

Dear Readers,

Greetings!



As the sun rises on a new academic session at Carmel Convent School, Jammu, it brings with it not only fresh energy but a renewed sense of purpose. Each new beginning carries the promise of growth of minds, hearts, and dreams. And as we step into this session, we do so with the shared commitment of nurturing the leaders, thinkers, and change makers of tomorrow.

At Carmel, we have always believed that education is far more than textbooks and tests. It is about values, vision, and vibrant curiosity. It is about preparing our students to navigate an ever-changing world with confidence, empathy, and resilience. This is the spirit that breathes life into every classroom, every interaction, and every initiative we take. Our monthly newsletter, The Spectrum, is a reflection of this spirit. It is more than just a collection of events — it is a celebration of our students' achievements, their creativity, and the vibrant Carmel community we are all proud to be part of. From academic milestones to cultural events, from sports victories to social outreach, The Spectrum captures the heartbeat of our school and brings it home to our parents and well-wishers. This year, we look forward to deepening this connection. We invite our readers to see not only what we do but why we do it — to understand the values behind every celebration, the lessons behind every success, and the growth behind every challenge.

To our dear students — may this year be one of discovery. Let your questions be fearless, your efforts wholehearted, and your friendships kind.

To our parents — thank you for being our constant partners in this journey of education and character-building. Your support is the foundation on which we build confident, compassionate individuals.

And to my fellow educators — let us continue to be the guiding lights that inspire, empower, and uplift every learner who walks through our gates.

Here's to a year of purpose, progress, and pride. Let The Spectrum be your window into the beautiful journey we undertake every day at Carmel.

Ramnik Kaur
Staff Secretary

School Events & Celebrations

New Beginnings Blossom at School!

The school reopened on April 1st, 2025, celebrating the new academic year with the theme "A Fresh Start – New Year, New Goals." Principal Sr. Maria Swati began the programme by lighting a special candle, seeking Mother Mary's blessings. Class 12 students presented a serene prayer dance and a heartfelt prayer service, creating a reflective atmosphere. School pupil leader Muskan Khajuria warmly welcomed everyone. Vibrant cultural performances and a soulful choir added to the joyful spirit. Principal Sr. Maria Swati inspired students with a motivational message, setting a positive tone for the year ahead.



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Little Ones Shine on Health and Wellness Day!

Our young learners from Classes 1 to 4 enthusiastically celebrated Health and Wellness Day on April 7th, 2025. The day began with a prayer service during morning assembly, fostering a mindful start and seeking blessings for good health and happiness. To highlight the importance of healthy eating, engaging activities like fireless cooking, healthy tiffin displays, and salad making were organized. These hands-on sessions allowed our students to learn about nutrition in a fun and creative way. The Health and Wellness Day was a resounding success, effectively educating our youngest students about healthy living while encouraging their active participation and creative expression.



Celebrating Our Resilient Heritage!

Heritage Day was celebrated on April 17th, 2025, with the insightful theme “Disasters and Conflict Resilient Heritage.” The day beautifully showcased India's vibrant cultural tapestry through captivating student performances.

Talented students presented mesmerizing dances representing the diverse cultures of Orissa, Kerala, Sikkim, and Karnataka. Adding an intellectual dimension, students from Classes 10 through 12 engaged in a thought-provoking debate on the theme.

The event successfully fostered cultural understanding and appreciation amongst everyone. The chosen theme highlighted the crucial need to safeguard our precious heritage, even amidst challenging times.



Earth Day: Our Power, Our Planet!

On April 22nd, 2025, the school community came together to observe Earth Day with the inspiring theme “Our Power, Our Planet.” Students from Classes IX to XII actively participated in a celebration dedicated to environmental awareness and conservation.

The event featured a range of engaging performances, including a graceful Prayer Dance, a heartfelt Prayer Service and inspiring Speech, a soulful thematic Song on Earth, and a dynamic Theme-Based Dance. A highlight was the voluntary Fancy Dress Competition, where students creatively expressed their eco-friendly ideas through imaginative costumes. Through these activities, students deepened their understanding of their role in environmental conservation and were inspired to take action in protecting our planet. The celebration was both educational and engaging, instilling a vital sense of responsibility and stewardship.



Celebrating Dance and Academic Excellence!

The International Day of Dance and Academic Excellence was celebrated with great enthusiasm on April 29th, 2025. The vibrant programme beautifully blended cultural expression and scholastic achievement, honouring the art of dance and recognizing students' academic accomplishments.

The event commenced with a warm welcome to the Chief Guest Dr. Pramod Srivastava (Principal of Model Academy), School Manager Fr. Senoj Thomas, Principal Sr. Maria Swati, and the esteemed folk dance judges, Mr. Amit Sharma and Ms. Shivali Rai.

A soulful prayer dance and a heartfelt prayer service set a serene tone. Student Pupil Leader Muskan Khajuria eloquently highlighted the significance of the day, emphasizing dance as a universal language and the importance of academic excellence.

The cultural segment showcased colourful folk dances by junior and senior groups in a house-wise competition, representing the diverse regions of Jammu: Rajouri & Poonch, Kashmir, Kud, Ladakh, Bhaderwah, and Jammu.



Academic Achievements & Competitions

Parallel to the dance celebration, the event also recognised academic excellence, highlighting the school's commitment to holistic education. Fr. Senoj Thomas felicitated students for life skills and full attendance, and Dr. Pramod Srivastava inspired the audience with his wisdom and felicitated high academic achievers, emphasizing the importance of balancing cultural participation with academic success. The day was a perfect tribute to the spirit of dance and learning, leaving everyone enriched, entertained, and inspired.



Budding Bards Shine at Poetry Recitation!

On April 24th, 2025, a captivating Poetry Recitation Competition was held for students of Classes 6 to 9. The event aimed to nurture oratory skills, boost confidence, and foster a love for poetry.

Participants had the freedom to choose any English poem, leading to a delightful variety of themes and styles. They were evaluated on Voice Modulation Expression, Clarity, Pronunciation, Memorization, and Confidence.

The competition was a resounding success, filled with enthusiastic participation and truly impressive performances. It served as a wonderful platform to enhance students' confidence and cultivate a deeper appreciation for both poetry and the art of public speaking.



Budding Authors Shine in Story Writing Competition!

The school buzzed with literary energy today, April 25th, as students from Classes 6 to 9 participated in the Story Writing Competition. Organized within the familiar setting of their classrooms, the competition provided a comfortable space for young imaginations to flourish.

Engrossed in their task, students crafted original narratives inspired by prompts or themes from their English teachers. Classrooms transformed into creative hubs, filled with the scratching of pens as ideas took form. The resulting stories showcased an impressive range of genres and styles, from exciting adventures and brave tales to touching narratives and thoughtful reflections.

A diverse collection of creative stories emerged, each reflecting the unique perspectives and talents of our young writers. The primary goal of this enriching activity was to encourage and nurture the creative writing skills of our students.

Perfecting the Pen: Handwriting Competition!

On April 30th, 2025, a Handwriting Competition was organized for students of Classes 1 to 8, featuring challenges in both English and Hindi.

Students in Classes 1 to 5 participated using their cursive writing books, demonstrating their growing skills. Students from Classes 6 to 8 showcased their regular handwriting abilities. Class teachers meticulously selected the top three students from each section.

The competition successfully encouraged the development of good handwriting habits and provided a platform for students to assess their skills in both English and Hindi. It served as a wonderful motivation for students to practice and further improve their handwriting.



Class 5 Engages in Creative "Overhead Reverse Toss Game"!

Class 5 participated in an exciting art-integrated activity: the "Overhead Reverse Toss Game". This engaging initiative fostered teamwork, problem-solving, and creative thinking amongst our young learners. Working in teams, the students demonstrated excellent collaboration and communication skills. The game challenged them to think creatively and strategically, thereby promoting critical thinking and problem-solving abilities. The activity seamlessly integrated elements of art through design and visualization, enriching the learning experience. Students creatively developed strategies and solutions, highlighting the connection between artistic expression and problem-solving. This fun-filled activity nurtured camaraderie and sportsmanship, making learning both enjoyable and engaging.

Activities & Learning

Unleashing Creativity Through Paper Art!

A vibrant Paper Art session was successfully held on April 25th, 2025, for students of Classes 1 to 8, along with enthusiastic staff members. The aim was to nurture creativity and enhance artistic skills across the school community.

Skilled art instructors led the interactive and hands-on workshop, introducing participants to fascinating paper art techniques like origami, paper quilling, paper cutting, and 3D paper modeling. The session provided a wonderful opportunity to explore imagination, develop fine motor skills, and express artistic talents. It proved to be a refreshing and enriching experience, fostering creativity and a love for art in everyone involved.



Continuous Professional Development

Induction Programme

Rev. Fr. Shaiju Chacko, Chairman of the Jammu-Srinagar Education Society, led a Staff Induction Programme on April 4th to launch the new academic session. The session reconnected staff with the school's core values and mission, inspiring a renewed sense of purpose and dedication. This time for reflection and rejuvenation set a positive and collaborative tone for the year ahead.



Critical and Creative Thinking

April 5th observed an insightful teacher orientation on "Critical and Creative Thinking." Dr. Amir Bashir equipped educators with strategies for deep thinking, problem-solving, and innovation, emphasizing methods like group discussions and real-world examples. The interactive session fostered collaboration and provided valuable teaching tools.



Learning Outcomes and Pedagogies

Our teachers attended a successful one-day seminar on “Learning Outcomes and Pedagogies” on April 19th, 2025. The session was conducted by the Centre of Excellence Chandigarh at Bhargava Public School Samba.

Led by esteemed education experts Ms. Munmun Kohli and Mrs. Sarika Sharma, the seminar focused on the importance of clearly defined learning outcomes and the impact of effective teaching methods.

The engaging and insightful session incorporated real-life classroom scenarios, interactive discussions, and collaborative activities. Our teachers were encouraged to reflect on their current practices and explore ways to better define and measure learning outcomes in their classrooms.

21st Century Skills

12th April 2025: On April 12th, 2025, S.Chand Publications conducted an orientation session for the teachers of Carmel Convent School, focusing on "21st Century Skills." Led by Ms. Joanna Fernandes, the session highlighted the importance of developing skills like Critical Thinking, Communication, Collaboration, and Creativity in modern education. Ms. Fernandes encouraged teachers to move beyond traditional methods and embrace student-centered, skill-based approaches. Through interactive examples, she provided practical ways for teachers to incorporate these skills into their classrooms. The session proved to be a valuable learning experience, enhancing teachers' ability to prepare students for the challenges of the modern world.



Parent Engagement

Building Bridges: Parent Familiarization Sessions

Between March 29th and April 19th, 2025, a series of Familiarization Sessions were organized for parents of students from LKG to Class 12. These sessions aimed to strengthen the vital partnership between home and school, fostering a shared understanding of each student's academic and developmental journey.

Conducted by the respective class teachers, each session offered valuable insights into the curriculum, co-curricular activities, teaching methodologies, and the students' past accomplishments. The sessions also focused on clearly outlining expectations for the new academic year, ensuring transparency in the learning process.

A key highlight was the introduction of the CBSE Parenting Calendar, emphasizing the importance of a strong, collaborative relationship between the school and parents. This resource provides guidance to families on effectively supporting their child's academic, emotional, and social growth at home.



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