



SFS Academy Tech Times

NEWSLETTER 2023 - 24



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World Environment Day Celebration

by Tr. Arul Viji, Faculty, Dept. of Science

SFS Academy celebrated World Environment Day on Monday, June 5, 2023. The celebration was in line with this year's theme: "Solutions to Plastic Pollution".

The celebration began with a dance that showcased how the world is inundated by plastic. This was followed by a mime, which exhibited the ways to use plastic more sustainably. Our Principal then talked about the importance of a green today for a clean tomorrow. The celebration ended with the planting of 10 pepper and 3 papaya saplings on the school campus by the students of grades VIII - X, the distribution of tomato, brinjal and chilli seeds to all the students and the following theme-based in-class activities: grades I - II: colouring a picture, grades III - V: making a bookmark and grades VI - X: making a newspaper bag.

Message from the Principal's Desk

by Fr. Johnson, Principal

Every small concrete effort counts to make the World a better place to live in.

A number of activities are organised on World Environment Day such as Sapling plantation, distribution, awareness programmes, rallies, street plays and cleanup drives to promote environmental sustainability. Themes are proposed annually by the United Nations Environment Programme body and accordingly, events all over revolve around them. Public institutions, schools, colleges and environmental organisations aim to conscientize society intending to create a healthy and happy environment for the present and future.

The act is to be appreciated and encouraged but the process begins and ends on the same day, 5th June every year. Photographs and videos shared in different social media forums will not conserve nature. Virtual farm ville games and slogans are not enough to stop deforestation, dwindling vast vegetation and eradicate hunger and malnutrition.

The greed for quick money makes the overambitious individuals bleed and destroy Mother Earth. It's here the common man's thirst for a healthy environment should overpower the destructive forces. The care for the environment should not be limited to a single day. All our actions, daily choices and practices are to be oriented to preserve the ecosystem and nurture nature.

The protection of the environment is not solely for humans alone but for all living beings including animals, birds, insects, bees, plants and living and non-living organisms. Can we sincerely concretely and collectively contribute to the wellness of Mother Earth?

Message from the Editor's Desk

by Tr. Harvinder Kaur A G, Faculty, Dept. of English

"Every single human being is creative and has creative potential. It's like a muscle that needs to be worked." - Lisa Congdon

In our journey of publishing SFS Academy Tech Times, we have constantly come across the amazing zeal and enthusiasm of our students to put various editions one after the other tirelessly. We are always awestruck by their fresh and unbiased perspectives about things. We feel privileged to be the mentors for them in the process.

Plato said, "The beginning is the most important part of the work.". The Desalites along with their mentors extended their welcome - 'BIENVENIDO' to the fervent and excited learners and dyed-in-the-wool educators.

The environment is needed to impart and gain knowledge and it plays a vital role in students' effective learning process. The importance of the natural environment was emphasized on World Environment Day which in turn will support the holistic development of each learner.

SFS Academy provides a great platform for students to unleash their inner creativity and talent. Students contribute their literary works, and drawings for the "Wordsmiths" and "Creative Canvas" sections respectively. These are life skills which shape an individual's personality. Academics is one part of life's story but having and cultivating these interests and hobbies is equally important and acts as a stress buster.

The Elect Speaks

by Royston Pereira, Head Boy

"A leader is one who knows the way, goes the way and shows the way"- John Maxwell
On June 3, 2023, our school conducted its first-ever elections for the student council. I was very esteemed to be given the opportunity to stand for the post of Head Boy. I had my first ever experience of campaigning and it was really wonderful. Such opportunities help in improving the interpersonal skills of a student.

My feelings after being elected as the Head Boy were mixed. I didn't know whether I was capable to lead the whole school or represent each one of them. I was overwhelmed after the results and was genuinely surprised to have inspired my juniors. I felt proud that I had accomplished something great after ten long years in the school. This gave me the confidence to do better and set an example for others.

Ever since I walked through the school doors, the teachers guided me in every way and helped me excel in academics, sports and cultural. My being a leader came with

a lot of responsibilities and sacrifices that I had to make. Three days before the elections I was completely carefree. I did not even consider the fact that I would be nominated but when I was selected, I was

tensed. After two sleepless nights, I made the campaign script with the help of my friend Nihal. Along with this pride, I realised that I had to pave the way for my juniors and also abide by the standards of the school.

Lastly, I felt nervous about the challenges I would have to face as a Head Boy. But I made up my mind to be mentally strong and charge right through them and make those failures a learning for my future.



by Ashwika Ishi, Head Girl



"Leadership is an action, not a position."- Donald McGannon

It is indeed great honour and privilege to be the Head Girl of the prestigious school, SFS Academy. Being the Head Girl of my school was my dream since

8th grade. And my dream has come true in 10th grade. I wanted to lead my school and fellow peers and make my school reach greater heights. The qualities I possess make me an excellent fit for this position. It is a great personal achievement for me as it is

my last year in this school. I thank the principal, teachers and all students for giving me this wonderful opportunity. This will make my year in the school a much more memorable one.

I was extremely happy when the student council election results were out and declared me the Head Girl for the academic year 2023 - 24. But at the same time, I knew great power comes with great responsibilities. I knew I had to work hard and solve all the problems my peers faced and help them reach their maximum potential.

I stand here to work in collaboration with each one of the Desalites to achieve the best for our school. I promise to work with all my devotion, determination, zeal and enthusiasm. I will give it my all and work persistently for the school's excellence.

Knowledge is Power

by Tr. Arpana Mahato, HOD, Dept. of Mathematics

"Education is not preparation for life, it is life itself." - John Dewey

The staff orientation program for the Academic Year 2023 - 24 was possible only through the punctilious forethought of the Principal and the Academic Coordinators. This orientation was held to prepare our educators for the forthcoming academic year, both physically and mentally.

With great enthusiasm, the orientation programme started on May 15, 2023. Subject-wise department meetings were conducted by the respective HODs and academic plans and split-up were discussed for the upcoming year.

On the second day, May 16, 2023, the Management organised department-wise training sessions by eminent resource persons, to improve the teaching techniques and methods for more interactive classes.

The following were the resource persons:

- Mrs Sreedevi Warriar: An experienced faculty in KVs, presently associated with Rashthrohana Schools for Training and Consultation.
- Mrs Anita Tomar: Head of the Department of Hindi, at Delhi Public School, Whitefield, Bengaluru.
- Mr Deepak Kumar Ojha: Teacher at Chrysalis High, Bengaluru.

- Mr Divakara K: Kannada Educator at Unacademy.
- Mrs Vamsheepriya Amar: Principal of MVJ International School, Bengaluru.
- Mrs Indra Vijay Kumar: A Master Trainer and Head Examiner for Social Science for CBSE.
- Mr Narasimha Murthy H K: An ICT educator.

On day three, May 17, 2023, an orientation session on National Education Policy (NEP 2020) was conducted by Dr Sushila.

On May 23, 2023, a training session on Edumerge software was facilitated by our CEO, Mr Noel. Various features of this interactive platform were discussed.

The staff orientation program ended on May 29, 2023, when our new Principal, Fr. Johnson addressed the staff.



Enhancing Foundational Teaching Skills

by Tr. Hemalatha M, Kindergarten Facilitator

Teachers are responsible for the holistic development of students and the Kindergarten teachers are the frontline providers of quality education. Quality is always demanded in the field of education. "Teaching kids to count is fine but teaching them what counts is best". The Dept. of Kindergarten invited a dedicated trainer, Mrs. Sweetha Mary Rejy, a Remedial Trainer at Sunny Side Up, a mental health and wellness centre, in Bangalore. She shared her knowledge concerning the identification and management of specific learning disabilities in the foundational years of children and effective teaching strategies.

Opening up to Endless Possibilities

by Tr. Savantika Singh, HOD, Dept. of English



BIENVENIDO, the Academic Year inauguration was held on May 29, 2023. The first day of school is a memorable experience for both students and teachers alike. It marks the beginning of a new Academic Year and is an opportunity for everyone to start fresh, make new friends, and learn new things.

The inaugural function commenced with a prayer song. The Chief Guest of the function, Rev. Fr. Riju Vazheparambil MSFS and the Guests of Honour, Rev. Fr. Mijo Kulamkuthiyil MSFS, Finance Administrator of SFS Group of Institutions and Rev. Fr. Vijin Kottoor MSFS, Director of SFS Boys Home, were welcomed by our Principal, Fr. Johnson. After receiving a formal welcome, the Chief Guest and the Guests of Honour led the audience into the blessing of the school premises.

Addressing the students, the Chief Guest and the Principal in their respective speeches emphasised expanding one's horizons and discovering

ourselves by being open to new experiences and perspectives. This was followed by an appealing dance performance. The programme ended with the introduction of the new teaching and non-teaching staff and the singing of the national anthem.

Give a 'hear-hear'

by Tr. Christina Francis, Counsellor

Master Nevin Aurick Sylesh studying in grade V at SFS Academy, Electronic City was selected to represent Kerala Blasters Football Club at an International Under-10 Football Tournament - 'Sokolik Cup' which took place at Stary Sącz, Poland between June 16 - 18, 2023.



Preparing the Students to be Responsible Citizens

by Tr. Deepthi Salil, Faculty, Dept. of English



Student Council Elections were held at SFS Academy on June 3, 2023. The objective of this was to provide a platform for the students to develop leadership qualities by organizing and carrying out school activities and service projects. The students of grades VIII, IX and X filed their nominations for different positions. The nominees and House Captains were elected through voice voting. As part of campaigning, the contenders for various positions spoke their manifestos in the assembly. The final stage of the process was casting of votes by the students. Several polling booths were arranged and two teachers were assigned the role of polling officers for each booth. Students from grades VI to X exercised their right to franchise by choosing the candidates of their choice through Electronic Voting Machine. An indelible ink was marked on each voter's index finger, which acted as a source of identification. These elections provided an opportunity for the students to witness and exercise their fundamental right to vote. The entire polling process was very fair and democratic.

Empowering Young Minds

by Tr. Roopa U, Faculty, Dept. of Social Science

On June 17, 2023, the most auspicious ceremonial occasion of the school, AZIONARE, the investiture ceremony, was celebrated. This important day dawned to give responsibilities to the outstanding young talents of the school to lead their school with their commitment, confidence and expertise in leadership.

The school held the ceremony with great enthusiasm. It was an occasion where the elected students were all prepared to embrace the mantle of leadership and discharge the responsibilities delegated to them. To teach leadership qualities to students and to give them a feeling of being an important and integral part of the administrative body, the 'Student Council' is formed every year. This year was special and unique because, for the first time, students elected their leaders by casting their precious votes.

The event began with a prayer song presented by the school choir followed by lighting of the lamp which signifies the removal of darkness and continuous upward movement of the flame denoting a path of wisdom and divinity. The Chief Guest, Mr Deepak Kumar Tyagi, Inspector, CISF, Electronic City, graced the occasion. In his speech, he directed the Student Council members to render their responsibilities with all sincerity as the leaders of tomorrow and be role models. He also guided the students to inculcate the principles of punctuality, perseverance, discipline and willpower.



The Student Council members were conferred with badges, sashes and flags that embodied the contribution of the school's convention of delegating responsibility to the newly elected office bearers to spread the light of knowledge and pass on the rich legacy of values of SFS Academy to their juniors.

The fusion dance, presented by the grade VII students, spell-bounded the audience. The national anthem was sung to bring the programme to a close.

Student Council Members



Top Row (L to R): Hari Mukuntha S (NCC Senior), Tejas K Gowda (Commander-in-Chief), Nayan Keshri (Cultural Secretary), Bhoomika S (Band Majorette), Sanjhana Devi K A (Cultural Secretary), Sonal Harris (Commander-in-Chief), Dhruthi R (NCC Senior)

Bottom Row (L to R): Sayoojya Sreeraj (Sports Secretary), Mrinal Rout (Vice Head Girl), Ashwika Ishi (Head Girl), Royston Pereira (Head Boy), Deepak Poluru (Vice Head Boy), Preetham Rao V (Sports Secretary)



L to R: Drishya Mahato (Ambitious Avengers), Albina Belicia A (Invincible Samurais), Naavya Singh (Legendary Spartans), Esther Mariam Joseph (Nifty Knights), Tirumalaraju Maulik Kumar Raj (Nifty Knights), Ramkumar Yankanchi (Legendary Spartans),

Pramod Irappa Koti (Invincible Samurais), Rahul J (Ambitious Avengers)



L to R: Nevin Aurick S (Junior Head Boy), Chaidaniya S (Junior Head Girl), Srishesh H (Junior Assistant Head Boy), Mannat Hasnian (Junior Assistant Head Girl)

Kinder Joys

Kindergarten's Academic Year Inauguration by Tr. Antoinette Rashmi, Kindergarten Facilitator



The first day of school is to open little minds to learn new things. The Senior Kindergarten students welcomed the Junior Kindergarten students to the new Academic Year 2023 - 24 on June 10, 2023.

The program started with the marching band of our school inviting the dignitaries, Dr. Greta D'Souza, Head, School of Education, CHRIST (Deemed to be University), Bengaluru, Rev. Fr. Joshy Philip, Manager, SFS Group of Institutions, Bengaluru and Fr. Johnson, Principal, SFS Academy. To mark the beginning of this auspicious day, the lamp was lit by dignitaries, Academic Coordinators and a parent of a kindergarten student. Next, the kindergarten and grade I students gave dazzling dance performances and entertained the gathering. Fr. Joshy Philip in his speech, welcomed the newcomers to SFS Academy family and emphasised the character formation of the tiny tots. Dr. Greta addressed the series of emotions parents feel as their children get ready to go to school. She also emphasised cooperation and teamwork between the teachers and parents for children to grow into confident learners. The program ended with the introduction of kindergarten teachers, a vote of thanks and the singing of the national anthem. Thereafter an orientation session for the parents was facilitated by the Principal, Fr. Johnson.

"Yoga for the Welfare of All as One World-One Family" by Tr. Lavanya Shaji, Kindergarten Facilitator

On June 21, 2023, the International Day of Yoga was celebrated at SFS Academy Kindergarten. As a part of the celebration, the students of UKG A conducted a special assembly. The students were asked to assemble in the quadrangle in slots to perform a few Yoga asanas like vrikshasana, baddha konasana, and sukhasana, led by Tr. Lavanya. Students performed these asanas with joy and enthusiasm.

Small Steps to Beat Plastic Pollution by Tr. Anupama G H, Kindergarten Facilitator



SFS Academy Kindergarten celebrated World Environment Day on Wednesday, June 28 2023. The objective of the celebration was to spread awareness about the need to protect mother earth from plastic pollution and ways to make mother earth happy. The students of LKG B performed a dance and this was followed by the grade-wise activities in their respective classrooms; PRE-KG - colouring a template

of a tree, LKG - colouring plastic items with red and eco-friendly items with green on a given worksheet and UKG - segregating items under the categories: 'Say No' and 'Say Yes'. These activities were followed by a video presentation on 'Solutions to Plastic Pollution'.

Celebrating the 'Gift of India'

by Tr. Ashwinkumar B M, Faculty, Dept. of Physical Education



The 9th International Day of Yoga was celebrated at SFS Academy on June 21, 2023. The celebration began with acknowledging the history and significance of this day and describing this year's theme, "Vasudhaiva Kutumbakam". The Guest of Honour was Ms Pratiksha Saini R, a student of St. Francis de Sales College, Bengaluru. In her transformative journey towards physical well-being, mental harmony, and spiritual enlightenment, she has secured many accolades. After the warm-up, the students immersed themselves in the wisdom that Ms Saini shared by performing a few sitting and standing asanas. After which Ms Saini demonstrated a few Yoga asanas with music. The celebration concluded with the Principal's address, where he encouraged the students to practice Yoga regularly to remain fit and improve concentration.

Creative Canvas



CHRISTINA CHEERAN
BINU, I - B



ANKITHA RAJIV, II - D



JOSHINI A, II - D



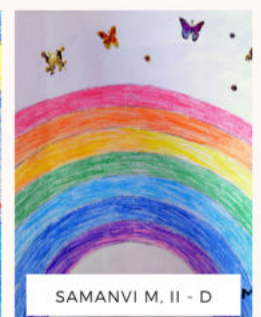
MUHAMMAD ANAS, II - D



PRANJAL KUMAR, II - D



MAHI AGGARWAL, I - B



SAMANVI M, II - D

Cheerful Welcome to New Staff



TR. ANTONETTE
RASHMI N



TR. ARUL VIJI



TR. BERNADETH
JOSHIBA R



TR. GAJA GOWRI



TR. HARSHA YADAV



TR. JASMINE JOSEPH



TR. LIMCY C THOMAS



TR. MONISHA C



TR. SHARMILA S



TR. SUDHA R



TR. VANDANA OMHARE

Wordsmiths

Healthy Environment!

One, two, three
Grow more trees!

Four, five, six,
Don't use plastics!

Seven and eight,
Protecting wild animals right!

Nine and ten,
Our planet Earth is heaven!

Days, weeks, months or years
Always keep our environment healthier!

Pranusha V
V A

Save nature, Save your future.

Find a solution for
Plastic pollution!

Plant more trees so,
You'll reduce disease.

Plants are our friends,
You just have to defend.

A better nature leads
To a better future.

Let us respect the ocean with
Our devotion.

Save nature, Save your future.

Vinisha Pereira
V D

The Earth

The land is green,
So beautiful.

The water is blue,
So natural.

The sun is yellow,
So friendly.

The fire is red,
So warmly.

Together they form the earth.
Enough water, sunlight, land and warmth,
Helping humans, animals and plants,
To live happily.

Water to fill our thirst,
Sun to see,
Land to breathe,
Fire to feel the warmth.

All these sources help in
Making the world fill with happiness.

Serah Sinoj
V A

Maytime Magic

A little seed
For me to sow.

A little earth,
To make it grow.

A little hole,
A little pat,
A little wish
And then a bud!

A little sun,
A little shower,
A little while,
And then a Flower!

Prince Richard
V A

Editorial

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