



CARMEL
J A M M U

CARMEL SPECTRUM

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18 years of journey with Carmel...

When you know your passions, it is easy to spend your life happily. You already know what your goals are, and what targets you want to reach. I have found my solace in teaching, and I am grateful I was given a chance to fulfil my passion by opening the gates of Carmel for me where I was welcomed by bright shining faces of Sr. Dorita and Sr. Swati. As I reflect on my time at the school, I am glad I attended Carmel. I have had the best 18 years of my life here.



Carmel has taught me the value of life both within the classroom as well as outside of it. I have succeeded in directing my energy and attention on what worked, what went well and what gave success. This strategy has proved to be critical in building my emotional resilience.



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I have come a long way since last year and have surpassed the various challenges of virtual or online learning. The Carmel family has successfully adapted to the changing technological trends. This year I have focussed on capacity building of students as it encourages the leadership and evaluate students' abilities and makes students perform even in complex environments. Most importantly I have learned to encourage initiative, offered praise, and have tried to recognise the learning styles and student traits.

Online education has helped me explore a more holistic approach towards assessment as compared to pen and paper-based concept. We are developing different skills both in students and teachers.

At Carmel I learned so much and grew tremendously as an educator, coach, and leader. I worked with amazing colleagues, and I am so grateful for them. I was always supported and inspired, and my work was well received. My journey has been so enjoyable, it has enriched my soul and delighted my heart. In the end I would like to thank our principal Sr. Swati who stood by me when I started teaching in Carmel and is still there by my side while I bid adieu to everyone at Carmel.

**Warm Regards,
Harpal Kour**

Online Learning Continues...

IMPACTFUL ONLINE EDUCATION

On 31st May, a virtual meet held to provide training to the staff members highlighting the technologies like Mentimeter, Survey heart, Quilgo. The session started by greeting Father Shaiju Chacko. Session reframed the effective learning strategies, innovative teaching methods etc. At the beginning of the session, Father told the staff members about Mentimeter, where a teacher can engage students using word cloud, multiple-choice questions, making teaching more interactive by letting the students participate effectively.

In the survey heart application, he told us how to create forms and polls for our surveys to make effective learning. It has predefined templates with suitable themes. He also gave a peep in Google Add-on that embeds a timer into Google Forms and collects form submission time. All the teachers participated actively and appreciated Father for an innovative and interactive session.

AWARENESS OF NEP 2020

Mr. Rudolf Noronha, Principal at DRS INTERNATIONAL SCHOOL Hyderabad, gave valid input on “National Education Policy 2020” on 1st June 2021. With the help of various new techniques like Jamboard, menitmeter etc; he briefed the highlights of NEP. He further discussed the NEP Expectations from School-which will Enhance and enrich each student's learning through innovative pedagogy, Focus on core -essentials/learning outcome, Stress on the importance of foundational skills of literacy and numeracy. Bringing changes in the assessment pattern shown through the video was was an interesting one.



VIRTUAL TEACHING STRATEGY

The Carmel Convent teachers participated in an online training program on the VIRTUAL TEACHING STRATEGY conducted by Ms. Ferzine (TOK Coordinator at DRS INTERNATIONAL SCHOOL and IB, Geneva) on 7th June 2021. The objective of the training was to equip the teachers with varieties of activities in teaching and learning by using technology tools like Jamboard and SlidesMania. She demonstrated designing digital notebooks, essential agreements, etiquettes, defining goals and outcomes and designing. She taught a new way of keeping the students eager by telling the staff to See-think-wonder strategy and entry-exit tickets.

MULTIPLE INTELLIGENCE WEBINAR

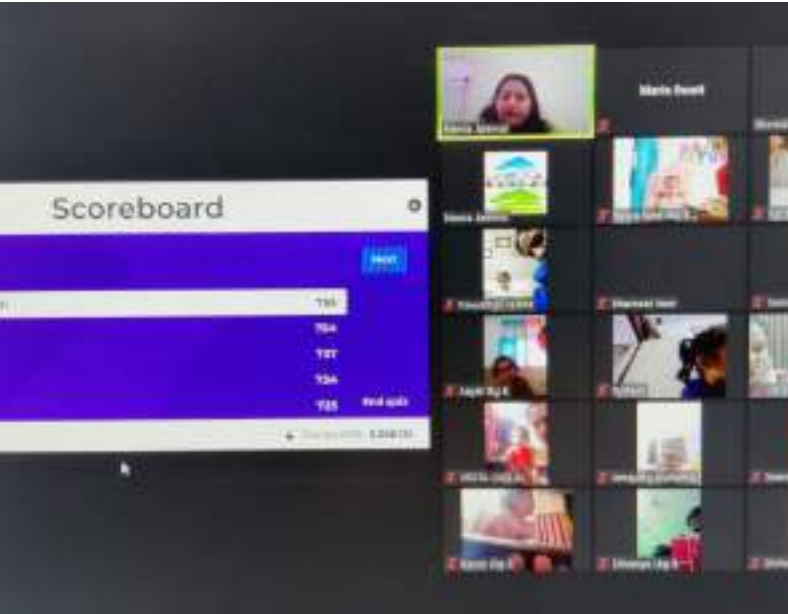
A bunch of teachers had the advantage of attending a webinar on Multiple Intelligence that lasted from 3 to 5 June 2021. Margarete Warner - founder of MAW education in Oxford who has created teacher training methods using modern Multiple Intelligences technique was the resource person. We got to learn a lot of new things during this webinar. She gave a clear vision of 'The Theory of Multiple Intelligences by Dr. Howard Gardner and explained how different children had different styles of learning. The nine major areas of Multiple Intelligence namely: Linguistic, Interpersonal, Intrapersonal, Naturalistic, Bodily-kinesthetic, Logical-mathematical, Musical, Spatial and Existential discussed during the session.

The teachers were made familiar with the importance of assessing the Multiple Intelligence in all the students through simple observations, school records, interaction with parents and peers. The teacher being a constructive facilitator, she needs to maintain a positive attitude towards students' differences and focus on learning not on teaching.



VIRTUAL SUMMER CAMP

BELIEF ENHANCES LIFE



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LKG

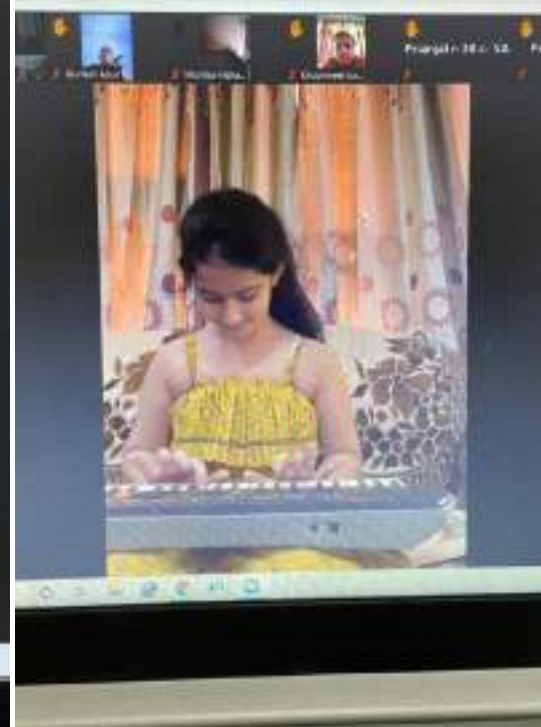
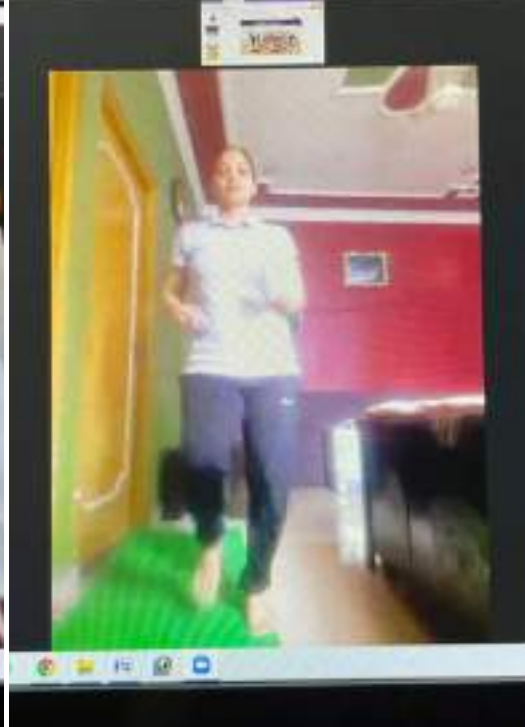
The summer camp for Pre-Primary started with a dance class, and all the students were excited. By keeping in mind the “Multiple Intelligence Theory”, for 10 days the teachers organized 10 different types of activities ie, Dance, Yoga, English, Nature Love, Art and Craft, Music, Games, Sports. To boost their confidence, each student was given a chance to show her talent. It was a great learning and fun experience with little kids. The essence of this camp was to develop a sound character of each student and ultimately the motto was achieved.

UKG

The summer camp started with a virtual tour to Disney land and ended with a smashing pool party. Fun-filled activities for the children during the pandemic were a delightful treat. It allowed them to learn new skills while being in a safe environment of their homes. The summer camp aimed at keeping the students engaged and express their creativity in any form. The camp provided some hands-on activities like Dance and singing, life skills, art and craft, DIY activities, cooking without fire, aerobics, yoga, virtual games, and pool party. The small Carmelities zealously participated and showcased their diligence towards each planned activity.

Class I

Several activities were conducted for students of class 1 by class teachers Rohini Jamwal and Bela Sharma. Students participated in activities with zeal. They participated in activities like no-fire cooking, storytelling, Spoken English, singing, yoga, art & craft, scavenger hunt, dance sessions, and many more. The camp was concluded and the students were very happy as they thanked the teachers for keeping them engaged during these times.





Class II

The various activities for class 2 were conducted by Jyoti Wali and Chetna Bhat. During these days of Summer Camp, students were given information about various Life Skills like- Communication, self-awareness, Decision Making, Creative thinking, Accepting Challenges with a positive mind, and many more life skills were discussed during the class. The students were also told to display their talent during this summer camp, many types of things were taught to them in art and craft classes-how to make a fish, make a snake. The students were also taught how to make a sandwich, banana shake, and many more.

Class III

A virtual summer camp was organised to engage the children at home and kill the boredom. During this virtual Summer Camp, students of class 3 have engaged with their peers and enjoyed several creative activities with everything happening online. They have explored their creativity and learned new skills. The activities that had been organized included Art/DIY, Singing, Dance, Yoga, Aerobics, Storytelling, and even Modelling. Each day brought a new activity that students could engage in.

Class IV

Fun-filled activities during the Camp allowed the students of class 4 to learn new skills while being in a safe environment of their homes. This summer camp aimed at keeping the students engaged & provided them an even platform to explore and express their creativity, in any form. They were able to meet friends amidst a lot of laughter & learned team spirit. The Camp provided hands-on experiences in music, dance, art and craft, DIY activities, yoga, and fitness. The students showcased their diligence towards each planned activity of their choice.



BELIEF ENHANCES LIFE

Class V

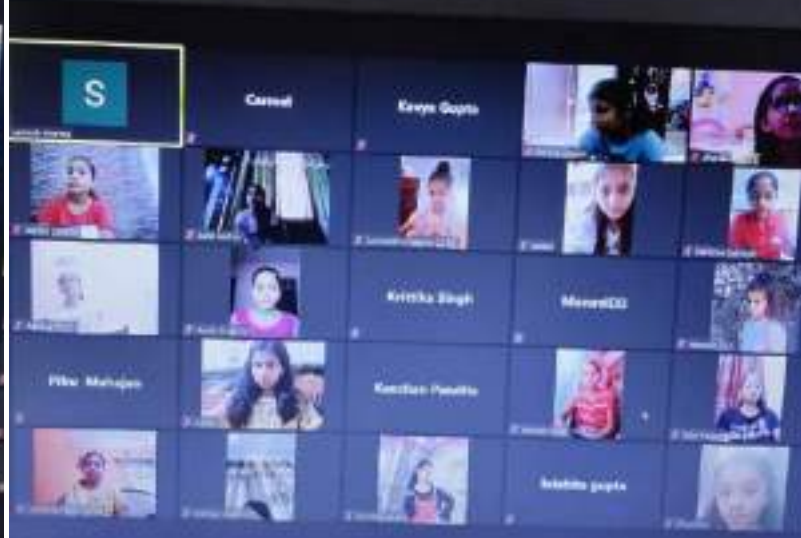
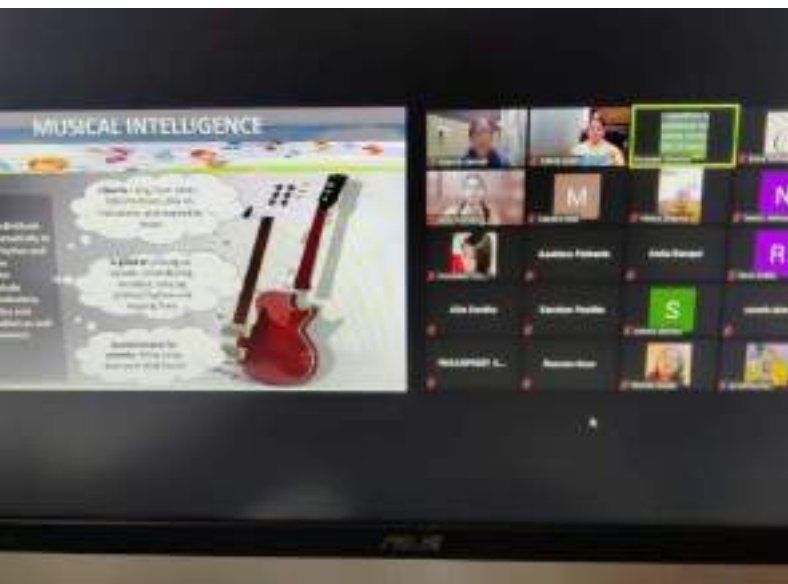
The exuberant learners of grade 5 zealously participated & showcased their diligence towards each planned activity. The array of fun and creative activities were curated in a way that not only kept the kids engaged and entertained but also helped the students pick up a skill that they have their interest in while increasing their concentration and problem-solving capabilities at the same time. The essence of this camp was to develop a sound character of each student & ultimately the motto was achieved. The overwhelming acknowledgment through their reviews and feedbacks was a motivating factor for the entire Carmel family.

Class VI

These 10 days of summer camp were full of excitement and fun for me. Students loved making creative things with waste materials which are easily available at home. As a teacher, dealing with the age group of grade 6 is quite interesting. They loved learning and showcasing their work during the camp. Singing and dancing was the cherry on the cake. Students got to learn many new ways of narrating the story by speaking with expression, using placards & writing.

Class VII & VIII

Summer camp was not only fruitful for students but also for teachers, it broke the monotony of the class and made the class interesting and enthusiastic. Summer vacation is an opportunity to inculcate certain skills while having fun because the right skills imparted now can help the children shape their lives. Keeping this in mind, we took an initiative and came up with creative ideas to help children gain different skills. Innovative sessions on music and dance, art and craft, yoga and fitness, quizzes and puzzles, etc were organized for Classes 7 & 8.



Class IX & X

It was extremely interactive and we felt delightful while conducting different types of activities for students of classes 9 & 10. It was not just the overall development of the students, but also provided a platform for learning something creative and new. They learned decision-making, took calculated risks, and understood the importance of co-curricular activities. There were different types of activities like quizzes and puzzles, Life Skills, and Art & Craft. Practical knowledge on thinking skills and Social skills was given to the students with the help of PowerPoint presentations, fun games, quizzes, riddles, brain teaser, mind maps, picture perception, and descriptions related to creative & critical thinking, decision making & problem solving, effective communication and interpersonal relationship by using different types of apps like Kahoot, Quizlet, Survey Heart, and Mentimeter. All the students participated in activities with great zeal and enthusiasm.

Class XI & XII

The virtual summer camp 2021 organised by our school uplifted our knowledge and engaged us in fun activities. Having fun while learning helps students to retain information better because the process is enjoyable and memorable. The baking sessions, the quiz and puzzle sessions, yoga sessions, and many other activities not only made us enthusiastic and gave us abundant knowledge but also made our days full of enjoyment and excitement. During these days, the students of classes 11 and 12 learned about different recipes, workout activities, music, and its instruments, and much more. We also faced a lot of convoluted questions that were very beguiling. The students also participated with eagerness and heed. This summer camp unveils the toil and endeavour put in by our worthy Principal. The efforts are praiseworthy and commendable.

DIGITAL LIBRARY

Honouring the Father of the Library Movement, late P.N. Panicker, Carmel Jammu celebrated the 26th National Reading Day. Since schools have been forced to shut due to the ongoing pandemic, online activities like quizzes and reading were conducted along with competitions for students. The activities were planned to motivate the students to read and to enhance their skills. Also, to make this mission a success, Reading month was organised, students were asked to read at least 5 books till 18 of July and write a Brief Review.



CARMEL GIRL MADE HEADLINES

Mawya Sudan, ex-carmelite became the First IAF Woman Fighter Pilot From Jammu & Kashmir.

YOGA DAY

Carmel Jammu celebrated the 7th International Yoga Day 2021 virtually with much fervour and enthusiasm via Facebook Live.



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