

Sparkling Nirmalarians

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NIRMALA CONVENT SCHOOL, BULANDSHAHR

Instilling Values

"There are little eyes upon you and they're watching night and day. There are little ears that quickly take in every word you say. There are little hands all eager to do everything you do. And a little child who's dreaming of the day he'll be like you."

What are values and why do we need them?

They are cherished beliefs and standards for right and wrong. They provide direction and meaning to life. Values inspire constructive behaviour.

Teaching values to children begins as soon as they can understand speech. Instilling values in children isn't done just by talking to them; it's done by example. Children learn by watching you and knowing your own values.

Instilling values in children

Instilling values in children is the main duty of parents who wish to see their child at the peak of success. It is a well known fact that the values learned in childhood remain forever and help one to handle difficult situations easily and systematically. There are numerous examples of great people who give due credit of their success to their inherited values. The task of instilling values in children is essential for their academic and professional excellence and making them a good citizen of the country. The values such as honesty, compassion, confidence, integrity, and devotion to God, educational values, sincerity, politeness and patience can help in all aspects of life. These values enable a person to distinguish between good and bad, and create an impression wherever they go. The presence of his values reflects in the way he behaves, talks and perceives things. Though he may not understand the wide scope of these values when he is taught about them in childhood at home and school, the good and bad experiences in life help him to understand them. People with good values and ethics are given preference everywhere and are admired for their nature.

The asset, the strength of our school is the treasure of precious students who are free to grow with honest and open expressions. I convey my gratitude to all the Parents, Teachers and Well-wishers.

Sr. Daisy

Principal

May God Bless You All

VIDHYARAMBH

A beginning of education and learning for kids, *Vidhyarambh*; a mesmerizing programme was conducted in Nirmala Convent School on 24 March, 2017. Sr. Chitra presented a bouquet to Rev. Fr. Varghese Kunnath, followed by lighting of the lamp by parents of Anjali (LKG-A), Rev. Father, Sr. Daisy, Sr. Leonarda and Sr. Chitra. National song was sung and continued by a prayer dance. The principal welcomed the guests and gave a report on the school's aim and objectives. Father Varghese guided the parents to make their child a person with qualities. Readings from holy books were also done. The programme became a memorable one for the new 'Nirmalarians' and their parents.



BLESSING CEREMONY

During assembly on 4 April, 2017, Rev. Fr. Ignatius Miranda enlightened the students with his inspiring words. Father visited all the class-rooms and blessed everyone with the holy water.

"Love your enemies, do good to those who hate you". Luke:6:27

STUDENTS' ORIENTATION



From April to September several orientation programmes were conducted for the students of Class I- X. The students were guided by their teachers on various topics such as-Respect, Discipline, Time-Management, Forgiveness, Know yourself, Positive Thinking, Importance of Simplicity, Joy, etc. The teachers asked the students to decide their goals according to their interest. The students actively participated in various activities conducted during the programme and showed their creativity. The main objective of the programme was to instil moral and ethical values in the students.

INVESTITURE CEREMONY

Investiture ceremony was held on 18 April, 2017. On this day, our school appointed the prefects consisting of 36 members. All these 36 council members were chosen as the leaders for providing directions to other students. The ceremony started with the lighting of the lamp by Sr. Daisy; the principal, two teachers and two students. Every council member was given a badge and a sash, and oath was also taken by the whole council.



INTER HOUSE COMPETITIONS



On 10 April, 2017; students of Class VI-VIII participated in poem writing competition. Also, there was a story writing competition for Class IX and X. These competitions provided an opportunity to the students to expose their ideas.

On 7 July, 2017; Class I-X had various competitions. Class I-II had 'Story telling' with moral, Class III-V had 'Solo singing' (patriotic songs), Class VI-VIII had 'News reading' and Class IX-X had debate on topic- 'GST is favourable for the country'.

On 9 August, 2017; following the school tentative programme, inter class competitions were held in the school premises. There were 'Book Mark Making' for Class I-V, 'Duet Singing' for

Class VI-VIII and 'Solo Singing' (Patriotic) for Class IX-X competitions. A panel of three judges chose the most deserving candidate from the participants. They were awarded with certificates.

On 1 September, 2017; Inter-Class and Inter-House competitions were held. There was 'English Speech' for Class I-II, 'Slogan writing' for Class III-V, 'Poster Making' for Class VI-VIII and 'Solo Dance' competition for Class IX-X.

These events develop competitive spirit and bring out the best of the students' imagination and writing ability, and offer a chance to the participants to gain substantial experience, showcase, and skills to analyze and evaluate outcomes and uncover their personal aptitude.



CLASS BULLETIN BOARD COMPETITION



There was bulletin board competition in the months; April-September. Group wise, the students exhibited a different theme every month. In Group I; Class I-II had 'Health is Wealth, Labour's Day, Save Nature, Our Great Leaders and Teacher's Day', Group II; Class III-V had 'Dances of India, Our Foundress-Mother Seraphina Farolfi, Seasons, Independence Day and Dr. Radhakrishnan', Group III; Class VI-VIII had 'School-Temple of Learning, Our Foundress-Mother Seraphina Farolfi, Steps to Conserve Water, Great Freedom Fighters and Teachers-Our Mentor', Group IV; Class IX-X had 'Role of Ambedkar in Designing India, Dignity of Labour, Responsibilities of Children Towards School, India After Independence and Teachers-Our Mentor'. The winning classes (Group wise) were awarded with a certificate in the morning assembly. Its main objective is to develop a healthy team spirit and creativity among the students.

AWARDS

12 Saviours Environment Competition was held on 7 November, 2016. Anirudh Sharma of Class X was awarded second prize at National Level. He was awarded with a cash price of ₹ 3100/-, a trophy and a certificate. Harsh Vardhan of Class X won National rank-13, a certificate and a medal. Kumar Aryan of Class- X won National rank-14, a certificate and a medal. Tushar Singh of Class IX won National rank-14, a certificate and a medal. These students were applauded in the school assembly on 20 April, 2017. The school toppers were-Naman Goel of Class X won National rank-30, Animesh of Class VI won National rank-30, Hritik Sharma of Class VIII won National rank-30 and Shruti Singh of Class VIII won National rank-30. All school toppers received a certificate and a medal.

RETIREMENT



On 28 April, 2017; the students and the staff of Nirmala Convent School organised a colourful programme to bid farewell to Mr. P.K. Sharma. He got retirement after 29 years of his services with full dedication as a physical trainer. He was welcomed by all the students, teachers and sisters in the morning assembly with a huge round of applause. Sr. Daisy, the principal and Sr. Chitra offered him a bouquet and blessed him. The students performed beautiful dances, group songs and a P.T session. In the afternoon, during a small get together, the teachers expressed their feelings for Sir and prayed to God for his better health and bright future. The school management presented him a

beautiful gift. The teaching staff also gave a token of love to Mr. P.K.Sharma.

FAREWELL TO BELOVED SISTERS

On 28 May, 2017; Sr Chitra and Sr. Sarita were transferred on the mission to impart their services at other places, the school staff and the students expressed their sentiments mixed with sorrow and happiness. The sisters were bid a farewell by the teaching staff. The memories were revived and the staff displayed the feelings in the poetic and sing song way. The whole environment became bit touchy and emotional on the departure of their loving and kind sisters. A token of love was given by the teaching staff to each sister during a small get together.



LABOUR'S DAY



On 1 May, 2017; Labour's Day was organised in the school campus. Labourers-Rickshaw pullers and school ministerial staff were invited in the school as the guests. Class III students performed a well organised programme in front of them. The guests of the day were given refreshment and gifts by the school management. The students learnt that labourers are an integral part of our society; we must respect and be polite to them. We honour them time to time to develop their trust towards the most privileged.

INSTITUTE DAY

On 1 May, 2017; the students of Class IX and X performed a skit on the topic-'Throwing Light on the Life of our Foundress, Mother Seraphina'. Children learnt that Mother Seraphina was a true follower of Christ. She left behind her a legacy which will continue to guide posterity.



USM MEETING



USM prayer meetings from Class VI-X were conducted in the month of April, May, July, August and September on the allotted dates of every month in the respective class-rooms. The prayer was started with the lighting of the candle followed by the prayer 'Tu Hi Ram He Tu Raheem Hai'. The President, Treasurer and Secretary of every class addressed the students and discussed five paths of self transformation. The students did readings from different religious scriptures and also discussed about the action plan they had taken in the last month meeting. The students learn that prayer is not to change the forms of God with His different names but to change the person praying. Through prayers, God reveals our simple hearts. True prayer is getting to know God better.

VALUE BASED SKIT

On 8 May, 2017; the students of Class-VIII showcased value based skit. Class VIII-A performed a value based skit on the topic-'Respect All Religions'. Their ideas revealed true meaningful essence of 'Integrity' and 'Unity in Diversity'. They ended it with a wonderful message that there is one God and we should respect all religions. The performance was really a blend of many religions, but to remember 'ONE' supreme power. The students of Class VIII-B presented it on the topic-'Reward of Patience'. The skit ended with a message-'A moment of patience in a moment of anger can help us avoid a thousand moments of sorrow'. The students of Class VIII-C performed a skit based on the theme-'The Importance of Laughter'. The skit ended with a message that revealed true meaningful essence of laughter that can be used as the best medicine to cure any depression, sorrow or any other disease.



On 10 July, 2017; a value based assembly was presented by the students of Class VII-A on the topic-'Say No to Junk Food'. It was a short skit in which a granny told her grand children the importance of healthy food and harm of eating junk food. She advised them to go for a balanced diet instead of junk food. Junk food not only harms our physical health but it causes harm to our mental health too. The skit was followed by a message given by the class teacher, and ended with a vote of thanks.

On 11 July, 2017; Class VII-B dramatised a value based skit on topic-'The Power of Positive Thinking'. Through the skit, the students gave a message to develop a positive vision and to find out something good in everything and everyone. We all have some qualities that can be appreciated; what we need is to apply positive vision and healthy mind. Last but not the least, on 2 July, Class VII-C had a skit on the topic-'Politeness'. All the students along with their respective class teachers participated in the skit. Through the skit they showed how politeness is necessary in our life.

From 1-3 August; Class VI-A, B and C, also performed value based skits on the topic- 'Simple Living and High Thinking', 'Honesty' and 'Hard Work'. Along with the students, the class teachers also participated in the skits. The motive behind this performance is to inculcate values and team spirit among the students. It also helps to build the qualities of humility, strength and honesty in children for being a better citizen of their nation.

MOTHER'S DAY SPECIAL



On 12 May, 2017; the students were proposed to prepare a beautiful card and give it to their mother on the occasion of Mother's Day. It was one of the wonderful ways of expressing their love and gratitude towards their mother. The students learnt that a mother plays the most vital role in her child's life. She not only gives life but also proves herself a role model for her child.

NUKKAD NATAK

On 18 May, 2017; during the parent teacher meeting, 'Nukkad Natak' were also presented by the three sections of Class X (A, B, and C) on different themes one after other. These themes were value based and gave not only a message but also entertainment to the parents and other students. Class X-A performed on the topic-'*Naitik Mulya*', means *moral values*. Children displayed the effects of positive values and gave a meaning and purpose to positive bonds and structure to one's life. Class X-B performed on the topic-'*Swachh Bharat*', means *clean India*. Through this the students wanted to teach all of us that cleanliness is important for healthy mind, body and spirit. Our first duty is to clean ourselves. And, Class X-C students performed on the topic-'*Bal Shram*' means *Bachpan Bachao*. Their main motive was to stop child labour and send the underprivileged children to school, which is the best place to make them a good citizen of their country.



HEARTY WELCOME

On 10 July, 2017; Sr. Jacinta and Sr. Maria were given a warm welcome by the staff and the students. The day started with a beautiful welcome song followed by the regular assembly and a value based skit performed by the students of Class VII-A, on the theme-'Say No to Junk Food'. A short introduction of sisters was given by Sr. Daisy.

OUTREACHING

ATRIPTOALIGARH (ORPHANAGE AND OLD-AGE HOME)

On 10 July, 2017; a group of students along with Sr. Sanju and a teacher went to *St. Mother Teresa Missionaries of Charity, Prem Niwas, Aligarh*; meant for mentally retarded people. The students availed a different experience to understand and spend some time with the people who are deprived of good sense of understanding. The next visit was, *Savio Navjeevan Balbhavan, Aligarh*. It is meant for *The Children of Hope*. The students interacted with them and became sensitive to the problems and needs of these people. An amount of ₹ 10,000/- was given generously by the school management at each place.

VISIT TO LEPERS' COLONY



On 11 August, 2017; a group of students of Class V and VI went to lepers' colony, Bulandshahr; to endow the amount generously which was collected under the programme '*Helping Hand for Less Privileged*'. Each family in the colony was given ₹ 500/-. The students asked about the problems they faced, and said a prayer along with them for their health and happiness. These types of programmes help the students in connecting themselves with the neglected section of the society and to develop the feeling of helping, sharing and supporting the less privileged.



"For I was hungry and you gave me no food, I was thirsty and you gave nothing to drink". (Mt 25:32)

EXTENDING A HELPING HAND



On 8 September, 2017; the students of Class II-IV generously collected money for the less privileged. Near about twelve poor people were picked up from the road sides. They were fed by the students in the school premises with patties and cold drinks, and each were given an amount of ₹ 1000/- . Through this the students understand and develop feelings for the poor.

HELP TO INDIAN ASSOCIATION FOR BLIND

On International White Cane Day Contribution 2017, the school sent a good amount of cash on 15 August, 2017; for the visually challenged children's education and development to Madurai, Tamil Nadu. The school management, the teachers and the students were volunteer in purchasing the tickets they got from the organisation and proved that they are always ready to reach out the community at large.



SANITATION DAY



On different dates; during the value education period, the students of Class X-A, B and C were taken outside the school premises, school play ground and assembly ground to mark the sanitation day. The children enthusiastically cleaned the area outside the school with brooms and dustpans in their hands. The dirt around was collected and put into the dustbins. They were accompanied by their class teachers and Sr. Principal.

Also, Class IX-B, VIII-B and VII-A were given the charge to clean their classroom, cupboard, school campus etc. The students were instructed to use aprons, gloves, handkerchiefs to protect themselves from dirt. They picked up toffees' wrappers, paper foil and other waste materials from the ground. Under the guidance of their respective class teachers, active participation of mass class was observed. The students performed the task with full enthusiasm and care. It was implemented to fulfil the vision and mission 'Clean India'.

EDUCATIONAL TRIP TO A FAIR

On 9 August, 2017; Class VII and VIII students got privilege to go to 'INDIA INTERNATIONAL MEGA TRADE FAIR' organised by Expo Centre and Mart at Noida. This Mega Trade Fair displayed a wide range of products and technologies of lifestyle, electrical, handicraft, electronic gadgets, food, jute, clothes, kitchen ware, home furnishing, etc of foreign and Indian companies. Students enjoyed a lot and had fun with their class mates and teachers. These types of trips provide a chance to build closer bonds with their peer group and teachers. The students experienced a new environment and enjoyed a day away from their classrooms.



CELEBRATIONS

INSTITUTE WEEK



Institute week was celebrated in the school premises from 24 April to 1 May, 2017. Different competitions on the theme- '*Values Imbibed from Mother Seraphina's Life and Teaching*'. Not only the students, but the teachers also participated and took great interest in the competitions - essay writing, drawing, painting, poem, etc. The winner students and teachers were awarded with first, second and third prize. The main motive behind celebrating this week was to commemorate the work and endeavours of our foundress, Mother Seraphina; in the field of education especially for the girl child and under privileged.

INDEPENDENCE DAY

On 15 August, 2017; the momentous occasion 'Independence Day' was celebrated. The school ground echoed with the sound of '*Jai-Hind*' and '*Vandey Matram*'. The great 71 year of Independence was reckoned through patriotic songs and folk dances which were performed with full enthusiasm, zest, rhythm and melody.

The chief guest, Dr. Arindam (Indian Foreign Service Officer, Director SGPGI) was felicitated by sister Principal. The chief guest hoisted the flag followed by the March-Past. The students were motivated by the inspiring words of the Chief Guest.

The object behind celebrating the occasion is to develop love, pride and patriotism among the children for their country and to remember the struggles of all our unseen heroes who sacrificed their lives for the cause of the nation.



"Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs". (MK 10:14)

RAKSHABANDHAN CELEBRATION

On 4 August, 2017; it was a very proud and emotional moment when the students of Nirmala Convent School tied hand-made *rakhees* to the captives in *Distt. Jail, Bulandshahr*. The students of Class III and IV mesmerized everyone when they presented their songs and dance performance with the message of love and peace in front of the people in the prison. The day reminds of the pious bond between brothers and sisters.



JANAMASHTMI CELEBRATION

On 10 August, 2017; Class V-A, B and C got the golden opportunity to show the cultural and religious conception of Indians through- '*JANAMASHTMI CELEBRATION*'. The Life history of Lord Krishna was shown through a musical drama, which overjoyed everyone present. The significance of *Janamashtmi* is to encourage good will that infers its victory over evil.

TEACHERS' DAY CELEBRATION

On 5 September, 2017; the programme began with morning assembly. The students from IV-VII performed graceful dances, sang songs and presented a wonderful skit. Some students played a funny act- '*Kapil Sharma Show*'. It was so interesting that everyone enjoyed to their maximum and had a good time. Boys and girls performed folk dances. It was a wonderful presentation by the students. All teachers enjoyed and thanked them for their efforts to make this day a memorable one. A prayer meeting was conducted in the school chapel. The school management organised a table fellow ship and a token of love was given to all the teachers.



AKASH CAREER COUNSELLING

On 18 August, 2017; the school organised a counselling workshop by *Akash Tutorials* to provide knowledge to students regarding their career after Class X. Class VIII-X participated in the workshop, where students were directed to and explained about different courses and their scopes to build their career and explore their potential in this fast growing technological age.

TEACHERS' SEMINAR

"*Great teachers help create great students*", following the thought, a seminar on '*Effective Teaching*' was conducted in the school premises on 30 August, 2017. The resource persons were Mrs. Rashmita Rao and Mr. Danish Khan. The aim was to help teachers to become not only efficient but also effective in teaching and dealing with the students. As teachers are the architectures of developing and promoting education, it is important to apply new ideas and teaching methods to benefit and energize the students.



SPORTS ACTIVITIES



DISTRICT BASKETBALL LEAGUE (UNDER 14 - GIRLS AND BOYS)

From 17-20 August, 2017; Inter School Basketball League was organised by *Distt. Basket Ball Association* in various schools of the city. The school teams (boys and girls) participated in the league and played well. The girls' team secured second position and surprised everyone.

INTER-SECTION GAMES AND SPORTS ACTIVITIES

In the month of August and September there were various sports events conducted for the students from Class III-X in the school campus. There were Races (Simple, Penguin, Three-Leg, Balloon Bursting and Tug-of-War) for class III-IV, Badminton and Tug-of-War for Class VI, Chess and Table-Tennis for Class VII, Basketball for Class VIII, Volleyball for Class IX and Kho-Kho for Class X. Throughout the week the students enjoyed the events and participated with full enthusiasm and zeal. These events help in overall development of students and teach them about the importance of team spirit.



NATIONAL SPORTS DAY



On 28 August, 2017; in the memory of one of the legends of Indian Hockey team, Major Dhyanchand, the national sports day was celebrated in the school campus. Major Dhyanchand is also known as '*Jadoogar of Hockey*'. For the students it was a pleasant surprise to see their teachers playing games. There was 'Tug-of-War' between female teachers' teams and 'Volleyball' match between the male teachers and the students (boys) of Class-X. Winner teams' participants were awarded with the certificates. Out of the routine, these sorts of events help in developing closer bonds between the teachers and the students.

"Do to others as you would have them do to you". (LK 6:31)



In today's scenario where people are becoming disease prone, the habit of keeping our surroundings clean is required to keep fit, healthy and free from diseases. Cleanliness drive 'Swachh Pakhwada' (1 - 15 September; 2017) was being celebrated in our school. On the very first day of 'Swachh Pakhwada' a pledge based on 'Swachhta' was taken by the teachers and the students of the school. Painting competition based on the topic- "cleanliness is next to Godliness" was conducted for Class VI-VIII, and certificates were given to the winners.

QUIT INDIA MOVEMENT ANNIVERSARY

On 21 August, 2017; the Quit India Movement was launched on 9 August, 1942. Its 75 Anniversary was celebrated in the school. On this occasion, drawing and painting competitions from Class VI-X were held. This day, all the teachers and the students took pledge to make India clean and corruption free.



MY FIRST SCHOOL

School! School! School!
Isn't it cool?
We came here with tears in eye,
The dress contained uniform and tie.
The corridors are never silent,
During the six hours which are violent.
The doors are knocked many a times,
We don't like the sun during assembly that shines.
The dust of mats struck our nose,
We will miss our friends to whom we are really close.
The sincere studies we had done in class.
But now we will go from this school Alas!



SINRELLA MITTAL
(X-A)

TIPS TO LIVE LIFE JOYFULLY

1. Nothing is impossible in this world even the word itself says that "I am possible".
2. Be a change you want to see in this world.
3. We have two ears and one mouth so we should listen more than speak.
4. It is very easy to give an example but it is very hard to be an example.
5. Walking with a friend in dark is better than walking alone in light.
6. Don't take rest after your first victory because if you lose in your second victory, your lips will wait to say that your first victory was just a luck.
7. Confidence comes naturally with success but success comes to those who are confident.
8. God gives every animal its food but he doesn't throw it in his den.



PAWNI SINGH
(V-B)

MY FIRST TEACHER

My first teacher was Miss Mohita who taught me in LKG. I went to nursery school in Fatima Convent, Kanpur. I still remember my first day in school when I couldn't stop crying as my mother handed me over to the teacher and walked away. I felt scared and lonely but Mam was very gentle as she hushed crying children and led us all into our class. She spoke to each of us in a soft voice and calmed us. She taught us alphabets, numbers, rhymes and stories. She sang with us and made us dance to the rhyme. She used to teach us all the subjects. What I remember about her classes most are her warm smile and her arm on my shoulder every time whenever I missed my mother and felt sad. She taught us with lot of love, and forgave us for our mistakes and mischiefs. I got so attached to her that the days she was absent from the school I would not enter the classroom, and once; even I ran all the way back to the school gate. One day, all the teachers were in a meeting, and I stood and waited outside the Sister Principal's office till Mohita mam came out and took me to my class. Once, my mam prepared me for my first 'stage show'. I said the welcome speech, all my friends and I danced to 'Boogie-Woogie' that mam taught us. I forgot a few lines and missed a step or two, but my mam forgave all our mistakes. I will always remember my first teacher. Her love and her smile follow me through my school days. In that new strange world, she was a mother away from home. From her I have learnt I should put my heart into everything I do and to love all.



ANNOUSHKA JACOB
(II-C)

Nirmalarians at a Glance



"Whatever your task, put yourselves into it, as done for the Lord and not for your masters". (Col 3:23)