



CARMEL
J A M M U

CARMEL SPECTRUM

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Dear Readers,



Greetings!

It is said, "Never give up, have hope expect only the best from life and take action to get it." I choose the theme Hope for this month. It is a belief that something good will happen. A deep sense in our subconscious mind not only gives us the strength to overcome pain but also makes the journey to the future easier. I feel proud to say that at Carmel, we inculcate this value in the lives of our students and staff members . It is the hope

encourages the Carmelites to believe their goals. The school Motto 'Belief Enhances Life is the key to sustaining our life. The intensity of this feeling can change the present and future. My long journey in Carmel has given me the strength to overcome any obstacle. A lot of experience with prioritization gave me the courage and inspiration to stick to my dreams as long as I breathe. As the readers go through the pages of the newsletter, you will understand that staff endeavours to make our students hopeful through various events and activities. Happy reading.

Mrs. Preetika Abrol

Workshop on Effective Teaching:

Making pupils challenge their assumptions is an effective teaching strategy that encourages them to learn. The School hosted another session on Effective Teaching Techniques and Leadership Building, which was sponsored by Eduline Publishers. Suman Dogra served as the resource person for this session, which was designed to improve educators' instructional strategies. She offered ideas, perspective, and the finest approaches for teachers who are passionate about effective teaching.



Capacity Building Programme:

A seminar "Happy classrooms" a capacity building programme, was attended by our teachers on July 30 at the International Daily Rising School Sainik Colony, Jammu. Dr. Praswajit, the Principal of G.D. Goenka School Jammu, resource person emphasised the importance of increasing self-awareness, emotions and feelings, controlling reactions under various conditions. They gained a lot from his sessions through role-playing, exchanging personal experiences, and group activities. Through engaging activities, he brought happiness and enthusiasm to the group of educators attending the session. The event was a motivating reminder for all teachers to create a positive learning environment and give their pupils engaging lessons.



Seminar on Early Child Education

Pre-Primary teachers successfully led in-service training on teaching techniques for children ages 4 to 6 in Carmel on July 30. A total of 100 teachers from 18 schools managed by the Diocese of Jammu Srinagar Education Society actively took part. The seminar was a milestone for Carmel as the effective teachers shared their expertise, creative teaching materials, and methods for delivering high-quality ECE.



National Reading Week – 2022

To honour the father of the Library Movement, the late P.N. Panicker and carry out his dream to promote the culture of reading and support literacy, NDLI Club observed the National Reading Week - 2022 running through 11th of July to 16th of July 2022. The librarian coordinated a variety of events and contests in this regard. Activities like D.E.A.R.- Drop Everything And Read (classes I - IV), Fastest Reader Competition (classes V – VII), and Poster Making Competition on the theme “Engaged Reader, Inspired Mind” (classes VIII to X) in school Library. It was a fun-filled week that aimed at developing their imagination, creativity and resilience.



School Feast

On July 16, 2022, the feast of Our Lady of Mount Carmel, the patroness, was observed with great devotion. An event was put on by the greenhouse in memory of Mother Mary wherein the children performed a scene from Saint Simon Stock's life, followed by a festive song and many other performances in front of revered chief guest Fr. Justin - the school's manager and principal - Sr. Maria Swati. The event came to a close with an inter-house singing competition and Yellow House emerged as a winner.



Awards and Accolades

On 16 July 2022, there was a ceremony to award the winners wherein school Manager Fr. Justin honoured 36 students in the 10th standard who received A1 grade as well as 17 students in the 12th standard who achieved position for the academic year 2021-2022. The winners of 'Know your School Quiz' from classes 1 to 5 were awarded the certificate of appreciation. The ceremony culminated with an address by Fr. Justin, who appreciated all the students for their hard work and dedication to attain their goals and congratulated them for their remarkable and outstanding performance.



Investiture Ceremony

The 2022-23 student leaders were invested on July 14, 2022, at a ceremony intended to strengthen them. Much awaited event started with the meaningful prayer service. All the candidates marched in with their heads held high and set the mood for the event. They were adorned with badges & sashes by the school Principal further solemnised by the oath led by the Head girl. The Principal, Sr.Swati induced the elected leaders to be dutiful and responsible and congratulated the newly appointed cabinet members.



Celebrating our leader:

A day of gratitude and thankfulness to the person, who works tirelessly to make our life meaningful. 25th July was such a wonderful day as we celebrated 60th birthday of our dear Principal, taking time to thank God for our Principal Sr. Swati. We commenced the day with welcoming sister with guard of honour, the angels of junior classes offered flowers, An acronym describing her personality was displayed by students. The programme culminated with a dance where children make even Sr. Swati join them on the stage.



Innovative Hours...

Kindergarten

The Preprimary kids participated in a "Show and Tell" session on July 27, 2022. This practice was a component of experiential learning aimed at developing the young minds' fluency in speaking and verbal skills. They were excited to express their descriptive narration and waited eagerly for their turn. The youngsters found it fascinating and exciting to express their emotions to a peer, which created an enjoyable and cosy learning environment for all parties concerned.



Innovative Hours...

Grade 2

An action song competition was arranged for the pupils of class 2 in order to instil a love of rhythm and music in the minds of younger students as well as to give them a platform for enjoyable learning where their social, emotional, and personal abilities could be cultivated. They demonstrated their talents in rhythm, emotion, and movement.

Grade 4

'Think and Speak' activity was organised with an intention to make the students assertive and improve their speaking skills. They were given the topic on the fly, participants took up the challenge, spoke for 30 seconds and delivered their best. They were evaluated on the basis of content, fluency, confidence and time management.

Grade 5

The kids took part in a poetry competition with the themes "My Flag," "A Day Spent At A War Memorial," and "My Vision For A New India." Children brought in their own charts and props, demonstrating their creativity and ingenuity. They had a great time doing this. The top three students received certificates.

Grade 6

On July 25, 2022, all of the students took part enthusiastically in a subject-enrichment activity called prehistoric stone painting, which allowed them to display their artistic abilities. The competition was like a treat for the little painters. The way they displayed the uniqueness and beauty of history was commendable. Winners were awarded and appreciated with certificates.

Grade 7

Through role-playing, the students raised awareness of the diverse range of interesting careers that are available to them. The purpose of this activity was to encourage the kids to express themselves freely in a safe environment. Participants left no stone unturned to give their best. They were judged on the criteria of content, pronunciation, confidence and accuracy of time. The competition concluded successfully with great words of encouragement from the Principal.

Active and Happy Classrooms



Skill Based Learning

We, in Carmel emphasize on skill-based learning which is acquiring knowledge through practical things, by doing things yourself. It's more about planning and practice where students are stimulated to think smart, logically and find new ways to strengthen the concepts they have learnt through knowledge-based learning.

Growing Plants

The teachers of grade 2 instructed the pupils to bring pots with soil in them and some seeds of all kinds of fruits or vegetables. To teach them how to plant a seed, the class teachers performed a demonstration for the them.

Firefree Cookery

To enhance culinary skills of our children , fire free cookery was organised for them where Children enthusiastically participated in the event and prepared yummy lip-smacking items like fruit cream, chocolate balls, sandwiches, coconut ladoos, peanut chat, bhelpuri etc. The way children enjoyed and relished the simple delicacies made the event a grand success.

Needle Work

Students were taught needlework by their class teachers for their overall growth. This exercise helped them to expand their imagination, developed their fine motor skills, promoted confidence and self-esteem and made them feel distinct and exceptional. It improved their hand-eye coordination, gave them the chance to develop their skills while using actual tools, and enabled them to see the outcomes of their work. It provided pupils with an opportunity to express their creativity.

Stay Fit and Healthy

Physical wellness encourages us to take care of our bodies through physical activities. Children participated with great zeal and enthusiasm in skill-based exercise like Yoga, rope skipping, Gymnast, tie commando and dance to stay fit and healthy.

Promote active and effective learning through Learning by doing...

