



Cambridge Assessment International Education Reg. Centre - IN653, Kowdiar P.O, Trivandrum - 695003, Kerala, India

Strange!
The strangest thing has become ordinary!
Dear students, staff, parents and well wishers
Greetings!
Did anyone of us ever predict that schooling from home would become a part of life?
Did anyone imagine that benches in the school will lay still and boards unwritten?
Initially, it was difficult for all of us to absorb the change but now we have coped up with of course, a bright hope glowing in the corner of our heart.
We are walking a new path supporting each other. CNIS has put in great effort to bring all possible activities onto the

virtual platform. The activities are redesigned by my teachers for my lovely students to participate. The students are also joining energetically in the activities. The parents' cooperation is extensive too.
I understand that the happiness of coming together and the warmth of being together cannot be replaced but yes I am sure that the spirit of CNIS and the virtue of being a CNite has kept us all bonded inseparably.
I just want to appreciate each one you for striving well to keep yourself healthy and fruitfully engaged.
Onam, the festival of bounty is here to fill in us the abundance of joy and health. Onam is here to



reassure us that the path we tread will bring only bliss in us.
Wish you all a very happy and healthy Onam!

God bless you!
God bless CNIS!
Fr. Thomas Chennattusserry CMI




Principal

Congratulation!

CAMBRIDGE MARCH 2020 IGCSE (GRADE X) RESULT

 SANYA MARY DENNIES School Topper with 92% A* Mathematics, Physics, Chemistry, Geography, French, Biology A English, ICT	 LIDHYA JOHN A* English, Physics, Chemistry, Biology, Geography, ICT A French	 LIZZA KODIATTU JACOB A* English, Physics, Chemistry, Biology, Geography, ICT A French	 RITHIKA SREEKANTH A* Mathematics, Physics, Chemistry, Geography, Biology A English, ICT, French	 MANU GAUTHAM A* Mathematics, Physics, Chemistry, Biology, ICT A English, French, Geography	 ADITHYAN S NEELAMANA A* English, Mathematics, Physics, Biology, Geography A ICT, Chemistry	 ENRIQUE JOSEPH A* Mathematics, Geography, Physics, Chemistry, Biology A* ICT, English	 ARJUN MANIVANNAN A* Mathematics, Physics, Chemistry, Biology, ICT A* French
 VAIBHAV D PILLAI A* Physics, Chemistry, Biology, ICT A Geography	 NEVIL JOSEPH A* Physics, Chemistry, Biology A English, Mathematics, Geography, ICT	 ROHAN S KUMAR A* Mathematics, Physics, Chemistry A English, Biology, French, ICT	 KHALID ABDUL JALEEL A* Physics, Chemistry, ICT A Mathematics, French, Geography, Biology	 GAURAV NAIR A* Biology A English, ICT, Geography	 JAYASHANKAR N A* Chemistry A ICT, Mathematics, Physics, Biology	 THANISHA S A A* Biology A* Chemistry, ICT	 SARAH ANN SARIN A* Biology
 RITHIKA S KUMAR A English, ICT, Physics, Chemistry, Biology	 KESAVA VALENTE PRUNERI A Mathematics, Physics, Chemistry, Biology, ICT	 NIVEDITA SANALKUMAR A ICT, French, Physics, Chemistry, Biology	 ARAVIND A KRISHNAN A ICT, Physics, Chemistry, Biology	 MARIAM AYSHA A English, Physics, Chemistry, Biology	 NISHANT DAVID JACOB A Biology, German	 PRANAV BHARATH J R A Biology	


CAMBRIDGE MARCH 2020 AS LEVEL (GRADE XI) RESULT



NANDINI V NAIR
School Topper

a⁺

Physics
Chemistry
Biology












SIBI ALOSHIOUS

a⁺

Physics
Chemistry

CAMBRIDGE MARCH 2020 A LEVEL (GRADE XII) RESULT

 NIRANJAN SEKHAR School Topper with 91% A* Physics, Chemistry, Biology A Mathematics a⁺ English	 MAUSHMI RAJESH A* Physics, Chemistry, Biology a⁺ English	 MEGHANA ANIL A* Physics, Chemistry, Mathematics	 MEKHA SYAMKUMAR A* Chemistry, Biology A Physics a⁺ English	 NINAV M BIJU A* Physics, Chemistry A Biology, Mathematics	 MELVIN CHACKO DENNIES A Physics, Chemistry a⁺ English	 NATASHA N SHIBU A Biology	 PRIYAMVADA AJISH A Biology	 SIDHARTH ASHWIN PANICKER a⁺ English
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Re-Opening Ceremony

Brand new beginning!

We will teach you with an audio; we will teach you with a video. We will teach you in your room; we will teach you now on zoom. CNIS reached each one's home to celebrate the school reopening through a riveting video. The lamp was lit, the prayer was sung, the school anthem chimed and the school bell was rung symbolizing the start on 1 June 2020.

CNIS was privileged to have Dr. Shashi Tharoor, Member of Parliament, Thiruvananthapuram as the guest speaker. The eloquent speech by the honourable guest brought a sense of positivity in all. He appreciated the school's effort and wished each one a good luck. School Principal Rev. Fr. Thomas Chennattusserry CMI announced the new mode of teaching – learning and encouraged everyone to accept the new way.



Re-opening Day 2020-21| Christ Nagar International School

3,252 views · Jun 1, 2020

<https://www.youtube.com/watch?v=7EkEq1BqWig>

LIKE DISLIKE SHARE SAVE

Present Mode of Teaching

KINDERGARTEN

Two new classes, Pre KG & KG 2, have been started in this academic year.

The tiny tots are engaged into learning through the pre-recorded teaching videos sent through Classdojo – a school communication platform.

GRADES I-VII

The classes for Grades I- VII commenced on 1 June 2020.

The classes are exposed to pre recorded teaching videos. The videos are posted on Classdojo. The videos are watched by the students at their convenient time of the day with the help of the parents.

GRADES VIII-XII

Teaching sessions for Grades X-XII started in mid May and Grades VIII & IX started on 1 June 2020. The students are given live online sessions from 9:00 am to 1:15 pm.

SCHOOL CINEMA

The school continues to provide the learning of moral science and life skills through School Cinema – a programme that the school started in the year 2019. The movie link and the password to watch the movie of the respective grade is given to all the students of KG to Grade X.

We are honoured!



Despite the tremendous uncertainty looming over the start of classroom teaching and learning due to Covid-19 crisis, CNIS was able to launch current year's academic activities efficiently through its online platform. While schools and educators worldwide have struggled during the time of this pandemic, CNIS' impeccable planning and coordination helped in imparting stress free learning for both students and their parents. Words of gratitude would not be enough to praise the tireless efforts of the Principal, teachers and non teaching staff in making the digital education a great success.

Ms Ambili Sreejith
Parent of CNItE Indugowri, Grade III I

Timely support and feedback offered by the tutors online and offline has been really great. Videos have been pretty easy to understand for the small ones. Even though it's being tough for us to enable our kids to adapt the new way of learning, both the teachers Ms Roshni and Ms Sreeja have been very helpful and made things easy for us.

Ms Nazrin Niyaz
Parent of CNItE Neiden Niyaz , Grade KG -1



Wise teachers turn even adversaries onto rich learning experience! We could see that amongst the CNItEs during this COVID conundrum. Children not only use online platforms for learning but dutifully took exams on these virtual platforms! As a parent and an academic, I knew the limitations and challenges of online teaching. However, I am impressed to see the dedication and enthusiasm of the CNIS teachers and equally energetic students, interacting even during late evenings and on holidays. Of course, our children will miss the wholesomeness of classroom teaching, but thank you CNIS, for the earnest efforts to connect with the students and parents during this difficult time.

Dr. Biju Soman
Parent of CNItE Nimish, Grade X



I was very excited to travel back to my home country, after several years in the US. When the pandemic struck, I heard all schooling will be online. When I think of school, I think of friends, in person interactions with teacher, and more. Hearing that all school will be online, I was very curious of how schools will teach us through screens. I was very nervous hearing that I will have to take online classes from the US and stay up all night because it's in a different time zone. After the first few days, I figured out that CNIS did a really good job of keeping everything organized and making kids feel like it's just another day at school. Online schooling at CNIS went above and beyond my expectations. The classes are very interactive and engaging, and there is individual attention for everyone in the class. All the content is well taught, and there is a good amount of homework. I really appreciate the effort put in by the CNIS staff despite these challenging times. All in all, online schooling at CNIS has been a great experience, and it is a very good substitute for traditional schooling during these bad times.

CNItE Rohan Sreejith, Grade IX G
From USA



World Environment Day



World Environment Day | Christ Nagar International School
<https://www.youtube.com/watch?v=dzIOD51-jY0>

Appreciating Nature!

Staying at home did not deter the celebration of World Environment Day.

The CNIS Family was exposed to a video that sensitized about the responsibility of protecting our environment. A call for appreciating nature that provides for

everyone's need and an alert of climatic changes and its impacts were given out. Harmony with nature and Our Earth was urged through the video.

International Yoga Day



International Yoga Day 2020 | June 21 | CNIS
<https://www.youtube.com/watch?v=rq5A8E5KJNY>

Practice the power to heal!

The informative video promoted the significance of the day and also revealed the benefits of yoga practice. The video was apt in this time of pandemic where keeping one's body healthy has taken the first seat.

World Music Day



World Music Day 2020 | June 21 | CNIS
1,008 views · Jun 21, 2020

<https://www.youtube.com/watch?v=sSyhFGt92QQ>

Make music a part of life!

On 21 June 2020, a splendid video opened with a speech by the Guest Speaker Mr. Jobi Mathew, Head of the Department, Violin of Chembai Memorial Govt. Music College, Palakkad. The Honourable Guest shared his belief on music and urged all to make music a part of the life. The beautiful violin rendition by

him to support the prayer was soothing and brought peace to the mind. The prayer was to bring respite to this world from the pandemic. The video also informed about the origin and relevance of the day followed by CNIS version of *What a wonderful world to bring hope, joy and happiness in all* presented by CNITes.

National Doctor's Day

For the remarkable service, on behalf of the society, CNIS thanks all the doctors



CHRIST NAGAR INTERNATIONAL SCHOOL
National Doctors Day 2020 | July 1 | CNIS
982 views · Jul 1, 2020

<https://www.youtube.com/watch?v=ZaWnDkGmpCY>

A tribute from CNIS!

For the incessant services the doctors have been engaged in, especially in the present pandemic situation, CNIS attempted to honour and thank all the doctors through a short video released on 1 July 2020.

The effort was to bring a flash of smile onto the faces of as many doctors as possible. It was to let them know how much they are valued in the society. The video consisted of sincere gratitude, heartfelt prayer and salute to the doctors.

CNIS Online Election Announcement



CNIS Election 2020-21 | Christ Nagar International School
756 views · Jul 11, 2020

https://www.youtube.com/watch?v=xKrycUfmoU_M

Vote from home!

Through a powerful video the decision to conduct CNIS Online Election was announced on 11 July 2020. The names of CNIS School

Leader and Deputy School Leader candidates were notified. The candidates were chosen by their classmates in a preliminary class election.

Meet the Candidates



<https://www.youtube.com/watch?v=t4XLq01JDg>



<https://www.youtube.com/watch?v=h2bEyMYhWB0>

Campaign! Convince!

The video, posted on 21 July 2020, had the candidates speaking to convince the voters of Grades V-XII. Each candidate confidently spoke on what they would focus

and how they would address voters' aspiration. The design and language of each candidate's campaign was praiseworthy which definitely left the voters thinking for a right choice.

Campaign Experience!

School Leader Candidates



CNITE Achshah R M
Grade XII

It was really a fruitful time for me during the preparation of the election campaign video for which I analyzed my assets and flaws. A self-analysis of my leadership qualities was a revelation, recollecting the occasions where I took quick and prudent decisions with courage and love. Altogether my election preparation helped me to personally recall and recognize my gifts so that I can water them and nourish them.



CNITE Nandini Nair
Grade XII

CNIS elections got me excited to present myself in front of my peers and the school. It allowed me to speak in a way that represents our school and thus gave me the experience that I would never have otherwise received.



CNITE Sarah Jayan
Grade XII

Being a part of our school's first ever online election is a memory I will hold dear for the rest of my life. I got the chance to present myself, and for that, I am grateful to have been a part of such a unique opportunity. As your Arts Club Secretary, I am looking forward to hearing your ideas and suggestions.



CNITE Malavika Santhosh
Grade XII

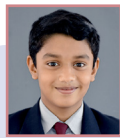
The candidature announcement struck a wave of apprehension and disbelief in me. I was overwhelmed with nervousness and fear thinking that if elected how I would do any justice to this position. But like vapours, these thoughts just vanished as the constant guidance and encouragement from all my teachers and my family reassured me. The unwavering support of my dear classmates further made the journey ever more exciting! These motivations gave me a new thrill and energy to work better than ever before at my speech and after countless bloopers later, my campaign speech was made ready for broadcast!

Deputy School Leader Candidates



CNiTe Aparna R Syam
Grade X

The online election which took place from the second to third week of July provided me with the wondrous opportunity to really connect with our student body and its needs. The campaigning brought forward creativity and perseverance within me that would go on to fuel my desire for change. Recording and scripting the campaign video brought me out of shell in ways that I know will help in the future.



CNiTe Daniel Chacko Jayan
Grade X

The democratic election for the school council was the first of the many opportunities we the students of CNIS will get this year. Standing for the election and having to express my thoughts and ideas in front of the school was an unforgettable experience. I am hoping for all of your wholehearted cooperation as the student editor, to the school magazine and other publications we are planning this year.



CNiTe Gopichand V Menon
Grade X

This election will surely be an asset that I will always treasure. I firmly believe that I have acquired a lot of wisdom in the process and I am overjoyed that CNIS is providing us, CNiTees, a collection of contrasting opportunities. Stay safe, stay home.



CNiTe Lino Joseph
Grade X

The passion of all the election candidates was indescribably impressive. I went through tough times competing against them.

CNIS Online Election

Voting Day!

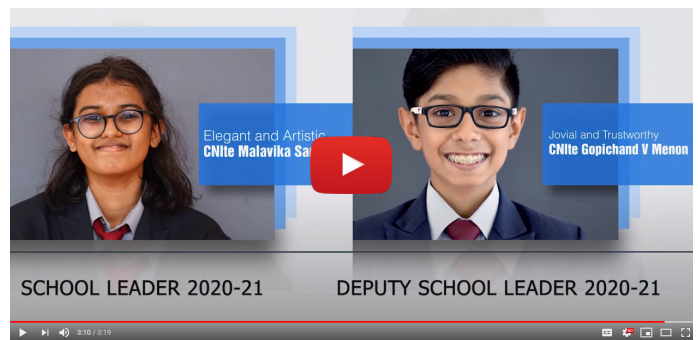
Day: 23 July 2020,
Time: 4 pm- 8 pm.

The e- ballot papers sent to the voters were filled up within no time. The eagerness and the responsibility of each voter were vividly visible as the voters' count was increasing at a great speed.

The student voters who had yet not reached Trivandrum due to the prevailing situation also kept the time. The time difference of India and the countries where the students are at present was not a hindrance at all. The spirit of CNiTees was at the highest during these hours.

Hail CNiTees! Hail CNIS!

CNIS Online Election Result



SCHOOL LEADER 2020-21

DEPUTY SCHOOL LEADER 2020-21

CNIS Election 2020-21 Result | Christ Nagar International School

15 views · Premiered Jul 24, 2020

<https://www.youtube.com/watch?v=vvEpzm8HGSI>

SHARE SAVE

Investiture Ceremony



Investiture Ceremony 2020-21 | CNIS

1,111 Views · Premiered Aug 1, 2020

<https://www.youtube.com/watch?v=YG9M52zZjIs>

SHARE SAVE

Bestowing responsibilities!

The elected and selected leaders were officially invested to their positions by the School Principal Rev. Fr. Thomas Chennattusserry CMI on 1 August 2020. The honour of conferring the sashes, as a gesture of students assuming the office, was given to the parents of the office bearers. The video

presenting the pride moment of the school was broadcast in all class groups as an announcement of the CNIS Student Council to the CNIS Family. School Principal congratulated the new student council and mentioned that in this stay home situation too, the school intends to unlock the leadership qualities of the students.

Voters' Decision!

CNIS Online Election Result video in which School Principal Rev. Fr. Thomas Chennattusserry CMI announced the result and

congratulated everyone was premiered on 24 July at 7:00 am. CNiTe Malavika Santhosh Nair was elected CNIS School Leader and CNiTe Gopichand V Menon as CNIS Dy. School Leader.

Kindergarten Special

Friendship Day – A video that called for celebrating the presence of friends in our life was presented to the little ones by their teachers. It included the Friendship Day cards made by kids under the guidance of their dear teachers.

Independence Day – The young patriots of CNIS featured in the video singing 'VandeMataram' and speaking on the prominence of the day. The little ones held a tri coloured fan made by them and called out 'Jaihind'.

Creative Engagement

Ladies and gentlemen, boys and girls, please stand back to make way as the students of CNIS brush up their creativity and showcase their talents. That's right, coming back for another year, Thrills CNIS is going to be as action-packed and vibrant as it was, with perhaps just a couple of tweaks to shake things up. You are looking at new competitions, quizzes and so much more to paint your dreams.

We kick started Thrills CNIS 2020

on 3 August, and successfully conducted our first series of competitions on 7 & 8 August 2020. The fun is long from over. So friends, gear up! For immediately after this Onam vacation, Thrills CNIS will pick up from where we left off. Get ready to unleash your talent with your literary skills or swing and swirl to the rhythm of an everlasting melody at home. Grab this opportunity CNiTees! We will never get such a chance again.

CNiTe Sarah Jayan
Arts Club Secretary

Student Council 2020	School Leader	CNiTe Malavika Santhosh Nair
	Deputy School Leader	CNiTe Gopichand V Menon
	Arts Club Secretary	CNiTe Sara Jayan
	Sports Captain	CNiTe Lino Joseph
	Wellness Envoy	CNiTe Aparna R Syam
	Goodwill Ambassador	CNiTe Achshah R M
	Girls' Representative	CNiTe Nandini Nair
	Student Editor	CNiTe Daniel Chacko Jayan

FANCY DRESS COMPETITION

KG- Grade IV
Held as pre recorded video, this event had more than 85 participants. The little ones spruced up their imagination with this event.

PENCILSKETCHCOMPETITION

Grades V & VI
This live event conducted on 7 August 2020 witnessed more than 25 participants creating masterpieces on a given theme.

SELFIE CONTEST

Grades VII, VIII, XI, XII
As many as 42 participants posed and clicked to participate in this theme based contest.

EXTEMPORE

Grades IX & X
More than 15 students exhibited their oratory skill in this live event conducted on 8 August 2020.

Independence Day



Independence Day 2020 | CNIS

19 views · Aug 15, 2020

<https://www.youtube.com/watch?v=751qTSrhzEM>

Salute to the motherland!

Yet another video presented by the CNIS NCC students reached everyone on the morning of 15 August 2020. The day of love and joy with a sense of freedom was made to feel. Gratitude was expressed to the freedom fighters and our tri coloured flag was described in the video. Principal Rev. Fr. Thomas Chennattussery CMI wished everyone on this occasion of Independence Day and awakened everyone's feelings towards the freedom that we enjoy today for which many great people had laid their lives.

Class Meetings

Meetings of each class with students, subject teachers and parents were held in the beginning of July & August.

Mid Review -1

Mid Review - 1 was conducted for all classes from 17 to 27 August 2020.

Student Leaders speak!

ONLINE CLASS ETHICS

To make the most of the online classes, the discipline held at school needs to be adhered in virtual classes as well.

Communication is the key:
Be more interactive in class.
Respond to teachers respectfully and efficiently.

Preparation:
Attend your class with all materials in hand (text books, note books, stationery)

Presentation:
Maintain a formal and neat appearance of yourself.

Stay seated at a place where there is least distractions (pets, siblings, television etc.)

Stay seated at a table and place the camera upright with your full face in view.

Video cameras need to be on at all times, students facing internet connection problems need to inform the teacher.

Be on time; enter class 5 minutes before it starts. If you cannot enter the class, it is your responsibility to contact the teacher.

Safety and Security:
Enter meeting with your name (If you are using a different username or parent's PC, please rename to your own name, this is to identify

the students clearly)
Do not share meeting IDs and passwords with anyone.

Pre - recorded video lessons

Stipulate a particular time of day, preferably within class hours, for the video sessions.

Watch the sessions with the same discipline as you do so in your classrooms.

Write down your queries and send these to your respective teachers to clear your doubts.

Be on time when submitting daily tasks. Avoid backlogs.-

-CNITE Malavika Santhosh Nair
School Leader

TIPS FOR THIS TIME OF PANDEMIC**HEALTH TIPS**

In the face of such dire circumstances we must come together as a community to battle the adversity, and as a peer I understand our daily struggle with adjusting to our new predicament. These are some tips that have helped me and will hopefully do the same for you:

- Establishing a daily routine will prevent you getting stuck in a limbo unable to pursue any passions you may otherwise want to
 - Eating a balanced meal may seem obvious enough but keeping your immunity up by ingesting the correct amount of nutrients will be crucial
 - Following up with diet, your sleep schedule has to be good and consistent to make sure you meet your potential everyday
 - Making sure you adhere to quarantine rules and regulations if you're out and about is important to you as well as the people around you
 - Wearing a mask in public as well as maintaining the optimum social distance will go a long way in the prevention of further spread of Covid-19
- These tips in mind I hope you and your family well wishes and good health

-CNITE Aparna R Syam
Wellness Envoy

FITNESS TIPS

Hey, this is Lino Joseph, your sports Captain. This pandemic and subsequent lockdown had brought the onset of a new normal which introduced alterations in many lifestyles. Staying active and playing has never been this important. It is scientifically proven that regular fitness boosts our immunity and it indeed is a great requirement for a time like this.

We should start giving ourselves frequent breaks from our monotonous schedule and get involved or pursue our interests or hobbies like art and music. This results in improved concentration and higher efficiency in studies. Keep aside 30 minutes for fitness activities like football or badminton in your garden or indoor games such as hide and seek and yoga with your family. Get creative with your household objects and form your own arena for playing. There are

some out there planning for body transformation and amaze their friends after lockdown. This is your time!

And remember: **"Nothing happens unless you make it happen!"**

Physical activity shouldn't be just to pass this time but it needs to be ingrained in our daily lives. Home workouts and indoor games are our new normal and let's face it.

-CNITE Lino Joseph
Sports Captain

SOMETHING TO THINK OVER!

Pandemic- Gender neutral

The recent Covid-19 pandemic doesn't discriminate between the rich or the poor, old or the young, a small village or a large town, and a developed or underdeveloped country. While Covid-19 is a definite struggle for humanity there are many lessons we as human beings can learn from this pandemic. Being the schools Girl's representative, I am very aware of the fact that society creates many biases especially when it comes to gender. However, Covid-19 has shown to the world that calamities

such as these are definitely gender neutral. The struggles we face either as men or as women aren't different so the fight against this pandemic shouldn't be either. We all as one can help each other better the world for the future by resisting and preventing the further spread of the virus. Now I would like to leave you with this quote "when you face difficult times, know that challenges are not sent to destroy you. They are sent to promote, increase and strengthen you." Let's all work together so we can overcome yet another challenge.

-CNlTe Nandini Nair
Girls' Representative

THE BRIGHT SIDE OF STAYING AT HOME

As a result of intense thought and analysis numerous people are stewing on how to handle the COVID-19 pandemic.

I would elaborate on the bright side of this situation; we get plenty of time to spend with our family and establish bonds.

I've been lucky to spend a real good time with my parents, which is usually not possible as the pre pandemic time use to keep them very busy.

Personally, this time period has been one of the most productive stretches I've ever had. This term is providing all of us with a

wonderful opportunity to acquire new skill sets. I always wanted to be able to write with both my hands. Thanks to COVID-19, my left handwriting has stepped up a notch. A pat on my back! COVID-19 has enabled self-contemplation. I find this the brightest aspect of this pandemic. I suggest all to make use of this time to reassess and reflect on the situation. Let's all learn to discover the brighter side of situations we face.

Stay safe, stay home.

-CNlTe Gopichand V Menon
Deputy School Leader

CHARITY FROM HOME

God is the provider of all good things in our life but the recent disasters teach us that what is given can also be taken; May be to make us realise that we need to give when we have it. Is there a cause that inspires you today to give back? Is there an urge in you to help refugees, fund cancer research, or fight poverty and hunger due to pandemic? Most of our answers would be in YES. Then don't wait for someone to tell you. The easiest way is to contribute money but many may not be interested to do so then there are still ways to reach out. Make few food packets for the needy. Donate toys, dresses, shoes and books as a blessing to someone in need. Spend time to volunteer for activities such as fundraising, distribution etc. Would you have some job to give for anyone who wants to earn and not receive charity? Think over, but remember to stay safe. Service to man is service to God. Helping needy is equivalent to helping God.

-CNlTe Achshah R M
Goodwill Ambassador

Thrill CNIS upcoming events

	5 September	19 September	26 September	3 October
Pre KG & KG 1	Rhymes	Solo Dance	Act as your family member	
KG 2	Story Telling	Solo Dance	Act as your family member	
Grade I	Story Telling	Solo Dance	Rhyme with Family	
Grade II	Recitation	Solo Dance	Story Telling	
Grade III & IV	Elocution	Recitation	Solo Dance	
Grade V & VI	Recitation	Solo Dance	Elocution	
Grade VII & VIII	Pencil Sketch	Declamation	Solo Dance	Short Film Making
Grade IX & X	Photography	Western Music- vocal	Cartooning	Short Film Making
Grade XI & XII	Instrumental Music	Extempore	Western Music- vocal	Short Film Making

MENTAL HEALTH – THE NEW MINDSCAPE

The new normal is something which is unprecedented for all of us especially students. To be suddenly stuck in the confines of one's home in front of a screen trying to understand and assimilate knowledge is something students were unprepared for. This has led to mental stress since it is not easy to transition overnight from in person to virtual learning. Mental Health tips for attending school whilst at home

1. Focus on compartmentalizing

The boundaries between school and home can now get blurred because there isn't a change in environment to cue the difference. Even more reason for you to divide your day into clear parts where you focus on schoolwork and make time for recreational activities.

2. Stay in touch with friends

This can be a frustrating time for you as you are separated from your close circle of friends. But consider this an opportunity to be compassionate to each other by making sure to check in regularly with your friends and classmates. Be there for each other and reach out to this source of support during these difficult times.

Remember that we're stronger together and friends will always be able to give us unique insights into the problems that we're facing especially since there's a good chance that they'll be going through/have gone through these troubles themselves.

3. Be kind to yourself

Attending school from home does not mean that you must constantly be productive or engaged in schoolwork. Consider the rest of this year as a marathon and not a sprint so be kind to yourself and take time to unwind every day. Your mental health will always be more important than your grades; it is okay to slow down sometimes.

4. Consider journaling

This has been an overwhelming time for all of us and there are multitude of emotions we're struggling to navigate. Sometimes jotting down your feeling can help you make sense of them as you find words to describe your feelings. This process can make your different emotions seem less overwhelming. Try to also get into the routine to call out things from that day/week that made you feel happy/ grateful. A lot of what gets us through life are the

little things that make us smile, so do not discount the immense value of finding happiness in the little things. Rebuild a heart full of gratitude.

I would like to close by saying pamper your mind just as you would pamper your body. Talking about mental health doesn't have to be difficult because it is a part of us as much as our body is a part of us. It's okay to be not okay. But it is not okay to not seek help!

-Ms Margaret Tojo
Student Counsellor



UPCOMING!

Grab your pen, and get ready for your words to flow because this academic year's Vivacité 2020-21 is coming your way.

Fascinating themes with your wonderful creativity is more than enough for achieving a piece of work that we will all be proud of. Who knows if there is a Shakespeare or Wordsworth hidden in us! Let's find out.

So be prepared, the announcement will be made shortly. Our fond memories of school and childhood need to be immortalised. This is your chance. We will lend an ear to your suggestions as we finalise the plans. Let's make this year's magazine a colorful and intriguing reflection of our life.

-CNlTe Daniel Chacko Jayan
Student Editor

Humble Reminders

1. Online live and video class will resume from 7 September 2020 after the Onam break
2. Second Term Fees is expected to be paid by 30 September 2020.
3. We still have First Term Fees pending. Kindly make it convenient to pay at the earliest.

