



OUR HEAVENLY PATRON



St. Joseph Pray for Us





SANJOS METROPOLITAN SCHOOL

THALASSERY - 670 101

No. CBSE / Aff. / 930594

Name

Ad. No. Aadhaar No

Std Div Roll No

Date of Birth Blood Group

Height Weight

Father's Name

Mother's Name

Details of Brothers/Sisters Studying in our School

Name Class



Address: (Resi)

.....

Office:

.....

Phone: Residence Office

Signature of Parent/Guardian

Means of Transportation

Boarding Point

Vehicle No.

Name of the Driver

Mobile No. of the Driver



Signature of the Guardian

Signature of the Father

Signature of the Mother



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SCHOOL HOURS



- ❖ The school hours for I to IX are from 8.40 am to 3.30 pm with 35 minutes break for the lunch from 12.30 pm to 1.05 pm.
- ❖ All are expected to be present in the class before the warning bell at 8.40 am.
- ❖ Students must be punctual for class on working days. Late comers will be admitted in the class only with permission of the Principal.
- ❖ No student is allowed to leave the school premises during the school hours without Principal's written permission.
- ❖ LKG & UKG - 8.40 am to 1.15 pm.
- ❖ LKG to Std. V – Holiday on Saturday.
- ❖ Std. VI to XII – Monday -Saturday up to 3.30 pm.

Working Days :

Monday to Saturday except Second and Third Saturdays of every month.(School Timing 8:40 am. to 3:30 pm.
for Std I-XII School timing is from 8:40 am to 3:30 pm
LKG to Std V - no Class on Saturdays)
LKG and UKG School timing (8:40 am to 1:15 pm)

Office Hours :

8.45 a.m. to 1.15 p.m. & 2.00 p.m to 4.15 p.m.
Phone : 0490 2327944 Manager : Cell : 9400437744
Website : www.sanjosschool.com
Email : sanjosthalassery@gmail.com

*No School transactions will be met on holidays
and out of School hours.*

PARENTS MEETING THE TEACHERS

LKG to Std V - Saturdays 9.00 to 1.00 p.m.
Standards VI to XII - Mon. to Fri. 3.30 to 4.00 p.m.
Parent - Teacher Contact timing 7.00 p.m. to 8.00 p.m.

This hand book is to be brought to the School daily

SCHOOL UNIFORM



Class	Regular Uniform	
	Boys	Girls
LKG & UKG	Rose check shirt and brown shorts (inserted) Belt compulsory	Rose check shirt and coffee brown skirt (inserted) with front flapped-Belt compulsory
I to IV	Rose check shirt and coffee brown shorts (inserted) Belt compulsory	Rose check shirt and coffee brown skirt below the knee (inserted). Belt compulsory
V to X	Rose check shirt and coffee brown pants (inserted) Belt compulsory	Rose check top and coffee brown Pant with shawl
XI to XII	Coffee Brown pants Beige color half sleeve shirt inserted and belt	Rose check top and coffee brown Pant and Beige color over coat

Monday:

White skirt/pants/churidar and colour T. shirt with white shoes and white socks (I-XII).

Tuesday, Wednesday, Friday & Saturday:

Coffee Brown & Rose check uniform and black shoes with brown socks

Thursday:

Full white uniform for all groups with white shoes and white socks

SANJOS METROPOLITAN SCHOOL

(A Christian Minority Educational Institution)

*Established and Managed by the Archdiocese of Tellicherry
Affiliated to Central Board of Secondary Education New Delhi*

No. CBSE / Aff. / 930594

PROSPECTUS

Introduction

Sanjos Metropolitan School (SMS) is an educational venture of the Roman Catholic Archdiocese of Tellicherry. One may doubt the need of yet another school at a time when the Government is closing down schools. Our answer is that Sanjos Metropolitan School is not just another school in Tellicherry but a unique school providing educational and all other facilities for the integral development of the students. Many parents were insisting on starting a school by the Archdiocese, seeing the high academic standards maintained by other institutions of the Archdiocese such as Nirmalagiri College, Vimal Jyothi Engineering College Chemperi, Self financing Arts & Science Colleges at Alakode and Paisakary, 10 Higher Secondary Schools, 24 High Schools and 55 Primary Schools spread over Kannur and Kasaragod districts. Now, we have undertaken this venture as a part of fulfilling the church's social commitment and responsibility. It is an English Medium co-education school, following CBSE syllabus with emphasis on the character formation of the children.

Sanjos Metropolitan School was inaugurated by His Grace Mar George Valiamattam, Archbishop of Tellicherry on 10th June 2002. Very Rev. Fr. Mathew Palamattam as Manager and Administrator and Rev. Sister Rosemary SAB as Principal were appointed on the same day.

Motto

The motto of the school is selected from the book of proverbs in the Holy Bible "Fear of the Lord is the Beginning of Knowledge". Thus we acknowledge our dependence on God, the source of human wisdom and the strength behind all the striving for excellence. It is God's grace that helps us to bring out the best in each human being.

Name

The School is named after St. Joseph (Sanjos Metropolitan School) in whose name the Cathedral Church and the whole Archdiocese is dedicated. Sanjos Metropolitan School is a Christian Minority school fully owned and managed by the Archdiocese of Tellicherry. The patron of the School is His Grace Mar Joseph Pamplani, the present Archbishop of Tellicherry. Rev. Dr. Joseph (Joji) Kakkaramattathil is the Manager of the school from June 2023, after the valuable service of Fr. Manoj Ottaplackal (late) for the continuous 4 years. Rev. Fr. Joseph (Sreejo) Malakkaran is the Bursar of the school. Rev. Sr. Rosemary (SAB) - the first principal after serving the school for 16 years (2002-2018), retired from the post and Rev. Sr. Sheeja Fernandez (SAB) served as the principal from June 2018 to April 2021. Rev. Sr. Celine Joseph (SJL) is the Principal now.

Our Philosophy

Our vision is essentially rooted in the ancient Indian culture that is noted for its tolerance and relentless search for wisdom. Sanjos Metropolitan School is secular in outlook and believes that India in the third millennium needs committed citizens who can lead the nation to new heights.

Our Goals

We want not only to impart quality education following CBSE syllabus for the intellectual development of the students but also to inculcate basic social, human and spiritual values for a peaceful atmosphere in the society and state as a whole.

To train children as individuals and help them to bring out the best in them in the academic and social pursuits, we envisage to impart the best education, to build good character and to implant self-confidence and mental outlook.

To impart a new culture of love, a culture of respect for every form of life in place of the rampant culture of death and disrespect of life.

To develop social, cultural, national and international consciousness in the children with the help of the parents for the well being of the humanity and to help them to work for it with a sense of dedication.

To provide opportunities for developing talents in the areas of sports, fine arts, performing arts etc. so as to enable the students to achieve an integral personality.

According to the teaching of the Church “True education is directed towards the formation of the human person in view of his ultimate goal and the good of the society”.

Education imparted at Sanjos Metropolitan School, opens, the heart rather than the mind and pursues excellence in all aspects of life and activity.

The students are encouraged to make sound moral judgment based on a well-formed conscience and put them into practice with a sense of personal commitment. Thus they will know and love God intensely.

We undertake measures to brighten the future of every person with whom we come in contact with. They should imbibe a “spirit of attentiveness to others, characterized by firmness and gentleness”, making him or her useful to the society and helping all to become aware of their own dignity and destiny.

Location

The holistic formation of the students is our aim and therefore we have selected a scenic and spacious site for the school, namely, the St. Joseph’s cathedral premises on the Holloway road 300 meters north to the Tellicherry court junction providing the most fitting ambient for fulfilling our dream. The Arabian Sea is just a stone’s throw away and the noises of neither the city nor the traffic disturb the tranquility of the school.

TEACHING STAFF



S.NO.	STAFF NAME	SUBJECT
1.	Rev. Dr. Joseph Kakkaramattathil (Joji)	Manager & Administrator
2.	Rev. Fr. Joseph Malakkaran (Sreejo)	Bursar
3.	Rev. Sr. Celine Joseph (SJL)	Principal
4.	Shabu Philip	Vice Principal

ENGLISH DEPARTMENT

5.	Anil KT	Head
6.	Shinoj James	
7.	Archana Srinivasan P K	
8.	Navya Narayanan	
9.	Preetha K N	
10.	Shiji C P	
11.	Laxmi Nishant	

MATHEMATICS DEPARTMENT

12.	Sudheer P P	Head
13.	Sheeba K K	
14.	Shahina K	
15.	Bincy K Benny	
16.	Sajitha E	
17.	Vipina T K	
18.	Sudha Viswanath	

MALAYALAM DEPARTMENT

19.	Sharmila T	Head
20.	Sr. Bincy PA	
21.	Prasanna Kumari	
22.	Kamala M	
23.	Sr. Anju Mathew	
24.	Shijina	

SCIENCE DEPARTMENT

25.	Neelima P K	Head
26.	Rekhina K N	
27.	Latha A	

28. Leena TP
29. Ranjana M
30. Anandavally C
31. Rasitharaj K
32. Mini Jayachandran

HINDI DEPARTMENT

33. Dhanya R Head
34. Lasitha M C
35. Jeena AP
36. Sr. Janish Maria

SOCIAL SCIENCE DEPARTMENT

38. Wilson Jacob Head
39. Suni Anoop
40. Jissie George
41. Twinkle N K
42. Joshila M P
43. Sheeja O
44. Beenamol George

IT DEPARTMENT

45. Dhanya Shamil Head
46. Adithya Raveendran
47. Priyanka C P

KG DEPARTMENT

48. Geera Pravi Head
49. Shobha Gautham
50. Malini Vinod
51. Rehana Joshi
52. Deepa
53. Bhavana Jithesh
54. Athulya

PHYSICAL EDUCATION DEPARTMENT

55. Cini TM
56. Jayarajan MA

OTHERS

57. Vincy Wilson (Art Teacher)
58. Habbisha Mohan P (Librarian)

OFFICE ASSISTANTS

- | | |
|-------------------------|-------------------|
| 59. Office Co-ordinator | Sr. Sheljine (NS) |
| 60. Ranjith Varkey | Clerk |
| 61. Niji R | Office Staff |
| 62. Jithesh M K | Office Staff |
| 63. Wilson Joseph | Office Staff |

ATTENDERS

64. Prasanna U
65. Chithra Priya
66. Sajina M
67. Sajina V

SECURITY

68. Ausepachan (Joseph)

COORDINATORS

- | | |
|---------------|---------|
| Shabu Philip | IX-XII |
| Bincy K Benny | VI-VIII |
| Shiji C P | III-V |
| Sheeja O | I-II |
| Geera Pravi | KG |

STAFF SECRETARY

Mrs. Rakhina

SCHOOL COUNSELLOR

Sr. Jessy Jose (FCC)

COMMUNICATIVE ENGLISH

ADMISSION & WITHDRAWAL



1. Students will be admitted to the school only on the basis of Merit. There will be written examinations and interviews for the candidates.
2. Parents must submit the required documents such as Transfer Certificate, Birth certificate copy, Photo & Mark Sheet of Last exam attended, at the school office on time, otherwise the admission will be cancelled.
3. Application for the Transfer Certificate should be submitted at the school office at least seven days before the requirement. Transfer Certificate will be issued only after the students have paid all the dues and arrears towards the school.
4. No Duplicate Transfer certificate will be issued.

LEAVE AND ABSENCE



1. Students shall not take leave unnecessarily, because it adversely affects his studies and formation.
2. Absence will be indicated in the attendance register in the following ways.
 - a) If the students have submitted the leave letter, "L".
 - b) If no leave letter, "a".
3. Leave letter must be hand written by the students of class II onwards and duly signed by the parents.
4. Parents may write and submit the leave letter, for the students from L.K.G to Std. I.
5. Students who are going out of state/country must inform the principal in with and get prior permission for the same.

COMPLAINTS



Any communications, reports or complaints of the Parents/ guardians should be addressed to the Principal (or) Manager.

Parents / Guardians are not allowed to deal directly with the teachers of the school regarding any complaints. They should contact the Principal or Manager to present their matter.

GENERAL RULES

1. Students should come to the school neat and tidy. Hair should be well – trimmed and combed. Fancy hair cutting and beard are banned.
2. Students should have respect for school property. They should not damage school furniture, taps, switches, bulbs etc. nor shall they write or scribble on the walls, scratch or spoil desks and chairs. Any damage of school property will have to be compensated. They shall not damage things which belong to others.
3. Students shall not throw papers in the class rooms or verandhas and in school compounds. They must keep the class room and the campus neat and tidy
4. Playing in the class room is prohibited.
5. Strict discipline should be maintained in the school campus.
6. While moving from class to class, students should march silently in line.
7. The school is not responsible for the goods lost. Students should not bring valuables (like Cell phones, pendrive Digital watches,whitener fountain pens or gold ornaments) to the school.
8. English is the language of the school. Conversing in English is compulsory. After three warnings students are asked to meet the principal with their parents, if he/she is found disobeying the rules.
9. Usage of foul language brings suspension upon students.
10. Students and their parents must behave respectfully towards teachers and other staff members.
11. Students must be encouraged to develop a spirit of generosity. However, giving any sort of gift (individual OR collective) to the teacher is not allowed without the prior consent of the principal.
12. All students must take part in school programme and other physical activities unless declared physically unfit or exempted by the principal.
13. During school hours, students are not allowed to meet parents or visitors, or to leave the school premises without the permission of the principal.
14. Student caught copying or indulging in any other malpractice will not be allowed to continue in the school.

15. Irregular attendance, frequent failures in submitting class exercise, habitual want of discipline, serious misbehaviors and the like are sufficient reasons for dismissal.
16. Private collections of donation and selling tickets among the students in the school are prohibited.
17. There will be regular checking of School Bag by the School Authorities.
18. Students bringing mobile phones to school are strictly prohibited.
19. No cooperate tests or examinations will be conducted for absentees.
Students have to stand up after each period till the next teacher reaches the class room.
20. All Students are responsible for their behaviour outside the school and their way to and from school.
21. Students are strictly informed not to take tuition under any teacher of their institution.

Note: School authorities reserve the rights to take appropriate disciplinary actions including dismissal when it is necessary.

TRANSFER CERTIFICATE

1. T.C. will not be issued till all dues to the school are fully paid.
2. Those who want T.C. at the end of the academic year should apply before 15th of March.

PARENTS' CO- OPERATION

1. All the efforts made by the teachers with regard to pupils' improvement can bear fruit only with the co-operation of parents.
2. Parents are expected to co-operate in the work of the School by enforcing regularity and discipline and by taking daily interest in their ward's progress.
3. They should check the diary for any remarks and note the homework set in the class room.
4. Parents are requested not to enter the classroom to speak to the teachers during class hours.
5. Parents who seek information or who wish to make any complaint should do so to the principal and not to the teacher.
6. Parents are requested to send the children neat and tidy to the school.
7. Parents are specially requested to read the rules carefully and see that they are followed.
8. It is the duty and obligation of the parents to pay the school- fees in time. Please do co-operate.
9. Aiming at students' Physical and intellectual growth, parents are advised to give proper and healthy food to the wards.
10. Spoon and Lunch -Towels are to be sent with children.

SPECIAL FACILITIES



Computer Lab:

We provide our students modernized techniques and facilities in lab to make learning affordable, interesting and easier learning to students.

LIBRARY:

The library is located at the second floor of the school. It is large and has vast collection of various books.

LAB:

The school has separate and well furnished and maintained labs for Physics, Chemistry, Biology and Computer.

CCTV

For centralized monitoring of the school activities by the Manager, CCTV Cameras are placed in all the higher class rooms and other common areas of the School Campus.

CO- CURRICULAR ACTIVITIES



1. **SCHOOL BAND:** School trains the students to learn Band. The school Band adorns this school during its activities.
2. **DANCE:** School provides ample chances for the students to study and enjoy dance.
3. **KARATE:** Students are given regular practice and guidance in Karate.
4. **HAND-WRITING:** Students with good handwriting score more marks. One's handwriting also indicates one's character. With this view in mind, the school provides every child the chance to develop his/her hand writing.
5. **SPORTS AND GAMES:** School conducts various competitions in the realm of sports and Games and other Cultural Activities. Indoor game is compulsory for all kids, to increase their mental power.
6. **CULTURE ACADEMIC:** Culture Academic takes initiative to cultivate the hidden talents of the students through various

literary and cultural activities and competitions. It takes leadership in celebrating the National Festivals and other important days in the school.⁷

7. **HOUSE-WISE ACTIVITIES:** The students are grouped into four Houses and are recognized through the Colour of their T- Shirts. The school conducts various House-wise competitions and other activities for the students to develop leadership qualities.
8. **CLUB ACTIVITIES:** Students are also grouped into different clubs. On Saturdays students are given hands – on experience of the theories they learn, by the respective teachers incharge of the club.
9. **YOGA:** Yoga is the journey of the self, through the self, to the self. Aiming at discovery of the self , students are taught Yoga in the school. It helps in the spiritual and intellectual growth of the children.
10. **CHESS:** Chess helps develop problem solving skills. So our students have the opportunity to get proper learning in it after class hours.

HOUSE SYSTEM



All students from STD I to XII are divided into four houses

S.No.	Name of the House	Colour
1	Bluebelt	Blue
2	Aster	Red
3	Limelight	Green
4	Daffodils	Yellow

LEVEL OF EDUCATION



KG TO SECONDARY LEVEL:

Our school which is co-educated from Kindergarten to Std. XII is affiliated to Central Board of Secondary Education (CBSE). In addition to the prescribed text books of the syllabus, we complement the curriculum with highly qualified study materials and books to raise the level of standard and learning in the students.

- Pala Brilliance

HIGHER SECONDARY LEVEL:

At the higher secondary level, the school offers, two different streams for the students to choose science & Computer Science.

SUBJECT OPTIONS:

Group 1: English, Mathematics, Physics, Chemistry, Biology

Group 2: English, Mathematics, Physics, Chemistry, Computer

REVISION / UNIT TEST



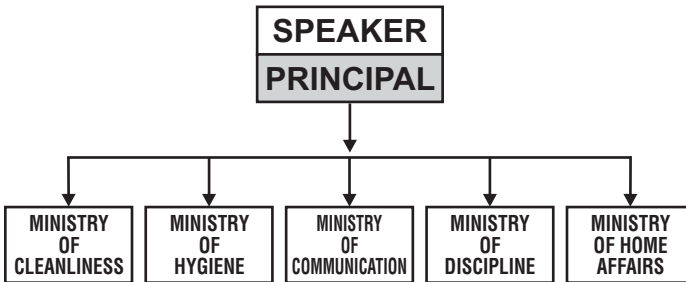
1. To make the students learn and understand the daily lessons well, we conduct chapter wise test systematically, so that Teacher may get the feedback of the child then and there.
2. Revision test will be conducted during the week for revision
3. Unit test is meant for classes X,XI ,XII
4. Note: Parents must take care to sign the test note books and progress cards.

GOVERNING BODY



A Governing Body is set up for the school with five different ministries. Each body has a member representatives from the staff and students. The purpose of setting up the Governing Body for the students is to give them a feel of the democratic system, train them to be responsible and co-operative with others.

The constitution of the governing body is as follows:



Each ministry has,

- ❖ An advisor
- ❖ A Minister and
- ❖ A Deputy Minister

Note: The best ministry will be awarded at the end of each month with a Rolling trophy.

AWARDS AND PRIZES



INDIVIDUAL PRIZES

1. Proficiency for each Std.
2. Best student Award:
 - a) KG
 - b) From Std. I to II
 - c) From Std. III to V
 - d) From Std. VI to VIII
 - e) From Std. IX to XII



BEST CLASS AWARD

- 1) Cleanliness
- 2) Discipline
- 3) Punctuality
- 4) Spoken English
- 5) Cultural Events



BEST HOUSE PRIZES

House wise Rolling trophies will be given for the Best House in Sports and Arts.



INDIVIDUAL CHAMPIONSHIPS

- a) Super Senior - X, XI & XII
- b) Senior - VII, VIII & IX
- c) Junior - III, IV, V, VI
- d) Beginners - I & II
- e) Kiddies - KG Section



TOURNAMENTS

- 1) Chess
- 2) Carroms
- 3) Volley Ball
- 4) Throw Ball



BEST AWARDS OF THE TERM

- **BEST STUDENT OF THE CLASS**
- **BEST CLASS AWARD**
- **BEST CLUB AWARD**
- **BEST SPEAKER OF THE MONTH**
- **BEST MINISTRY**

CLASS IN CHARGE OF ASSEMBLY EVENT

- **Monday** **General assembly - Quiz Competition**
- **Tuesday** **LKG to IV - MPT**
- **Wednesday** **V to XII assembly - Teacher's Speech**
- **Thursday** **V - IX - MPT**
- **Friday** **Teacher's Speech**

GOOD MANNERS TO BE PRACTICED BY CHILDREN

SCHOOL ETIQUETTE - CLASS ROOM

You are here to learn. This is your right and the right of the other students too. Teachers need your co-operation to help you and the other kids to learn well for your benefit.

- ❖ You do not have the right to deprive the rights of others.
- ❖ Be on time
- ❖ Don't tell lies - to anyone
- ❖ Don't be noisy or disrupt the class
- ❖ Obey the Teachers
- ❖ Co-operate with the other students
- ❖ Pay attention to the teachers
- ❖ Don't talk while the teacher is talking
- ❖ Don't snatch anything from anyone
- ❖ Don't fight, pull or push anyone.
- ❖ Don't steal from anyone
- ❖ Never bite anyone
- ❖ Pick up your own litter

SCHOOL ETIQUETTE - UNIFORMS

- ❖ Walk tall and wear your uniform with pride. You are a representative of your school. Give a good account of yourself.
- ❖ Abide by the school's dress code and hair style

SCHOOL ETIQUETTE - PLAYGROUND

Have fun by all means but not at the expense of any other students. Keep it safe and happy for all by not throwing hard or sharp objects that could injure someone, possibly for life:

- ❖ Don't fight, pull or push anyone.
- ❖ Never bite anyone.
- ❖ Don't litter the playground
- ❖ No bullying and report them whenever you watch it.
- ❖ Prevent bullying if you are able to
- ❖ Similarly, don't gang up against anyone
- ❖ Don't smoke or do drugs.

SCHOOL ETIQUETTE - SPORTS & SPORTS FIELD

Be competitive, play hard but **play fair**. Always remember that it's only an activity. To win by foul means is a hollow victory:

- ❖ Do your best
- ❖ Never get into a fight
- ❖ Apologise immediately if you make a mistake
- ❖ Accept an apology with goodwill
- ❖ Don't spit on anyone, the grounds or anywhere
- ❖ Be a good loser. Someone has to lose
- ❖ Show good sportsmanship. It's only a game

SCHOOL ETIQUETTE - STUDENTS

You will remember and talk about your school days for the rest of your life. Use them to develop your strength of character, your integrity,

your knowledge and your skills to the best of your ability.

- ❖ Be punctual
- ❖ Obey the school rules
- ❖ Pay attention to the teachers
- ❖ Be respectful to the teachers and staff
- ❖ Do immediately what you are directed to do
- ❖ Do not answer back
- ❖ Tell the truth - always. It takes courage to tell the truth. Cowards tell lies out of fear
- ❖ Respect everyone's rights
- ❖ Don't litter the school premises/ campus
- ❖ Don't mess the toilets. If you do, clean it up
- ❖ Practice being well mannered and responsible citizens
- ❖ Don't graffiti or vandalize property
- ❖ Report graffiti offences being committed
- ❖ Report acts of vandalism being committed
- ❖ Be respectful of public and private property
- ❖ Don't steal from anyone

SCHOOL ETIQUETTE - PUBLIC TRANSPORT

You are an **ambassador of your school**, especially if you are in school uniform, your behavior must be exemplary. Transport officials and other passengers must not be disturbed or offended by your behavior.

- ❖ Be respectful to everyone, especially adults
- ❖ No rowdiness, pushing, fighting or yelling
- ❖ No foul language; no swearing
- ❖ Always offer your seat to the elderly first, then to any other adult who are standing
- ❖ Avoid obstructing doors and aisles. Step aside to allow passengers to pass without being asked to do so
- ❖ Don't gang up on kids from other schools.

MORNING PRAYER BEFORE CLASS

O Lord, you are the truth and the origin of all knowledge. Bless our studies which we consecrate to you. Enlighten our minds, strengthen our memories and direct our will towards what is right. Grant us to seek the truth always and make us truly wise. Amen.

LORD'S PRAYER

Our Father in heaven.

Holy be your name

Your kingdom come,

Your will be done

on earth as it is in heaven.

Give us today our daily bread,

Forgive us our sins

as we forgive those who sin against us.

Do not bring us to the test,

but deliver us from evil.

Amen.

EVENING PRAYER AFTER CLASS

O God, fountain of all goodness, we thank you for the day you have given us. We thank you for the knowledge you have imparted to us. We thank you for the blessings you have showered on us. Bless our teachers and parents. Bless our school and our country. Bless each one of us that we may always remain as your loving children. Amen.

PRAYER BEFORE EACH PERIOD

Almighty God, source of all knowledge and wisdom, enlighten us to understand and remember all the good things we learn. Bless our teachers and help them to lead us in the right path. Amen.

PRAYER AFTER EACH PERIOD

We give you thanks, Almighty God, for the gift of your knowledge and guidance, which we have received through our teacher. Give us the courage to do the right things always. Amen.

PRAYER BEFORE MEALS

O living God / You are Merciful / You are the giver of Life/ You are holy indeed / You give birth to us / and give food to us to grow / we are thankful to You O Lord / Now we are going for our lunch / this food is your gift / and the fruit of/ our parent's sweat / Shower your graces upon us / and bless our food today / we believe that / your holy touch / will make our food sublime/ O Merciful God /bless all those people / who took pain / to prepare this food for us / we also remember / those brothers and sisters far away / who do not have even one-time meal a day. / We humbly pray to you / to provide them a day's meal / to each one of them / finally / O loving God/ hear our humble prayer / and bless us/ with our daily food of yours Amen.

(Our Father, Hail Mary, Glory be...)

PLEDGE

India is my country.
All Indians are
My brothers and sisters.

I love my country
and I am proud of
its rich and varied heritage.
I shall always strive
to be worthy of it.

I shall give my parents,
teachers and all elders,
respect and treat everyone
with courtesy.

To my country
and my people
I pledge my devotion.
In their well-being
and prosperity alone
lies my happiness.

ദേശീയഗാനം

ജനഗണമനശ്ശാധിനായക ജയഹേ
 ഭാരത ഭാഗ്യവിധാതാ
 പഞ്ചാബ് സിന്ധ് ഗുജറാത്ത് മറാത്താ
 ദ്രാവിഡ ഉൽക്കല ബംഗാ
 വിന്ധ്യ ഹിമാചല യമൂനാ ഗംഗാ
 ഉച്ഛല ജലധിതരംഗാ
 തവശുഭ നാമേ ജാഗേ
 തവശുഭ ആശിഷ മാഗേ
 ഗാഹെ തവജയ ഗാഥാ
 ജനഗണമംഗള ദായക ജയഹേ
 ഭാരത ഭാഗ്യവിധാതാ
 ജയഹേ, ജയഹേ, ജയഹേ, ജയ ജയ ജയ ജയഹേ

വന്ദേ ! മാതരം

വന്ദേ ! മാതരം, വന്ദേ ! മാതരം
 സുജലാം സുഹലാം മലയജ ശീതളാം
 സന്ധ്യശാമളാം മാതരം
 വന്ദേ ! മാതരം
 ശുഭ്രജോത്സനപുളകിതയാമിനിം
 ഫുല്ലകുസുമിത ദ്രുമദല ശോഭിനിം
 സുഹാസിനിം സുമധുരഭാഷിണിം
 സുഖദാം വരദാം മാതരം
 വന്ദേ ! മാതരം
 വന്ദേ ! മാതരം

HYMNS

1. PRAISE GOD

Praise God, Praise God
 Praise Him in the morning,
 Praise Him in the noon time,
 Praise God, Praise God
 Praise Him, when the sun goes down,
 Love God, Serve God, Trust God, Thank God.

2. WE ARE GATHERING TOGETHER

We are gathering together unto God (Repeat)
 Unto Him shall the gathering of the people be,
 We are gathering together unto Him,
 We are praising, singing, studying etc.

3. SHOWERS OF BLESSINGS

There shall be showers of blessings
This is the promise of love
There shall be seasons refreshing
Sent from the saviour above.

Ch : Showers of blessings
Showers of blessings we need
Mercy drops round us are falling
But for the showers we plead

There shall be showers of blessings
Send them upon us O Lord
Grant to us now a refreshing
Come and now honour your word.

4. O GIVE THANKS TO THE LORD

Ch : O give thanks to the Lord, for He is good (3)
Yes eternal is His love.

I will sing to my God never ceasing,
All my life, I will tell of His wonders;
He's the maker of all earth and heaven,
Of the ocean the seas and all they hold. **(Ch)**

He gives sight to the blind in His mercy,
and He raises the lowly, the humble.
It is He who gives shelter to strangers,
Every orphan and widow he defends.

5. MAKE ME A CHANNEL OF YOUR PEACE

Make me a channel of your peace
Where there is hatred let me bring your love
Where there is injury your pardon Lord
And where there's doubt true faith in you.

Ch : O Master grant that I may never seek
So much to be consoled as to console
To be understood as to understand
To be loved as to love with all my soul.

Make me a channel of your peace
It is in pardoning that we are pardoned
In giving to all men that we receive
And in dying that we're born to eternal life. **(Ch)**

Make me a channel of your peace
Where there's despair in life let me bring hope
Where there's darkness only light.
And where there's sadness ever joy.

6. THE WORLD STANDS

Ref: The world stands in need of liberation my Lord,
It still has to feel your power
The blind and the deaf, the dumb and the maimed
All need to feel your healing touch
The world stands in need of liberation my lord
It still has to learn to love.

There are those who have eyes
But refuse to see their inhumanity to men
There are those who have ears
But refuse to hear the cries of men in agony.

There are those who have mouths
But refuse to speak against injustice done to men
There are those who have hands
But refuse to reach them out in love and brotherhood.

7. PRAYER FOR COUNTRY

Ref: Into that heaven of freedom, my Father, let my country awake.

1. Where the mind is without fear and the head is held high
2. Where Knowledge is free
3. Where the world has not been broken up into fragments by a narrow domestic walls.
4. Where world comes out from the depth of truth.
5. Where tireless striving stretches its arms towards perfection.

- R. Tagore.

8. LEAD KINDLY LIGHT

1. Lead kindly light amid the encircling gloom,
Lead thou me on;
The night is dark, and I am far from home,
Lead thou me on
Keep thou my feet, I do not ask to see
The distant scene, one step enough for me.
2. I was not ever thus, nor prayed that thou
Shouldst lead me on
I loved to choose and see my path but now
Lead thou me on
I loved the garish day and spite of fears
Pride ruled my will, remember not past years.
3. So long thy power hath blest me, sure it still
Will lead me on;
O'er moor and fen O'er crag and torrent till
The night is gone
And with the morn those angel faces smile
Which I have loved long since and lost awhile.

9. THIS LITTLE GUIDING LIGHT

1. This little guiding light of mine
I am going to let it shine (2)
Let it shine (2)
All the time let it shine
2. Hide it under a bushel, oh no
I'am going to let it shine (2)
Let it shine (2)
All the time let it shine
3. Make my little light
Burn for Thee (2)
Let it shine (2)
All the time Let it shine.

10. ALL THINGS BRIGHT

All things bright and beautiful,
All creatures great and small,
All things wise and wonderful,
The good God made them all.

Each little flower that opens,
Each little bird that sings,
He made their glowing colours
He made their tiny wings.

He gave us eyes to see them
And lips that we might tell
How great is God Almighty
Who has made all things well.

11. GREAT INDEED ARE YOUR WORKS

Great indeed are your works, O Lord
Now and evermore.
Great indeed are your works, O Lord
Now and ever more.

The universe night and day
tells of all your wonders
you are our life and our light
We shall praise you always (Great...)

You are the path which we tread
You will lead us onward
From every corner of earth
All the nations gather. (Great.....)

12. TILL THE END OF MY DAYS

Till the end of my days, O Lord,
I will bless your name, sing your praise,
Give you thanks, all my days.

You have made me little less than a God,
And have lavished my heart with your love,
With dignity and honour you've clothed me,
Given me rule over all. (Till the end....)

You have blessed me with good things and plenty

And surrounded my table with friends.

Their love and their laughter enrich me,

Together we sing your praise. (Till....)

1. ദൈവമേ

ദൈവമേ സച്ചിദാനന്ദാ

ദൈവമേ ഭക്തവത്സലാ

ദൈവമേ നിൻകൃപാവരം

ഞങ്ങളിൽ ചൊരിയേണമേ

പുലരുമ്പോൾ മുതൽ ഞങ്ങൾക്കാണുന്നു

എങ്ങും നിൻ കലാവൈഭവം

ഇരുളുമ്പോൾ പോലും തേജഗോളങ്ങൾ

നിൻ വിരൽ തുമ്പിൽ തിരിയുന്നു.

2. കാരൂണ്യക്കൈവിളക്കായ്

കാരൂണ്യക്കൈവിളക്കായൊരു ജ്യോതിസ്സേ

നേരായ മാർഗ്ഗം നീ കാട്ടേണമേ

ഇത്തിരി മുന്നോട്ടു പോകുവാനായെന്റെ

ഉൾത്തിരിയൊന്നു തെളിക്കേണമേ

നല്ലതേ തോന്നാവൂ നല്ലതേ ചെയ്യാവൂ

നല്ലതേ ചൊല്ലാവൂ നിൻ കൃപയാൽ

എന്നുമതിനുള്ള ബുദ്ധിയും ശക്തിയും

തന്നരുളേണമേ തമ്പുരാനേ

3. നിത്യ ദൈവമെ

നിത്യ ദൈവമെ കൈതൊഴുന്നിതാ

ഞങ്ങൾ നിൻ പദം കുമ്പിടുന്നിതാ

ഇന്നു ഞങ്ങളേർപ്പെടും സദുദ്യമങ്ങളിൽ

സന്തതം കൃപാവരങ്ങൾ ചിന്തിടേണമേ (നിത്യ.....)

4. ചന്തമേറിയ പൂവിലും

ചന്തമേറിയ പൂവിലും

ശബളാഭമാം ശലഭത്തിലും

സന്തതം കരതാരിലിന്നൊരു

ചിത്ര ചാതുരി കാട്ടിയും

ഹന്ത ചാരുകടാക്ഷമാലക-

ളർക്കരൾമികൾ മീട്ടിയും

ചിന്തയാം മണി മന്ദിരത്തിൽ

വിളങ്ങുമീശനെവാഴ്ത്തുവിൻ

നിത്യമാം പ്രകാശമേ നയിക്കുകെന്നീ
 ചുറ്റിലുമിരുൾ പരന്നിടുന്ന വേളയിൽ
 അന്ധകാര പൂർണ്ണമായ രാത്രിയാണുപോൽ
 നിൻ ഗൃഹത്തിൽ നിന്നുമേറെ ദൂരെയാണു ഞാൻ
 നീ നയിക്കുക, സാദരം വിഭോ....
 നിൻ പ്രകാശധാര തുകി നീ നയിക്കുക..... നീ നയിക്കുക

SCHOOL ANTHEM

നിത്യസത്യമേ വിശ്വതേജസേ
 വിദ്യതേടിയെത്തിടുന്നു മക്കളതികേ
 മുക്തിദീപ്തമായ് തീർത്തിടേണമേ
 സത്യദർശനം പകർന്നു ധന്യരാക്കണേ (നിത്യസത്യമേ)
 ജ്ഞാനധാരദൈവഭക്തിയിൽ തുടങ്ങിടും
 എന്ന ദിവ്യ വാണി സ്വന്തമാക്കി നീങ്ങിടാം (2)
 സാൻജോസിനേറ്റുമുറ്റു മക്കളായിടാം
 ഭാരതത്തിനാകെ നവ്യശോഭയേകിടാം (2)
 ലാ... ലാ... ലാ... ലാ... (നിത്യസത്യമേ)

സ്നേഹമാണുസത്യമാർഗ്ഗമെന്നു കാണുവാൻ
 ഈ സുതർക്ക് കാഴ്ചയേകണേ ദയാനിയേ (2)
 ജാതിഭേദമൊക്കെ വിസ്മരിച്ചു സർവ്വദാ
 സോദരതാമോടെ മേവിടാൻ തുണയ്ക്കണേ (2)
 ലാ... ലാ... ലാ... ലാ... (നിത്യസത്യമേ)

വിജ്ഞാതായ സർഗുരുകളേ തരേണമേ
 ശ്രദ്ധ ഞങ്ങളേകിടാമവർക്കുസാദരം (2)
 ഹൃദ്യമായ സൗഹൃദം പുലർത്തി മോദമായ്
 ഇപ്പവിത്രവീഥിയിൽ സദാ ചരിച്ചിടാം (2)
 ലാ... ലാ... ലാ... ലാ... (നിത്യസത്യമേ)

TEACHER'S NOTE TO PARENTS

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Date: Teacher's Initial Parent's Initial

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TEACHER'S NOTE TO PARENTS

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PARENT'S REQUEST TO TEACHER

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PARENT'S REQUEST TO TEACHER

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Date	Day	JUNE 2023 - SUCCESS
1	Thu	World Milk Day (FAO)
2	Fri	
3	Sat	
4	Sun	International Day of innocent children
5	Mon	World Environment Day - Re opening Day
6	Tue	Theme - Solutions to plastic pollution
7	Wed	Opening for LKG
8	Thu	World Ocean day/
9	Fri	
10	Sat	Holiday
11	Sun	
12	Mon	Feast of Sacred Heart/ PAI Examination for and XII (12th Opening for XI)
13	Tue	
14	Wed	World Blood Donor day
15	Thu	World Elder Abuse Awareness Day
16	Fri	
17	Sat	Holiday
18	Sun	
19	Mon	Reading week
20	Tue	Book Fare
21	Wed	International Day of Yoga
22	Thu	
23	Fri	
24	Sat	General Body Meeting
25	Sun	World Diabetes Day
26	Mon	Anti Drug Day - Nomintion for School (Parliament)
27	Tue	
28	Wed	Bakrid - Holiday
29	Thu	Meet the candidate
30	Fri	Election campain
SELF ASSESSMENT (count and write it down) <input type="checkbox"/> Appreciation <input type="checkbox"/> Gifts <input type="checkbox"/> Improvements		

SUCCESS

1. "Letting go means to come to the realization that some people are a part of your history, but not a part of your destiny" - Steve Maraboli
2. "The worst part of success is trying to find someone who is happy for you" - Bette Midler
3. "Success is stumbling from failure to failure with no loss of enthusiasm" - Winston S. Churchill
4. "If A is a success in life, then A equals x plus y plus z. Work is x; y is play; and z is keeping your mouth shut" - Albert Einstein
5. "Don't spend time beating on a wall, hoping to transform it into a door" - Coco Chanel
6. "I'm a success today because I had a friend who believed in me and I didn't have the heart to let him down" - Abraham Lincoln
7. "Cry. Forgive. Learn. Move on. Let your tears water the seeds of your future happiness" - Steve Maraboli
8. "Sometimes it takes a good fall to really know where you stand" - Hayley Williams
9. "The way to get started is to quit talking and begin doing" - Walt Disney Company
10. "Our greatest glory is not in ever falling, but in rising every time we fall" - Oliver Goldsmith,
11. "All you need in this life is ignorance and confidence; then success is sure" - Mark Twain
12. "Sometimes life knocks you on your ass... get up, get up, get up!!! Happiness is not the absence of problems; it's the ability to deal with them" - Steve Maraboli
13. "It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things" - Leonardo da Vinci
14. "A thinker sees his own actions as experiments and questions--as attempts to find out something. Success and failure are for him answers above all" - Friedrich Nietzsche
15. "A man is a success if he gets up in the morning and gets to bed at night, and in between he does what he wants to do" - Bob Dylan
16. "Success is not how high you have climbed, but how you make a positive difference to the world" - Roy T. Bennett
17. "I can't give you a sure-fire formula for success, but I can give you a formula for failure: try to please everybody all the time" - Herbert Bayard Swope
18. "If at first you don't succeed, try, try again. Then quit. No use being a damn fool about it" - W.C. Fields
19. "Try not to become a man of success. Rather become a man of value" - Albert Einstein
20. "If you don't build your dream, someone else will hire you to help them build theirs" - Dhirubhai Ambani

DREAM

1. "You see things; and you say, 'Why?' But I dream things that never were; and I say, 'Why not?'" - George Bernard Shaw
2. "You are never too old to set another goal or to dream a new dream" - C.S. Lewis
3. "Start where you are. Use what you have. Do what you can" - Arthur Ashe
4. "There are some people who live in a dream world, and there are some who face reality; and then there are those who turn one into the other" - Douglas H. Everett
5. "A dreamer is one who can only find his way by moonlight, and his punishment is that he sees the dawn before the rest of the world" - Oscar Wilde
6. "Ever tried. Ever failed. No matter. Try Again. Fail again. Fail better" - Samuel Beckett
7. "Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great" - Mark Twain
8. "The only thing that will stop you from fulfilling your dreams is you" - Tom Bradley
9. "The future belongs to those who believe in the beauty of their dreams" - Eleanor Roosevelt
10. "The only thing worse than starting something and failing... is not starting something" - Seth Godin
11. "You don't have to see the whole staircase, just take the first step" - Martin Luther King, Jr.
12. "Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice" - Wayne Dyer
13. "Dream no small dreams for they have no power to move the hearts of men" - Johann Wolfgang von Goethe
14. "When I'm old and dying, I plan to look back on my life and say, 'Wow, that was an adventure,' not, 'Wow, I sure felt safe'" - Tom Preston Werner
15. "To accomplish great things, we must not only act, but also dream; not only plan, but also believe" - Anatole France
16. "So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable" - Christopher Reeve
17. "Remember to celebrate milestones as you prepare for the road ahead" - Nelson Mandela
18. "It may be that those who do most, dream most" - Stephen Butler Leacock
19. "Amateurs sit and wait for inspiration, the rest of us just get up and go to work" - Stephen King
20. "Do not be embarrassed by your failures, learn from them and start again" - Richard Branson

Date	Day	JULY 2023 - DREAM
1	Sat	National Doctor's day
2	Sun	
3	Mon	St. Thomas Day - Local Holiday
4	Tue	
5	Wed	School Election
6	Thu	
7	Fri	Arts Day
8	Sat	Holiday
9	Sun	
10	Mon	
11	Tue	World Population Day
12	Wed	Paper bag day
13	Thu	
14	Fri	Investiture Ceremony
15	Sat	Last day to pay the First Instalment Fees
16	Sun	
17	Mon	World Justice day/ Karkkidaka Vavu
18	Tue	
19	Wed	
20	Thu	
21	Fri	
22	Sat	
23	Sun	
24	Mon	PAI for I to IX and XI / Term I (X and XII)
25	Tue	
26	Wed	Kargil Victory Day/National Parent's Day / Red day
27	Thu	World Nature Conservation Day - "Cut sown on plastic use"
28	Fri	Muharam / Holiday
29	Sat	Term I for X and XII
30	Sun	
31	Mon	

SELF ASSESSMENT
(count and write it down)

Appreciation

Gifts

Improvements

Date	Day	AUGUST 2023 - CLEANLINESS
1	Tue	
2	Wed	
3	Thu	International Friendship day
4	Fri	
5	Sat	
6	Sun	Hiroshima day
7	Mon	National Handloom Day
8	Tue	
9	Wed	Quit India and Nagasaki day
10	Thu	
11	Fri	
12	Sat	International Youth Day / Holiday
13	Sun	
14	Mon	
15	Tue	Independence day
16	Wed	
17	Thu	
18	Fri	Term/Exam for KG
19	Sat	World Photography day/Holiday
20	Sun	
21	Mon	
22	Tue	
23	Wed	
24	Thu	
25	Fri	Onam Celebration
26	Sat	
27	Sun	
28	Mon	Birthday of Ayyan Kali
29	Tue	Thiruvonam
30	Wed	
31	Thu	
SELF ASSESSMENT (count and write it down) <input type="checkbox"/> Appreciation <input type="checkbox"/> Gifts <input type="checkbox"/> Improvements		

CLEANLINESS

1. "What separates two people most profoundly is a different sense and degree of cleanliness" - Friedrich Nietzsche
2. "In every aspect of life, purity and holiness, cleanliness and refinement, exalt the human condition... Even in the physical realm, cleanliness will conduce to spirituality" - Abdu'ul-Baha
3. "Better keep yourself clean and bright; you are the window through which you must see the world" - George Bernard Shaw
4. "Cleanliness may be defined to be the emblem of purity of mind"-Joseph Addison
5. "If you go long enough without a bath, even the fleas will leave you alone" - Ernie Pyle
6. "Life has a way of setting things in order and leaving them be. Very tidy, is life" - Jean Anouilh
7. "Be careless in your dress if you will, but keep a tidy soul" - Mark Twain
8. "Bath twice a day to be really clean, once a day to be passably clean, once a week to avoid being a public menace" - Wilson
9. "Clean out a corner of your mind and creativity will instantly fill it" - Dee Hock
10. "Don't call the world dirty because you forgot to clean your glasses" -Aaron Hill
11. "Cleanliness becomes more important when godliness is unlikely" - P. J. O'Rourke
12. "Cleanliness and order are not matters of instinct; they are matters of education, and like most great things, you must cultivate a taste for them.
13. "I will not let anyone walk through my mind with their dirty feet" - Mahatma Gandhi
14. "If by the quarter of the twentieth century godliness wasn't next to something more interesting than cleanliness, it might be time to reevaluate our notions of godliness" - Tom Robbins
15. "A virtuous woman is not moved by big names and flamboyance, but only men of profound wisdom and integrity move her" - Michael Bassey Johnson
16. "To keep the air fresh among words is the secret of verbal cleanliness"-Dejan Stojanovic
17. "Neatness and cleanliness is not a function of how rich or poor you are but that of mentality and principle" - Ikechukwu Izuakor, Great Reflections on Success
18. "Civilization is the space man has placed between himself and his own droppings"- Brian W. Aldiss.
19. "We ought to live a life of heaven on earth, amidst the beauty of blissful realms"
20. "Clean your mind and your country will automatically be dry cleaned often"
21. "Life has its way of putting things in order. Very tidy is life"

Date	Day	SEPTEMBER 2023 - PEACE
1	Fri	National Nutrition Week
2	Sat	
3	Sun	
4	Mon	
5	Tue	Teacher's Day Celebrations
6	Wed	Sreekrishna Jayanthi - Holiday
7	Thu	Pa2 for X and XII
8	Fri	International Literary Day
9	Sat	Holiday
10	Sun	Third Onam
11	Mon	
12	Tue	
13	Wed	
14	Thu	Hindi Day
15	Fri	Last day to pay the 2nd Installment fees / Engineers day
16	Sat	World Ozone day / Holiday
17	Sun	
18	Mon	
19	Tue	
20	Wed	
21	Thu	International Day of Peace and non violence
22	Fri	Sree Narayana Guru Samadhi Day
23	Sat	World Deaf day
24	Sun	Girl Child Day/ world driver's day
25	Mon	Social Justice Day
26	Tue	
27	Wed	Milad - i - Sherif
28	Thu	World Heart Day
29	Fri	
30	Sat	

SELF ASSESSMENT
(count and write it down)

Appreciation

Gifts

Improvements

PEACE

1. "Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that" - Martin Luther King Jr.,
2. "You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one" - John Lennon
3. "It's so hard to forget pain, but it's even harder to remember sweetness. We have no scar to show for happiness. We learn so little from peace" -Chuck Palahniuk, Diary
4. "When the power of love overcomes the love of power, the world will know peace" - Jimi Hendrix
5. "Don't Gain The World & Lose Your Soul, Wisdom Is Better Than Silver Or Gold" - Bob Marley
6. "If everyone demanded peace instead of another television set, then there'd be peace" - John Lennon
7. "Peace cannot be kept by force; it can only be achieved by understanding" - Albert Einstein
8. "Dogs are our link to paradise. They don't know evil or jealousy or discontent. To sit with a dog on a hillside on a glorious afternoon is to be back in Eden, where doing nothing was not boring it was peace" - Milan Kundera
9. "Thou hast made us for thyself, O Lord, and our heart is restless until it finds its rest in thee" - Augustine of Hippo
10. "If someone thinks that peace and love are just a cliché that must have been left behind in the 60s, that's a problem. Peace and love are eternal"- John Lennon
11. "The day the power of love overrules the love of power, the world will know peace"- Mahatma Gandhi
12. "Why can't people just sit and read books and be nice to each other?"- David Baldacci
13. "Peace comes from within. Do not seek it without" - Gautama Buddha
14. "The world is quiet here"- Lemony Snicket
15. "Whenever you are confronted with an opponent. Conquer him with love" - Mahatma Gandhi
16. "Dad, how do soldiers killing each other solve the world's problems?"-Bill Watterson
17. "Keep your best wishes, close to your heart and watch what happens"- Tony DeLiso, Legacy: The Power Within
18. "Grudges are for those who insist that they are owed something; forgiveness, however, is for those who are substantial enough to move on" - Criss Jami,
19. "When you do the right thing, you get the feeling of peace and serenity associated with it. Do it again and again" - Roy T. Bennett
20. "Sometimes you have to pick the gun up to put the Gun down" - Malcolm X
21. "You can have peace. Or you can have freedom. Don't ever count on having both at once" - Robert A. Heinlein

Date	Day	OCTOBER 2023 - TRUTHFULNESS
1	Sun	World Elders Day/World Vegetation day
2	Mon	Gandhi Jayanthi - International Day of Non-Violence
3	Tue	
4	Wed	World Animal Welfare day/Mahanavami
5	Thu	World Habitat day/Vijaya Dhasami
6	Fri	
7	Sat	"Aim not at being clever but at being true"
8	Sun	Indian Air-force day
9	Mon	World Post Office Day
10	Tue	World Mental Health Day/National Post Day/ Sports Day
11	Wed	International Girl Child Day
12	Thu	
13	Fri	
14	Sat	Holiday
15	Sun	World Student day
16	Mon	World Food Day / Term for I - IX & XI
17	Tue	Anti Poverty Day
18	Wed	
19	Thu	
20	Fri	National Solidarity Day / Greenday
21	Sat	Holiday
22	Sun	
23	Mon	Mahanavami
24	Tue	Vijayadasami
25	Wed	
26	Thu	
27	Fri	
28	Sat	
29	Sun	
30	Mon	
31	Tue	National Integration Day

SELF ASSESSMENT
(count and write it down)

Appreciation

Gifts

Improvements

TRUTHFULNESS

1. "Forgiveness is the only lethal weapon which can destroy all evil" -Abraham Varghese
2. "He who says the truth is not necessarily truthful - On Honesty"- Lamine Pearlheart,
3. "You can never be true to others, if you keep on lying to yourself" - Gift Gugu Mona
4. "If you tell the truth, you don't have to remember anything" - Mark Twain
5. "The reason I talk to myself is because I'm the only one whose answers I accept" - George Carlin
6. "When someone loves you, the way they talk about you is different. You feel safe and comfortable" - Jess C. Scott
7. "A lie can travel half way around the world while the truth is putting on its shoes" - Mark Twain
8. "Never tell the truth to people who are not worthy of it" - Mark Twain
9. "Perhaps one did not want to be loved so much as to be understood" - George Orwell
10. "I am not pretty. I am not beautiful. I am as radiant as the sun" - Suzanne Collins
11. "Facts do not cease to exist because they are ignored" - Aldous Huxley
12. "Here's all you have to know about men and women: women are crazy, men are stupid. And the main reason women are crazy is that men are stupid"- George Carlin
13. "A thing is not necessarily true because a man dies for it" - Oscar Wilde
14. "In a time of deceit telling the truth is a revolutionary act" - George Orwell
15. "Man is least himself when he talks in his own person. Give him a mask, and he will tell you the truth" - Oscar Wilde
16. "Men occasionally stumble over the truth, but most of them pick themselves up and hurry off as if nothing ever happened" - Winston S. Churchill
17. "The unexamined life is not worth living" - Socrates
18. "I lie to myself all the time. But I never believe me" - S.E. Hinton, The Outsiders
19. "Never be afraid to raise your voice for honesty and truth and compassion against injustice and lying and greed. If people all over the world...would do this, it would change the earth" - William Faulkner
20. "Books are mirrors: you only see in them what you already have inside you" - Carlos Ruiz
21. "Truth is stranger than fiction, but it is because Fiction is obliged to stick to possibilities; Truth isn't" - Mark Twain
22. "The truth does not change according to our ability to stomach it" - Flannery O'Connor
23. "Tell the truth, or someone will tell it for you" - Stephanie Klein

Date	Day	NOVEMBER 2023 - INTEGRITY
1	Wed	Kerala Piravi
2	Thu	
3	Fri	
4	Sat	Sports Day
5	Sun	World Tsunami Awareness Day
6	Mon	Pa3 (X & XII)
7	Tue	World Cancer Awareness Day
8	Wed	
9	Thu	Legal Service Day
10	Fri	Transport day
11	Sat	Holiday
12	Sun	Deepavali
13	Mon	World Kindness Day
14	Tue	Children's Day / World Diabetics Day
15	Wed	Last day to pay the 3rd Installment fees
16	Thu	International Day for Tolerance and Peace
17	Fri	
18	Sat	
19	Sun	National Integration Day, Holiday
20	Mon	Child Rights Day
21	Tue	World Fisheries Day/ World Television Day
22	Wed	
23	Thu	
24	Fri	
25	Sat	
26	Sun	Constitution day of India
27	Mon	
28	Tue	
29	Wed	
30	Thu	

SELF ASSESSMENT
(count and write it down)

Appreciation

Gifts

Improvements

INTEGRITY

1. "I cannot and will not cut my conscience to fit this year's fashions" - Lillian Hellman
2. "Waste no more time arguing about what a good man should be. Be one" - Marcus Aurelius, *Meditations*
3. "I am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live up to what light I have" - Abraham Lincoln
4. "Real integrity is doing the right thing, knowing that nobody's going to know whether you did it or not" - Oprah Winfrey
5. "We can't take any credit for our talents. It's how we use them that counts" - Madeleine L'Engle, *A Wrinkle in Time: With Related Readings*
6. "Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness" - Martin Luther King Jr.
7. "I am not an angel," I asserted; "and I will not be one till I die: I will be myself" - Charlotte Brontë, *Jane Eyre*
8. "Integrity gives you real freedom because you have nothing to fear since you have nothing to hide" - Zig Ziglar
9. "Integrity is doing the right thing, even when no one is watching" - C. S. Lewis
10. "Whoever is careless with the truth in small matters cannot be trusted with important matters" - Albert Einstein
11. "Real integrity is doing the right thing, knowing that nobody's going to know whether you did it or not" - Oprah Winfrey
12. "Integrity is keeping a commitment even after circumstances have changed" - David Jeremiah
13. "Integrity means always doing what is right and good, regardless of the immediate consequences" - Joseph B. Wirthlin
14. "The glue that holds all relationships together ... is trust, and trust is based on integrity" - Brian Tracy
15. "You can easily judge the character of a man by how he treats those who can do nothing for him" - Johann Wolfgang von Goethe
16. "To give real service you must add something which cannot be bought or measured with money, and that is sincerity and integrity" - Douglas Adams
17. "Integrity is the value we set on ourselves. It is a fulfillment of the duty we owe ourselves. An honorable man or woman will personally commit to live up to certain self-imposed expectations. They need no outside check or control. They are honorable in their inner core" - James E. Faust
18. "People of integrity and honesty not only practice what they preach, they are what they preach" - A. Bednar
19. "I am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live up to what light I have" - Abraham Lincoln

Date	Day	DECEMBER 2023 - HAPPINESS
1	Fri	World Aids Day
2	Sat	World Pollution Prevention Day
3	Sun	Advocate's day
4	Mon	Term II Exam for X & XII
5	Tue	
6	Wed	
7	Thu	
8	Fri	
9	Sat	International Anti Corruption day / Holiday
10	Sun	Human Rights day, Holiday
11	Mon	UNICEF Day
12	Tue	Holiday
13	Wed	
14	Thu	National Energy Conservation Day
15	Fri	PA 2 for I to IX and XI
16	Sat	Holiday
17	Sun	
18	Mon	Minorities Rights day / Term II Exam for KG
19	Tue	
20	Wed	International Human Solidarity day
21	Thu	
22	Fri	Christmas Celebration
23	Sat	Farmer's day, Christmas Holiday begins
24	Sun	
25	Mon	Christmas
26	Tue	
27	Wed	
28	Thu	
29	Fri	
30	Sat	"You can't be happy unless you're unhappy sometimes"
31	Sun	

SELF ASSESSMENT
(count and write it down)

Appreciation

Gifts

Improvements

HAPPINESS

1. "For every minute you are angry you lose sixty seconds of happiness"- Ralph Waldo Emerson
2. "Love is that condition in which the happiness of another person is essential to your own"- Robert A. Heinlein, Stranger in a Strange Land
3. "Folks are usually about as happy as they make their minds up to be" - Abraham Lincoln
4. "We have no scar to show for happiness. We learn so little from peace"- Chuck Palahniuk, Diary
5. "Happiness is when what you think, what you say, and what you do are in harmony" - Mahatma Gandhi
6. "From a sermon given by Frederick Lewis Donaldson in Westminster Abbey, London, on March 20, 1925" - Frederick Lewis Donaldson
7. "You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life" - Albert Camus
8. "There's nothing like deep breaths after laughing that hard. Nothing in the world like a sore stomach for the right reasons" - Chbosky, The Perks of Being a Wallflower
9. "Every man has his secret sorrows which the world knows not; and often times we call a man cold when he is only sad" - Wadsworth Longfellow
10. "Happiness is not something ready made. It comes from your own actions" - Dalai Lama XIV
11. "Count your age by friends, not years. Count your life by smiles, not tears" - John Lennon
12. "If more of us valued food and cheer and song above hoarded gold, it would be a merrier world" - J.R.R. Tolkien
13. "They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for" - Tom Bodett
14. "The most important thing is to enjoy your life - to be happy - it's all that matters" - Audrey Hepburn
15. "Happiness is a warm puppy" - Charles M. Schulz
16. "You cannot protect yourself from sadness without protecting yourself from happiness" - Jonathan Safran Foer
17. "It isn't what you have or who you are or where you are or what you are doing that makes you happy or unhappy. It is what you think about it" - Dale Carnegie, How to Win Friends and Influence People
18. "Happiness is having a large, loving, caring, close-knit family in another city" - George Burns
19. "Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom" - Marcel Proust
20. "The only way to find true happiness is to risk being completely cut open" - Chuck Palahniuk, Invisible Monsters

Date	Day	JANUARY 2024 - MERCY
1	Mon	New Year
2	Tue	Mannam Jayanthi
3	Wed	School re-opens after christmas Holidays
4	Thu	
5	Fri	
6	Sat	
7	Sun	
8	Mon	
9	Tue	Pravasi Bharatiya Divas
10	Wed	Road Safety Week
11	Thu	
12	Fri	National Youth Day/Progress signing day
13	Sat	Holiday
14	Sun	Makara Sankranthi
15	Mon	
16	Tue	
17	Wed	
18	Thu	
19	Fri	
20	Sat	
21	Sun	
22	Mon	Pa3 for IX and XI
23	Tue	Netaji Subhash Chandra Bose's birth anniversary
24	Wed	
25	Thu	India Tourism Day, Indian Voter Day
26	Fri	Republic Day / Holiday
27	Sat	
28	Sun	
29	Mon	
30	Tue	National Cleanliness Day/ Martyr's day
31	Wed	Club activity / World Leprosy Eradication Day

SELF ASSESSMENT
(count and write it down)

Appreciation

Gifts

Improvements

MERCY

1. "Justice is for those who deserve it; mercy is for those who don't" -Woodrow Kroll
2. "The high heaven covereth as well tall mountains as small mole hills, and mercy can cover all. The more desperate thy disease, the greater is the glory of thy physician, who hath perfectly cured thee" - Abraham Wright
3. "If one's conscience is willing to confess whatever sins have been committed, including the sin of unbelief, it will be sorrowful in a godly way, earnestly desiring the mercy of God" - Watchman Nee
4. "God is more willing to pardon than to punish. Mercy does more multiply in Him than sin in us. Mercy is His nature" - Thomas Watson
5. "God's mercy is so great that you may sooner drain the sea of its water, or deprive the sun of its light, or make space too narrow, than diminish the great mercy of God" - Charles Spurgeon
6. "God tolerates even our stammering, and pardons our ignorance whenever something inadvertently escapes us - as, indeed, without this mercy there would be no freedom to pray" - John Calvin
7. "I am an old sinner; and if God had designed mercy for me, he would have called me home to himself before now" - David Brainerd
8. "When our needs are permitted to grow to an extremity, and all visible hopes fail, then to have relief given wonderfully enhances the price of such a mercy" - John Flavel
9. "Mercy, detached from Justice, grows unmerciful" - C.S. Lewis
10. "The saints fare the better for the insolence and outrages of their enemies, whose ruin is thereby accelerated; and somewhat God will do the sooner for his people, lest the enemy exalt himself" - Abraham Wright
10. "Embrace in one act the two truths--thine own sin, and God's infinite mercy in Jesus Christ" - Alexander MacLaren
11. "Our foes may be numerous as the devils in hell, strong and wily; but He will save"- F.B. Meyer
12. "He that is impatient, and cannot wait on God for a mercy, will not easily submit to Him in a denial" - William Gurnall
13. "He that hath deserved hanging may be glad to escape with a whipping" - Thomas Brooks
14. "God's mercy with a sinner is only equaled and perhaps outmatched by His patience with the saints, with you and me" - Alan Redpath
15. "I don't want to be at the mercy of my emotions. I want to use them, to enjoy them, and to dominate them"- Oscar Wilde
16. "I have withstood the power of convictions a long time; and therefore I fear I shall be finally left of God" - David Brainerd
17. "The very contradictions in my life are in some ways signs of God's mercy to me" - Thomas Merton
18. "Fight the good fight of faith, and God will give you spiritual mercies" - George Whitefield

Date	Day	FEBRUARY 2024 - PERSEVERANCE
1	Thu	International Development Week
2	Fri	Cancer Survivors Day
3	Sat	
4	Sun	World Cancer Day
5	Mon	PA 3 for Std I toVIII
6	Tue	
7	Wed	
8	Thu	Promotional Exam IX - XI
9	Fri	
10	Sat	
11	Sun	World Day of the Sick / Holiday
12	Mon	Promotional & Exam begins for IX and XI
13	Tue	Sarojini Naidu's Birth Anniversary, Promotional Exam (IX & XI)
14	Wed	St. Valentine's Day
15	Thu	Last day for IV th Intallment
16	Fri	Yellow day
17	Sat	Holiday
18	Sun	
19	Mon	World Day of Social Justice
20	Tue	International Mother Language Day - Holiday
21	Wed	World Scout Day
22	Thu	
23	Fri	Central Excise day
24	Sat	
25	Sun	
26	Mon	
27	Tue	
28	Wed	National Science Day
29	Thu	

SELF ASSESSMENT
(count and write it down)

Appreciation

Gifts

Improvements

PERSEVERANCE

1. "Rivers know this: there is no hurry. We shall get there some day" - A.A. Milne, Winnie-the-Pooh
2. "It does not matter how slowly you go as long as you do not stop" - Confucius
3. "There are times to stay put, and what you want will come to you, and there are times to go out into the world and find such a thing for yourself" - Lemony Snicket, Horseradish
4. "The man who moves a mountain begins by carrying away small stones" - Confucius: The Analects
5. "All of old. Nothing else ever. Ever tried. Ever failed. No matter. Try again. Fail again. Fail better" - Samuel Beckett, Worstward Ho
6. "It is not enough that we do our best; sometimes we must do what is required" - Winston S. Churchill
7. "Should you shield the canyons from the windstorms you would never see the true beauty of their carvings" - Elisabeth Kübler-Ross
8. "Many of life's failures are people who did not realize how close they were to success when they gave up" - Thomas A. Edison
9. "Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow" - Mary Anne Radmacher
10. "So comes snow after fire, and even dragons have their endings" - J.R.R. Tolkien, The Hobbit
11. "I am a slow walker, but I never walk back" - Abraham Lincoln
12. "A wise man will make more opportunities than he finds" - Francis Bacon, The Essays
13. "Just because you fail once doesn't mean you're gonna fail at everything" - Marilyn Monroe
14. "Never confuse a single defeat with a final defeat" - F. Scott Fitzgerald
15. "Real courage is when you know you're licked before you begin, but you begin anyway and see it through no matter what" - Harper Lee, To Kill a Mockingbird
16. "Never give in. Never give in. Never, never, never, never—in nothing, great or small, large or petty"
17. "Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree" - Martin Luther
18. "If you fell down yesterday, stand up today" - H.G. Wells
19. "Continuous effort - not strength or intelligence - is the key to unlocking our potential" - Winston S. Churchill
20. "When things go wrong, don't go with them" - Elvis Presley
21. "Dripping water hollows out stone, not through force but through persistence" - Ovid
22. "Every strike brings me closer to the next home run" - Babe Ruth
23. "Always bear in mind that your own resolution to succeed is more important than any one thing" - Abraham Lincoln

Date	Day	MARCH 2024 - BEAUTY
1	Fri	Universal Human beings Week
2	Sat	
3	Sun	National Safety / Women's Week
4	Mon	
5	Tue	
6	Wed	Women's Day, Right & Peace
7	Thu	International Women's Day
8	Fri	
9	Sat	
10	Sun	
11	Mon	Revision for Std. I - VIII / Annual exam begins for KG
12	Tue	
13	Wed	
14	Thu	World Disabled Day & Consumer Right Day
15	Fri	National Vaccination Day
16	Sat	
17	Sun	
18	Mon	Annual Exam begins Std. 1 to VIII
19	Tue	St. Joseph's Day
20	Wed	
21	Thu	World Water Day
22	Fri	World TB Day
23	Sat	Covocation Day for UKG
24	Sun	
25	Mon	Annual Exam Begins for KG
26	Tue	
27	Wed	
28	Thu	Maunday Thursday
29	Fri	
30	Sat	
31	Sun	Easter

SELF ASSESSMENT
(count and write it down)

Appreciation

Gifts

Improvements

BEAUTY

1. "There is nothing that makes its way more directly to the soul than beauty" - Joseph Addison
2. "It is amazing how complete is the delusion that beauty is goodness"- Leo Tolstoy
3. "Pick a man for his human qualities, his values, his compatibility with you, rather than what he represents in status, power or good looks" - Carol Botwin
4. "Beauty in distress is much the most affecting beauty" - Edmund Burke
5. "I'm tired of all the nonsense about beauty being only skin-deep. That's deep enough. What do you want -- an adorable pancreas?" - Jean Kerr
6. "The soul that sees beauty may sometimes walk alone" - Johann Wolfgang von Goethe
7. "There is certainly no absolute standard of beauty. That precisely is what makes its pursuit so interesting" - John Keats
8. "Fair tresses man's imperial race ensnare/And beauty draws us with a single hair"- Alexander Pope
9. "She walks in beauty like the night Of cloudless climes and starry skies; And all that's best of dark and bright Meet in her aspect and her eyes: Thus mellowed to that tender light Which heaven to gaudy day denies" - Lord Byron
10. "No object is so beautiful that, under certain conditions, it will not look ugly" - Oscar Wilde
11. "Since love grows within you, so beauty grows. For love is the beauty of the soul" - Saint Augustine
12. "A woman whose smile is open and whose expression is glad has a kind of beauty no matter what she wears" - Anne Roiphe
13. "Never lose an opportunity of seeing anything beautiful, for beauty is God's handwriting" - Ralph Waldo Emerson
14. "The echoes of beauty you've seen transpire, Resound through dying coals of a campfire" - Ernest Hemingway
15. "Beauty is an experience, nothing else. It is not a fixed pattern or an arrangement of features. It is something felt, a glow or a communicated sense of fineness"- D. H. Lawrence
16. "The best and most beautiful things in the world cannot be seen or even touched -- they must be felt with the heart" - Hellen Keller
17. "Beauty pleases the eyes only; sweetness of disposition charms the soul" - Voltaire
18. "The love of beauty in its multiple forms is the noblest gift of the human cerebrum" - Alexis Carrel
19. "Whatever is in any way beautiful hath its source of beauty in itself, and is complete in itself; praise forms no part of it. So it is none the worse nor the better for being praised" - Marcus Aurelius Antoninus
20. "Love is a great beautifier" - Louisa May Alcott

Date	Day	APRIL 2023 - FRIENDSHIP
1	Mo	
2	Tue	International Children's Book Day
3	Wed	
4	Thu	
5	Fri	
6	Sat	
7	Sun	World Health Day & Handloom Week, Good Friday
8	Mon	
9	Tue	
10	Wed	
11	Thu	National Safe Motherhood Day
12	Fri	
13	Sat	Jallianwallah Bagh Massacre Day (1919)
14	Sun	
15	Mon	
16	Tue	
17	Wed	
18	Thu	World Heritage Day
19	Fri	
20	Sat	National Civil Service Day
21	Sun	
22	Mon	World Books Day
23	Tue	
24	Wed	
25	Thu	Birthday of Fr, Joseph Malakkaran (Sreejo)
26	Fri	
27	Sat	
28	Sun	
29	Mon	Anti Child Labour Day
30	Tue	

SELF ASSESSMENT
(count and write it down)

Appreciation

Gifts

Improvements

FRIENDSHIP

1. "Don't walk in front of me, Don't walk in front of me... I may not follow, Don't walk behind me... I may not lead, Walk beside me... just be my friend" - Albert Camus
2. "Friendship... is born at the moment when one man says to another "What! You too? I thought that no one but myself..." - C.S. Lewis, The Four Loves
3. "A friend is someone who knows all about you and still loves you" - Elbert Hubbard
4. "Good friends, good books, and a sleepy conscience: this is the ideal life" - Mark Twain
5. "It is not a lack of love, but a lack of friendship that makes unhappy marriages" - Friedrich Nietzsche
6. "The truth is, everyone is going to hurt you. You just got to find the ones worth suffering for" - Bob Marley
7. "If you live to be a hundred, I want to live to be a hundred minus one day so I never have to live without you" - Joan Powers, Pooh's Little Instruction Book
8. "There is nothing I would not do for those who are really my friends. I have no notion of loving people by halves, it is not my nature" - Jane Austen, Northanger Abbey
9. "If I had a flower for every time I thought of you...I could walk through my garden forever" - Alfred Tennyson
10. "When someone loves you, the way they talk about you is different. You feel safe and comfortable" - Jess C. Scott, The Intern
11. "There is nothing better than a friend, unless it is a friend with chocolate" - Linda Grayson
12. "Friendship is unnecessary, like philosophy, like art.... It has no survival value; rather it is one of those things which give value to survival" - C.S. Lewis, The Four Loves
13. "You can't stay in your corner of the Forest waiting for others to come to you. You have to go to them sometimes" - A.A. Milne, Winnie-the-Pooh
14. "Friendship is the hardest thing in the world to explain. It's not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything" - Muhammad Ali
15. "It is more fun to talk with someone who doesn't use long, difficult words but rather short, easy words like "What about lunch?" - A.A. Milne, Winnie-the-Pooh
16. "Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born" - Anaïs Nin, The Diary of Anaïs Nin, Vol. 1: 1931-1934
17. "No person is your friend who demands your silence, or denies your right to grow" - Alice Walker

FEE RECEIPT TAG

Name Standard Section

I Instalment Before July 15th	II Instalment Before September 15th	III Instalment Before November 15th	IV Instalment Before February 15th
Teacher's Sign :	Teacher's Sign :	Teacher's Sign :	Teacher's Sign :

N.B: Kindly make sure that the fees payment is marked in the diary in time.

