral values and character. Books, songs, TV, the Internet, and films are continually delivering messages—moral and immoral—to our children. As parents we must control the flow of ideas and images that are influencing our children
- Meet with your child's teachers often and learn about your child's progress.
- Review homework and assessments.
- Set short-term and long-term educational goals together and help your children reach their goals.
- Encourage your child to participate in co-curricular activities.
- Give your child household responsibilities/chores.
- Encourage family discussions on current affairs and ask your children to find out more about the issue by referring to back-issues of magazines or newspapers or the internet. In searching for such material not only is the child learning to be judicious, analytical, and sift through information, but think of all the school projects that might be so easily accomplished this way!

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|  <p>Modeling Good Citizenship</p> <ul style="list-style-type: none"> ▶ Be a good role model at all times. Children learn from what they witness. ▶ Model a clear sense of right and wrong by obeying laws and making thoughtful decisions. ▶ Show children you care about people by modeling friendship with others, lending a hand to neighbors, or working with charities. ▶ Practice recycling at home. It demonstrates wise use of Earth's resources. <p>©Copyright EducationWorld.com</p> |  <p>Following Current Events</p> <ul style="list-style-type: none"> ▶ Watch age-appropriate segments from news programs and discuss the issues presented. ▶ Talk about the who, what, where, when, why, and how behind the news. ▶ Share local newspaper stories about kids from your area. ▶ Take your children to the polls when you vote. Then stay up together to track the results of the election. ▶ Attend an appropriate political speech and, if possible, introduce your child to the elected official or candidate. <p>©Copyright EducationWorld.com</p> |
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We would like to request the parents of children at Sadhbhavana, to volunteer and offer their expertise to the school, so that we can take this involvement to a level where you as parents are actively engaged and take pride in your child's educational journey.

Dream lofty dreams, and as you dream, so shall you become. Your vision is the promise of what you shall one day be; your ideal is the prophecy of what you shall at last unveil. ---James Allen, As A Man Thinketh

The final term of this session promises to be action packed. As the Sadhbhavana family looks forward to the commissioning of the Pre-primary block, Playground,

and the Science Park, I foresee a term which is once again full of events and activities that will keep the Sadhbhavana family vibrant and on its' toes till the last working day.

Thanking you

Mrs Nikita Tomar Mann

Principal

Sadhbhavana World School