



P R I S M

CBSE Edition-High School



February 2024

Message from the Head of the School

Dear Parents,

In the month of February, we celebrated a number of UN Observances, including International Mother Language Day.

Along with our students and colleagues, we brought out the rich diversity of the culture of our country (and some foreign countries as well) with wonderful renditions from them in Hindi, Urdu, Telugu, Tamil, Oriya, Gujarati, Marathi, Malayalam and Bengali to name a few. I am delighted to share a song of our national movement, immortalised in the words of Rabindranath Thakur-



সার্থক জনম আমার

সার্থক জনম আমার জন্মেছি এই দেশে।
সার্থক জনম, মা গো, তোমায় ভালোবেসে ॥
জানি নে তোর ধনরতন আছে কি না রানীর মতন,
শুধু জানি আমার অঙ্গ জুড়ায় তোমার ছায়ায় এসে ॥
কোন্ বনেতে জানি নে ফুল গন্ধে এমন করে আকুল,
কোন্ গগনে ওঠে রে চাঁদ এমন হাসি হেসে।
আঁখি মেলে তোমার আলো প্রথম আমার চোখ জুড়ালো,
ওই আলোতেই নয়ন রেখে মুদব নয়ন শেষে ॥



Message from the Head of the School

My humble translation goes thus----

I am blessed to have been born here

I am blessed Mother that I loved you

I don't know if you have the riches of a queen

I only know, that I feel so cool in the shade of your protection.

Is there ever a forest where flowers bloom so fragrantly...

Is there ever a sky where the moon rises with a smile....

From the first gaze, it was your light that soothed me

May I breathe my last, in that very light of yours.

Kahlil Gibran says the following about Mother-

'The mother is everything - she is our consolation in sorrow, our hope in misery, and our strength in weakness. She is the source of love, mercy, sympathy, and forgiveness.'

Here at school, we are the surrogate mothers of your children, our students.

We deeply cherish the diversity of our country, its languages, literature, music and dance and are so appreciative that the regional and national traditions are being passed on as a rich legacy by you, their families, and by us at school, to become foundational to their self- identity and cultural quintessence.

Let our mother languages be the fountainhead of our cultural and spiritual wisdom, so that we respect diversity here at home, and the world over.

Ms. Sudeshna Chatterjee

Head- MS/HS



Co-ordinator's Message

Coordinator's Desk:

Dear parents,

Making use of summer break in a productive way adds value to the profile of a student. Summer is an excellent time for students to do career exploration. It helps them to focus their energies in the right direction. They can work individually or collaboratively to gain teamwork, leadership, life, and career skills. These activities include surveys, interviews, and conversations with experts in a field etc. These activities help students to reflect on their goals, values, and skills.

The following are some career activities for the summer:

1. Internships: Internships give students a great opportunity to explore careers. Even unpaid, short-term internships in the area of interest provide valuable insights into the practical aspects of a profession and add a lot of value to a student's profile.



2. Online Courses/Workshops: Enrolling in an online course or workshop related to the area of interest provides foundational understanding of the field.

3. Career Fairs and Workshops: Attending career fairs and workshops that bring together professionals from various industries provide students a chance to network, ask questions, and gain insights directly from experts.



Co-ordinator's Message

4. Expert Interviews: Reaching out to professionals and experts in the field by using platforms like LinkedIn will help in gaining insights.

5. Shadowing a Professional: Spending some time in observing a professional at work and observing closely their tasks and responsibilities create interest in the field and also gives a realistic sense of the nature of job.

6. List out Strengths and Interests: It is important to understand strengths and interests in choosing careers. Self-assessment surveys and quizzes available online will help in identifying the strengths and interests.

When planned and executed well, these activities not only help in identifying career paths but also help in making decisions related to subject choices, the level of participation required in sports, activities, and social service.

Sincerely,

Manoj Kumar Dharanikota

CBSE Coordinator



Value Systems: A Path to Meaningful Living

In the hustle and bustle of our daily lives, it's easy to get swept away by external pressures, deadlines, and responsibilities. Amidst this chaos, our value system serves as a compass, guiding us toward a purposeful and fulfilling existence. Let's explore how enhancing our value systems can positively impact our lives.

Understanding Personal Values

Our personal value system consists of principles that shape our behaviour, decisions, and interactions. These values are deeply ingrained and influence every aspect of our lives. When we align our actions with our core values, we experience greater clarity, satisfaction, and authenticity.

Why Do Values Matter?

1. Guidance and Boundaries: Values provide a set of guidelines for daily living. They help us make choices that resonate with our true selves. For instance, our values related to family influence decisions about where we live, our relationships, and our work-life balance.

2. Purpose and Meaning: Living by our values gives life purpose. When we prioritize what truly matters to us, we find fulfilment and a sense of direction. Our values shape our goals, aspirations, and the legacy we wish to leave behind.



3. Relationships: Our values determine the kind of people we attract and keep around us. When we surround ourselves with like-minded individuals who share our values, our relationships thrive.

Creating Your Personal Value System

1. Evaluate the Main Areas of Life:

- Reflect on key aspects such as environment, career, fun, romance, personal growth, money, health, friends, and family.
- Rate each area based on its importance to your life.
- Assess how fulfilled you currently feel in each area.



Value Systems: A Path to Meaningful Living

2. Prioritize and Reflect:

- Compare your ratings to identify gaps.
- What matters most to you? What values resonate deeply?
- Consider your long-term vision and aspirations.

3. Define Your Core Values:

- Honesty, compassion, integrity, resilience—what principles matter to you?
- Create a concise list of your core values.

4. Live by Your Values:

- Integrate your values into daily decisions.
- Seek alignment in your actions, relationships, and pursuits.
- Be authentic and true to yourself.

Value Systems in Practice

1. Balance:

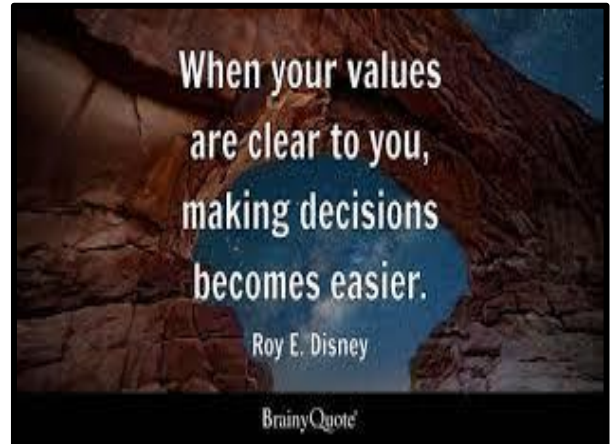
Strive for balance across all areas of life. Prioritize self-care, relationships, and personal growth alongside professional success.

2. Integrity:

Uphold honesty and ethical behaviour. Trust is built on integrity.

3. Empathy:

Treat others with kindness and understanding. Empathy fosters meaningful connections.



4. Gratitude:

Appreciate life's blessings. Gratitude enhances well-being.

Conclusion

Enhancing our value systems isn't a one-time task; it's an ongoing journey. Regularly revisit your values, adapt as needed, and stay true to the principles that light your path. As you do, you'll find that a life lived in alignment with your values is a life well-lived.

Remember: **Your values shape your destiny.**

Leonie Marshall
HOD of ILD Team
School Counsellor
Psychology Faculty



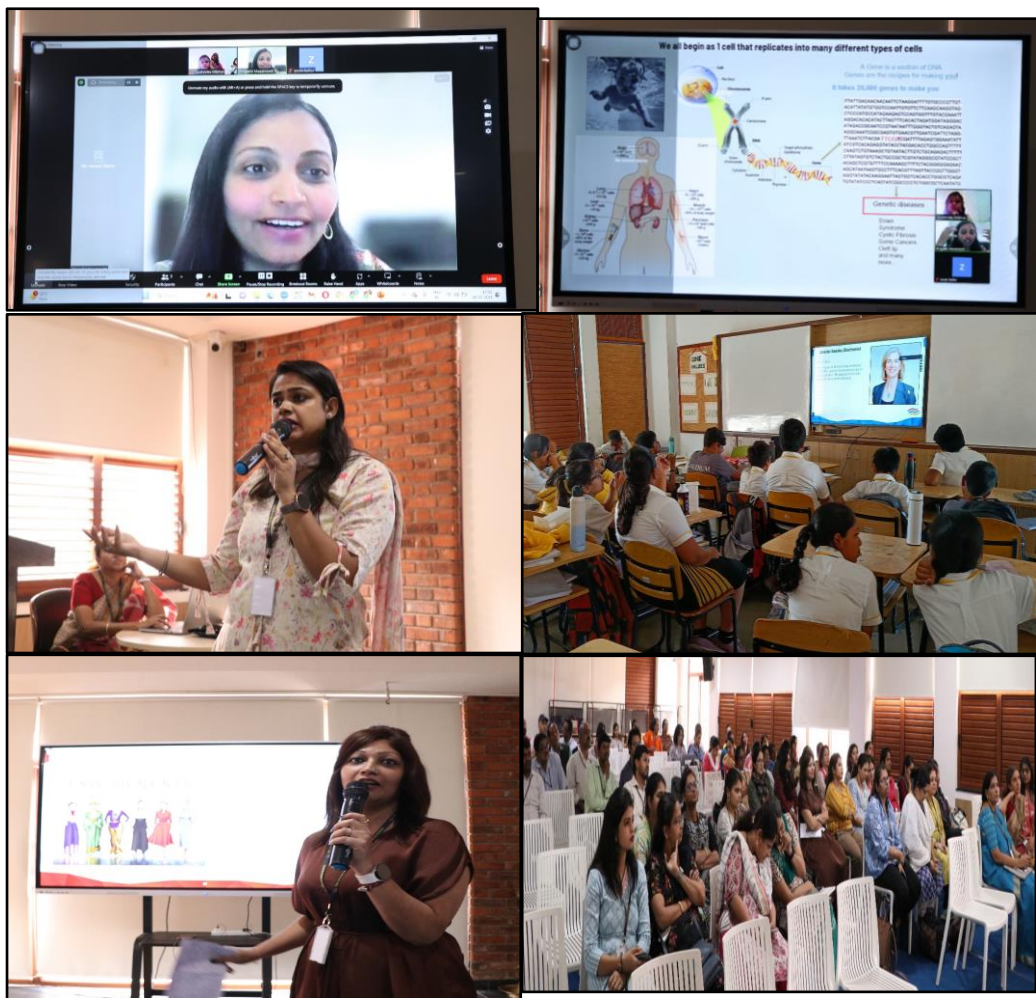
Mindfulness and Wellbeing



A Prayer Meeting for Grade XII Board going students was organised on 7th of February. The board batch was blessed by the Head of the School, Coordinators and all the subject teachers to do well in the upcoming board year. Lamp lighting to begin the auspicious meet was led by the Head of the school – Ms. Sudeshna Chatterjee and the student council. Class Mentor, Ms. Leonie initiated the prayer for the students followed by words of wisdom by Sudeshna Ma'am. Coordinator Mr. Manoj cautioned students with the Do's and Don'ts at the board centre. Every subject teacher shared their best wishes. The meeting culminated with students getting nostalgic and wishing each other.



Core Values



International Day of Women and Girls in Science, celebrations at Gaudium

In a recent session dedicated to honouring the contributions of women in science, we had the privilege of hosting an esteemed scientist from Australia Dr. Pragathi, who shared her groundbreaking research on marine biodiversity and emphasized the importance of gender diversity in STEM fields. Her inspiring journey resonated with the audience, encouraging young minds to pursue their scientific passions fearlessly. The session served as a powerful reminder that women continue to shape the scientific landscape, and their voices are essential for driving innovation and progress.



Core Values



The ILD team conducted a session for the students on Strategies For Effective Revision before the exams. As exams are a time when students stress and may panic, the session provided an outlet to the students to examine their feelings towards exams and come up with techniques to handle them effectively.

Importance of taking care of health - healthy eating, working out and sufficient sleep while preparing for the exams was also stressed upon.



Core Values



Mother language day Celebrations - International Mother Language Day is observed every year to promote linguistic and cultural diversity and multilingualism.



Global Leadership



Rewards and Recognition

At our school, we celebrate students' achievements through various platforms, which include the International English Olympiad (IEO), National Science Olympiad (NSO), TGS Creative conquest and tennis competitions.

Exceptional performers are recognized for their dedication and excellence, which motivates their peers to strive for success. We believe that such recognition fosters a culture of achievement and inspires students to reach their full potential in academics and sports.



Global Leadership



The impediment to action advances action. What stands in the way becomes the way – These famous words by Marcus Aurelius, hold true for teachers as well. The Gaudium School, in association with CBSE organised a day long workshop for CBSE teachers on 17th February 2024. CBSE Resource persons, Mr. P V SAI RANGA RAO and Mr. N. S. Srinivas took the session on Cyber Safety & Security. Almost every aspect of life today is online and therefore, it becomes imperative that the school understand the cyber safety and security nuances. The session included several techniques to be safe online, especially online banking. Strategies that students can be trained in to be safe online were also shared.



Holistic Excellence

DEAR Time



DEAR program

The Gaudium School celebrated the DEAR day - **DROP EVERYTHING AND READ** on 1st of february 2024. Students were asked to carry a book of their choice to school. They were given an exclusive period to read and reflect. The focused reading time allowed students to read something new and discuss with their friends. Reading books regularly adds value and depth to individuals and the DEAR Day is an initiative to inculcate this beautiful habit in students.



Upcoming events

DATE	DAY	EVENT	CLASSES
9 th March	Saturday	3WC	Grades IX , XI
11 th – 13 th March	Monday- Wednesday	CPD	Staff
14 th March	Thursday	School Reopening	Grades IX,X, XII
25 th March	Monday	Holi	Grade IX ,X, XII
29 th March	Friday	Good Friday	Grades IX , X,XII

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>



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