



PRISM

The Gaudium School's
Boarding Newsletter

Message from Boarding In-charge

Boarding @ The Gaudium : A joyful living

The boarding in Gaudium is an integral and vibrant part of our school's culture. At Gaudium boarding children learn to set their standards high in whatever they do in a diligent, dignified and a dedicated manner. We make sure that students in the boarding are provided a safe, secured environment with clear set standards in which all students can take pride and feel a sense of belonging. In boarding we create a better environment for borders to stay happy. Boarding life at Gaudium starts with morning conditioning (HIIT, Yoga, Aerobics and minor games) to improve students' positive mindset and healthy life style .In boarding we monitor that students are having balanced nutrition and diet. The gaudium boarding students are given a wide variety of sports, arts, athletics and specialized extracurricular activities to engage and excel in their area of interest. In boarding



we are taking care of students from class 4 to 12 with individual care and attention. Every weekend the students are given opportunity to connect with nature through gardening. Once in every month the borders are taken for outings (Adventure activities, movies, malls). We always make sure that Gaudium is "Home away from Home".

John Lawrence
Boarding In-charge

Holistic Excellence

Study time:

Hostel life teaches us many things. It teaches us how to be self-reliant , responsible, how to manage ourselves and channelize our potential.



Holistic Excellence

Art Classes: "The world of reality has its limits; the world of imagination is boundless. It is important to express oneself- provided the feelings are real and are taken from your own experience."



Holistic Excellence



"Music is the universal language of mankind. Where words fail, music speaks."



Holistic Excellence

"The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul."



Holistic Excellence



"The single greatest lesson the garden teaches is that our relationship to the planet need not be zero-sum, and that as long as the sun still shines and people still can plan and plant, think and do, we can, if we bother to try, find ways to provide for ourselves without diminishing the world."



Core Values

Birthday Celebrations:

Hold on to your inner child as you grow older. Today is a great day because it's my birthday!



Core Values

Rakshabandhan Celebrations



Mindfulness and Wellbeing

"The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit. An athlete cannot run with money in his pockets. He must run with hope in his heart and dreams in his head."



Mindfulness and Wellbeing

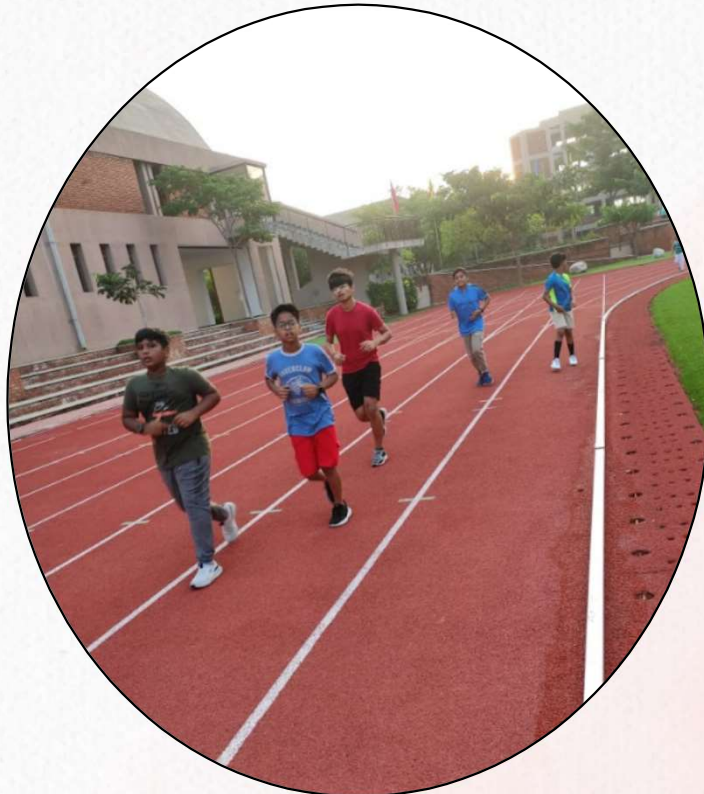


"Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame."



Mindfulness and Wellbeing

Morning walk is essential for people of all ages as it is one of the best ways to stay healthy. Going for a walk in the morning gives a beautiful start to the day, and one does not feel tired throughout the day. It will not only please the body but also the soul. It will also make you appreciate nature.



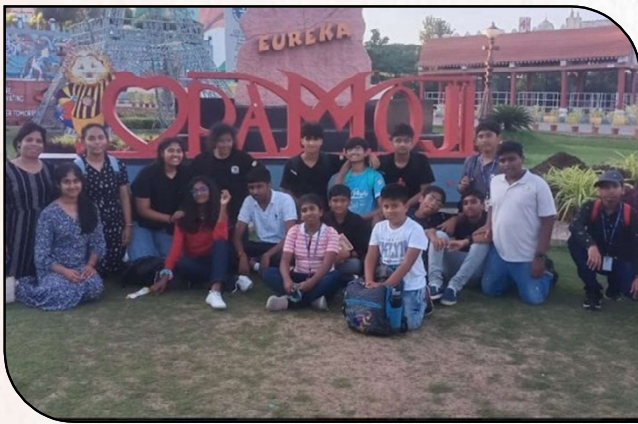
Mindfulness and Wellbeing

Having a healthy self-awareness **promotes emotional wellness and self-esteem**. It provides students insight into who they are, why they react as they do, and gives them a direction for self-improvement. Self-awareness for students is crucial for success. On August 6th, Ms. Sudhakshina, School Counselor took a session on Emotional wellbeing in hostel life..



Stakeholder Engagement

On September 3rd, Boarders had an outing to **Ramoji Film City** - thematic holiday destination with cine-magic. Students spent whole day exploring the park, enjoying rides and making memories among peers, which is no doubt a fun learning experience in itself.



Stakeholder Engagement



Visit to **Sarath City Capital Mall**



Global Leadership

Boarding Prefects

'A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He or she does not set out to be a leader, but becomes one by the equality of his or her actions and the integrity of his intent.' We invest our student leaders with the trust of becoming a part of the school administration machinery where every wheel depends on each cog, thus structuring an efficient school system. The Gaudium believes in transforming our students into global citizens and enables them to make a difference to themselves and to the world. The newly elected Boarding Prefects for the academic year 2022-23 has embarked on their leadership journey after withstanding a tough competition in the battle of wits.



Links

Our website:

<https://www.thegaudium.com/>

Learning blogs:

<https://www.thegaudium.com/the-learning-blogs/>

Facebook : For daily updates please like the page.

<https://www.facebook.com/thegaudiumschool/>

Sportopia registration link

<http://sportopia.thegaudium.com/pages/enquiries>