



PRISM

The Gaudium School's
Boarding Newsletter

Message from Principal

Dear Parents,

I wish you and your family an excellent vacation season. Our students are now at home, relaxing with you, and this gives you a unique 'bonding' opportunity to get to know your young adolescent or teenage children better.

We were delighted to have an Academic Excellence Awards ceremony towards the end of the academic season and congratulate every family for the achievements of their children. Your support at home is as important as any academic input that the school will give, to make your child a winner. Winning, they say, is a team effort!

We had some eminent doctors for the "Talking Titans" at school, as part of professional development for the staff.

Dr. Divya Devulapally, MPsych, and a member of the Royal College of Psychiatry gave some significant points on Time Management which I share with you and your family-

- KNOW YOUR LIFE GOALS
- RANK YOUR PRIORITIES
- PLAN AND WRITE IT DOWN
- DELEGATE TASKS
- DON'T PROCRASTINATE
- LEAVE SLACK IN YOUR TIMETABLE
- LEARN TO SAY NO
- ONE THING AT A TIME
- IDENTIFY YOUR PRIME TIME
- OVERCOME PERFECTIONISM
- PLAN YOUR BREAKS.

© The Gaudium. All rights reserved. PRISM Newsletter.



As far as Handling Criticism, at home or in the workplace, here are a few valuable suggestions from her-

- Control your reaction
- Don't take it personally
- Process the criticism avoiding defensiveness and excuses
- Articulate what you plan to do differently
- Give yourself grace- there is always something to learn from the experience
- Show appreciation for the feedback
- Apologise conservatively
- Don't dwell on the criticism.

How about giving criticism constructively-

- Choose the right time and place
- Stay calm and speak slowly
- Focus on specific behaviour; avoid sweeping generalisations

Message from Principal

- Avoid bringing up items from the past
- Acknowledge the positive first-Sandwich the corrective statement
- Do not use labels, stereotypes and insults.
- Acknowledge the positive first-Sandwich the corrective statement
- Do not use labels, stereotypes and insults.

Holidays are opportunities for the family to travel together to absorb the wonders of the world, read and watch movies that will always be archived as 'The best family books and

movies ever' and just conversing with your children to get to know their thoughts, aspirations, fears, doubts and dreams.

Share your thoughts, opinions, wins and losses in life, your dreams and dares....reveal that Trust is the glue to your relationship with your child.

We will be gearing up for a fresh new experience for our students from June 2023. Till then, au revoir!

Sudeshna Chatterjee

Head- MS&HS

Holistic Excellence



Music is an expression of culture. It teaches rhythm, harmony & patience; helping children develop better human connections and social skills. It also cultivates deeper thinking and attentiveness.



Holistic Excellence



Study time: "Success is the sum of small efforts, repeated day in and day out. Striving for success without hard work is like trying to harvest where you haven't planted."



Holistic Excellence

Gardening– A garden is a grand teacher. It teaches patience and careful watchfulness; it teaches industry and thrift; above all it teaches entire trust.



Core Values



Birthday Celebrations—You are only young once so enjoy it to the fullest. Time passes way too fast and you don't get these years back. May you have all the love your heart can hold, all the happiness a day can bring, and all the blessings a life can unfold. Happy birthday!



Mindfulness and Wellbeing

The **early morning** alarm is noisy and disturbing, and the Snooze button is tempting. But do you know what's better? Uncovering the hidden wonders of nature. A morning walk can be much more than simply a good form of exercise; they allow us to see our neighborhood and nature from a whole new perspective.



Mindfulness and Wellbeing



Mindfulness and Wellbeing

Getting adjusted and adapting to the environment

Session for boarders was taken up by the ILD team, on 1st April 2023. Moving into hostel is a moment of BIG change in any student's life. Moving from home comforts to a new space and figuring out our NEW comforts is a skill by itself. Its this transition that comes with itself a plethora of emotions and adjustment at all levels. A session was especially conducted to help boarders feel comfortable and adapt to the hostel life, besides also learning how to seek help when needed. The session began with us discussing about the expectation that students may have from hostel and hostel life, and how they can look at hostel as a space a platform to understand self and others, and also as opportunities to grow, enhance creativity and personality, learn basic life skills, develop ability to be resilient and also have a certain discipline so that goals can be nurtured and ways to achieve them can be materialised.

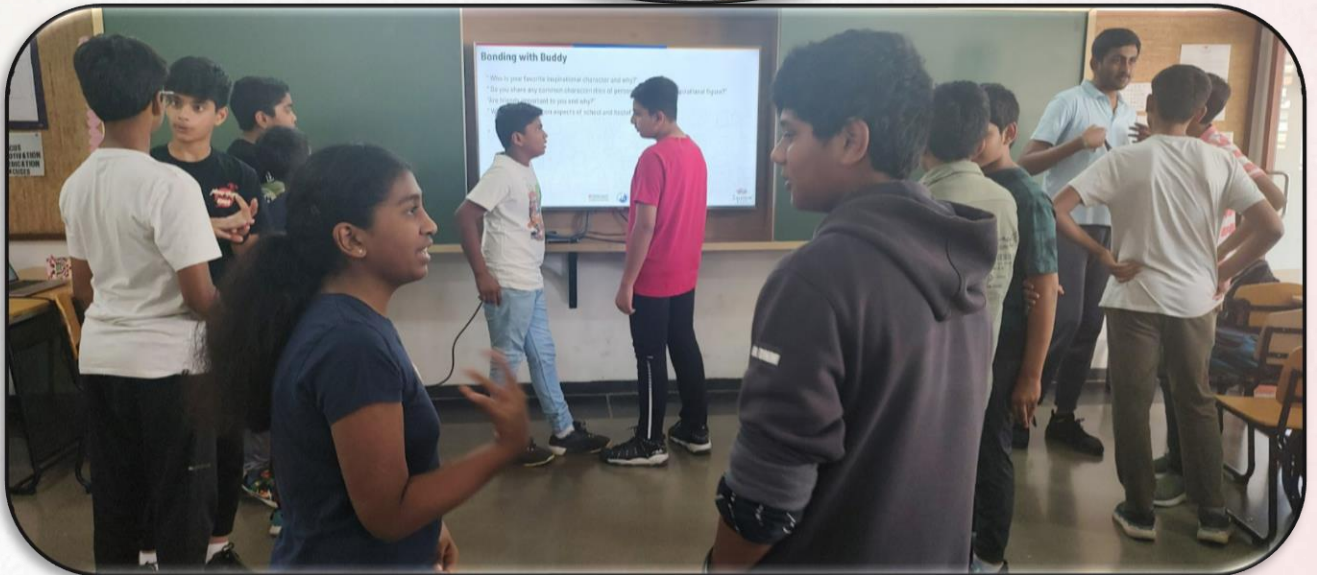
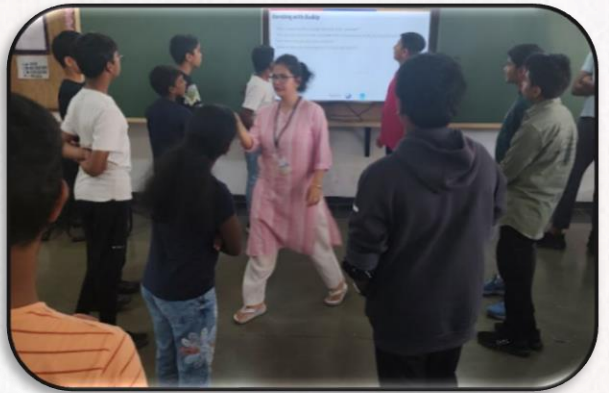
The sessions were concluded with two activities that emphasised on CORE requirement – knowing oneself and knowing others. It's important to oneself, with all our strengths and weaknesses so that we can feel confident and not shy away from seeking help when it gets difficult. Being aware and accepting oneself the way they are goes a long way in building resiliency for any challenge that may come up not only in hostel life but life. Knowing other begins with being a keen, patient and kind listener and this in turn helps to create a pathway to building new connections thereby improving our own self-esteem, increasing support system, and helping us to adjust and adapt better.

-Session conducted by ILD team



Mindfulness and Wellbeing

Adapting to the Environment around- Session conducted by ILD team



Stakeholder Engagement



Friends are the most precious jewels of anyone's life & time spent with those jewels are priceless. Friends create awesome moments together. A talk with the sports personalities, Chairman and CEO of the school is also memorable.



Stakeholder Engagement



Address by Principal on
Code of Conduct in Boarding



Stakeholder Engagement



So long as you have food in your mouth you have solved all questions for the time being." "There is no sincere love than the love of food



Global Leadership



Graduation Day & Academic Excellence Awards



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>

Editorial Board

Chief Editor

Ms. Sunita Indukuri

Associate Editors

Boarding Manager
Dorm Parents

Creative Team

Ms. Katyayani Barla