

# ST. JOSEPH'S SCHOOL SENIOR SECONDARY - CBSE



## CBSE Curriculum

A Christian Minority Institution Run by Sisters of DMI  
Diary 2024 – 2025

Name : \_\_\_\_\_

Admission no : \_\_\_\_\_

Grade : \_\_\_\_\_ Sec: \_\_\_\_\_

House Name : \_\_\_\_\_

## **DMI FOUNDATIONS TRUST (DFT)**

DMI Foundations Trust is a strategic organization established by Rev. Fr. J. E. Arul Raj, the founder of the society of Daughters of Mary Immaculate & Collaborators of DMI, Missionaries of Mary Immaculate (MMI) and Associate Movement International (AMI) to facilitate the strengthening and development of the Charism, the well-being of the members of the societies, by sharpening the vision, along with lay collaborators and experts and the effective management of the Societies by safeguarding, developing, managing and administering the resources which are the patrimony of the Founder, left in the form of deposits, lands and institutions towards "Loving God in Serving the Poor". All our State Board, Matriculation, CBSE, International Residential Schools and Higher and Technical Education Colleges are managed and administered by DMI Foundations Trust (DFT) whose management structure is as follows with regard to schools:

<b>Founder</b>	<b>Rev. Fr. J. E. Arul Raj</b>
<b>Superior General of DMI</b>	<b>Rev. Sr. S. Lalitha</b>
<b>Superior General of MMI</b>	<b>Rev. Fr. Williams</b>
<b>DFT Managing Trustee</b>	<b>Rev. Sr. S. Gnana Selvam DMI</b>
<b>Core Committee Member - Schools</b>	<b>Rev. Sr. A. Mary Jehani DMI</b>

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**MESSAGE FROM THE FOUNDER**

**Rev. Fr. Dr. J. E. ARUL RAJ,**  
Founder, DMI & MMI Group of Institutions



DEAR FRIENDS,

DMI and MMI are Congregations of Catholic Religious Sisters and Priests known for their selfless service to humanity in many parts of the world. Self-respect through Self-sustenance, Self-sustenance through Capacity building, Capacity building through Knowledge based technical skills, Knowledge based technical skills towards respectable employment, and respectable employment towards the realization of one's ability to market one's own ideas, skills and products is our vision for those whom we serve.

To groom well disciplined, humanly motivated, intellectually enlightened, technically oriented citizens with stamina built in to face the changing world and a committed and strong spiritual base is our goal. All our educational and developmental services are oriented towards this goal which is to be achieved through the collective effort of consecrated Religious committed Collaborators, dedicated Staff, receptive Students and all other concerned.

We pray and hope that every person who passes through our hands is nourished and enriched in every way, not only to face the future but also to shape his or her own future and that of our country and the universe. May God bless you!

## STUDENT'S BIO – DATA 2024 - 2025

Name of the Student: \_\_\_\_\_

Standard: \_\_\_\_\_ Section: \_\_\_\_\_

Admission Number: \_\_\_\_\_

*EMIS Number:* \_\_\_\_\_

Aadhar Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Blood Group: \_\_\_\_\_

Mother Tongue: \_\_\_\_\_

Father's Name: \_\_\_\_\_

Mobile Number: \_\_\_\_\_

Qualification and Occupation: \_\_\_\_\_

Email id: \_\_\_\_\_

Mother's Name: \_\_\_\_\_

Mobile Number: \_\_\_\_\_

Qualification and Occupation: \_\_\_\_\_

Email id: \_\_\_\_\_

Annual Family Income: \_\_\_\_\_

Residential Address: \_\_\_\_\_

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Siblings studying in the School:

1. Name: \_\_\_\_\_ Grade: \_\_\_\_\_
2. Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Transport: (Own/ School)

If own, please specify: \_\_\_\_\_

If school bus, please specify the Bus/ Route no: \_\_\_\_\_

Boarding Point: \_\_\_\_\_

In case of Emergency, Contact Mr. / Mrs.: \_\_\_\_\_

Contact Number: \_\_\_\_\_

**Father's Signature**

**Guardian's Signature**

**Mother's Signature**

**Teacher's Signature**

## **GENERAL INFORMATION**

### **OBJECTIVES**

To impart sound education under the guidance of the **DMI Sisters/MMI Fathers**. It includes an all-round development – spiritual, moral, intellectual, physical, emotional, social and cultural aspects of the students committed to their care.

### **MOTTO OF THE SCHOOL**

### **FULLY HUMAN & FULLY ALIVE**

- More subject average, More centum, No failure
- Research and development
- Focus on general knowledge and depth in subject
- Communication skills
- Extracurricular activities and co-curricular activities
- Good health and food habits
- Human values

## **VISION**

Our vision is to enable young minds with profound knowledge and technology to be globally responsible by creating skilled and blissful community.

## **MISSION**

- To impart knowledge and technological skills in young minds with global standards.
- To ignite environmental sensitivity.
- To indoctrinate right values and universal brotherhood.
- To incorporate student-centric and joyful learning.

## **SPIRITUAL AND MORAL VALUES**

1. Awareness and belief in God and prayer
2. Appreciation and gratitude to the creator
3. Acceptance of oneself and others
4. Honesty and truthfulness which entail courage to speak the truth and stand by one's conviction
5. Respect and tolerance of all religions
6. Inner discipline

## **INTELLECTUAL VALUES**

1. A desire for knowledge
2. The ability to reason and think independently
3. Taste for reading
4. Discovery and development of one's talents and abilities
5. Good study habits and skill of learning

**PHYSICAL GOALS**

1. Health and personal hygiene
2. Self – discipline and moderation
3. Determination and perseverance to be one's best
4. Physical culture and gracefulness

**SOCIAL AND CULTURAL VALUES**

1. Consideration for others
2. Respect for elders
3. Politeness and courtesy
4. Concern for the less fortunate
5. Dignity on all types of work
6. Patriotism
7. Civic responsibility
8. Knowledge and appreciation of our culture
9. Healthy competition and team spirit



## STUDENT'S UNIFORM

DAY	K.G. To Class V		Classes VI to XII	
	Boys	Girls	Boys	Girls
<b>MON</b>	Pink Shirt, Dark Navy Blue Shorts & Blazer, Tie, Belt, Black Shoes, Blue Socks	Pink Shirt, Dark Navy Blue Skirt & Blazer, Tie, Belt, Black Shoes, Blue Socks	Pink Shirt, Dark Navy Blue full Pants & Blazer, Tie, Belt, Black Shoes, Blue Socks	Pink Shirt, Dark Navy Blue pants & Blazer, Black Shoes, Blue Socks
<b>TUE</b>	Pink Shirt, Dark Navy Blue Shorts & Blazer, Tie, Belt, Black Shoes, Blue Socks	Pink Shirt, Dark Navy Blue Skirt & Blazer, Tie, Belt, Black Shoes, Blue Socks	Pink Shirt, Dark Navy Blue full Pants & Blazer, Tie, Belt, Black Shoes, Blue Socks	Pink Shirt, Dark Navy Blue pants & Blazer, Black Shoes, Blue Socks
<b>WED</b>	Sports Uniform			
<b>THU</b>	Pink Shirt, Dark Navy Blue Shorts & Blazer, Tie, Belt, Black Shoes, Blue Socks	Pink Shirt, Dark Navy Blue Skirt & Blazer, Tie, Belt, Black Shoes, Blue Socks	Pink Shirt, Dark Navy Blue full Pants & Blazer, Tie, Belt, Black Shoes, Blue Socks	Pink Shirt, Dark Navy Blue Pants & Blazer, Black Shoes, Blue Socks
<b>FRI</b>	Pink Shirt, Dark Navy Blue Shorts & Blazer, Tie, Belt, Black Shoes, Blue Socks	Pink Shirt, Dark Navy Blue Skirt & Blazer, Tie, Belt, Black Shoes, Blue Socks	Pink Shirt, Dark Navy Blue full Pant & Blazer, Tie, Belt, Black Shoes, Blue Socks	Pink Shirt, Dark Navy Blue Pants & Blazer, Black Shoes, Blue Socks
<b>SAT</b>	<b>As per the Management's decision.</b>			

## **ANCHORED TO THE NATION**

### **NATIONAL ANTHEM**

Jana Gana Mana  
Adhinayaka Jay He  
BharataBhagyaVidhata  
Panjab Sindhu Gujarat Maratha  
DravidaUtkalaBanga  
Vindhya Himachal Yamuna Ganga  
UchchalaJaladhi Taranga  
TavaSubha Name Jaage  
TaveSubhaAashish Mange  
GaaheTava Jay Gaatha  
Jana GanaMangalDaayak Jay He  
Bharat BhagyaVidhata  
Jay he Jay he Jay he  
Jay JayJayJay He

### **PLEDGE TO THE NATION**

"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 respect to my parents, teachers and all elders 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..."

**NATIONAL SONG**

VandeMataram!

Sujalamsuphalam, malayajashitalam,  
 Shasyashyamalam, Mataram!  
 Shubhrajyotsnapulakitayaminim,  
 Phullakusumitadrumadalashobhinim,  
 Suhasinim, sumadhurabhashinim,  
 Sukhadam, varadam, Mataram!  
 Saptakotikanthakalakaninadakarale  
 Dvisaptakotibhujairdhrita-kharakaravale  
 Abalakena ma eta bale  
 Bahubaladharinim, namamitarinim,  
 RipudalavarinimMataram!

Tumividya, tumi dharma,  
 Tumihridi, tumimarma,  
 Tvam hi pranahshare!

Bahutetumi ma shakti,  
 Hridayetumi ma bhakti,  
 Tomarayipratimagarimandiremandire!

Tvam hi Durgadashapraharanadharini,  
 Kamala, Kamaladalaviharini,  
 Vani, vidyadayininamamitvam,

NamamiKalam, amalam, atulam,  
 Sujalam, suphalam, Mataram,  
 VandeMataram!

## **ANCHORED TO SPIRITUALITY**

### **OUR FATHER**

Our Father, who art in heaven, hallowed be Thy name;  
Thy kingdom come;  
Thy will be done on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses as we forgive those who  
trespass against us; and lead us not into temptation, but  
deliver us from evil.

### **MORNING PRAYER**

God bless our Mummy, God bless our Daddy  
God bless our Brothers and Sisters in a tender way  
God bless our Teachers and give us strength to understand  
What we are going to learn and write today.

### **ASSEMBLY PRAYER**

Be present O God, as we enter into this day's duties to guard  
and strengthen us.  
O God, all knowledge is in you.  
Bless our studies, strengthen our memory and direct our will  
towards what is right.  
Grant us the grace to seek the truth always and make us truly  
wise.

### **BEFORE MEALS PRAYER**

Bless, O God, this food we are about to eat;  
And we pray that, it may be good for our body and soul; Bless  
the people who made this food possible to us.  
And if there any people, who are hungry and thirsty give us  
the heart to share with them.

### **AFTER MEALS PRAYER**

Thank You God, for the food, we have eaten,  
 Thank you for the Hands, that have prepared it;  
 Thank you, God, for everything;  
 May we have hearts, full of thanks giving;  
 Not only today, but every day in our life.

### **THANKSGIVING AFTER CLASSES**

We give you thanks O Lord,  
 For all the things we have enjoyed today  
 For all stay at school and our happiness  
 For our parents and teachers  
 For all the new things we have learnt today  
 For our friends and kindness  
 For our strength and our health  
 For Thy gracious blessing we give thanks O Lord  
 For Thy loving kindness we give thanks O Lord.  
 - We give thanks O Lord.

### **SCHOOL ANTHEM**

Fully human and fully alive  
 Filled with compassion in words and deeds we love our friends  
 with heart fully  
 Live in the path of St. Joseph.

Sir, Pledge joy fruitful tree Athletes who sweat for heroic deed  
 Break the barrier caste and creed  
 Bloom success in treat and track.....  
 Love, laughter and joy will not cease Proceed your way of life  
 in ease Teachers serve with kind and gentle  
 Teaching we learn lighten the world bright.

**HYMNS****1. SHINE FORTH**

Shine forth thy glory on us  
 Ye only son of the most high  
 Shine forth thy glory on us  
 Reign over this earth with just  
 Pardon our sins draw us side.

Set us apart to take thy cross  
 To spread thy love far and wide  
 Save thy people from the globe across  
 Ye are the vine where we all abide.

**2. O! GIVE THANKS**

O! Give thanks to the Lord, for he is good  
 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.

**3. GOD'S LOVE**

God's love is so wonderful (3)

O! Wonderful love

So high you can't get over it (3)

So deep you can't get under it (3)

O! Wonderful love

So wide you can't get around it (3)

O! Wonderful love.

#### 4. WE ARE GATHERING

We are gathering together unto Him  
 Unto Him shall the gathering of the people be  
 We are gathering together unto Him

We are singing together unto Him  
 Unto Him shall the singing of the people be  
 We are singing together unto Him

We are praising together unto Him  
 Unto Him shall the praising of the people be  
 We are praising together unto Him

We are thanking together unto Him  
 Unto Him shall the thanking of the people be  
 We are thanking together unto Him.

#### 5. HE IS MY EVERYTHING

He is my everything, He is my all  
 He is my everything, both great and small  
 He gave his life for me made everything new  
 He is my everything now how about you?

Like honey in the rock, sweet honey in the rock  
 For He tastes like honey in the rock

O taste and see (2)  
 That the Lord is good (2)  
 For He tastes like honey in the rock.

## 6. THIS IS THE DAY

This is the day (2) that the Lord has made (2)

We will rejoice (2) and be glad in it. (2)

This is the day that the Lord has made

We will rejoice (2) and be glad in it. (2)

This is the day (2) that the Lord has made (2)

This is the day, this is the day

When He rose again (2)

We will rejoice (2) and be glad it. (2)

## 7. HE'S STILL WORKING

He's still working on me

To make me what I ought to be

It took him just two weeks to make the moon and the stars.

Sun and the Earth and Jupiter and Mars

How loving and patient he must be

He is still working on me.

There really ought to be a sign upon your heart.

Don't judge me yet there is an unfinished part.

But I'll be perfect just according to his plan

Fashioned by the master's loving hands.

The mirror of his work reflections that I see

Makes me wonder why he never gave upon me.

He loves me, as I am and helps me when I pray

Remember He is the potter I am the clay.



## 8. THIS IS MY PRAYER TO THEE

This is my prayer to Thee my Lord  
Strike, strike at the root of penury in my heart.

Give me the strength lightly to bear,  
My joys and sorrows  
Give me the strength, to make  
My love, fruitful in service.  
Give me the strength, never to disown the poor,  
Or bend my knees, before insolent might.

## 9. I JUST KEEP TRUSTING

I just keep trusting my Lord  
As I walk along  
I just keep trusting my Lord  
And He gives me a song.

Though the storm clouds darken the sky  
O'er the heavenly trail,  
I just keep trusting my Lord,  
He will never fail.

He's a faithful friend,	(-2)
Such a faithful friend,	(-2)
I can count on him	(-2)
To the very end.	(-2)

## **10. SHOWERS OF BLESSINGS**

There shall be showers of blessings

This is the promise of love

There shall be seasons refreshing

Sent from the savior above

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 honor Thy word. (*Chorus*)

## **ACADEMICS**

### **COURSES OF STUDY (UNDER CBSE PATTERN)**

#### **KINDERGARTEN**

1. English Reading & Writing
2. Tamil Reading & Writing
3. Number Work
4. Rhymes
5. Story Telling
6. General Knowledge
7. Art Education

#### **PRIMARY (GRADE I – V)**

1. English
2. Second Language : Tamil / Hindi
3. Third Language : Tamil / Hindi (Grade IV onwards)
4. Mathematics
5. Social Science / EVS
6. Computer Science
7. Physical Education
8. General Knowledge
9. Value Education / Catechism
10. Extra and Co-curricular activities

**MIDDLE (GRADE VI – VIII)**

1. First Language : English
2. Second Language : Tamil / Hindi
3. Third Language : Tamil / Hindi
4. Mathematics
5. Integrated Science : Physics, Chemistry and Biology
6. Social Science : History, Civics and Geography
7. Computer Science
8. Value Education / Catechism
9. Physical & Health Education
10. Co and Extracurricular Activities

**SECONDARY (GRADE IX – X)**

1. First Language : English
2. Second Language : Tamil / Hindi
3. Mathematics
4. Science : Physics, Chemistry and Biology
5. Social Science : History, Democratic Politics,  
Economics and Geography
6. Value Education / Catechism
7. Physical & Health Education

**SENIOR SECONDARY (GRADE XI - XII) COURSES OFFERED**

**Science Stream:** GROUP S1: English, Mathematics,  
Physics, Chemistry, Computer Science  
GROUP S2: English, Mathematics /  
Physical Education, Physics, Chemistry, Biology

**Commerce Stream:** GROUP C1: English, Accountancy,  
Business Studies, Economics, Mathematics

**Humanities Stream:** GROUP H1: English, History, Sociology,  
Economics, Political Science

**SUBJECTS OF INTERNAL ASSESSMENT**

1. Value Education / Catechism
2. Physical & Health Education
3. Literary and creative skills
4. Scientific skills
5. Aesthetic skills and Performing Arts
6. Computer Science
7. Environmental Education
8. General Knowledge
9. Assessment of speaking and listening

**ADMISSIONS: RULES & REGULATIONS****PROCEDURE FOR ADMISSION**

The application form and prospectus may be obtained from the school office with the following particulars:

- Name of the candidate
- Name of the school last studied
- Class to which admission is sought
- Date of birth
- Occupation of parent
- Permanent address and address for communication

**SUBMISSION OF APPLICATION FORMS**

The filled-in application forms should reach the school office for registration within 15 days from issuance.

**INSTRUCTION FOR FILLING UP THE APPLICATION FORM**

- The application form has to be signed only by one of the parents. In unavoidable cases, the guardian shall sign the application.
- Full permanent address / residential address must be shown clearly.
- Parent's occupation and office address also be furnished.
- The details furnished in the filled in application form should be correct in all aspects. Any discrepancy or supply of false information may lead rejection of the application.
- Father's and mother's full name should be written without any spelling error.

**SCHOOL ACADEMIC SESSION**

The school academic session for all grades from KG to XII will be from April to March but, the month of May will be declared as summer vacation. The school will function on all working days except Sundays and public holidays.



## **ATTENDANCE**

1. Students should attend the school regularly.
2. No extra classes will be conducted for students who avail leave.
3. Any student who is absent to the class shall submit leave letter to the class teacher.
4. Prior permission shall be obtained for any long leave.
5. Absent for periodical assessment / terminal examinations will not be entertained at any ground except illness certified by a doctor.
6. The students must attend the morning assembly and prayers and the late comers shall report to the principal / teacher designated and get noted in the students' handbook. Routine late coming will be viewed seriously.
7. The students with ill health / contagious diseases will not be permitted to attend the classes.

## **WITHDRAWAL AND DISMISSAL**

1. Applications for the withdrawal of a pupil should be submitted in writing to the Principal at least a month before the date of withdrawal or a month's fee will be charged in lieu of the notice.
2. A transfer certificate or any other certificates will be issued only if the school dues are paid and library books or any other school belongings taken on loan are returned.
3. Irregular attendance, habitual ill-health, disobedience or defiance of authority, malpractice in examinations, lack of improvement in conduct and studies even after warnings or found detrimental to the moral tone of the school are the sufficient reasons for the dismissal of a student.



## **BOOKS AND NOTEBOOKS**

Books and notebooks will be supplied by the school on the prescribed payment. To maintain uniformity and quality, the students are advised to buy their study materials from the school only.

## **CO-CURRICULAR / EXTRACURRICULAR ACTIVITIES**

**“Creativity is the hallmark of a person”**

### **CO-SCHOLASTIC ACTIVITIES**

In order to ensure that the students develop a sense of responsibility and leadership quality and also to explore their innate talents, potentials and qualities, the school provides ample opportunities through a wide variety of co-curricular activities.

The following activities will be assessed under co-scholastic activities and graded on a 5-point scale (A – E) for all the classes.

1. Work Education/Experience –  
Electrical/Electronics/Plumbing/Mechanical etc.
2. Art Education (Visual and Performing)
3. Health and Physical Education (Sports, Martial Art, Yoga and NCC)
4. Discipline (attendance, sincerity, behaviour and values)
5. Robotics
6. Coding

## **SCHOOL HOUSE SYSTEM**

- The school follows House System to group the staff and all the students into four houses as **Blue, Green, Red and Yellow**.
- Each House has Guide staff, Students Captain, Vice-Captain and a group of students who help in the maintenance and layout of the House.
- There should be a healthy competitive spirit among the houses to excel in studies, games, athletics and other co-curricular activities.

## **SCHOOL CLUBS**

The school has installed various Clubs, namely, Tamil Club, English Club, Hindi Club, Math Club, Science Club, Fine Arts Club and Computer Club in order to bring out the natural, built-in talents of every student through various events. The clubs conduct subject enrichment programs in regular intervals.

## **EDUCATIONAL TOUR / PICNICS**

School organizes educational trips and tours to explore the world outside the classrooms. Travelling is a delightful experience, which keeps the students in tune with the mysteries of nature and life styles of different people. It broadens their horizon and enriches their education.

## **EXTRA CURRICULAR ACTIVITIES**

The school also offers training on Instrumental Music, Taekwondo, Skating, Silambam, Classical Dance, Abacus, Chess, Yoga and French as extra-curricular activities at nominal fees in order to enrich every student with added skills.

## THE STUDENT COUNCIL

The student council has been established to assist the Principal and the staff in the smooth functioning of the school. The council consists of the school leader, the general secretary, the House Captains and the Vice Captains. These office bearers play a vital role in maintaining discipline and order. All students are answerable to the office bearers for their conduct in the school.

## STAFF COUNCIL

The school has the following staff councils:

- **The Academic Council** aims to maintain high academic standards by introducing the most effective techniques of teaching, raising the standard of slow learning students, organizing various curricular activities like Seminars, Group discussions, Symposiums etc.
- **The Cultural Council** is in charge of organizing various school functions like Club Inauguration Day, Independence Day, Teacher's Day, School Feast, Children's Day, Christmas Day, Pongal Day, Annual Day etc. and for conducting film shows and other recreational activities of the pupils.
- **The Sports Council** is in charge of organizing the Annual Sports meet, Inter-House matches and other activities in the school. It is also responsible for organizing morning assembly, maintaining discipline and cleanliness of the students.

## SPORTS AND GAMES

Sports and games are given due importance in the school. All the major indoor and outdoor games are offered to the students. The Sports Club encourages all round development of the students and organizes a number of inter school competitions.

## LIBRARY REGULATIONS

- All pupils and staff are the members of the library.
- Only one book will be issued at a time and the pupil can retain it for a maximum of one week. The book borrowed by the pupil shall be returned without any damage caused to the book.
- Reference books cannot be taken out of the library.
- Readers should not write / damage / any book, manuscript or magazine belonging to the library.
- Readers shall be responsible for any damage done to the books or other property belonging to the library and shall be required to replace each book or the property damaged or pay the said value in cash thereof.
- Readers will be allowed to take only the school handbook & ID cards into the library.
- Before leaving the library, the student is accountable to satisfy the librarian as to whether the books lent to him / her are in good condition. Otherwise, he / she is responsible for the replacement of the book.

## **SCHOOL TRANSPORT (IF AVAILED)**

School Vans / buses are made available for students. Parents shall make necessary arrangements to handover their children at appointed time to avoid delay in picking up their children at the scheduled time and spots.

### **TRANSPORT RULES**

#### **'It is better to be on the safer side'**

- Students who avail the bus facilities are to utilize for the whole year.
- Parents should stick to the pickup points throughout the year.
- Giving tips to the driver/conductor is prohibited.
- The students are not permitted to reserve seats for themselves or for their friends.
- Students should obey the instructions and follow the guidance of the bus crew.
- Unruly behavior and undisciplined act of the students inside the bus will lead to disciplinary action against them, and eventually, the transportation facility will be cancelled for the miscreants.
- The bus conductor and the teacher in-charge must be informed beforehand if the student uses his / her private transport or taken by the parent from the school.
- The fee receipts must be kept under safe custody and the same must be produced if required by the school.
- The students must clear the transport fee arrears before academic exams.

## NOTE TO STUDENTS

### **The students**

1. shall give due respect to all the teachers in the school.
2. shall stand and wish a teacher or a visitor when he/she enters and leaves the classroom.
3. shall not interfere when the teachers are conversing.
4. shall observe complete silence in the absence of any teacher.
5. shall not whisper to disturb the classes and shall not talk loudly on the corridors and also stop conversing when teachers or superiors pass by.
6. shall read the handbook carefully; adhere with the norms and take note on the important things.
7. shall not use any bad language, unruly behavior and manners against any student or teacher.
8. shall not drive motor vehicles as per the rules of the govt. The school expects strict observance of the same.
9. should converse only in English; from KG to Grade XII.
10. shall have faith and fear of God and believe that praying to the God for any help is answered.
11. shall consider time is precious and use it responsibly.
12. shall report to the school in time and maintain neat and tidy full school uniform as prescribed.
13. shall maintain the notebooks and homework neatly and the same shall be completed promptly. The works done must be corrected by the concerned teachers consistently. Students are advised to use only ink pen from standard IV onwards.

14. shall refrain from damaging school's properties, compensation must be paid against any such damages (if caused), at the discretion of the principal.
15. shall ensure that the bicycle is locked properly before leaving to their respective classes if they come to school by bicycle. The school will not be held responsible for the cycle that is lost.
16. shall be aware that the promotion to the higher class is entirely depending on the academic performance of the students.
17. shall bring napkins / hand-towels, spoons in order to maintain classrooms neat and tidy.
18. shall not bring story books, magazines and periodicals to the classrooms without being approved by the Principal.
19. shall not keep money with them. If money is brought, it should be deposited at the school office.
20. shall be responsible for their belongings. While every effort is taken by the school authorities to avoid the loss of such articles, the ultimate responsibility rests on students only.
21. shall be responsible for your own books, fountain pen, tiffin and lunch careers, etc.
22. shall keep the surroundings clean and any student who makes the place dirty or encourages for the same will be viewed seriously.
23. shall refrain from attending the school if suffering from contagious diseases will not be permitted to attend the classes.
24. shall submit the leave letter to the class teacher when he / she joins the school after the leave.

25. shall avail long leave only after obtaining the prior permission from the Principal.
26. shall attach a medical certificate along with the leave letter, if availing leave for more than 5 days on medical grounds. If a student is absent for more than a month without intimation, his / her name will be struck off from the roll.
27. shall not avail private tuition with their teachers without the permission of the Principal.
28. shall get prior permission to meet the teachers at their residence / quarters / rooms.
29. shall not leave the classroom without teacher's permission.
30. shall leave the school with the permission of the Principal in case of falling sick.
31. shall/will be sent out if found guilty in copying or attempting to copy during the examination.
32. shall take part in the activities of the school's sports and games unless certified physically unfit by a doctor.
33. shall take part in games and recreation which will refresh the mind and give you energy for study.
34. shall be aware that, any damage to the school's property, disfiguring the walls, damaging of furniture and electrical appliances, use of nick names, use of unparliamentarily words, use of filthy language or any other form of misconducts are punishable offences.
35. shall be aware that, smoking, use of drugs, narcotics, intoxicants, chewing betel nuts, chewing gums, pan-parag, etc., are strictly prohibited inside the campus and any such activity will result in immediate dismissal.



36. shall have the accepted hairstyle (Boys - short hair, properly combed, not to strengthen hair with petroleum jelly, No beard and moustache either).
37. shall have decent dressing - Avoid low hip dressing and pants sweeping the floor and tight fitting garments.
38. shall be aware that, the causes that justify the removal of a student on the part of the school authorities are: offences against honesty and morality and habitual insubordination.

### **NOTE TO THE PARENTS**

Parents are requested to co-operate with the school authorities by enforcing regularity and discipline, by seeing to it that the children prepare their lessons and by taking an active interest in the activities of the school.

1. Students should report to the school on the day of re-opening.
2. Permission should be sought in case of any late reporting.
3. Parents should stitch/ attach identification tag in all the belongings of their ward.
4. Parents / Guardians are not permitted to visit their ward during the school hours.
5. In case of emergency only the parents or the guardians are permitted to meet their wards with the permission of the Principal, and not his/her associates.
6. Parents shall contact their ward through the given Mobile Number. Students are not allowed to have mobile phone and if it is found in possession, it will be confiscated and a fine will be levied on the student.
7. E-mail facility also is available in the school office, parents intending to use it may make use of the E-mail address.

8. All communications to the school should be made only through the principal.
9. Parents cannot have direct contact with the teachers, except through the principal.
10. Parents are requested not to visit the teacher's residence and contact them over telephone.
11. Parents should meet all the teachers during the parents-teachers contact session on every second Friday afternoon between 2.00 pm & 3.30 pm or as it is noted in the handbook.
12. Parents should observe the academic performance of their wards. During parents - teachers contact session the parents are requested to meet the teachers with their ward & handbook to discuss the steps to be taken for the progress of the child.
13. Parents should ask for the handbook of their ward and should acknowledge the same.
14. The progress record is based on his/her overall performance and not on the studies alone.
15. A cumulative record is maintained in the school for each student. Parents are requested to ask for cumulative record of the ward from the class teacher and acknowledge the same.
16. Annual fee has to be paid before the stipulated time. Parents desirous to pay the fee in 2 installments can do so with an additional fee Rs.1,000/- along with the second installment. Cheque will not be accepted at any cost.
17. When a student is admitted in the school, the parents/guardians will be deemed to have gone through and accepted all these rules and regulations of the school.

18. Make your wards participate in any one of the Educational Tours which will be arranged by the management.
19. The school authorities may modify the terms and conditions mentioned in the prospectus from time to time without prior notice.
20. Students shall avoid availing leave for the following reasons:
  - a) Family function; not for blood relatives
  - b) Accompanying parents on tour
  - c) Simple religious ceremonies
  - e) Attending to / entertaining relatives / visitors at home.

“A disciplined life with a spiritual base and an excellence of men and matters is a right of every child to grow into a powerful citizen of this country.”

### **RESOLUTION ON DISCIPLINE**

1. All students come under school rules from the beginning of the journey to school until the end of their journey back home.
2. All pupils should maintain a high standard of manners in their words and deeds at all times.
3. Pupils should always be dressed in the prescribed school uniform or sports uniform, wherever applicable. Un-uniform dress is permitted only on his/her birthday.
4. Pupils, who reach the school campus early, should enter their classroom and engage themselves in silent study.
5. At the first bell, both students and staff shall assemble in the courtyard of the class in order. On dispersal, the students should move to their own classrooms in perfect order, together with their class teacher at the rear of the line.
6. When the teacher enters the classroom, all the students

should stand up, greet the teachers and should thank the teacher when the class is over.

7. Students shall not leave their classroom during or in between the periods and they shall not enter any other classroom.
8. Lost articles must be claimed from the school office within a week, after which period unclaimed articles will be disposed of.
9. Any damage caused to the property of the school must be immediately reported to the Principal.
10. All waste papers must be put in the proper receptacle.
11. Selling or buying of anything among the students on the school premises is strictly prohibited.
12. Parents are earnestly requested not to provide any personal gifts to staff.

### **DECLARATION BY THE PARENT / GUARDIAN**

I have read the rules of the school and agree to abide by all the decisions of the school regarding my child.

1. Father's Signature :
2. Mother's Signature :
3. Pupil's Signature :

**NOTE:** The communication with the school through the students' handbook has to be endorsed by one of the parents.





**CALENDER 2024 – 2025**

**APRIL 2024**

<b>DATE</b>	<b>DAY</b>	<b>ACTIVITIES</b>
1	MON	
2	TUE	WORLD AUTISM DAY
3	WED	ACADEMIC YEAR BEGINS
4	THU	
5	FRI	
6	SAT	
7	SUN	HOLIDAY WORLD HEALTH DAY
8	MON	
9	TUE	TELUGU NEW YEAR & IDUL-FITR
10	WED	
11	THU	
12	FRI	
13	SAT	
14	SUN	TAMIL NEW YEAR DR. B.R AMBEDKAR JAYANTI
15	MON	
16	TUE	
17	WED	
18	THU	WORLD HERITAGE DAY
19	FRI	
20	SAT	HOLIDAY
21	SUN	WORLD CREATIVITY & INNOVATION DAY HOLIDAY
22	MON	SUMMER VACATION – STUDENTS EARTH DAY
23	TUE	ENGLISH LANGUAGE DAY
24	WED	
25	THU	
26	FRI	
27	SAT	
28	SUN	HOLIDAY
29	MON	
30	TUE	



**MAY 2024**

<b>DATE</b>	<b>DAY</b>	<b>ACTIVITIES</b>
1	WED	MAYDAY
2	THU	
3	FRI	
4	SAT	
5	SUN	HOLIDAY
6	MON	
7	TUE	
8	WED	
9	THU	
10	FRI	
11	SAT	NATIONAL TECHNOLOGY DAY
12	SUN	HOLIDAY - MOTHERS' DAY
13	MON	
14	TUE	
15	WED	
16	THU	
17	FRI	
18	SAT	HOLIDAY
19	SUN	HOLIDAY
20	MON	
21	TUE	
22	WED	
23	THU	
24	FRI	
25	SAT	
26	SUN	HOLIDAY
27	MON	
28	TUE	
29	WED	
30	THU	
31	FRI	

**JUNE 2024**

<b>DATE</b>	<b>DAY</b>	<b>ACTIVITIES</b>
1	SAT	
2	SUN	HOLIDAY
3	MON	SCHOOL REOPENS WORLD BICYCLE DAY
4	TUE	
5	WED	ENVIRONMENT DAY
6	THU	
7	FRI	WORLD FOOD SAFETY DAY
8	SAT	WORLD OCEANS DAY
9	SUN	HOLIDAY
10	MON	
11	TUE	
12	WED	WORLD DAY AGAINST CHILD LABOUR
13	THU	
14	FRI	
15	SAT	HOLIDAY
16	SUN	HOLIDAY FATHER'S DAY
17	MON	BAKRID
18	TUE	
19	WED	
20	THU	
21	FRI	INTERNATIONAL YOGA DAY
22	SAT	
23	SUN	HOLIDAY
24	MON	
25	TUE	
26	WED	INTERNATIONAL DAY AGAINST DRUG ABUSE
27	THU	
28	FRI	
29	SAT	
30	SUN	HOLIDAY

**JULY 2024**

<b>DATE</b>	<b>DAY</b>	<b>ACTIVITIES</b>
1	MON	
2	TUE	
3	WED	
4	THU	
5	FRI	
6	SAT	
7	SUN	HOLIDAY
8	MON	
9	TUE	PA- I
10	WED	PA- I
11	THU	PA- I WORLD POPULATION DAY
12	FRI	PA- I
13	SAT	PA- I
14	SUN	HOLIDAY
15	MON	WORLD YOUTH SKILLS DAY
16	TUE	
17	WED	MUHARRAM
18	THU	
19	FRI	
20	SAT	HOLIDAY WORLD CHESS DAY
21	SUN	HOLIDAY
22	MON	
23	TUE	
24	WED	
25	THU	
26	FRI	
27	SAT	
28	SUN	HOLIDAY
29	MON	
30	TUE	
31	WED	

**AUGUST 2024**

<b>DATE</b>	<b>DAY</b>	<b>ACTIVITIES</b>
1	THU	
2	FRI	
3	SAT	
4	SUN	HOLIDAY
5	MON	
6	TUE	
7	WED	
8	THU	
9	FRI	
10	SAT	
11	SUN	HOLIDAY
12	MON	
13	TUE	
14	WED	
15	THU	INDEPENDENCE DAY
16	FRI	
17	SAT	HOLIDAY
18	SUN	HOLIDAY
19	MON	WORLD HUMANITARIAN DAY
20	TUE	PA - II
21	WED	PA - II
22	THU	PA - II
23	FRI	PA - II
24	SAT	PA - II
25	SUN	HOLIDAY
26	MON	JANMASHTAMI
27	TUE	
28	WED	
29	THU	NATIONAL SPORTS DAY
30	FRI	
31	SAT	

**SEPTEMBER 2024**

<b>DATE</b>	<b>DAY</b>	<b>ACTIVITIES</b>
1	SUN	HOLIDAY
2	MON	
3	TUE	
4	WED	
5	THU	TEACHERS' DAY
6	FRI	
7	SAT	GANESH CHATURTI
8	SUN	HOLIDAY
9	MON	
10	TUE	
11	WED	
12	THU	
13	FRI	
14	SAT	HOLIDAY
15	SUN	HOLIDAY DAY OF DEMOCRACY
16	MON	MILAD NABI
17	TUE	
18	WED	
19	THU	
20	FRI	TERM I EXAMS START
21	SAT	INTERNATIONAL DAY OF PEACE
22	SUN	HOLIDAY
23	MON	INTERNATIONAL DAY OF SIGN LANGUAGES
24	TUE	
25	WED	
26	THU	
27	FRI	
28	SAT	
29	SUN	HOLIDAY
30	MON	TERM I EXAMS END

**OCTOBER 2024**

<b>DATE</b>	<b>DAY</b>	<b>ACTIVITIES</b>
1	TUE	
2	WED	GANDHI JAYANTHI
3	THU	
4	FRI	
5	SAT	
6	SUN	HOLIDAY
7	MON	
8	TUE	
9	WED	
10	THU	WORLD MENTAL HEALTH DAY
11	FRI	INTERNATIONAL DAY OF THE GIRL CHILD
12	SAT	POOJA HOLIDAYS
13	SUN	POOJA HOLIDAYS
14	MON	
15	TUE	
16	WED	WORLD FOOD DAY
17	THU	INTERNATIONAL DAY FOR THE ERADICATION OF POVERTY
18	FRI	
19	SAT	HOLIDAY
20	SUN	HOLIDAY
21	MON	
22	TUE	
23	WED	
24	THU	UNITED NATIONS DAY
25	FRI	
26	SAT	
27	SUN	HOLIDAY
28	MON	
29	TUE	
30	WED	
31	THU	DEEPAVALI

**NOVEMBER 2024**

<b>DATE</b>	<b>DAY</b>	<b>ACTIVITIES</b>
1	FRI	
2	SAT	
3	SUN	HOLIDAY
4	MON	
5	TUE	WORLD TSUNAMI AWARENESS DAY
6	WED	
7	THU	
8	FRI	
9	SAT	
10	SUN	HOLIDAY
11	MON	
12	TUE	
13	WED	
14	THU	CHILDREN'S DAY
15	FRI	
16	SAT	HOLIDAY
17	SUN	HOLIDAY
18	MON	
19	TUE	PA - III
20	WED	PA - III
21	THU	PA - III
22	FRI	PA - III
23	SAT	PA - III
24	SUN	HOLIDAY
25	MON	
26	TUE	
27	WED	
28	THU	
29	FRI	
30	SAT	

**DECEMBER 2024**

<b>DATE</b>	<b>DAY</b>	<b>ACTIVITIES</b>
1	SUN	HOLIDAY
2	MON	
3	TUE	INTERNATIONAL DAY OF PERSONS WITH DISABILITIES
4	WED	
5	THU	
6	FRI	
7	SAT	
8	SUN	HOLIDAY
9	MON	ANTI-CORRUPTION DAY
10	TUE	HUMAN RIGHTS DAY
11	WED	
12	THU	
13	FRI	
14	SAT	
15	SUN	HOLIDAY
16	MON	
17	TUE	
18	WED	
19	THU	
20	FRI	
21	SAT	HOLIDAY
22	SUN	HOLIDAY
23	MON	
24	TUE	
25	WED	CHRISTMAS
26	THU	
27	FRI	
28	SAT	
29	SUN	HOLIDAY
30	MON	
31	TUE	



**JANUARY 2025**

<b>DATE</b>	<b>DAY</b>	<b>ACTIVITIES</b>
1	WED	NEW YEAR
2	THU	
3	FRI	
4	SAT	
5	SUN	HOLIDAY
6	MON	
7	TUE	
8	WED	
9	THU	
10	FRI	
11	SAT	
12	SUN	HOLIDAY
13	MON	
14	TUE	PONGAL
15	WED	THIRUVALLUVAR DAY
16	THU	
17	FRI	
18	SAT	HOLIDAY
19	SUN	HOLIDAY
20	MON	
21	TUE	
22	WED	
23	THU	
24	FRI	
25	SAT	
26	SUN	REPUBLIC DAY
27	MON	PA - IV
28	TUE	PA - IV
29	WED	PA - IV
30	THU	PA - IV MARTYRS' DAY
31	FRI	PA - IV

**FEBRUARY 2025**

<b>DATE</b>	<b>DAY</b>	<b>ACTIVITIES</b>
1	SAT	
2	SUN	HOLIDAY
3	MON	
4	TUE	
5	WED	
6	THU	
7	FRI	
8	SAT	
9	SUN	HOLIDAY
10	MON	
11	TUE	
12	WED	
13	THU	
14	FRI	
15	SAT	HOLIDAY
16	SUN	HOLIDAY
17	MON	
18	TUE	
19	WED	
20	THU	
21	FRI	
22	SAT	
23	SUN	HOLIDAY
24	MON	
25	TUE	
26	WED	
27	THU	
28	FRI	NATIONAL SCIENCE DAY

**MARCH 2025**

<b>DATE</b>	<b>DAY</b>	<b>ACTIVITIES</b>
1	SAT	
2	SUN	HOLIDAY
3	MON	
4	TUE	
5	WED	
6	THU	
7	FRI	
8	SAT	
9	SUN	HOLIDAY
10	MON	
11	TUE	
12	WED	
13	THU	
14	FRI	
15	SAT	HOLIDAY
16	SUN	HOLIDAY
17	MON	TERM II EXAMS START
18	TUE	
19	WED	
20	THU	
21	FRI	
22	SAT	
23	SUN	HOLIDAY
24	MON	
25	TUE	
26	WED	TERM II EXAMS END
27	THU	TERM END BREAK
28	FRI	
29	SAT	
30	SUN	HOLIDAY
31	MON	IDUL FITR







**EXAM TIMETABLE**

<b>I PERIODIC ASSESSMENT - TIMETABLE</b>			
<b>SL.NO</b>	<b>DATE &amp; DAY</b>	<b>SUBJECTS</b>	
		<b>FORENOON</b>	<b>AFTERNOON</b>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

**TEACHER'S SIGN****PARENT'S SIGN**

**I PERIODIC ASSESSMENT - PORTIONS**

<b>SL.NO</b>	<b>SUBJECT</b>	<b>PAGES / LESSONS</b>
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

**TEACHER'S SIGN****PARENT'S SIGN**



**HALF YEARLY EXAMINATION -TIMETABLE**

SL.NO	DATE & DAY	SUBJECTS	
		FORENOON	AFTERNOON
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

**TEACHER'S SIGN****PARENT'S SIGN**

**HALF YEARLY EXAMINATION - PORTIONS**

<b>SL.NO</b>	<b>SUBJECT</b>	<b>PAGES / LESSONS</b>
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

**TEACHER'S SIGN****PARENT'S SIGN**

**II PERIODIC ASSESSMENT - TIMETABLE**

SL.NO	DATE & DAY	SUBJECTS	
		FORENOON	AFTERNOON
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

**TEACHER'S SIGN****PARENT'S SIGN**

**II PERIODIC ASSESSMENT - PORTIONS**

<b>SL.NO</b>	<b>SUBJECT</b>	<b>PAGES / LESSONS</b>
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

**TEACHER'S SIGN****PARENT'S SIGN**

**III PERIODIC ASSESSMENT - TIMETABLE**

SL.NO	DATE & DAY	SUBJECTS	
		FORENOON	AFTERNOON
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

**TEACHER'S SIGN****PARENT'S SIGN**

**III PERIODIC ASSESSMENT - PORTIONS**

<b>SL.NO</b>	<b>SUBJECT</b>	<b>PAGES / LESSONS</b>
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

**TEACHER'S SIGN****PARENT'S SIGN**

**FINAL EXAMINATION – TIMETABLE**

SL.NO	DATE & DAY	SUBJECTS	
		FORENOON	AFTERNOON
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

**TEACHER'S SIGN****PARENT'S SIGN**

**FINAL EXAMINATION – PORTIONS**

<b>SL.NO</b>	<b>SUBJECT</b>	<b>PAGES / LESSONS</b>
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

**TEACHER'S SIGN****PARENT'S SIGN**







**LEAVE RECORD**

<b>Date</b>	<b>Reason for Absence</b>	<b>Parent's Signature</b>	<b>Class Teacher's Signature</b>

**NOTE:** If a student absents himself / herself for more than 8 days in a term, the Principal shall call him / her along with parents for an enquiry and a memo will be issued. If the same is repeated, he / she shall be suspended.

<b>LEAVE RECORD</b>			
Date	Reason for Absence	Parent's Signature	Class Teacher's Signature

**NOTE:** If a student absents himself / herself for more than 8 days in a term, the Principal shall call him / her along with parents for an enquiry and a memo will be issued. If the same is repeated, he / she shall be suspended.

**LATE ATTENDANCE RECORD**

<b>Date</b>	<b>Time of Arrival</b>	<b>Reason</b>	<b>Parent's Sign</b>	<b>Principal's Sign</b>

**NOTE:** Students are expected to be on the school premises at least 5 minutes before the first bell. Late comers will be marked "absent" for the morning session. Students who come late even for a day, will not be considered eligible for winning the prize and certificate for 100% attendance.

**LATE ATTENDANCE RECORD**

Date	Time of Arrival	Reason	Parent's Sign	Principal's Sign

**NOTE:** Students are expected to be on the school premises at least 5 minutes before the first bell. Late-comers will be marked “absent” for the morning session. Students who come late even for a day, will not be considered eligible for winning the prize and certificate for 100% attendance.

**LATE ATTENDANCE RECORD**

Date	Time of Arrival	Reason	Parent's Sign	Principal's Sign

**NOTE:** Students are expected to be on the school premises at least 5 minutes before the first bell. Late-comers will be marked “absent” for the morning session. Students who come late even for a day, will not be considered eligible for winning the prize and certificate for 100% attendance.





**UNIFORM DEFAULT RECORD**

Date	Reason	Sign of the Parent	Sign of the Principal

**NOTE:** Nature of uniform Default - Untidy Uniform, Unkempt hair, Unpolished shoes, Untrimmed nails, not wearing ID card, tie, belt, white ribbon, head band. Students must wear track suit on every Wednesday. The uniform of the student will be checked every day by the class teacher and/ or the PE teachers / sports council members.

**UNIFORM DEFAULT RECORD**

<b>Date</b>	<b>Reason</b>	<b>Sign of the Parent</b>	<b>Sign of the Principal</b>

**NOTE:** Nature of uniform Default - Untidy Uniform, Unkempt hair, Unpolished shoes, Untrimmed nails, not wearing ID card, tie, belt, white ribbon, head band. Students must wear track suit on every Wednesday. The uniform of the student will be checked every day by the class teacher and / or the PE teachers / sports council members.



**TOTAL ATTENDANCE RECORD**

<b>Month</b>	<b>No. of Working Days</b>	<b>No. of Days Absent</b>	<b>No. of Days Present</b>	<b>Sign. Of the Class Teacher (With date)</b>	<b>Sign of the Parent (with date)</b>
<b>Jun</b>					
<b>Jul</b>					
<b>Aug</b>					
<b>Sep</b>					
<b>Oct</b>					
<b>Nov</b>					
<b>Dec</b>					
<b>Jan</b>					
<b>Feb</b>					
<b>Mar</b>					
<b>Apr</b>					
<b>Total</b>					



## MEDICAL EXAMINATION RECORD

Name: \_\_\_\_\_

Class & Sec.: \_\_\_\_\_

Age: \_\_\_\_\_ Height: \_\_\_\_\_ cms Weight: \_\_\_\_\_ kgs

Chest measurement normal: \_\_\_\_\_

Expansion: \_\_\_\_\_

Signature of PET: \_\_\_\_\_

Date: \_\_\_\_\_

### ***Vision Testing:***

Sl. No	Date of Testing	Left Eye	Right Eye	Remarks

### ***Medical Examination:***

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Parent's Signature**

**Doctor's Signature**

**HOMEWORK 2024 - 2025**

**HOMEWORK 2024 - 2025**

Date: \_\_\_\_\_ Wake up Time: \_\_\_\_\_

Vocabulary: \_\_\_\_\_

Meaning: \_\_\_\_\_

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**Teacher's Signature**

**Parent's Signature**

Date: \_\_\_\_\_ Wake up Time: \_\_\_\_\_

Vocabulary: \_\_\_\_\_

Meaning: \_\_\_\_\_

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**Teacher's Signature**

**Parent's Signature**



**HOMEWORK 2024 - 2025**

Date: \_\_\_\_\_ Wake up Time: \_\_\_\_\_

Vocabulary: \_\_\_\_\_

Meaning: \_\_\_\_\_

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**Teacher's Signature**

**Parent's Signature**

Date: \_\_\_\_\_ Wake up Time: \_\_\_\_\_

Vocabulary: \_\_\_\_\_

Meaning: \_\_\_\_\_

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**Teacher's Signature**

**Parent's Signature**

**HOMEWORK 2024 - 2025**

Date: \_\_\_\_\_ Wake up Time: \_\_\_\_\_

Vocabulary: \_\_\_\_\_

Meaning: \_\_\_\_\_

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**Teacher's Signature**

**Parent's Signature**

Date: \_\_\_\_\_ Wake up Time: \_\_\_\_\_

Vocabulary: \_\_\_\_\_

Meaning: \_\_\_\_\_

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## **GENERAL INFORMATION**

### **FOR THE KIND ATTENTION OF THE PARENTS**

#### **HEALTHY EATING FOR YOUR GROWING CHILD**

When your child first starts going to school, he or she will start growing quickly and becoming more active. Children's energy and nutrient needs are high. So it's important that they get a healthy balanced diet containing plenty of fruits, vegetables and starchy foods.

#### **VEGETARIAN DIET FOR CHILDREN**

If you want to give your child a vegetarian diet, it's important to make sure their diet is balanced.

#### **GETTING ENOUGH PROTEIN**

Pulses (Lentils and beans), milk, cheese and eggs are rich sources of protein.

#### **GETTING ENOUGH IRON**

Good sources of iron include:

- Wholegrain cereals, leafy green vegetables such as spinach and watercress, pulses, dried apricots or figs.
- Remember, eating food containing Vitamin C with iron-rich food, might make it easier to absorb iron from our food.
- Also avoid giving your child too much tea or coffee because it could reduce the amount of iron they can absorb.

## **MINERALS AND VITAMINS**

Milk, cheese, yoghurt, soya beans and nuts are rich in calcium, which is needed for healthy bones and teeth. Citrus fruit, tomatoes and potatoes are all good sources of Vitamin C.

## **NON-VEGETARIAN DIET**

- Cereals and oily fish – these foods are good sources of dietary vitamin D, which helps to keep bones healthy.
- Meat (particularly red meat), which is a rich source of iron – fish, pulses, green vegetables and cereals are also good sources of iron.
- At least two portions of fish a week – you can give boys up to four portions of oily fish a week, but it's best to give girls no more than two portions.

## **FOOD TO LIMIT**

There are certain foods, such as junk foods and drinks that can be harmful to your child's health, if they have them too much or too often.

## **SWEETS AND SNACKS**

- Eating sweet and sticky foods frequently between meals causes dental decay. Snack food such as cakes, biscuits, chocolate and sweets can be high in sugar and saturated fat, and low in certain vitamins and minerals.
- Make sure they eat them only occasionally or in smaller amount, so they only make up a relatively small part of the overall diet.

- Help and encourage your child to clean their teeth twice every day – once in the morning and before going to bed at night.
- Check the label and choose those options lower in fat, saturated in fat, sugar and salt.

## **DRINKS**

Sweet drinks damage teeth, especially if drunk frequently or sipped from a bottle over long periods between meals. So try to keep drinks such as fruit juice or squash to meal times, and try to encourage your child to drink water or milk in between.

## **SALT**

There is no need to add much of salt to your child's food. The maximum amount of salt your child should have depends on their age. As a guide:

- Four to six years - 3g a day
- Seven to ten years- 5g a day
- 11 years onwards - 6g a day

If you're buying processed food, even those aimed at children, remember to check the information given on the labels to choose those with less salt.

## HEALTHY WEIGHT

If you encourage your child to eat a healthy balanced diet with only small amount of food containing sugar and fat, and get plenty of physical activity, they should maintain a healthy weight.

**The following is the average weight and height table for different ages:**

AGE	FEMALE		MALE	
	Weight in kg	Height in cm	Weight in kg	Height in cm
2 yrs	12	85.5	12.5	86.8
3 yrs	14.2	94	14	95.2
4 yrs	15.4	100.3	16.3	102.3
5 yrs	17.9	107.9	18.4	109.2
6 yrs	19.9	115.5	20.6	115.5
7 yrs	22.4	121.1	22.9	121.9
8 yrs	25.8	128.2	25.6	128
9 yrs	28.1	133.2	28.6	133.3
10 yrs	31.9	138.4	32	138.4
11 yrs	36.9	144	35.6	143.5
12 yrs	41.5	149.8	39.9	149.1
13 yrs	45.8	156.7	45.3	156.2
14 yrs	47.6	158.7	50.8	163.8
15 yrs	52.1	159.7	56	170.1
16 yrs	53.5	162.5	60.8	173.4
17 yrs	54.4	162.5	64.4	175.2
18 yrs	56.7	163	66.9	175.7

If you are concerned about your child's weight, contact your General Practitioner for advice.

## Estimated Calorie Needs per Day by Age, Gender and Physical Activity Level

	Male			Female		
Activity Level	Sedentary	Moderately Active	Active	Sedentary	Moderately Active	Active
Age (Years)						
2	1,000	1,000	1,000	1,000	1,000	1,000
3	1,200	1,400	1,400	1,000	1,200	1,400
4	1,200	1,400	1,600	1,200	1,400	1,400
5	1,200	1,400	1,600	1,200	1,400	1,600
6	1,400	1,600	1,800	1,200	1,400	1,600
7	1,400	1,600	1,800	1,200	1,600	1,800
8	1,400	1,600	2,000	1,400	1,600	1,800
9	1,600	1,800	2,000	1,400	1,600	1,800
10	1,600	1,800	2,200	1,400	1,800	2,000
11	1,800	2,000	2,200	1,600	1,800	2,000
12	1,800	2,200	2,400	1,600	2,000	2,200
13	2,000	2,200	2,600	1,600	2,000	2,200
14	2,000	2,400	2,800	1,800	2,000	2,400
15	2,200	2,600	3,000	1,800	2,000	2,400
16	2,400	2,800	3,200	1,800	2,000	2,400
17	2,400	2,800	3,200	1,800	2,000	2,400
18	2,400	2,800	3,200	1,800	2,000	2,400

## **PARENTAL HELP FOR THE ACADEMIC IMPROVEMENT OF THE CHILDREN**

- Checking homework, attending school meetings and events, discussing school activities at home will have a more powerful influence on students' academic performance than anything about the school the students attend.
- The effort put-forth by parents (reading stories aloud, meeting with teachers etc.) has a bigger impact on their children's educational achievement than the effort expended by either teachers or the students themselves.
- Limit children's screen time (including TV, mobiles and computer games) to less than two hours a day.
- Every achievement of the child however small it may be appreciated.
- When the children do not perform well, use positive suggestions to make progress in the coming examinations than unduly rebuking them or comparing with others.
- Expose the children to good books on Values, General Knowledge, and Scientific facts and encourage them with positive remarks.