



St Joseph's School CBSE

Biannual Newsletter

The Josephite Chronicle

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PRINCIPAL'S MESSAGE



Dear Parents,

This year marks a very significant milestone in our journey as an institution - we are sending our first batch of Class10 students up for the CBSE board examination in 2020.

We give gratitude to those who set us on this path and to those who have guided and helped us along the way. To the students appearing for

the exam, we offer our support and prayers for a successful outcome.

Along with high quality academic learning, we need to foster humane qualities in our children. That is our purpose as a Jesuit school, with over 500 years of educational philosophy upholding us. Offering value based education prepares a student for the real world where greed and temptation threaten our moral compass.

There are many global and domestic factors constantly disrupting the peace in our universe. As responsible and educated citizens it falls upon us to rebuild our common home on love, peace, joy and justice.

Our theme for the year is 'Peace & Reconciliation'. The Jesuit general congregation speaks of a four-fold reconciliation: with God, oneself, with others and with the cosmos. Let us each do our bit to restore and transform relationships that have been harmed by conflict. We share one earth and so let us also share a future based on truth, justice, mercy and peace.

On behalf of the school, I would like to express my sincere gratitude to the former Principal, Fr Sunil Fernandes, former Vice Principal Rev Fr Vincent Pinto & the former Educational Consultant, Ms Sucheta Kalappa, for the dedicated service and the strong foundation they have laid.

Dear parents and students, I look forward to your cooperation in helping me carry out my duties as the Principal.

I hope you enjoy reading this newsletter and learning about our multiple activities designed for all-round growth.

- Rev. Fr Rohan D'Almeida SJ

JESCOL SEMINAR



JESCOL (Jesuit Collaborator) seminar was organized for the Staff of St Joseph's Indian Institutions from 27-29 May 2019, in the Auditorium by Rev. Fr Swebert D'Silva SJ and Rev. Fr Henry Saldanha SJ. The chief objective of the seminar was to ensure that all the members of the SJII staff are aligned with the Jesuit Legacy, Purpose, Vision & Mission. The facilitators spoke about the role of a Jesuit Institution and its collaborators in the formation of men and women to be agents of social change adorned with Jesuit characters of Competence, Compassion, Conscience and Commitment to transform the future generation as enlightened global citizens.

FAREWELL TO FORMER PRINCIPAL, REV. FR SUNIL FERNANDES



Highly respected and well loved by his students as well as teachers, Former Principal Rev. Fr Sunil's farewell was truly grand yet an emotional affair. The farewell programme was held on July 20, in the presence of dignitaries such as Rev. Fr Leo Pereira, the Rector of SJII, Rev. Fr Rohan D'Almeida, the Principal, Rev. Fr Balaraju, the Vice Principal & the Finance Officer of SJII, Rev. Fr Jeevan Prabhu.

The guests were welcomed traditionally with arathi and sandalwood tilak. There was an outpouring of praise and gratitude for Fr Sunil Fernandes but even so, words could not encapsulate the successes and positive change he brought about in the last three years of his service at St Joseph's School CBSE.

Thank You !

Welcome !



Fr Sunil Cletus Fernandes SJ

A successful person is one who went ahead and did the thing the rest of us never quite got around to.



Fr Rohan D'Almeida SJ

WORLD ENVIRONMENT DAY



World Environment Day was celebrated to spread awareness about Environmental Pollution. The Students of Class 10 presented a wonderful skit based on 'Air Pollution' and threw light on the causes/effects of the harmful pollutants in our environment and necessary measures to be taken to curb pollution.

PARENT ORIENTATION PROGRAMME



A Parent Orientation Programme for the parents of the newly admitted students was held on 7 June in the school auditorium. The rules and regulations of the institution was briefed to the gathering by the Principal, through a presentation.

INTER RELIGIOUS PRAYER SERVICE



An Inter Religious Prayer Service was organized on 18 June, which commenced with the lighting of the lamp indicating to rise upwards and dispel darkness present in

the world today. Songs and scripture readings from various religions were sung and read by the students.

The Principal and the Vice Principal addressed the gathering and highlighted the importance of the greatest religion – HUMANITY, which is above all religions and traditions. Students were enlightened with the values of religious tolerance and communal harmony through the prayer service.

INVESTITURE CEREMONY



The Investiture Ceremony was held on 19 June. The Principal pinned the badges of dignity along with the sashes and administered the pledge, bestowing the true spirit of leadership on them so as to instill in the newly elected School Council Members, a sense of duty and pride. All the captains took an oath to perform their duties diligently and earnestly, striving to uplift the tradition of the school.

INTERNATIONAL YOGA DAY



The fifth International Yoga Day was celebrated on 21 June. Students were made aware that Yoga is an invaluable gift of India's ancient tradition. A few Yogasanas were demonstrated by teachers and students to create awareness about the benefits of practicing Yoga to facilitate a healthy mind and body. It was followed by a mass display of a series of asanas by the students of Class 6 to 8 which help in improving one's agility, flexibility and strengthen one's spiritual, mental and physical wellness.

CURRICULUM DAY



Curriculum Day was conducted on 22 June for the parents of students from Kindergarten to Class 10 to make them aware of the programme of work and activities for the entire academic year.

Class teachers briefly explained to the parents about the curriculum, activities, discipline, rules and regulations through an interactive session. Curriculum Day facilitates awareness among the parents about the comprehensive teaching-learning process, evaluation and follow-up that includes a curriculum pacing guide aligned to the CBSE syllabus.

ANNUAL PRIZE DAY



The school celebrated the Annual Prize Day on 29 June with great zest, to acknowledge and recognize the outstanding academic achievements of the students. Retd. Air Marshal P Kanakaraj was the Chief Guest and Rev. Fr Leo Pereira SJ, the Rector of St Joseph's Indian Institutions presided over the function. Academic achievers of the academic year 2018-19 were felicitated with medals and certificates by the dignitaries.

STAFF ORIENTATION PROGRAMME



An Orientation Programme was organized on 30 May for the staff. An interesting and informative session on 'Inclusive Education and Learning Difficulties' was conducted by the Special Educator, Ms Maria Reena and the Counsellor, Ms Sheela Balan.

The Academic Advisor, Ms Sherly Wifred J, explained to the staff about how an ideal classroom should be and also briefed them about the rules and regulations of the school.

INAUGURATION OF CLUBS



Inauguration of various scholastic and co-scholastic clubs was on 8 July. The respective teachers briefly explained about the activities involved in the clubs they are in charge of. The clubs activities play an integral role in accomplishing various scholastic and co-scholastic areas of interest.

SEMINAR FOR STUDENTS



A seminar on 'Peer Pressure & Stress Management and Abstinence from Addictions' was conducted for the students of class 9 & 10 on 4 July in the school boardroom by Qatapult Learning Solutions.

It was an interactive seminar and the students were enlightened with various coping mechanisms as well as options for addressing any stressful situations through multiple activities. The students were also made aware of various lifestyle changes they can inculcate to reduce stress and refrain from addictions. The enriching seminar concluded with imparting useful tips to tackle peer pressure.

PARENTING WORKSHOP



A workshop on 'The Stepping Stones to Success' was conducted on 27 July for the parents from Pre primary to Class 10 in the school auditorium. Dr Debmita Dutta, MBBS, MD, Parenting & Wellness Consultant, was the resource person for the day. Dr Debmita stressed on, the important role parents play in the physical, mental and psychological development of the child. She emphasized that children should be taught politeness, kindness and

sharing from a very early age. She urged parents to focus on education and not literacy. Parents were also made aware of the repercussions of blaming the teachers for students' shortcomings.

THE FEAST OF ST IGNATIUS OF LOYOLA



The Feast of St Ignatius of Loyola is an important occasion, to reminisce about the life of the founder of the Society of Jesus. St Joseph's School celebrated the feast in a glorious manner.

Ignatian Week was celebrated to encourage students from Pre primary to Class 10 to participate in various activities which revolved around the theme 'St Ignatius'.

The Feast of St Ignatius of Loyola was celebrated magnificently at the institutional level on 28 July 2019. All the Catholic staff, students and their parents were invited for a festal Eucharist that was celebrated by the Archbishop of Bengaluru, Most Rev. Dr Peter Machado. A programme showcasing the life of St Ignatius and Ignatian Values was also held for all the members of the staff and their families.

INDEPENDENCE DAY CELEBRATION



The 73rd Independence Day celebrations was held with gaiety and patriotic fervour at the institutional level. The celebration commenced with the hoisting of the tricolour with immense respect and reverence by the Chief Guest Col Devashish Singh, in the gracious presence of Rector Rev. Fr Leo Pereira SJ, and the institutional heads of various units of SJII. It was followed by a well-coordinated march past by the troops from all the institutions and a cultural programme by the students from various units of SJII, expressing the joy of freedom and awakening patriotism enthralled the gathering.

PHONICS TRAINING



A training session on Phonics was organised on 17 August for the teachers of Kindergarten to Class 4. Ms Lalitha Appachu, Director of Centre for Training Excellence (CFTE), was the resource person. The workshop was aimed at equipping teachers with all that is needed to support the development of children's early phonological awareness for later success in Literacy. Teachers were given tips on to how to introduce phonics into the early childhood learning environment using a variety of phonological activities, teaching aids to cover all the areas for literacy development.

SUPW OUTREACH PROGRAMME



The students of Class 8 were taken to an old age home - Little Sisters of the Poor, on 24 August to spend some quality time with the inmates as part of the outreach programme. Having had an opportunity to spend time and interact with the inmates made the students realize that the best gift that one could give anyone is the gift of spending time with people who have no one. Josephites learnt that the happiest thing is not always getting more for themselves but giving more of oneself to others through this visit.

ANNUAL ATHLETIC MEET 2019



The Annual Athletic Meet 2019 was held on 31 August, with great zeal and enthusiasm. The event commenced with the unfurling of the School Flag by the Chief Guest, Mr. Ashish Ballal, Arjuna Awardee and Former Indian Hockey Captain. The event was presided over by the Provincial of Karnataka Jesuit Province, Rev. Fr. Jerome Stanislaus D'Souza SJ in the gracious presence of Rector Rev Fr. Leo Pereira SJ and the institutional heads of various units of SJII, who took the salute of the impressive march-past and declared the athletic meet open by releasing the balloons and lighting the torch.



The magnificent and colorful drills portrayed the hard work, skill and brilliance of the Josephites from Kindergarten to Class 10. Tons of encouragement and cheers filled the air as the students from Citrine, Emerald, Ruby, and Sapphire houses participated in various inter-house athletic events and exhibited the sportsman spirit. Students from various Jesuit Institutions from all over Karnataka participated in inter-school events that were organised to promote collaboration and competitive spirit. The much appreciated Annual Athletic Meet concluded with the distribution of trophy for the spectacular display presented by the students of Class 2 and 3 based on the theme 'Save Trees' and the Overall Sports Championship Trophy being awarded to Emerald House for garnering maximum points in various sporting events.



TWINNING PROGRAMME



Twinning Program aims at creating collaboration between St. Joseph's Indian Institutions, Bengaluru and Loyola Institutions, Vijayapura in the field of academics, sports, cultural exchange as well as psycho-spiritual development of students.



As part of the twinning program, students & staff from Loyola CBSE School, Sindagi, visited the St Joseph's Indian Institutions from 10 to 12 September 2019. The guest team comprising of 28 students from Class 9 along with 5 staff members and Sr Milagrin, the Principal of Loyola CBSE School, visited SJII to collaborate, experience and understand the teaching- learning process from students' and educators' perspective. Loyola CBSE School team participated in various academic and non-academic activities and visited a few places of interest in Bengaluru.

The staff of St Joseph's Indian Institutions, Bangalore visited Vijayapura Rural Works and witnessed the social service rendered by the Jesuits to the needy in Vijayapura. On the whole the twinning programme was a cultural and academic enriching experience for both the Loyola CBSE School and SJS CBSE.

HINDI DIWAS



Hindi Diwas is observed on 14 September to commemorate the adoption of Hindi (written in Devnagri script) as the official language of the Republic of India by the Constituent Assembly in the year 1949. Hindi Diwas was celebrated at school with great enthusiasm. The programme commenced with lighting of the lamp by the Chief Guest, Dr B G Hiremath, Retd. Professor of Hindi, Maharani College, Bengaluru, the Principal, Rev. Fr Rohan D'Almeida SJ, the Vice-Principal, Rev. Fr Balaraju SJ and Academic Advisor, Ms Sherly Wilfred; followed by various cultural presentation by the students. The celebration concluded with the dignitaries distributing the prizes to the winners of the various competitions which were held for the students from class 1 to 10, to encourage them to kindle their penchant for Hindi.

SYNERGY



Synergy, a day dedicated for the staff to bond with one another through various team games and activities was held on 26 September at school. Synergy aims to create a strong culture of teamwork and to establish a foundation of trust and collaboration. The staff were equally divided into four teams, Citrine, Emerald, Ruby & Sapphire and enthusiastically took part in events such as Throw ball, Lemon & Spoon, Treasure-hunt, Tug of War and Hand Cricket to earn the maximum points for their respective teams. Synergy was well appreciated event and a much deserved break from the routine for the staff.

STAFF TRAINING



A workshop on Inclusive Education was organized for the teachers in two sessions on 1 and 3 October. The facilitator was Ms Archana Sharma from Drishti Counselling Centre. The facilitator enlightened that inclusive education is about looking at the ways schools, classrooms, programmes and lessons are designed so that all students can participate and learn. Teachers were given tips on how to teach in different ways or creatively design the lessons so that all the students in a classroom can be involved.

THE COUNSELLOR'S CONCLAVE



The Counsellor's Conclave 2019 was organised at St Joseph's School Auditorium on 18 October by Bangalore Sahodaya Schools Complex. The theme of this conclave was "Understand Adolescents - Help Make a Better

Tomorrow". The conclave was attended by 250 participants from Sahodaya and other schools. The participants included Principals, Counsellors, Teachers and Students from psychology background.

The following topics were covered in the conclave;

- Depression among Adolescents
- Signs Indicative of Mental Wellness
- Cyber Bullying
- Body Image & Personality Development

Mr Sudharshan, Assistant Professor at Sampurna Montfort College, Ms Ashwini, Founder-Director of Muktha Foundation, Dr. Ali Khwaja, Founder-Chairman of Banjara Academy and Mr Alwyn Sebastian, partner of TSA legal firm were the speakers for the day. All the sessions of Counsellor's Conclave 2019 were informative and interactive. Certificates of participation was distributed to all the participants towards the end of the event.

FUN & FROLIC DAY



Fun & Frolic days are conducted regularly to help the tiny tots of pre primary learn various concepts in a fun way by doing a variety of activities. Based on the themes Cartoons, Healthy food, Amazing India, Market & Puppet-show events were organized over the last few months. The little boys & girls are elated to take home the crafts made by themselves, pertinent to the theme.

EDUCATIONAL EXCURSION



The students of Class 9 & 10 were taken on an educational tour to Murdeshwar and Gokarna from 9 to 12 October. Students visited various places of interest in and around the place and also took part in a trek to a nearby hillock. Students were excited as they got a chance to play in the Om beach.

STUDENT ACHIEVER



Sanath A of St Joseph's School CBSE, who is in Class 6 is a child genius who has brought glory to the school by securing 1st Runner Up in Mental Arithmetic International Competition 2019. Around 900 participants from 35 countries took part in the Aloha Mental Arithmetic International Competition held at Guangzhou, China; it was Sanath's explicit knowledge and command over math which helped him emerge the 1st Runners Up 2019 and receive Five Gold Medals. He was also presented a Trophy for taking part in the competition at International Level competitions for the last four years.



Sanath has always been inclined to math and has consistently pursued mental math. He has participated in several competitions at National and International Levels. A few of his accomplishments/achievements are, he has consistently been the winner of the national level competitions for four consecutive years since 2015. Sanath was the Grand Champion of Mental Arithmetic International Competition, 2016 held in Indonesia, and was recognized as a Champion, at the International Competition held in Malaysia, 2017. Aloha Mental Arithmetic International Competition held at World Trade Centre, Moscow in Russia, 2018, Sanath received the 1st Runner Up Certificate. Sanath is an exemplary student and is a role model for his peers.

STUDENTS SPEAK

The Role of Discipline in ones' life

Discipline is an essential trait of a student. It helps us to stay focused and gain more knowledge. Discipline does not necessarily mean staying silent all the time, it means knowing when is the time for doing what. Having that presence of mind will certainly help us in the future.

-Antonette Mercy , Class 9 A

Discipline is a pathway which leads a person to success. Discipline helps a person to focus on achieving his/her own goals in life. It brings perfection into a person's life by training the mind and body. Discipline helps a person to respond and abide by the rules and regulations in life in the right way.

-Rolwin Cardoza, Class 10 A

Discipline in students' life enables them to follow certain codes of behaviour while reading or playing. Much of a student's success depends on his/her disciplined approach in whatever he does. Discipline is essential to be successful in life.

-Md. Arhaan Ahmed, Class 10 A

ವಿದ್ಯಾರ್ಥಿ ಜೀವನದಲ್ಲಿ ಶಿಸ್ತು ಮಹತ್ತರ ಪಾತ್ರ ವಹಿಸುತ್ತದೆ. "ವಿದ್ಯಾದಾತೃ ವಿನಯಂ" ಎಂಬುದು ನಮಗೆ ತಿಳಿದಿರುವ ವಿಷಯ ಅಂದರೆ ವಿದ್ಯೆಯೇ ವಿನಯವನ್ನು ಕಲಿಸುತ್ತದೆ. ವಿದ್ಯಾರ್ಥಿಗಳು ಶಿಸ್ತಿನ ಸಿಪಾಯಿಗಳಾಗಿರಬೇಕು. ಮುಂದೇ ಒಂದು ದಿನ ನಮಗ್ರ ದೇಶವನ್ನು ಕಟ್ಟುವ ಉತ್ತಮ ಪ್ರಜೆಗಳಾಗುತ್ತಾರೆ. ಶಿಸ್ತು ಎಲ್ಲರ ಬಾಳಿನ ದಿನನಿತ್ಯದ ಜಟಿಲತೆಗಳನ್ನು ಹಾಸುಹೊಕ್ಕಾಗಿರಬೇಕು. ಆಗ ಮಾತ್ರವೇ ನಮ್ಮಲ್ಲಿ ಸರ್ವತೋಮುಖ ಬೆಳವಣಿಗೆಯ ಪರಿವರ್ತನೆ ಸಾಧ್ಯ. ಎನ್ನುವುದು ನನ್ನ ಅಭಿಪ್ರಾಯವಾಗಿದೆ.

- ಅಶ್ವಿನ್ ಅಲೆಕ್ಸ್ ಜಿ, 9 A

"ಶಿಸ್ತು" ಎಂಬುದು ಸಾಧನೆ ಮತ್ತು ಗುಲಿಯ ನಡುವಿನ ನೇತುವೆಬಿಡುತ್ತದೆ. ವಿದ್ಯಾರ್ಥಿಗಳು ತಮ್ಮ ಶೈಕ್ಷಣಿಕ ಜೀವನದಲ್ಲಿ ಶಿಸ್ತನ್ನು ಬೆಳೆಸಿಕೊಂಡಿದ್ದೆಯಾದರೆ ಸಾಧನೆಯ ಮೂಲಕ ತಮ್ಮ ಗುಲಿಯನ್ನು ತಲುಪಬಹುದು. ಅಲಿಸ್‌ಸ್ಟಾಫ್ ಹೇಟರ್‌ವಂತೆ "ಶಿಕ್ಷಣದ ಬೇರು ಕುಸಿಯಿದ್ದು ಅದು ನೀಡುವ ಹಣ್ಣಿನ ಫಲ ಸಿಕ್ಕಿಯಾಗಿರುತ್ತದೆ". ಅಂತೆಯೇ ವಿದ್ಯಾರ್ಥಿಗಳು ತಮ್ಮ ಶೈಕ್ಷಣಿಕ ಬದುಕಿನಲ್ಲಿ ಶಿಸ್ತನ್ನು ರೂಢಿಸಿಕೊಂಡರೆ, ಮುಂದಿನ ಭವಿಷ್ಯ ಜೀವನ ಉಜ್ವಲವಾಗಿರುತ್ತದೆ. ಶಿಸ್ತು ಇಲ್ಲದ ವಿದ್ಯಾರ್ಥಿ ಜೀವನವು 'ಮರುಭೂಮಿಯಲ್ಲಿ ಜೀವಜಲ ಹುಡುಕಿದಂತೆ, ಏನೂ ದೊರಕದೆ ನಿರಾಸೆ ಹಾದಿಯಲ್ಲಿ ಪಯಣ ಮಾಡಬೇಕಾಗುತ್ತದೆ

- ಮನ್ವಂತ್ ಗೌಡ, 9 A

अनुशासन की भूमिका

अपने आपको संयमति रखना तथा देश, समाज, संस्था आदिके नियमों के अनुसार चलना ही 'अनुशासन' है। अनुशासन ही वद्विद्यार्थी जीवन में चरित्र और व्यक्तित्व के निर्माण में सबसे मुख्य भूमिका निभाता है। यह लक्ष्य और सफलता के बीच एक सेतु है। अनुशासति रहने से समय और शक्ति दोनों की बचत के साथ-साथ उन्नतकी राह प्रशस्त हो जाती है।

द्विज नौटयल
कक्षा : आठवी 'ब'

ACADEMIC ADVISOR SPEAKS



We all know that every student is comfortable with a different learning style. Some may prefer audio learning while others may be visual learners, and quite a few students adopt a kinaesthetic approach. To facilitate deeper learning and understanding we parents and educators should encourage students to pursue the learning style that best suits every student. Technology has a considerable influence on our lives and digital services that were created with the objective of making life easier today could have an adverse effect on our physical, mental and social abilities.

Social skills are affected as students prefer messaging rather than meeting and talking. They seem to withdraw and refuse to interact with family and peers. Physical health is at risk as students prefer online games which keeps them indoors depriving fresh air, sun light which is the source of Vitamin D and exercise which is a vital need to keep the body healthy and fit.

The internet is a great platform for learning as Information is readily available at the click of a button. Unfortunately overuse of technology does more harm than good. Monitor and limit the use of technology. It's of great importance to know how much and in what way your child uses devices. A number of parental control tools come up with various restrictions of screen time and content to be applied for child's gadgets. Consider utilizing such software to set boundaries for screen time allowed as well as apps and web content to be viewed.

Teach responsibility and conscious behaviour. Talk to your child about privacy in cyberspace and potential risks and dangers. Simulate cases and discuss how to deal with the challenges faced online. Explain possible consequences of inappropriate behaviour and device misuse. Take interest in current digital trends that are popular among youth. This will help you to recognize and deal with the issues early.

Find alternatives to technology. Encourage your kid to read paper books instead of electronic ones. Ask your child to indulge in a hobby that is more of outdoor event like playing football or cricket, not an online game. Organize family time with no electronic devices. Be an example and remember, it's never too late to bring positive changes in your child's life to avoid negative effects of technology.

- Ms Sherly Wilfred

EDITORIAL
BOARD

Rev. Fr Rohan D'Almeida SJ, Rev. Fr Balaraju SJ, Ms Sherly Wilfred,
Mr Boris Glenn, Ms Jennifer Andrews, Ms Poornima Krupa



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