Young EXPRESSIONS

First Edition/May-2021

ST. XAVIER'S BATHINDA

JUNIOR WING

"IT'S EASY TO BE MOTIVATED WHEN EVERYTHING IS GOING WELL. THE GOAL IS TO STAY DISCIPLINED WHEN THINGS GET TOUGH."

The ongoing coronavirus pandemic has changed our lives by a huge margin. When we overcome this episode of our lives, we all may be a better version of ourselves that is stronger, wiser and more responsible with a new found gratitude. Ennui is on us, if we fail to renew ourselves.

We at St. Xavier's School, Bathinda are helping our young learners to grow and prosper by new and innovative ideas, activities and games in order to create school away from school so that they do not miss out on any aspect of the teaching learning process. We are proud to release the new edition of our yearly bulletin - "Young Expressions".

SXS Docendo Discimus-

By Teaching, We Learn

We feel privileged for your trust shown in us and look forward to your constant support as our invaluable allies in the process of the advancement of our young Xavierites. Let's all continue to work towards the betterment of our little ones in unison! Here is a glimpse of the activities performed by our young Xavierites in the session 2020-21.

Fr. Christopher Michael

Manager's Message

"In any moment of decision, the best thing you can do is the right thing. The worst thing you can do is nothing."

– Theodore Roosevelt

The journey of a thousand miles begins with just a single step, the graph that plunges forth showing rapid development, begins with just a single dot, and so does a dream that manifests itself into laudable action. At the heart of our school, we therefore continue to embrace open opportunities for dialogue and critical thinking.

I appreciate the staff and students who use various modes to present their ideas and have adapted to the new teaching and learning scenario. I acknowledge the support of parents, without whose persistent efforts and faith we would never achieve what we aim to achieve every single day.

Historically, pandemics have forced humans to break with the past and imagine their world anew. This one is no different. It is a portal, a gateway between one world and the next. These are sensitive times and we need to maintain a balance between quality education and character building.

As we impart education to match the advancement in technology and globalization, our children march ahead with ethos of moral values and principles. As a School, we are committed to creating societal values. As the world around us is changing and our society has to address new challenges, we want to continue our story of success by adhering to our values. The staff, teachers, students and parents are the ones who author the Xaverian story. Our students drive our ambitions, innovations and our transitions.

Here's how they do it.

Fr. Cidloy Furtado

Principal's Message

The chatter in the corridors, pandemonium in classrooms, the collective assemblies and prayers, the singing of the National Anthem and filling the hall with patriotic fervour, teachers' constant reprimanding lines, "How could you forget to bring your book, you didn't forget to bring your lunch?", are all beautiful memories our children create for us every year, however amidst all these the year 2020 tiptoed on us with pandemic, where the curtains were torn back to uncover on how limited we are in our resources, and denied us the pleasure of having children in our classrooms.

But we must not be defined on what we have lost to virus but how we responded to it, and it is my pride to present you YOUNG EXPRESSIONS - our year end newsletter/magazine encompassing our sincere efforts on how we responded. It reflects the tireless commitment of our teachers, parents and students to "learning never stops".

Perhaps this year's YOUNG EXPRESSIONS truly echoes of what Albert Einstein said, "Imagination is more important than knowledge". Where every home became classroom and every parent became a teacher, the entire community came together in its imaginative sphere to save education, and pushed our "creative self" to online teaching.

As I turn the pages of the magazine, and read through the activities and content, I rejoice in gratitude towards my resilient students, I think about parents perhaps an undocumented father toiling in fields, or a single mother and her sacrifices or the solitary grandparents who cheer at every little achievement their grandchild makes. They all have been supportive in this new changed online teaching in spite of their own personal hardships.

I also congratulate our best and brilliant teachers who have always used various mediums of expressions to teach and keep the momentum of learning on and have been instrumental in bringing out this magazine.

Just as we move in the year 2021, I hope this year brings back our children to school, and the abandoned chalk, gloomy desk finds its purpose and the teachers shrills, fills our corridors once again.

Till then Happy Reading.

CHALLENGES ARE HIGH

The dreams are new,
The world out there is waiting for you,
dare to dream, dare to try,
No Goal is too distant, No Star is too high.

Covid 19 forced us to make many changes- we had school online, had virtual events and missed our friends. To excel in such a scenario, there was a need to equip the students with a 'Learning Mindset' and to provide them right set of skills. The children continued to receive education, albeit in a new way.

Even in the bleak year, teachers whilst to be a beacon of hope.

Session 2020-2021 was a very fulfilling one. This edition "Young Expressions" shows all such milestones achieved by our children.

I wish to compliment the management, teachers and all parents who help us in shouldering the onerous responsibilities during the pandemic situations.

Deepika Kapoor, Coordinator

It is a pleasure to be a part of the crucial years of development of our young Xavierites. I take this opportunity to thank the management, staff, students and all the parents who contributed to our positive school culture. Under the aegis of our Principal Rev Fr. Cidloy Furtado our team has taken the roadblocks and challenges as opportunities to learn more, do more and become more. We initiated LEAP Days and xavieriTE days along with an array of activities for the holistic development of the students. Our teachers worked tirelessly trying to evolve with changes in the modes of teaching. I congratulate our entire team for their hard work in the making this e-magazine. I am sure that the positive attitude, hard work, sustained efforts and innovative ideas exhibited by our young children will stir the mind of the readers and take them to the fantastic world of unalloyed joy and pleasure.

We live in a world that is very different from the one we grew up in, the one we were educated in. All the stakeholders need to collaborate and cooperate with each other for the proper grooming of the children whose responsibility we have been entrusted with, to be prudent in the discussion we make and the responsibilities we accept.

'Flowers leave part of their fragrance in the hand that bestows them.'

In situations such as these, the way forward is not clearcut or easily agreed upon. We have to deal with the reality of our circumstances. Things change on the fly, we have to be adaptable. The generations that follow will have their own battles to face and their own problems to conquer. I hope that our children look back at this time and remember collaboration, creativity and a sense of community that moved us forward, despite the fear or uncertainty that existed during the Covid-19 period.

With the grace of god and support from the management we have been successful in running the school with very low incidents of viral spread within our school system by mitigation practices such as mandatory masking, enhanced sanitation measures, social distancing, etc. I humbly ask for providential blessings as we march on to face the challenges that every new day might bring. I hope and pray that the committed and supportive management, dedicated teachers, caring and co- operative parents continue to blend harmoniously to create a child-centric environment.

Pallavi, Supervisor

COUP D'OEIL:
EFFORTS TO CREATE A CONVIVIAL ATMOSPHERE DURING PANDEMIC TIMES.

A teacher's purpose is to give the very best so that the kids grow up to become creative and innovative. It's one of the most satisfying jobs and also very rewarding.

The first day of school is a milestone like no other. In pre-covid times it was a celebration, full of hustle and bustle all around with the students full of excitement heading towards their classes. It was difficult, but our teachers are always ready to go an extra mile to help them learn.

To make the kids of LKG comfortable with the teachers and learn enthusiastically. Our teachers used muppet-puppets during online teaching and interactive sessions.

Puppet Muppet

"Little hands at their creative best"

I LOVE TO PLAY
FRISKY FITNESS

Physical fitness is the basic to all forms of excellence. The fitness and physical education sessions emphasized on various types of exercises, yogasanas, aerobics, tutorials on fundamentals of football & basketball and many other recreational games to invigorate, energize, strengthen and calm the mind and body of young children during these difficult times. Playing and exercising always keep the younger ones cheerful and in a good mood.

The fitness classes got an overwhelming response from the children.

The sports teachers added a dash of fun with their exercises and made the students enjoy by jumping and dancing.

VALUES LEARNT DURING COVID PANDEMIC

Corona Virus caused a worldwide pandemic which changed our lifestyle. It had terrible impact on people but it also made us learn good values. It played a major role in making us realize the need of a healthy life style and importance of our life. We learned that if we are united we can fight with anything. There was a realization of the importance of friends and family. It made us more patient. It taught us to be helpful and protect nature.

Arshita Bansal, Class 2A

Be grateful and enjoy little things
Be helpful and kind
Thank God almighty for a blessed life
As the future is so uncertain
Love, live and always be happy in present.

Aaryan Nagpal, Class 3C

Someone rightly said, "Nothing is more important than the care of our mother earth." This corona pandemic has taught us the same. We learnt some of the very valuable lessons.

It taught us the importance of kindness and shared connection amongst us. This pandemic taught us to fight difficult times with determination, strength and hard work.

Kunwarpreet, Class 3D

During lockdown the whole world was stuck due to Covid-19. I stayed with my family whole time. I learnt that my mother is a great cook. She used to cook delicious dishes for us daily and with so much of love.

I also learnt that my father is a child inside. He was always ready to play games. He has great sportsman spirit.

I also learnt from my family that we must always be ready to help poor.

I also learnt that my family is patriotic as we followed all the instructions of the health department and our Prime Minister.

My family followed the lockdown rules as well the guidelines of the Arogya SetuApp. I enjoyed the lockdown period with my family and stayed safe.

Geetanshu 3C

MY EXPERIENCE OF ONLINE CLASSES

I am narrating my experience about online teaching. To prevent the spread of corona virus many schools are conducting online classes. I feel happy to study online, but sometimes I miss my classmates and teachers. Every morning our teachers instruct us to complete certain activities within specified period on Campus Care app. This year although I do not interact physically with my teachers but I am learning to self-study. It is a good experience for me.

In spite the distance created by this pandemic, I am grateful to my teachers for putting in so much effort to make sure we stay on track and learn everyday even during such hard conditions. I want to tell my dear teachers that I will do whatever you instruct me to do online and I would conclude by saying, that don't underestimate my brilliance.. I am worth every experience. Believe in me and I shall deliver to the best of my abilities.

Bhaumik Gupta, Class 3B

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PARENTING IN THE AGE OF COVID-19

Covid-19 holds an unprecedented challenge in front of us. The pandemic has kept us home for enough time to brood over some of life's endless lessons.

Undoubtedly, the spread of the virus has changed the way we all live and work. It is vital for us to come out of this pandemic as better humans.

Parenting in the age of Covid 19 has been most challenging, especially for mothers. As they have to tackle many things together single handedly be it the chores at home, handling job, taking care of the family etc.

This pandemic has thrown many of us into the role of de facto teachers. A few points which helped me to keep myself on track were -

- going easy with the kids,
- creating a learning routine, set goals,
- get creative with lessons,
- arrange virtual play dates,
- give extra love and affection,
- designate special one on one time,
- find things to be grateful about,
- establish new healthy routine,
- follow safety guidelines,
- reinforce the importance of hygiene and hand washing,
- practice what I preach, reward good behaviour,
- engage children in household activities, etc.

Hence I would say that though parenting was quite challenging but with each other's support it got interesting too.

Bhawna Mittal
(Mother of Paarth, 2C)

In today's age of Covid 19, parenting could be difficult for some parents. In our view, we have to talk about Covid 19 with the kids as they are now wise enough to be careful and be cautious of things happening around them. Silence and secrets do not protect our children while honesty and openness will. We have to allow them to talk freely and answer all their questions truthfully. They might be scared or confused. We have to let them know that we are there for them all the time.

Abhikant Bansal and Rashmi Bansal
(Parents of Naira, UKG B)

I am the future of India, I am training to be strong and purposeful..

Covid 19 created an extra ordinary situation to deal with. As a parent the most important task was to make the child aware about the situation and the importance of wearing mask, keeping social distance, sanitization, restricting most of the activities including playing with other children. The whole family played an important role to keep the child engaged.

The sudden change in the mode of education to online classes was not only challenging for the child but for us as well. Although the school staff and teachers helped a lot, still an extra effort was required from our end to fulfill the needs of modern digital education. Attention was paid towards the child's health care.

Shiffali Rani,
(Mother of Pratham Kumar Mittal, UKG B)

During the pandemic we had to play the role of parents as well as teachers. As parents we taught our children religious, moral and family values. We also taught them the precautions to keep themselves safe. As teachers we taught them how to study at home while they were not able to go to school.

Parents of Arshita Bansal, 2A

From the Counsellor's Desk

As I write this article we are way into almost a year of the pandemic.

While schools have shuttered and we find ourselves in self-isolation it can have profound effect on one's mental health, however there is a silver lining... the luxury of time, and we must use it to acquire a new talent or ways to cope with mental stress. Evidence has shown that Expressive Art Therapy can help reduce feelings of stress and anxiety, which are omnipresent during this pandemic.

Following is a small attempt to elucidate different form of expressive art therapy, which not only helps in coping mental stress but in acquiring new set of skills.

EXPRESSIVE ART THERAPY is giving children other ways to communicate...

What is Expressive Art Therapy?

It is specialized therapeutic modality that falls under creative art therapies.

It is a combination of dance, writing, visual arts, drama, music or other creative outlets.

Expressive arts therapy is seen to be very beneficial in dealing with children issues. It takes all creative modalities of sense organs to express inner feelings and by using them it helps in the child's development and growth. The right mix can improve overall well-being and contribute to lowering anxiety and stress, improving self-awareness and self-esteem, strengthening relationships, regulating behaviors and advancing social skills.

Different types of Expressive Art Therapy

1 Art therapy uses art media, images, creative process, and respects children's responses to the created products as reflections of development, abilities, personality, interests, concerns and conflicts.

2 Music Therapy is a type of expressive art therapy that uses music to improve and maintain the physical, psychological and social well-being of individuals - involves a broad range of activities, such as listening to music, singing, and playing a musical instrument.

Music has so many powers, and has worked amazingly well with children who are sick and in pain management.

As a counsellor my most preferred therapy which has shown well documented positive changes in over all functioning of children with health or educational problems.

3 Drama therapy is the systematic and intentional use of drama/theatre processes, products, and associations to achieve the therapeutic goals of symptom relief, emotional and physical integration,

and personal growth. It is an active approach that helps the child tell his or history to solve a problem, achieve a catharsis.

4 Dance/movement therapy (DMT) focuses on the connection between the mind and body to promote health and healing. Physically, dance/movement therapy can include light exercises that improve mobility and muscle coordination, as well as reduce muscle tension based on the assumption that body and mind are interrelated and is defined as the psychotherapeutic use of movement as a process that furthers the emotional, cognitive, and physical integration. It is very effective in children with low muscle tone.

5 Poetry therapy- To describe the intentional use of poetry and other forms of literature for healing and personal growth

6 Play therapy- It's more than just playing with toys. In this form of therapy, the therapist encourages a child to explore life events that may have an effect on current circumstances, in a manner and pace of the child's choosing, primarily through play.

For example a child may use puppets to identify characters of child abusers or hide under the bed in play depicting violence at home. Play therapists use the therapeutic powers of play to help children prevent or resolve psychosocial difficulties and achieve optimal growth and development.

7 Sand Play Therapy is a creative form of that uses a sandbox to enable a child to explore the deeper layers of the psyche in a totally new way.

8 Integrated Arts Approach or Intermodal (also known as multimodal) therapy involves two or more expressive therapies to foster awareness, encourage emotional growth, and enhance relationships with others.

Final thoughts

You don't need to be a gifted artist to experience the benefits of art therapy. It's all about the process and not the result. Every human can be creative.

Take this pandemic as the greatest opportunity to achieve your inner power of creativity. Use expressive art therapy to resonate back with nature and relationship with each other as we slip more and more into the world of zoom screens.

Vineet Dua, Counsellor

Grandparent's Day Celebration

Kids love their grandparents. They have so many stories and experiences from their own lives to share. They provide a sense of security. Children were asked to observe their grandparents and list at least two of their best qualities and speak about the same on September 9, 2020. It was nice to hear the students express gratitude and strengthen the bond with their grandparents.

Diwali
Festival of Lights

India is the land of festivals and DIWALI is one of the biggest festivals celebrated in India with great zeal. The students made beautiful Diwali greeting cards and wished their parents and teachers HAPPY DIWALI.

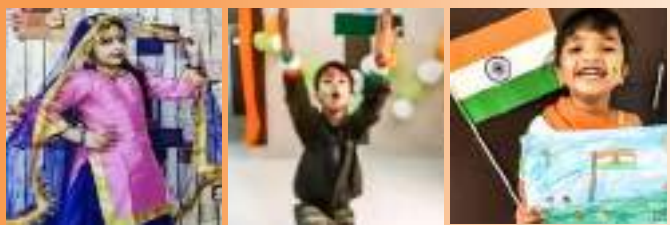
Children's Day
Fun Splashing Day

The best way to make children feel good is to make them happy. Keeping this in mind, virtual Children's Day celebration was organised for the students wherein different games were organised and the winners of the same were awarded books and bookmarks with a special message. The students were really elated and participated in high spirits and were on cloud 9 after winning the prizes.

I AM ENDOWED WITH ENDLESS GIFTS FROM GOD

In order to nurture the intrinsic qualities of students and develop their personality 'Little Achievers - Talent Exhibit 2020' was organised on the occasion of Christmas for the students wherein the little stars participated under different categories such as Drawing and Painting, Hand Made Christmas Decorations, Carol Singing, Dance, Instrument Recital, Magic Tricks, Stand-up Comedy, Acrobatics and Sports based performances.

SXS has always been bounteous towards its staff. The virtual Teachers' Day celebration was organized on 5th September, 2020 by the school authorities. There was also a live assembly which left all the teachers so overwhelmed and gratified at the same time. On the other hand, the students prepared beautiful cards for their teachers to showcase their love and sent them virtually while posing with the cards.



EVERY BREATH I TAKE, EVERY MOVE I MAKE.... IT WILL BE FOR MY MOTHERLAND....

Independence Day

Independence Day has always been celebrated at St. Xavier's School, Bathinda with a lot of enthusiasm. Keeping up the tradition, SXS celebrated virtual Independence Day on August 15, 2020 in order to keep its staff, students and the society safe in the times of COVID-19.

On this occasion, Cultural Folk Dance Competition was organized for the students of classes 1st-3rd wherein they dressed up enthusiastically and performed to the beats of patriotic songs. The importance of Independence Day was explained to the students of LKG and UKG as well and they were assigned the activities of drawing the national flag and plasticine modelling respectively on this special occasion.

Art Integrated Activities with Andhra Pradesh: CBSE Expression Series

The happiness of your life depends on the quality of your thoughts, the children got the opportunity to bring out their creativity in the most skillful manner relating their art to Andhra Pradesh.

Online Earth Day Celebration

"Let's Conserve our Environment"

St. Xavier' s School has always believed in inculcating a sense of responsibility among its students for various social causes along with providing the best in academics. While the classes were online because of the COVID- 19 pandemic, the school' s spirit to contribute towards the awareness could not be hampered.

Hence, Earth Day was celebrated online on April 22, and the students were assigned various activities, so that along with brushing up their artistic skills they can be well versed about mother Earth and its needs as well.

World Environment Day was celebrated on June 5, to raise the importance of healthy and green environment.

YOGA FOR HEALTH-YOGA AT HOME

Yoga is the best way to keep healthy 'Health is a state of complete harmony of the body, mind and spirit.' Keeping this quote in mind, SXS observed June 21, 2020 as 'Yoga Day' wherein various yoga exercises were performed by the little kids under the observation of their elders.

FIT INDIA FREEDOM RUN....

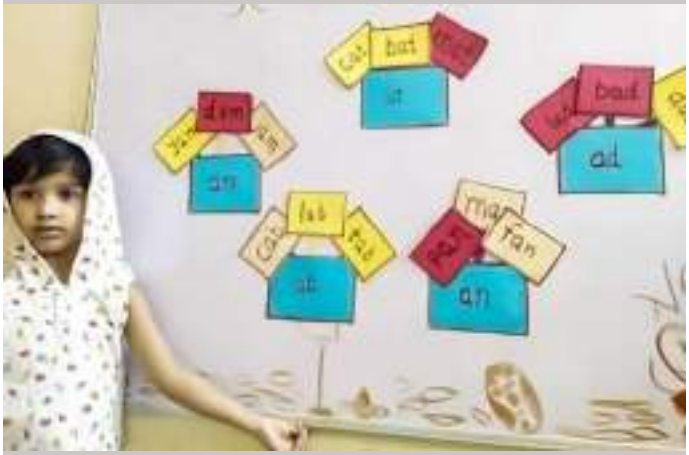
CBSE in association with Fit India has been conducting various activities for the overall physical, emotional and mental well-being of the stakeholders. With the motto "RUNNING: The human body's most raw form of FREEDOM", Fit India Freedom Run was conducted in the school on 14th and 15th August 2020 to encourage fitness and help the staff members to get freedom from obesity, laziness, stress, anxiety, diseases, etc.

I am Independent

If I cannot buy a watch that's not a problem because I can make one. See... my time is in my hand so I can utilize it the way I want.

Our kids had a blast making and wearing wrist watches made of paper.

"You made me amazing Dear ma'am"



"Dear friends speak after me -

- Can, lab, tab
- Cat, bat, mat..."

Our tiny tots posed as their teachers and imitated them with confidence. Nothing is more blissful than to see a teacher' s smile at the efforts of her students.

TRICKY THREAD

The tiny tots of UKG couldn't imagine what magic is hidden in the thread. Unless they dipped it in the colours and put it on the paper to create beautiful patterns.

Veggies Activity

"Magic, wonder, mystery of a child's heart are the seed of creativity...."

Vegetables are not only good for our health but also help us when not in use.

Our young kids followed their teachers in creating wonderful flowers in the vase using lady finger and cauliflower and many more.

USEFUL UTENSILS

Learning begins at home. Utensils came handy to the little learners to change their fantasies into realities.

LEARNING LETTERS

"Playing with the alphabets is a nice way to learn, our little kids did a wonderful job..."

Letters can' t scare our young learners. Our kids enjoyed creating artwork while learning the alphabets. Children are like uncut diamonds waiting to be polished and brightened.

JANAMASHTAMI

To mark the birth anniversary of Lord Krishna, the students of LKG dressed up like little Radhas and Krishnas. Super-moms, along with little Krishnas replicated the events of Krishna' s childhood and also danced to the bhajans. Little kids also decorated "DAHI HANDI" themselves.

NATURE - OUR FRIEND

LEAVE FOOT PRINTS OF LOVE AND KINDNESS WHEREVER YOU GO...

"Learn character from trees, values from roots, and change from leaves."

LKG kids made awesome and beautiful things with leaves.

Cotton buds are useful for various things like cleaning ears, to clean up chalk work and sometimes for medicines. Our little artists used them for craft work and created wonders using simple cotton swabs with their motor skills and imagination.

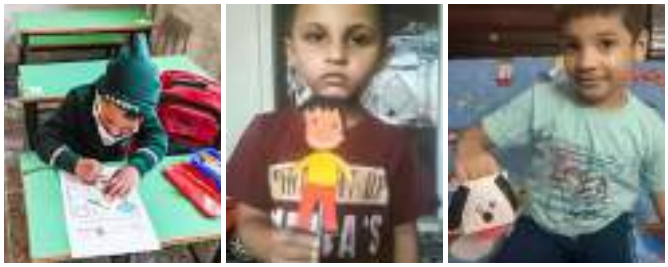
Learn Explore Acquire

"LEAP Day Organized to Widen Young Minds' Horizons..."

The school waltzed up with a variety of activities to help students break down boredom and anxiety amidst coronavirus pandemic.

There was a plethora of activities designed to enrich children's education through exposure and teach them to become creative thinkers, problem solvers and innovators. Different activities such as - Fruits Bookmark, Alphabet Craft, Puzzles, etc.

LEAP day which brought lots of special and unique memories.



A Year has gone by and you have learnt to fly .... Beaming with happiness like birds in the sky....

ALL OUR DREAMS CAN COME TRUE - IF WE HAVE THE COURAGE TO PURSUE THEM

Recognizing that someone has gone out of the way for you is not a natural behaviour for children - it is learned. Gratitude is one of the trickiest concepts to teach. Thankful children are more polite, sensitive to the feelings of others and pleasant to be around. To help our young students grow into grateful adults who are full of happiness and optimism the school organised 'My Parent, My Pride' competition for the students wherein they expressed the gratitude towards their parents.

Our Young Picassos

The simple act of drawing does indeed play an important role in a child's physical, emotional and cognitive development. Drawing activities related to the different topics help them to be more innovative and original. Keeping this in mind, various Art & Craft activities were organized wherein the students created masterpieces.

I AM SKILLFUL, I AM BRIGHT, I HAVE THE POWER, I HAVE THE MIGHT!

Learning Made Fun

Activities make learning easier. Meaningful activities engage students in constructive ways. They ensure students' development and advancement while learning.

Understanding the importance of activities for effective learning among students, SXS upgraded its teaching methodology by enhancing the online teaching sessions with an array of activities.

Hindi.... Aao Padhe Akshar Mala

Learning becomes more operative when it is done with the help of correlated activities. Our young learners enjoyed learning Hindi letters.

Varsity Math: Gearing up Budding Mathematicians

" Without Mathematics, there' s nothing you can do. Everything around you is Mathematics, Everything around you is numbers". -Shakuntala Devi

Playing mathematical quizzes, puzzles, games encourages students to learn important mathematical tricks. They provide opportunities for students to deepen their mathematical understanding and reasoning and makes them marvel at the subject in everyday life. The students were occupied with different Mathematics related activities to have a better clarity of concept. Math in the eyes of a child is the true world, it makes every child special, unique and together it makes the student and the subject very interesting and wonderful.

ACTIVITIES MAKE ME UNDERSTAND MYSELF BETTER

UNBRIDLING YOUNG SPEAKERS

Speaking skills are required to communicate effectively. These skills allow to convey the message in a passionate, thoughtful and convincing manner.

In order to help students develop good speaking skills, Hindi Recitation Competition 'Anuvakya' and English Recitation Competition 'Words World' were organized wherein the students actively participated showcasing their confidence, voice modulation and expressions. The tiny tots looked so enticing that they captured the affections of onlookers.

ONLINE TEACHING AND LEARNING: PANACEA FOR THE CRISIS

The major part of the world was under quarantine due to the serious outbreak of the global pandemic COVID-19. The school came up with a myriad of ideas to make the teaching and learning a fun and engaging experience.

Kids enjoyed the activity completely, Learning by doing is the best way of understanding yourself and others.

Students' morale during these testing times are also high and they are sure that these times will also pass away soon.

ARTSY-CRAFTSY: EXERCISE FOR A RESTLESS IMAGINATION

Art plays a crucial role in helping children become like themselves instead of more like everyone else. The truth is that art is vital and if children engage in hands-on art activities, they learn much better in all disciplines. Hence, art was used effectively to teach and make the children understand themselves and their skills better at SXS.

BELIEVING IN THE POWER OF HARDWORK

DÍA DEL PADRE

To recognize the contribution of father and father figures in the lives of the children, Fathers' Day was celebrated on June 21, 2020. The students dedicatedly showed their love for their father by participating in various activities like dancing together, presenting handmade cards and small gifts made by them.

MEMORABILIA: COSPLAY COMPETITION

Cosplay Competition was organised for the students of classes I-III via Zoom wherein the students dressed up and acted like their favourite characters from the comic world. It worked upon enhancing the creativity, confidence and speaking skills.

XAVIERITE DAY: AN ENDEAVOUR TO UNLEASH OUR STARS

In order to inculcate confidence among the students and hone up their critical thinking skills, XavieriTE Day was introduced for the students of classes 1st-3rd. With the help of various activities designed for the students. This unique day, helped them to express themselves in a better way, to unleash their hidden talents as well as enhance their creativity. Different activities like cardio workout, physical training, personalized placemat, dance, speed spelling, figure of gold, my supermarket, pulse of nation, innovation in creation, etc. were planned. Hence, helping the students to Think & Explore and also boost their mental and emotional strength, creativity, time management and physical stamina so that they grow up to be all-rounders.

LET'S IMBIBE THE ART OF GIVING!

YOUR HEALING BEGINS WITH CHARITY

As rightly said by Thomas Fuller, "Charity begins at home, but should not end there", it becomes really essential in the modern times to teach and inculcate the future generation with the greatest act of grace- GIVING. As the world is progressing in technology and science, it is also regressing in the act of giving. The little ones are pampered like never before, so much, that they always want attention, gifts, rewards and what not.

There's no denying the fact that the children need the most of love, affection, appreciation, rewards but at the same time, they need to be taught the act of giving and sharing for them to become better humans. They should be taught to be ready to help others even if it means helping with just one rupee/one smile/one call/one hug/one eraser. Charity to them should not mean only money, instead they should grasp it as readiness to help. So, let 's teach our children the act of giving for them to become power houses of generosity.

NO ONE HAS EVER BECOME POOR BY GIVING

PARENTING IS CHALLENGING

Due to complete lockdown everything came to a standstill and schools, playgrounds, etc. were closed due to which my child had to sit at home without going anywhere. He was facing boredom. Thus, it became important for me to cheer him up during this difficult times. So I tried my best to be his friend and tried to indulge him in creative activities like painting, indoor games, etc. It was also my responsibility to handle the practice assignments and activities sent by the teacher as well as teach him. I believe that although it was quite difficult for me but this pandemic gave me an opportunity to keep aside all my tensions and spend time with my child. So, it made me happy.

Parent of Mannat Singh Maan, Class UKG A

The parents of school going children faced new challenges in their routine life due to the outbreak of covid-19 and subsequent imposition of nationwide lockdown. On one hand, we had to inoculate our children from the vicious spread and on the other, had concern regarding their studies. But with the assistance of technology, the situation ameliorated. A new medium for imparting education was introduced that came as a boon for children. We endeavoured to build skills in our children to embolden them for their forthcoming life by activities such as drawing, exercising, gardening, craft and dancing became an integral part of our routine.

Parents of Somya, Class 3A

SERVICE TO THE SOCIETY, COME WHAT MAY.

The novel coronavirus came as a shock to the residents of the world. Everybody was oblivious to the causes, symptoms and effects of this pandemic.

We as teachers, educators, learning facilitators have been trying to keep up with the special requirements at this time and nevertheless managing to impart quality education to our learners. The modus operandi adopted to persist and persevere educating students was through the internet keeping in view the social distancing norms.

This has its own pros and cons for the teachers as well as learners. And, undoubtedly everyone has become habitual to working efficiently through minimal contact. As teachers we never forget our motto that holds our heads high, "Work is worship".

Pushpinder Kaur

TEACHING IN THE AGE OF COVID-19

I HAVE IN ME THE ABILITY TO LEARN AND GUIDE

Teaching is love in its purest form and this love came to testing times when the world got hit by coronavirus. Everything changed overnight and so did the teaching scenario. Though it all started with boundless chaos but eventually everything seemed to fall in its place. Teaching in COVID-19 began with a great challenge since the teachers had limited resources due to the unexpected lockdown in the country. The students also faced the problem of scarcity of resources be it in the form of availability of smart phones or internet connections or simply the physical presence of the teacher to guide them. Initial 3-4 months were gruesome for the teachers, students and the parents being totally unaware of what's in store for the entire session. But it also brought unlimited learning opportunities for the teachers making them tech-savvy and better at crisis management. It also helped the parents bond better with their children and become well versed with the curriculum. Overall teaching in the age of COVID-19 has been both challenging and enriching at the same time, while also highlighting the importance of traditional teaching.

Inderpreet Brar

The COVID -19 pandemic, due to its severity and fierceness is also the greatest global health crises. As a result, education has changed dramatically with the distinctive rise in e-learning, where teaching is undertaken remotely and on digital platforms. The typical teaching situation at school where students were convened in classroom according to their time tables and subject's standard content was not possible.

Teachers were confronted with the need to adapt to online teaching. A teacher in this age must read and study constantly.

He/she should not only be able to answer the numerous queries of inquisitive minds but also guide them to various resources available on each topic and help them validate the source of information for authenticity and credibility. The role of a teacher can thus be very tough and challenging.

Deepali Sharma

This new way of life has taught us many new things and at the same time affected different sectors including the education sector. Teaching in such situation is really is not easy. The teachers redesigned the classes from face-to-face interaction to virtual learning. It has made people more aware especially those who never taught an online course are now more comfortable delivering online lectures.

This pandemic situation has made the teachers know their true capabilities and worth.

Arshpreet Kaur

The corona virus pandemic has posed serious concerns to the education system. It has drastically changed the teaching learning process. With schools remaining closed for an extended duration, came the reality of online teaching.

Teaching during lockdown came along with lot of learning opportunities for me as a teacher. Teachers not only learnt the usage of technology for virtual teaching but also got along with crisis management. But at the same time, both students and teachers faced numerous challenges.

Lack of proper resources including hardware and internet problems lead to the disruption in the academic activities. So, it can be concluded that technology can be used as a remedy but it cannot replace the importance of face-to-face interaction at school.

Navreet Kaur

At first teaching online seemed to me a herculean task. It happened so quickly that we had to adapt to a new and modified way of life whether we liked it or not. COVID 19 taught me many new things which would not have been possible otherwise. It made us a part of the electronic world. Today I feel that online education can also be fruitful if the willingness to learn is there. It is only a matter of restructuring the education system because such crisis might occur in the future also. It can be an effective method of imparting education. It proved that it was a viable solution to fill the void created due to the absence of classroom learning.

It is said that "Change is the only constant". So, we should be ready to adapt to such changes in future as well.

Manpreet Kaur

MAKING THE SCHOOL READY FOR KIDS

BACK TO SCHOOL

The beginning of offline classes seemed quite overwhelming. One could observe the mixed feelings of excitement, joy and confusion among the students, parents, and teachers. It was mandatory for the students to wear masks. This was not done solely for the purpose of hygienic protection, but also to demonstrate students' awareness about COVID-19. After many months of distance learning, which was challenging for children, parents, and teachers alike, the willingness to go back to normal learning processes was demonstrably high; everyone displayed readiness to comply with the new safety regulations set by the government.

The first day back in the classroom was unusual and emotional for both students and teachers. Wearing a mask, which was mandatory for teachers as well, made their jobs physically harder due to the strained breathing. Masks also covered their emotional expressions, requiring students to focus harder to understand the

information teachers conveyed. There were many changes though: students couldn't hug the teachers, they always wore masks, hugging friends was not allowed either. Social distancing was strictly followed. They had to wash their hands many times. Also, they were not allowed to lend things to others. Students carried water bottle, sanitizer and stationery. Our staff followed all the measures required for the safety of the young learners.

WELCOME CHILDREN

All the standard safety procedures were observed before and after the children entered the school building. The building was sanitized twice daily. Thermal screening was done. The staff and students entered the gate with their masks on. They sanitized their hands. The readiness and enthusiasm of the parents, children, staff and administration to adapt to the new set of in-school rules made the safe management of the learning process possible during the shared COVID-19 reality.

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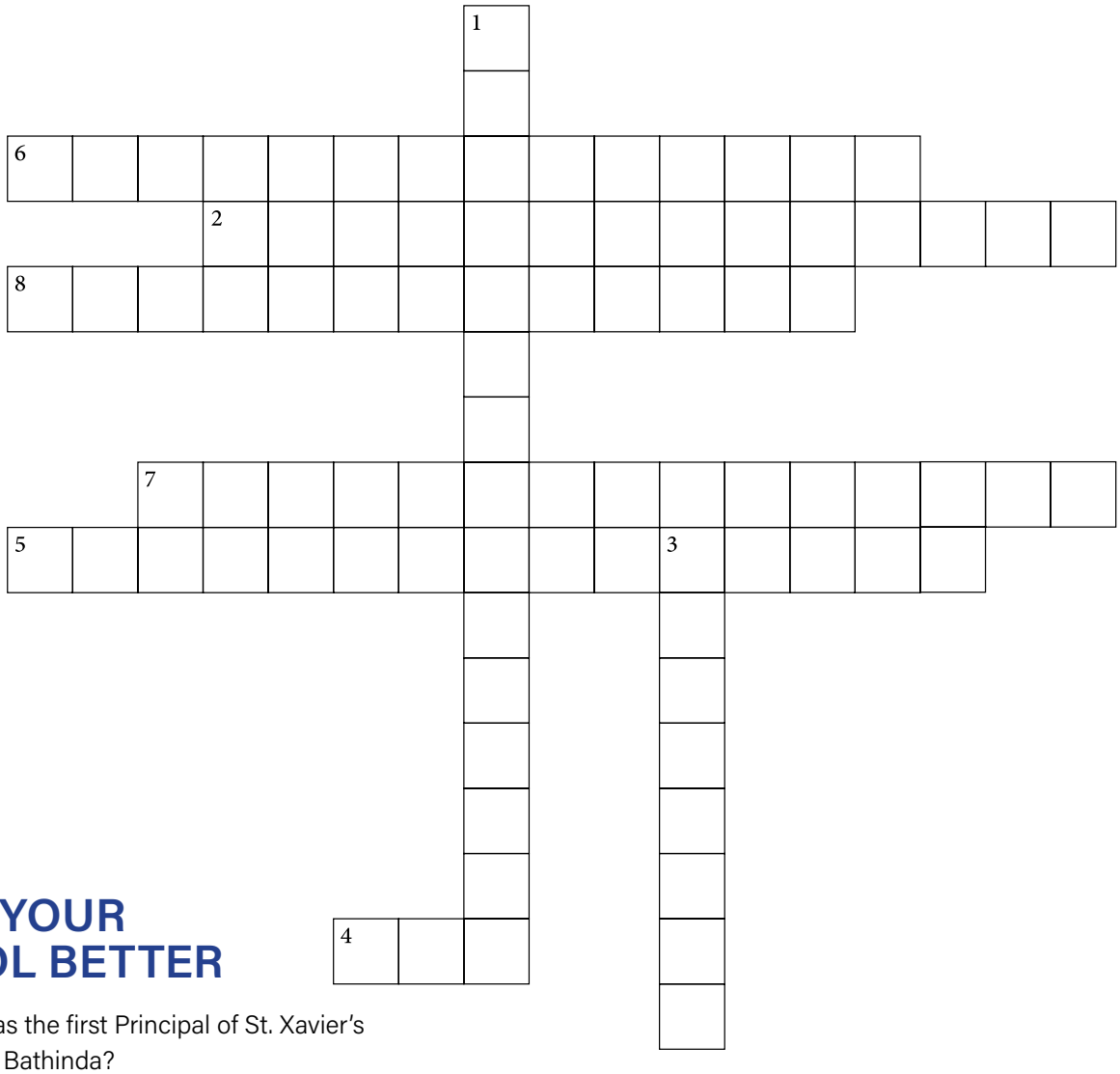
MAY GOD ALWAYS BLESS MY SCHOOL



KNOW YOUR SCHOOL BETTER

1. Who was the first Principal of St. Xavier's School, Bathinda?
2. Who founded the Society of Pilar?
3. Name the title used with names of priests in order to pay respect.
4. Where was Society of Pilar founded?
5. Who is the current Principal of St. Xavier's School, Bathinda?
6. What is the motto of the school?
7. Name the patron saint of the school.
8. What kind of Institute SXS transformed into in April 1990?

1. Fr. Anthony D'silva
2. Fr. Bento Martins
3. Reverend
4. Goa
5. Fr. Cidloy Furtado
6. Love One Another
7. St. Francis Xavier
8. Co Educational

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