



Smt. Savita Govind English Medium Primary School

School Reg. No. 29/KHPH/Recognition/CHH/97/GNR. Dt. 29-3-97

Nr. GH-6 Circle, Sector-23, Gandhinagar

Managed by Sarva Vidyalaya Kelavani Mandal-Kadi, Gandhinagar Branch

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June to September 2016

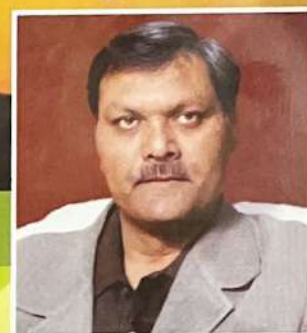
Vol. 4

Newsletter



S.G.IGNITES

From the Chairman's Desk...



Dear Readers,

As a Chairman, I am proud to witness the transformation of little kids into sparkling gems in SG Primary English Medium School, and now with their dazzling shine, they are ready to enlighten the whole world. The school has been started with a dream to enlighten the world with knowledge.

There are a number of initiatives that have been taken by the school for the betterment of the students. Some are visible in the physical infrastructure that has been created in SG, others, perhaps not so visible but equally important, are also impacting the school in various ways.

At SG School, we are committed not only to provide the students with latest technology but our hardworking teachers are trying to kindle the feeling of humanity, humbleness, nobility and brotherhood in them. The promise and quality of education that the school must deliver has to be supported by actions that allow the school to deliver them sustainably and permanently.

To further develop the skills of the students, we have started the '**SMART CLASS**' facilities in about sixteen classes to enhance the potentialities of the students through latest technology. In the process of our development plan, on 15th August, 2016, S.G. has launched a **School Mobile App**. to ensure the safety of the students. This App. will prove helpful to the parent /guardian to be updated by their child's progress. Apart from academics, to infuse the spirit of patriotism, we have introduced **Pre-N.C.C.** training programme and 100 students have been selected for the same.

While the list may be long, last but not the least, the meritorious students of class VI to VIII have been selected for the training for **IAS Basic School**. Moreover a renowned institution "Career Khoj" had taken an **Aptitude Test** among the students of class VIII to XII so that the students are able to show their brilliance in their field of interest.

Our entire school staff have made collective efforts to reach the heights of success and will always need the support and input of the SG community comprising of the guardians, teachers and students as well. We look forward to that support.

I would like to extend my heartiest felicitations and gratitude to all the parents for having faith in our Institution. I would like to invite all those parents who are yet to join our dream. We need your participation and involvement in helping our children to shape their efforts on their way to destiny.

We seek your participation, guidance and blessings! **Wishing you a Very Happy Diwali and a Prosperous New Year.**

- Vallabh M. Patel, Chairman, KSV



FACULTY DEVELOPMENT PROGRAM-FDP

In the changing scenario and the fast developing world, education needs to be upgraded with new methods and techniques. To meet the needs of the latest trend and also to keep in pace with the continuous developing standards of education, many training programmes are organized by the management of this Institution. To walk with the same pace of the fast progressing world this training programme proved quite fruitful. The teachers were taught how to develop a good rapport with the students and also how to deal with their sensitive minds. It was an encouraging training where the teachers learnt a lot through activities and audio-visual clips to create a healthy and conducive classroom atmosphere. Monthly once such training sessions are organized for the teachers to be upgraded with the latest trends.



IN-SERVICE TRAINING FOR KG TEACHERS-KADI

This training session was organized by our faculties for the teachers of Kinder Garten at Kadi. It was a need based training with par to their observations and to make teaching-learning process more effective. They were acquainted with different techniques of teaching.



CURIOSITY LEADS TO SELF-MASTERY



RIFLE SHOOTING



CHESS



ROBOTICS



ROPE WAY



ZIP LINE



DANCE

Camp is the perfect place for the kids to practice, making decisions for themselves without parents and teachers guiding every move. Managing their daily choices in the safe, caring environment of camp, children welcome this as a freedom to blossom in new directions.

Camp provides the right platform for kids to enhance their sports abilities, artistic talents and adventure skills. The sheer variety of activities offered at camp makes it easy for kids to discover and develop what they like to do.

To ensure that the much awaited summer break is a time to relax and rejuvenate, the school had organized a special 'summer camp' for the students of std. K.G. to 12th from 21st April to 26th April 2016 for the students all over Gandhinagar at very nominal charges. Students from varied schools could avail the benefit of this camp.

The camp saw an overwhelming participation by 700 students, eager to avail the rich experience. This camp offered varied activities like Rope-way, Trekking, Mehendi, Dancing, Craft, Chess, Carrom, Robotics, Rifle shooting, games, puzzle and other adventurous activities. Special coaches/trainers and expert faculty members held session.

The school ground was abuzz with hectic sports activities. Sports teacher and trainers present to sharpen the students skills. Our campers learnt from the best coaches in sports and left the camp with confidence and a passion to enjoy the sports for lifetime.

Camp helps children build self-confidence and self-esteem by removing the kind of academic, athletic and social competition that shapes their lives at school. With its non-competitive activities and diverse opportunities to succeed, camp life is a real boost for young people. There is accomplishment every day.

When kids take a break from TV, cell phones, and the internet, they rediscover their creative powers and engage the real world – real people, real activities and real emotions. They realize, there's always plenty to do.

Needless to say, the students were exposed to very invigorating learning session with 'Hands-on-Experience' in all hobbies they wished to pursue.

DEMONSTRATIONS



Orientation for
new parents



Yoga week



Expert talk on RTI



Aerobic day



Expert talk on
Consumer rights



Talk on Dressing Manners



Demo & video
on honesty



Fire Mock Drill



Movie Show

COMPETITIONS



Non-fire
cooking competition



Patriotic quiz competition



Birthday cap competition



Balloon decoration competition



News reading competition



Poster making competition

DAY CELEBRATION



Ride for Pride



Investiture Ceremony



Gardening day



Vegetable Printing



Share & Donate



Colours Day



Independence Day



Rakshabandhan



Cleaning Day

VISITS



VINTAGE CAR
MUSEUM



VIDHAN SABHA



YOGA UNIVERSITY




RELIGIOUS PLACES

'HEALTH IS WEALTH'

'Health is Wealth' government sponsored health check-up camp was held for kids under which free health check-up was covered and health card was issued to every child for follow up.



 SMT. S.G. ENG. MED PRIMARY SCHOOL GANDHINAGAR-23	
HEALTH CARD 2016-17	
Name of the Child _____	Date of Birth _____
Standard ____ Div. _____	Examination Date _____
2016	
Height _____	
Weight _____	
Any Findings	Tick the correct option <input type="checkbox"/> > Dental Care <input type="checkbox"/> > Under Weight <input type="checkbox"/> > Over Weight <input type="checkbox"/> > Anemic <input type="checkbox"/> > Refractive Error (eye sight)
Any other Findings	
Students examined by the Doctors— 1. Dr. _____ 2. Dr. _____	
Principal's Sign _____	



RISE OF A NEW ERA

Smt. S.G. English Medium Primary School one of the best GSEB affiliated schools in Gandhinagar, has stepped into the 20th successful years. Our school has been following the revolutionary concepts of teaching the students. Our school students emerge as creative, competent and confident individuals who are not job-seekers but job-providers also.

Looking at the glorious past of S.G. & the thumping response of the parents, due to the support from the management, finally it was decided to begin a new school for accommodating and educating maximum students. Therefore, we blissfully announce the opening of a new English medium school - S.V. School at Kadi campus, Sector-23, Gandhinagar on the demand of the parents and requirement for the society.

SARVA VIDYALAYA ENGLISH MEDIUM SCHOOL

S.V. School optimizes three things:-

Radiance, Courage & energy that stands for the development of inner self of the kids which allow them to learn and follow the path less travelled and will nurture in them the zeal to bring about a positive change in the society.

S.V. School promises to deliver quality education through its well-trained teachers and highly interactive teaching methodology.

This School has been started with Std.1 with strength of 50 students. The syllabus is student-centric and is based on CCE pattern. Every year the subsequent standard will be added.

The main objective of S.V. School is to prepare the kids into perceptive thinkers and collaborative learners and finally mould them as environmentally conscious, responsive citizens of the globe.



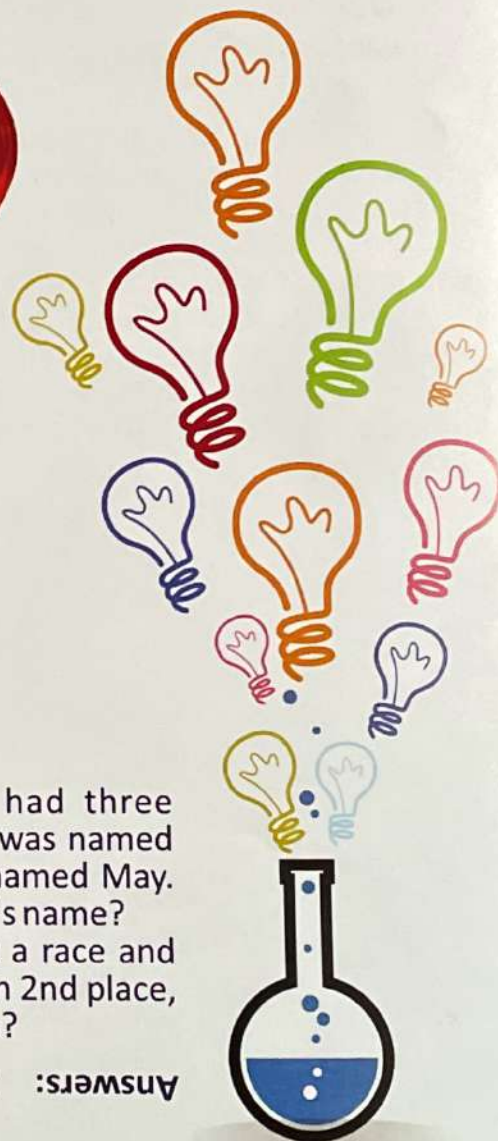
SCIENCE TALK

From the desk of science myself and my science associates wish you a very happy and prosperous Diwali. Hope you enjoyed the previous edition of our ignite. Last year we did many innovative things in our school this year is also full of such activities, in which the students will take part in many scientific projects and seminars. Our school has applied for setting up **"TINKLING SCIENCE LABORATORY"** under the Atal Innovation Mission, a project sponsored by Government of India in which students will be motivated to become a scientist by excelling the skill part of his learning.

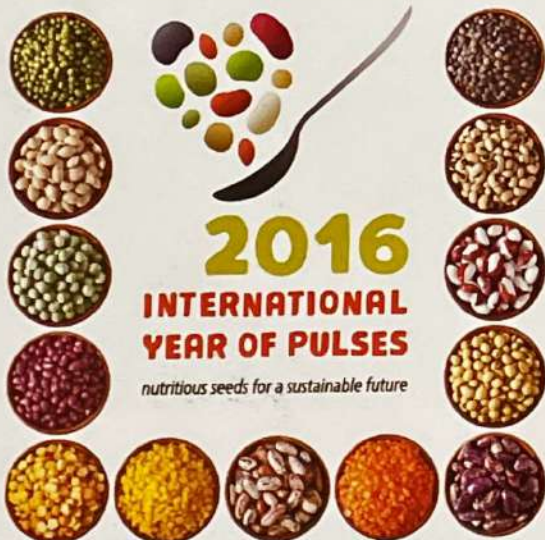
My dear parents, year 2016 is being celebrated as **"INTERNATIONAL YEAR OF PULSES"** by FAO under UN General Assembly, it aims to heighten public awareness of the nutritional benefits of pulses as part of sustainable food production aimed towards food, security & nutrition. I request to all parents to add more pulses to your child's diet as they are super food high in protein, fiber and micronutrients, iron, calcium, folate and other B- vitamins, yet low in fat, "When included regularly in diet, they help people to feel better and protective against several diseases including cardiovascular disease, diabetes and cancer."

Facts On Heart

1. A woman's heart beats faster than a man's – man average heart beat is 70 beats/min. whereas woman's average heart beat is 78 beats/min.
2. At rest blood takes 6 seconds to go from heart to lungs and back. 8 seconds to go from brain and back and 16 seconds for it to reach toes and travel all the way back to the heart.



Food and Agriculture
Organization of the
United Nations



Brain Teasers

1. Johnny's mother had three children. The first child was named April. The second was named May. What was the third child's name?
2. If you were running a race and you passed the person in 2nd place, now you would you be in?

Answers: 1. Johnny 2. First

PROUD TO HAVE PARENTS LIKE YOU....

MD refers to a group of more than 30 genetic diseases that cause progressive weakness and degeneration of skeletal muscles used during voluntary movement. These disorders vary in age of onset, severity, and pattern of affected muscles. All forms of MD grow worse as muscles progressively degenerate and weaken. Many individuals eventually lose the ability to walk. One such student of our school is suffering from MD

NAME: Arvind V Adidraida

AGE: 12 years

FATHER'S NAME: Velmurvgah

MOTHER'S NAME: Kalaiselvi

We salute Arvind's parent for being so strong, they are the one who have motivated their child in such a critical situation. Hence, Arvind's parents prove to be an inspiration for all the other children and their parents who are suffering from any such health disorders. We are fortunate to share their interview and bring awareness about the same disorder among our parents and students.

1) What was his life like before he was diagnosed with MD?

> He was a small kid. Always busy in playing from door to door with family, neighbours and friends. He was totally a blooming flower.

2) How old was he when he was diagnosed?

> He was 6 years old.

3) Did anything specific happen to make you want to see a doctor?

> Firstly he started falling down or missed his steps while walking and running. Gradually he started losing balance then we visited a doctor.

4) How did you feel when he was diagnosed?

> I remember that day as if it was yesterday. We felt very disheartened. Despite knowing the reality. It was difficult for us to accept it.

5) Can you explain how you managed to fight with this situation?

> Life is less challenging and more exciting. We decided to make Arvind happy and comfortable. We did not let the fear of mental illness weaken him. It was tough however the positive side was that god was helping us by giving the strength to fight against it.

6) Did suffering from MD affected his personal, social and school life?

> Without a doubt, it has affected all three. This illness has caused more pain in his personal life than all as he could not play, walk and run like other kids. But ofcourse there are positive images like his two friends Bhavsar Param (7th A) and Patel Suchi (8th A). Who always stood by him. Moreover school and teachers have co-operated very well.

7) How did you think that the school helped you?

> It taught us "If you were down, you will come up again "The longer we lived with disruptive illness, the better we learn to cope with it."The school has always given mental and moral support, vehicle entry in the campus, special seating arrangement in the exams and co-operation for minute things. Thus, they taught us never to give up.

8) Do you have any words or advice for other MD Patients?

> My advice to them is to be aware about your illness, to be mentally strong, find the medication that will ease your pain and be surrounded with positive people and lastly, do the things that makes you happy.





MOM, I WILL IMPROVE



Rishi and Ruchi, both are working in MNC's. Ruchi has taken a career break of 5 years, to take care of their son, Aditya. When Aditya was small he used to win many prizes in different competitions. He and his mother were very happy. As he grew up, suddenly he felt he was pushed in a complex world. He couldn't grasp many things which his fellow students were able to do easily. His mother thought him to be sick and took him to many doctors and counselors. But his father wasn't this much concerned. All he did, was Aditya's homework to let him go and play. sed to do. Aditya's homework to let him go and play.

On this Rishi and Ruchi had a lot of heat exchanges in which Ruchi said that she is the one who has to attend the Parent Teachers Meeting, she has to listen from teachers and face other parents. Rishi tried to console his wife that by shouting on Aditya or taking him to a psychologist won't change anything. All children are not same. He told her not to expect much from him because he's not like others. But Ruchi was worried that her son won't be able to be on a good position like other friends if he doesn't work hard.

After some days, his parental aunt, DurgaBua came to visit them. Aditya got along with DurgaBua very well. She played with Aditya and told Ruchi that Aditya was a very good boy. On hearing this, Ruchi bursts into tears and told the entire problem to her Bua regarding Aditya.

Next morning Bua, observed the beautiful garden which Ruchi had maintained in her balcony. Bua said, "I observe you have a beautiful garden. How do you maintain it?" Ruchi replied that she took personal care of each plant. Then her Bua asked, "Why is this Aloe Vera shorter than other plants? Is it new or you are not watering it properly?" So Ruchi replied back saying it was planted a year ago & she takes good care of it but some plants grow fast and some take time to grow.

So saying, DurgaBua wisely quoted that the children are also like plants. And DurgaBua explained her that there are different types of learning skills for a child. A few understand by doing the activity again and again. A mother and teacher should try to teach a child with patience and understand the child's best learning language and teach accordingly. Every child is unique and special in their own way. She told Ruchi to nurture him like a small, tender plant which will definitely grow into a big fruit-bearing tree. Ruchi kept quiet and understood what her Bua was trying to tell her.



E – WASTE

In the year 2015 – 16, the school had successfully completed the e-Waste collection programme. It was undertaken under the **“PARYAVARAN MITRA PROJECT”** (Microsoft Create to Inspire School Programme). The aim of this project is to make the students aware of the concept of e-Waste and teach them how to **Reduce, Re-use and Re-cycle** the electrical and electronic items which are of no use or not repairable.



To conduct this project, 35 students from 7th and 8th standard had been selected and approx 300 people were approached to make an inventory of waste electronic items that they have at home. They reflect on e-waste that has already been disposed. In the second phase, the students inquired about what happen to e-waste that is discarded. In the third and last phase, students interpreted what different people think about e-waste and inform them about e-waste and recycling.

In this activity, students interacted with at least 30 different people and seeked their views on e-Waste. They talked to their friends, neighbours, parents, relatives, teachers or anybody they knew. Secondly, Students went out for the field work and inquired as to how the electronics items were disposed. They went to electronic retail outlets and interrogated about what they do with old electronic equipment they receive? Where does it go? What happens to it ultimately? In the last phase of the activity, students designed and set up an e-waste collection bin in the school for the collection of e-Waste from their home and society. It includes all the old electronic items which were not in working condition. Finally the collected e-Waste was donated to **“SEWA”- Self-Employed Women Association**. Approximately we had donated 25 kg of e-Waste till date.



The impact of this activity on the students were as follows :

- Now students understood “What is e-Waste?” and also helped others to understand the importance of the same
- Students understood the harmful effects of the e-Waste to the environment, human-being and animals.
- They became smart about how to use electronic equipments. They started buying devices which are long lasting and give them superior performance.

Students Review:

Vrushid Shah, Std 7th D – “From now onwards we will buy an electronic item only from those shops which provides exchange offer.”

RavalMihir, Std 8th D - “Instead of buying new electronic product we will try to repair the old one and reuse it.”

Students understand the harmful effects of the e-Waste on the environment, human being and animals.

SURVEY ON REDUCING THE BURDEN OF SCHOOL BAGS



We had conducted survey on reducing the burden of school bags in our school. We went to each class starting from I to VIII and weighed the bags of each students. At this point we had noticed that maximum students brought all the notebooks and books which are not included in the time table. Moreover they also brought the books which they are using in tuitions and also the equipments which they are using in extracurricular activities (Lalitkala).

We had gone through an article which one of the doctor had written that in India most of the students whose age is under 14 years had a back problem and the main reason is **BURDEN OF BAGS**.

There are some tips to overcome this problem:-

1. When we purchase a bag we should see whether the bag has wide padded shoulder straps including adjustable straps which reduce the pressure on neck and shoulder.
2. Pouches can be used instead of pencil boxes.
3. Take only the books that are required at school.
4. Place the heavier books closer to your back.
5. Avoid hard binding text books and note books. Soft binding helps to maintain the book and also does not contribute to the weight of the bag.
6. Constant supervision by parents while packing the school bags for next day.



A combination of approaches, ideas and suggestions along with co-operation between parents and school can go a long way in reducing the burden of one of the most serious health hazards of recent time. By this approach our school had made new time table which would be helpful in reducing the subjects and also the burden in their bags.

The main form has been given on allotting one non-teaching period daily that is library, M.D.E.C, Lalitkala, creative zone , science zone , Toy house , P.T , activity etc which has really been helpful in reducing the burden of bags. Besides these 'special time-table has been prepared by arranging Block periods of 3 main subjects each day.

UNBURDEN THE CHILDREN

School starts weight loss prog for bags!

Counselling was held for parents and kids whose bags tip the scales

Harika Dave (Haryana)

Go slim. That's the message a city school is sending out to its students. But, it's not asking kids to cut the fat. Rather, it wants them to shed the extra kilos from their school bags.

Picking a significant date to launch its initiative, Euro School, which has pan-India reach, started 'The Right Bag Weight Programme' on August 15. A total of 500 students of the CBSE school located at Huda-pur took a pledge to free themselves from the burden of heavy bags. The



pledge was sent to the students' parents as well. As part of the campaign, bags of students from Grades 1 to 10 are weighed on a regular basis. If the bags are overweight, the student as well as the parents are called in for counselling.

The programme is the brainchild of Raymond Fernandes, the school's all-India head of content and learning. "The average weight of a stu-

dent's bag should be 10% of his/her body weight," he further added. "Students should only carry the books required as per time table. Often, out of sheer habit, they carry extra books."

Fernandes said the programme was launched with the sole aim of making the lives of students easier. "Even parents were roped in so that they would pay more attention to what was in their child's bag and they could remove what was not needed."

WEIGHING IN ON THE PROBLEM

The school has arrived at an average bag weight of 5-5.5kg as ideal for a Grade 5 student.

To ensure students fall in line, surprise checks are held every week or fortnight. The last check was on October 16 for students of grade 11. Authorities found the average weight of bags was 6 kg.

School authorities say at least five out of 25 students in classes from Grade 5 and above were found to be carrying overweight bags.

ALL SCHOOLS SHOULD GET SERIOUS: DOC

Dr. Amit Jhala, a spine surgeon at Chirayu Hospital, said, "I have seen a 25% to 30% rise in the number of cases of students coming in with complaints of back pain, neck pain and shoulder pain because of heavy bags. Continued use of heavy bags poses a risk of postural deformity in future." He feels all schools should take the matter seriously.

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