

Sparkling Nirmalarians

Vol. 7 - October 2018



NIRMALA CONVENT SCHOOL, BULANDSHAHR

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

Dear Parents, Students, Well wishers and Teachers,

We all are unique!

Each individual is unique and each individual life has a beauty in its uniqueness.

Each human being is born as something new, something that never existed before. Each person has a unique way of seeing, hearing, touching, tasting and thinking. Each has his or her own unique potentials, capabilities and limitations. Each can be a creative being, a productive person, and a winner.

You have to find out what you can do and what you cannot do. Everybody cannot do everything! And it is good that one has to search for it and in this very search, something grows.

Discover your divinity, find your unique talent, and serve humanity with it. You will begin to experience your life as a miraculous expression of divinity- not just occasionally, but all the time. And you will know the true joy and true meaning of success- the ecstasy and exultation of your own spirit.

Time has been changing steadily under the influence of materialism and modernisation. In pursue of these desires, media is evoking its pivotal role in every walk of human life. At this juncture, it would be prudent for parents to keep a check on what their children are doing online. It is essential that parents educate themselves about digital media and the internet and periodically upgrade their knowledge so that they may be constantly aware and thus better able to keep a watch on the online activities of their children.

Parents must be aware of the Facebook profiles of their children and what they are posting online. They must be aware of the friends their children have online and the communities they are part of. Talking to children about rational Facebook posting is a must when they are introduced to Facebook at an early age.

The appended ideas for awareness can be useful, as;

- It is essential in the younger age group to ensure that there is more of physical activity rather than 'thumb activity' related to the screen... and also that they do not use the iPad or tablet as a method of keeping the infant quiet.
- Parents must spend maximum time talking to their child rather than just substituting their parenting time with a gadget.
- We must face up to the fact that our child has a problem related to digital media rather than run away from the situation. Acceptance is the cornerstone of gaining control and solving a given problem.
- Maintain a diary of the amount of time the child spends online and gaming. This will indicate whether that time needs to be curtailed or substituted with more meaningful activities. Non- academic use of digital media and internet must be restricted to a maximum of two hours a day with children.
- Today families do not communicate with each other and prefer spending time online, and in fact; communicating via social media chat groups. It is essential that quality digital free family time be incorporated into the daily routine.
- Attempt to fill up the child's day with interesting and more productive work like art, music, playing a real game, cycling and learning a new language, etc.

It's a team work that will resolve all the obstacles that are becoming a hurdle, and sustain a healthy environment to carry on the process of learning.

May God Bless You All

Sr. Daisy
Principal

"We can never give to others what we have not instilled in ourselves in the first place." —Mother Seraphina



The Pre-Primary wing organised 'Vidhyarambh Samaroh' on 29 March, 2018. Rev. Sr. Daisy, Rev. Fr. Varghese Kunnath, Rev. Sr. Leonarda, alumini parents and a child representing students lighted 'The Holy Lamp of Knowledge'. The school principal enlightened the guests with her golden words. The senior students welcomed all the guests with their amazing performance. The 'Orientation Programme' by Rev. Fr. Varghese kunnath was truly significant. He guided the parents about the path of nurturing and bringing up the children in a positive and protective environment. The programme was concluded with a brief information that introduced the parents and their wards to the school and its process of teaching.

INVESTITURE CEREMONY

Investiture ceremony was held on 20 April, 2018. Council members were chosen as the leaders for directing the students to follow the rules and regulations of the school. The ceremony was started with the lighting of the lamp by Sr. Daisy; the principal, teacher representatives and students. Every council member was adorned with a badge and a sash, and oath was also taken by the whole council. The ceremony developed sincerity among the students towards the school.



ORIENTATION PROGRAMME



Students Orientation

In the month of April, several orientation programmes were conducted on different dates for the students of Class I- X. The students were guided by their teachers on various topics such as-honesty, good habits, personality development, positive thinking, discipline, 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 creative skills. The main objective of the programme was to develop moral and ethical values in the students.

Parent Orientation

On 13 August, 2018; the parents of below average students from Class IX and X were called in two groups to discuss about their ward and their progress. The meeting was headed by the principal and then followed by all the subject teachers. The parents and the teachers tried to sort out the problems related to attendance, performance and discipline of the students. This helped the parents to know about their wards' academic status, and the means to resolve the setbacks.



Akash Career Counselling

Students of Class VIII, IX and X need constant guidance regarding their career. Four resource persons from Akash visited the school on 30 August, 2018. They interacted with the students. Motivational movie showed the successful personalities in various fields. It was an interactive session for the students to develop their understanding for their career.



SEMINAR

Students Seminar

On 7 September, 2018; a seminar was conducted for the students of Class IX and X in two sessions by the resource person, Rev. Sr. Zita, Principal of St. Francis Convent School, Sikandra. Sister guided and motivated the students to achieve success through proper planning and learning. She emphasised over strong determination and will power. Various activities were conducted and motivational movies filled the students with deep knowledge and indelible thoughts.



Teachers Seminar

Sr. Principal organised a seminar for the teachers on 8 August, 2018. Rev. Sr. Zita was the resource person. The session began with the sharing of experiences, sister had gained during her teaching career. She focused on analysing the students with a perspective of critical thinking. The seminar was of seven hours in which case study and various activities were conducted. Teachers learnt to be compassionate and a role model to their students.



COMPETITIONS



Inter-House

On different dates in the month of April, 2018; competitions from LKG-X took place. They were; Poem-Recitation [LKG-UKG], Creative-Writing [I-V], News-Reading [VI-VIII] and Turn-Coat [IX-X].

In the month of May, 2018; there were Drawing and Colouring [LKG], Show and Tell [UKG], Drawing [I-II], Slogan-Writing (Quotes on Mother Seraphina) [III-V], Collage-Making (Teachings of Mother Seraphina) [VI-VIII] and Poster-Making (Vision of Mother Seraphina) [IX-X] competitions.

In July month, the competitions were -English-Speech [LKG-UKG], Show and Tell [I-II], English Story Telling [III-V], Self-Composed Poem(English) [VI-VIII] and Story Writing with Moral(English) [IX-X].

In the month of August, the school held competitions such as; Show and Tell [LKG], Fancy Dress [UKG], Rakhi- Making [I-V], Solo-Singing (Patriotic) [VI-VIII] and Duet-Singing [IX-X].

And in the month of September, English-Rhymes [LKG-UKG], English-Speech [I-V], Extempore (Hindi) [VI-VIII] and Essay-Writing [IX-X] competitions were held.

The deserving students were awarded with certificates during school assembly. These competitions provided an opportunity to the students to expose their ideas, skills and competitive spirit.

Inter-School

On 24 August, 2018; the school represented at St. Anthony School, Hauz Khas, New Delhi. On the occasion of Mother Pia Memorial, many competitions were organised at different levels. Class IX -X participated in 'AD- Mad' on theme 'Where Creativity, Meets Ingenuity', in which Ujjwal Sharma (X- A) and Aditya Singh (IX-A) participated and won the first prize. Class VI - VIII had 'Caricature-Drawing', in which Anjali Nagar (VII-C) and Animesh (VIII-C) were awarded with participation certificates. Origami competition was also conducted on topic 'Marine Dream', in which Mohd. Qayad Khan (V-B) and Aditya Rana (V-A) were awarded with participation certificates.

These events develop a healthy competitive spirit and bring out the best of the students' imaginative and writing ability. It offers a chance to the participants to gain experience and ample skills to analyse and evaluate their personal aptitude.



Bharat Ko Jano

Bharat Vikas Parishad conducted a general knowledge competition 'Bharat Ko Jano and Vigyan Ko Jano' in the school premises. Students participated enthusiastically. The competition was from Class VI-X. This encouraged the students to claim their victory beyond the school boundaries.

Class Bulletin Board

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 'Seasons, Labours Day, Dances of India, Independence Day and Teachers Day', Group II; Class III-V had 'Healthy Food Habits, Our Foundress-Mother Seraphina Farolfi, Save Nature, Our Great Leaders and Teachers- Our Role Model', Group III; Class VI-VIII had 'School-Temple of Learning, Dignity of Labour, Save Environment, Great Freedom Fighters and Teachers-Our Mentors', Group IV; Class IX-X had 'Responsibilities of Children, Education is the Best Weapon, Steps to Conserve Water and Role of Teachers in Shaping Our Life'. The winning classes (group wise) were awarded with a certificate in the morning assembly. Its main objective is to develop creativity and competitive spirit among the students.



ACHIEVEMENTS

Academics

Tanisha Agarwal of Nirmala Convent School secured the highest percentage, 98.4% in the district in CBSE Class - X 2018 Board Exam and filled the school with pride and joy.

National Championship

Nitin Sharma, Class X (2017-18) was awarded with a trophy and a certificate by the principal for winning the Target Ball National Championship held at Hamirpur, Himachal.

Junior District Basketball Championship

Ananya Raghuvanshi, Class VII-A secured third position and was awarded with a medal and trophy for Sub Junior Basketball championship held at Kanpur by District Basketball Association.



Youth Basketball Championship

Aditya Singh, Class IX-A got participation certificate in Youth Basketball Championship held at Meerut.

Evening Sports Camp

The school organised various sports events from 15 March to 15 May. Prizes were given to the winner students by the principal, Sr. Daisy, who congratulated all the winners for their active and lively performance. These events boosted the students to come up with their best capacities.

"If one is not well mannered among those with whom one lives, to whom else will she/ he be polite/ courteous?" —Mother Seraphina

IMPORTANT DAYS

Labours Day

On 1 May, 2018; Labours Day was celebrated in the school campus. Labourers-Rickshaw pullers and school ministerial staff were invited in the school as the guests. Class I 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 2018; students of Class VIII (A, B and C) performed a beautiful and meaningful skit based on Mother Seraphina's efforts for promoting education. The students showed their respect and love for Mother Seraphina through their beautiful dance performance. The students also learnt about Mother Seraphina's dedication, compassion and love for educating the children. Various activities for different class groups such as; Drawing and Colouring [LKG], Show and Tell [UKG], Card-Making [I-V], Collage-Making [VI-VIII] and Poster-Making [IX-X] were conducted in the school during institute week from 24 April to 1 May. The winner students were awarded with first, second and third prize. The main motive behind celebrating this week was to commemorate the work and endeavours of our founders.



St. Clare's Feast

On 11 August, 2018; St. Clare's feast was celebrated in the school by students of Class V (A, B and C). A simple depiction of St. Clare's childhood was shown through a skit. A mesmerizing dance performance was shown. The students gave a meaningful performance and enlightened other students with the significance of this day.

Independence Day

On 15 August, 2018; the momentous occasion 'Independence Day' was celebrated. The school ground echoed with the sound of 'Jai-Hind' and 'Vande Matram'. The great 72 year of Independence was remembered through patriotic songs and folk dances which were performed with full enthusiasm, zeal, rhythm and melody. The important guests, Mr. Abhimanyu Manglik (I.P.S.) and Mr. Shreyansh Singh (Indian Audit), the alumni, were welcomed by the students, staff and the school management. The guests were felicitated and offered a sapling as a mark of honour. The guests along with the principal hoisted the flag. The event was followed by the *March-Past*. The whole campus echoed with the exhilarating speech and the inspiring words of the guests. The object behind celebrating the day is to develop love, pride and patriotism among the children for their country and to remember the struggles of freedom fighters who sacrificed their lives for the cause of the nation.



VALUE BASED SKIT

In the month of April, Class IV (A, B and C) showcased value based skit on Topic-Be Generous, Honesty is the Best Policy and Hard Work-Key to Success. In May, Class V (A, B and C) performed value based skit on the Topic-Be a Great Leader-Leadership Qualities, Say No to Junk Food and Responsibilities of Students. Class VI (A, B and C) had it in the month of July on topic-Save Mother Earth, Politeness-A Crown and Joy of Sharing. In the month of August, Class VII (A, B and C) had on Topic-Importance of Values in Life, Never Give Up and Importance of Yoga. Finally, Class VIII (A, B and C) had skit in the month of September on Topic-Respect Elders, Save Environment-To Save Humanity and Power of Positive Thinking. The students revealed true meaning of these values which they anticipate to follow in their life.

STAFF MEETING

Various staff meetings took place from April-September. All the meetings were headed by the principal, in which many issues; such as-note-book checking, English speaking, revision-tests (oral and written), completing syllabus, maintaining discipline, etc. were discussed. Also, the departmental meetings took place in which H.O.D. of every subject discussed different issues related to its subject. These meetings help the staff members to promote a congenial environment and make the teaching interesting and worth grasping.



OUTREACHING



Visit to Leper's Colony

On 7 September, 2018; the students of Class V, VI, and VII, along with Sr. Sara and a few teachers visited Lepers Colony in Bulandshahr to lend helping hands to sorrow filled hearts and souls. The students distributed the packets of biscuits and cash (₹ 500/-) to each family living there. They interacted and discussed their problems. The students were greatly blessed by them.

Helping Hand to Less Privileged

On 24 May, 2018; six students of Class VIII, Sr. Daisy and Ms. Sheetal Sirohi went to 'Savio Nav Jeevan Bal Bhavan', Aligarh, to visit and outreach the *Children of Hope*. The students talked to the children and understood their feelings. Next, the group went to 'Missionaries of Charity', established by Mother Teresa, where the students met and interacted with physically and mentally challenged people. It was really a heart touching moment which developed a sense of understanding for these people. Cash of ₹ 10,000/- was given at both the places in the form of love offering.



Helping the Old Aged

The school tries its level best to help and support the poor section of the society. On 7 September, 2018; a group of 10 under privileged people with different setbacks-beggars, desolated old aged and extremely poor were picked up from the streets of the city. They were warmly hosted with a relishing refreshment given by the students of Class I-III. Also, every person was given a love offering of cash ₹1000/-. This act of kindness develops students' concern and empathy towards the poor people.

Helping Flood Victims

The students from LKG-X and teachers contributed generously and collected the amount of ₹ 2,16,340/-, as a helping hand for supporting the victims of the flood in Kerala through Chief Minister's Distress Relief Fund.

ACTIVITIES



Mass P.T. and Yoga

During session 2018-19, Health and Physical Education has been introduced as one of the important components for the students in their curriculum. Every week the students of Class IX and X do Yoga and Mass P.T. on two different days. The students perform them under the kind observation, guidance and supervision of their physical instructor and teachers.

Swachhta Pakhwada

From 1-15 September, 2018; Swachhta Pakhwada Mission related to 'Swachh Bharat Abhiyan' started by our Honourable P.M., Mr. Narendra Modi, was taken up and executed for fifteen days. The entire school actively participated in various activities conducted by different classes.

During school assembly, the whole school took oath to take initiatives to keep our environment clean and green. Students were motivated to participate in this mission. On this occasion Class-I students, recited poems related to 'Swachhta'. Information about the programme was given by the teachers. The school ministerial staff was made aware of the need for clean surrounding and sanitation. They cleaned the toilets, tap areas, classrooms, etc. very neatly. Various competitions- Class Sanitation, Essay-Writing, Speech, Poster-Making, Debate, etc. were organised in the school campus. The winners were awarded with certificates.



Green School Drive

Under this programme of 'Swachhta Pakhwada' students were informed about the green environment. Watering of plants was done by the students of Class III. Information about Blue, Green and Red Dustbins was given to the students. They were also informed about bio-degradable and non-biodegradable products.

Tree Plantation

To follow the phrase 'Healthy Environment, Green Environment,' on 11 September, 2018; the students of Class IX, along with Rev. Sr. Daisy and a few teachers, planted 72 saplings in and around the school campus to make area lush green. It develops a spirit of 'Green India' among the students.

Constitution Week

From 13-18 August, 2018; the school celebrated the constitution week. The programme began with the introduction of the topic. The students represented themselves as the freedom fighters - Bhagat Singh, Mahatma Gandhi, Subhash Chandra Bose, Jawahar Lal Nehru, etc., and presented important facts and dialogues related to these martyrs. Various activities-Quiz, G.K. Questions, Songs and Dances were conducted by the students under the guidance of the subject teachers. The event was concluded with the mass reading of the preamble by the whole school. The students acquired knowledge about the preamble and many facts related to the constitution.



Prakriti Mahotsava

Tree plantation was done in the school from 13-17 August, 2018. Many saplings were planted in the school premises. These plants were given the names such as; Bhagat Singh, Raj Guru, Chandra Shekhar Azad, Khudi Ram Bose, Ahilya Bai, Rani Laxmi Bai, Lala Lajpat Rai, Bal Gangadhar Tilak etc. This activity taught the students to respect nature through the names associated with the plants they grew. Also, they learnt about the importance and necessity of plants in our life.

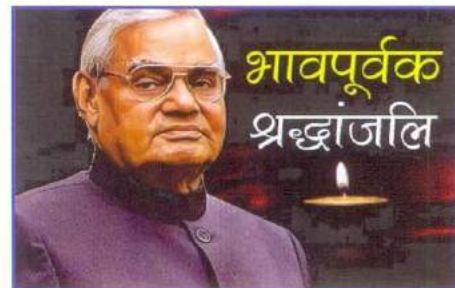


Mock Parliament

An activity showing 'Mock Parliament' was conducted by Class VII students. The students showed the proceedings of parliament. It showed how questions are put up by the opposition and replied by the MPs in power. The programme was found to be informative and meaningful for the Nirmalarians.

HOMAGE

On the death of Mr. Atal Bihari Vajpayee, former P.M. of Independent India, a tribute was paid by the whole school in the school assembly. His great contribution as a prominent leader were highlighted. The school observed two-minute silence and prayed for the departed soul of Mr. Atal Bihari Vajpayee.



EVENTS



Dengue- Prevention and Control

Spreading awareness is a must. For taking care from the dreadful disease 'Dengue', the students gave speech in the assembly to spread the message of preventing such diseases. School prefects did the counselling of junior students. A teacher representative took a meeting of supporting staff. It was concluded with a rally of students carrying banners for awareness. The students were able to convey the message of the importance of cleanliness and safety measures against 'Dengue'.

Sanitation Day

'Cleanliness is next to Godliness' is a well-known saying followed by the students of Class I-V, who cleaned their own class-rooms and surrounding under the motivation and guidance of their respective class teachers. Also, the students of Class VI-X came out with dust-pickers,

brooms, wipers, etc. to the allotted areas to clean their surroundings - in and around the school premises; on the given dates and in allotted periods. They performed the task with vigour and zeal, and also understood the need of cleanliness.

Maths Exhibition

On 25 August, an exhibition that displayed various mathematical models for the students of Class I- VI was conducted. The students learned about solid figures through visuals of various models. Also, they were acquainted to many mathematicians and simple formulae to solve the most complicated calculations within no time.



USM MEETING

USM prayer meetings from Class VI-X were conducted by the students with their respective class teachers from April-September on the allotted dates of every month in their class-rooms. The President, Treasurer and Secretary of every class addressed the students and discussed five paths of Self-Transformation. An action plan was taken every month; to be strictly followed, showed their concern and strong determination for protecting the environment and conserving the nature. Readings from different religious scriptures filled the students with divine thoughts and positive perspective. At the end of the meeting, the students contributed generously for 'Literate India' and gave 'Love Offerings' to associate themselves with 'The Poor and The Needy'.



"Your words will ring hollow if you do not precede your pupils on the path of virtues." —Mother Seraphina

Janmashtmi Celebration

Birthday of Lord Krishna 'Krishna Janmashtmi' was celebrated on 3 August, 2018; a scintillating dance performance was given by the students of Class III (A, B and C). The melodious song sung by the students described the glimpses of the childhood of Lord Krishna. The Life history of Lord Krishna was shown through a musical drama, which overjoyed everyone present there. The significance of *Janmashtmi* is to encourage good will that infers its victory over evil.



Teachers Day

Birth Anniversary of Dr. S. Radhakrishnan was observed as Teachers Day in school on 5 September. School administration organised a short prayer meeting in the chapel, followed by a get-together in the school. Next day, the students organised a beautiful programme to pay their respect and gratitude towards teachers.

FUN TIME FOR TEACHERS

On 14th May, 2018; The Principal, Rev. Sr. Daisy planned games like musical chair, and balance race for lady teachers and basketball (throw match) for gents staff. Prizes were given to the winners. The whole staff enjoyed the games and became stress-free.



THE SCHOOL

School is a temple where we learn to read and write. It gives us the most delighted fruit of knowledge. It teaches us everything and ways to mend our life. It shapes our mind and makes us a wise human being. It adorns us with the most precious ornaments of values and knowledge that becomes our ability and strength in life.

By- Rohan Kaushik
V-A



TWO FRIENDS

There were two friends, one was very smart and intelligent, and the other one was fool. One day, the foolish friend asked his intelligent friend how he was so much intelligent. The intelligent friend indicated towards his head and said that he was intelligent due to his brain which the another friend was lacking in. So the foolish friend kept thinking the whole day, and at the night time when his friend slept, he took a knife and removed the head of his friend in one attack with his knife. He hid the cut head thinking that his intelligent friend was with no brain and now he would be equal to him. The next morning, he tried to awake his friend but his friend didn't wake up as he was already dead, so he called the police. When the police reached there, he was asked where the head of his friend was. He told them that he had kept it in the cupboard as his friend told him that he was intelligent because of his head, and in order to make himself parallel to his friend, he removed his head. At this act, he was arrested and jailed. The story teaches us that it's better to keep an enemy with you rather than a foolish friend because he can cause more damage than an enemy.

By - Rudransh Sharma
IX-A

SOLDIER

A soldier protects his country;
All the way till the boundary,
Soldiers fight for their people;
And save them from evil.
A Soldier is bold and brave;
To become a soldier is what I crave,
Soldiers miss their family a lot;
They fight for a good cause.
I respect all the soldiers for their dedication;
More than anybody, for what they do for the nation,
A Soldier fights till his last breath, even if his family cries;
His soul is alive, and remembered even after he dies.

By- Lona Sharma
VII-B



FRIENDSHIP DAY

Friendship is the feeling;
That has a power of healing,
It makes us feel glad;
When we are upset or sad.
Friendship is the duty;
We need to maintain its beauty,
We should help our friends in need;
For, they will help us in future indeed.
Friendship is the word;
That defines love between friends,
Friends are those who always ask us to correct;
When we do something wrong or incorrect.



By- Sharon Obediah
VII - B

"Do all possible good to the fragile youth; be patient, gentle and magnanimous with them." —Mother Seraphina

Nirmalarians at a Glance

“Be on the lookout for every opportunity to attract the teenagers and shield them from all evil...” —Mother Seraphina

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“Be on the lookout for every opportunity to attract the teenagers and shield them from all evil...” —*Mother Seraphina*