



# The St. Patrick's Amor

St. Patrick's Academy Bengaluru - Newsletter | June 2021 | Issue No. I

## PRINCIPAL'S MESSAGE



**Dear Patricians, Parents & Teachers,**

On behalf of the entire SPAB faculty and staff, I would like to welcome you and your families to our new academic session 2021-22. I am excited to greet you all through our newsletter as we begin our journey forward. We have smoothly moved into yet another online academic year. The human spirit can never be conquered or smothered by any adversity, for we are gifted with divine powers of intellect and the gifts of the spirit - Hope, Faith and Love. We live in hope that the days are not too far before we are able to come together as one family in our pristine campus. We place our faith in our scientists, doctors and governments to do everything required to safeguard our lives and future. Let love conquer our fears as we live for each other!

Patrician institutions across the globe, have always envisaged an all-round and balanced education based on sound intellectual, physical, moral and social formation. Our Vision is to form individuals who are erudite, empathetic, law abiding and ceaselessly seeking excellence, with a deep reverence for nature and the fellow beings, especially the weak and the poor sections of our society.

COVID-19 Pandemic has surely altered lives and disrupted normal life across the world. We understand the challenges faced by the parents, students and teachers to cater to the academic needs of our student community by commendably adapting to virtual teaching/learning process. I must profess my honest appreciation to each parent and student for your continued demonstration of diligence, motivation and determination to adapt to the new normal posed by the pandemic.

Our talented and dedicated staff, both teaching and non-teaching, have been showing their care and concern for the students working from home preparing notes and engaging classes online for the benefit of students. I appreciate their concern for the students and commitment to academics. I was happy to have interacted with you virtually during the orientation. I am taking stock of the progress of the online teaching-learning process. Happy to see the way things are progressing so far. We do not wish to disrupt the process in any way at this time. I believe that this is the time to not just deal with the current emergency, but also build foundations of resilience to face such difficult events in the future. Let us consider this formidable challenge as an opportunity to learn and let us rise to meet this bravely. We shouldn't let the pandemic pin us down. We must remain positive and keep our hopes alive as I believe that nothing is permanent. The obstacles of our past can become the gateways that lead us to new beginnings.

Wishing our Patricians the very best for the Unit Test and let me remind the virtue INTEGRITY that I stressed upon during my orientation. God bless all our efforts.

In love and confidence,

Bro. Tomy Varghese  
Principal



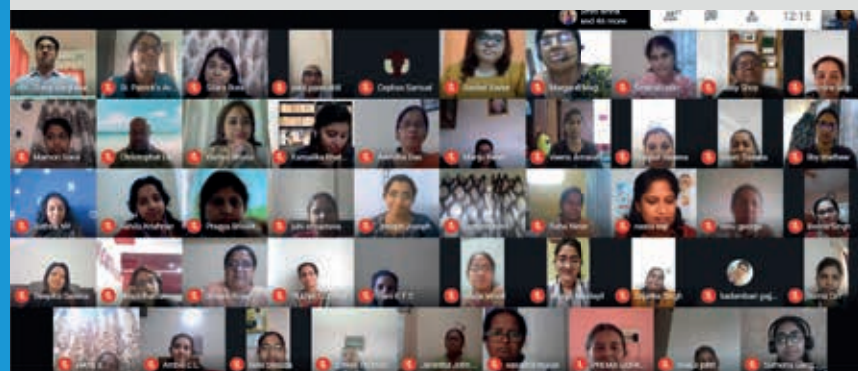
# ADIEU TO REV. BRO. PAUL

**Every beginning has an end and every end is a new beginning.** It's a relentless cycle seen in every aspect of our lives. We commenced the farewell event with this note, as St. Patrick's Academy, Bengaluru bid adieu to its Principal, Rev. Bro. Paul.

Rev. Bro. Paul, had a remarkable journey at SPAB and as a diligent leader, he was instrumental in many transformations that took place in the campus in his tenure. The staff members expressed their gratitude and enumerated his contribution in elevating this institution to greater heights. Teachers from all departments poured out their overwhelming experiences during his tenure and were gratified to be part of the SPAB family. A short video was played which captured some of the best moments with Rev. Bro. Paul. The students of higher grades showered their good wishes along with a message, saying that he had been a great principal who inspired them to dream, encouraged them to be creative and help build confidence in them. Ms. Anandita and Mr. Robin gave him a distinct musical tribute. The overall composition of the event enthused Bro. Paul and he assured that it was his responsibility to deliver what he could and this was indeed a memorable journey for him too as he played the leadership role in the growth of SPAB. The staff of SPAB in one voice thanked Bro. Paul for his positive vibes and for inspiring many to work harder than they could ever. Brother, best of luck in all your future endeavours. Farewell Brother!!!



# NEW PRINCIPAL INDUCTED



Bro. Tomy addressing the faculty in the first staff meeting on 23<sup>rd</sup>, May 2021.

**Rev. Bro. Tomy Varghese** was formally inducted as the new Principal of St. Patrick's Academy, Bengaluru on 20th May 2021. He is visionary par excellence who has an overall work experience of 26 years. He was the Principal of St. George's College, Mussoorie before moving to Bangalore. Bro. Tomy comes to us as the Principal with excellent academic qualifications and a wealth of professional experience. His academic qualifications, professional expertise, and his outstanding leadership qualities and legacies will uplift SPAB to greater heights. Rev. Bro. Tomy aims to take the institution to greater heights with his innovative methods.

*"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."*

## ORIENTATION PROGRAMME -2021 – 2022

***Educating the mind without educating the heart is no education at all.***

Rev. Bro. Tomy Varghese, the New Principal of St. Patrick's Academy Bengaluru has begun his voyage by extending a warm welcome note to the Patricians of all the classes in the Orientation Program for the New Academic Year 2021-22. Brother addressed the parents and elaborated on the significance of enriching the children with strong values and mannerisms while making them future-ready as emerging Patricians. He also fondly remembered his predecessors who lead the institution efficiently. He took the opportunity to enlist his priorities, his vision, views, and future plans for the school.

He set the following priorities for this academic year.

- Academic excellence –classes X & XII the target for 21-22 is 98%
- Assured parents that SPAB will be a good choice to complete the schooling till XII
- Assured parents that the improvement in the quality of the infrastructure and the teaching faculty
- 100% online attendance, on-time login and parental support – will be monitored
- Monthly PTM for all the classes will be conducted
- The Character building is of utmost importance
- Collaboration with the parents
- Communication skill development
- Vocabulary development
- Soft skill development
- Being a Patrician will provide them a greater exist

value for their future pursuits

Brother insisted on the following character traits:

- Discipline
- Integrity
- Empathy
- Sensitivity
- Respect for others and nature

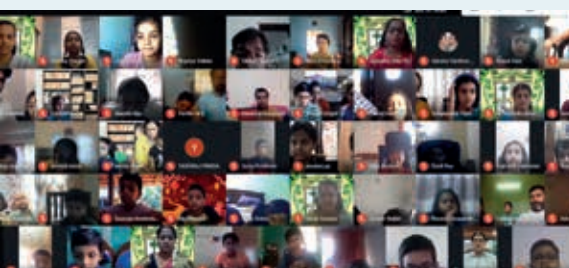
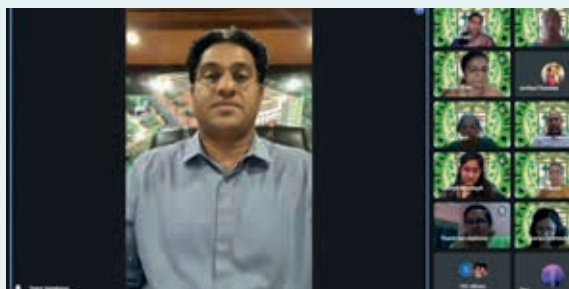
He has also emphasized on:

- The active involvement and participation of students in physical activities will be appreciated
- Importance will be given for clear accent, loud reading and silent reading



- School Improvement Plan (SIP), Day Boarding for 500-700 students in the future.
- Students will be encouraged to participate in district/national/international level competitions – online/ offline
- Target setting SPAB, one among the top ten schools in Bengaluru
- Counselling will be available for the students, facing emotional or behavioural issues
- Tightening the security and safety of the students in the school premises – parents need to get an appointment to visit the school

All the concerns of the parents have been addressed well and the parents thanked the school for organizing the Orientation Program.



## GREEN DAY -16<sup>TH</sup> JUNE 21

Green day was celebrated in the kindergarten section with much fun and frolic on June 16<sup>th</sup>. Students were dressed in green. They had games, music and activities centred on green colour. The importance of a green planet was highlighted and impetus provided for these tender hands to make a difference. Overall it was an enriching day for the students.

## COMPETITION -19<sup>TH</sup> JUNE 21

Competition among school children is always a great motivator. In the month of June, competitions such as Puppet Show, Drawing and Painting competitions were held for the Junior Section. Our enthusiastic students and their creativity mesmerised everyone. The efforts taken by the parents and teachers to prepare them for this can't go unnoticed. Congratulations to all!

### STUDENTS' CORNER



Image Courtesy - Derek Thomson

## WHO IS A FATHER?



MISS GEETHASHRI M, V E

A father is someone who  
Wants to catch you before u fall  
But instead picks you up  
Brushes you off,  
And lets you try again.

A father is someone who  
Wants to keep you from making mistakes  
But instead lets you find your own way,  
Even though his heart breaks in silence  
When you get hurt.

A father is someone who  
Holds you when you cry,  
Scolds you when you break the rules,  
Shines with pride when you succeed,  
And has faith in you even when you fail.....

In other words,  
F – Faithful and true  
A – Always to guide you  
T – Teaches you the right things and to do no wrong  
H – His counsels are my songs  
E – Every firm is imparting his ideals and principles  
R – Ready to catch me each time I fall.

## NATURE



MASTER VINU SIBI, IX C

People think that nature is a big green scene put down by Mother Earth.

Nature can be more than what some people believe it is.

It's the place where life takes its first step.

From a caterpillar to a cocoon on a stem then to a beautiful butterfly,

Spreading its colourful wings to the sky.

From a seed to a grand tree, setting its roots within the soil.

To bear delicious fruits, to give purified air to animals and humans alike.

Now people cut down the very thing keeping them alive,

To use for their personal needs.

Nature does not belong to us, nature belongs to the earth

The birds singing in the trees,

As a gentle wind that ruffles the green leaves.

The beauty of nature really makes my day!



Image Courtesy - Eric Ward



# ENVIRONMENT DAY



Image Courtesy - Noah Buscher

MASTER ALEX GEORGE ISAAC, III B

**World Environment Day** is celebrated on 5th June. The main aim of this day is to spread awareness among people to protect the environment. World Environment Day was first celebrated in 1974 with the theme "Only One Earth". The theme of this year 2021 is "Ecosystem Restoration".

Ecosystem means plants, animals, landscapes, etc. put together. There is a balance in our ecosystem. Trees and plants are needed for giving oxygen, food and shelter for humans, plants and animals. Similarly plants use the carbon dioxide we breathe out. Water bodies and rain give water to all humans, animals and plants. By cutting trees, polluting air/water and other such activities that harm the environment, we lose the balance in the ecosystem.

Saving the environment is in our hands. We should keep our surroundings clean, and should not waste or pollute water. Always throw plastic in the garbage bin.

Nature has given us so much, now it is our duty to keep it safe. On this environment day, let us pledge to keep our environment clean and plant more trees.

# LOVE OF A FATHER



MISS CATHERINE ROSE RANJIT, IX C

All those days when you lifted me  
By your hollow hands,  
With love, care and affection  
I was carved with perfection.

All those days,  
When you hid  
Your Pains  
And sufferings inside,  
Your love was visible on the outside

For me, you suffered  
For me, you gained  
For me, you lost  
Oh! What a selfless love.  
God, shower your blessings on him from above.

## TEACHERS' CORNER



MS. SUJATHA UJJAL SINGH  
CLASS TEACHER, NURSERY C

**Children are the world's most valuable resource.** Teaching them is divine. I started this noble journey 30 years ago, till now the excitement and the joy remains the same when seeing the kids. The switch over of the teaching methodology for the 21st century kids through online mode from the traditional way also gave the superb excitement of watching all the kids responding on screen. The new challenge in teaching was not so easy, but it gave me a positive approach to face the world with confidence. Dear children, whatever difficulties come in your path to achieve your goal, face it with confidence; definitely a new path will open.

**The experience of teaching students itself is self-gratifying.** My teaching experience at St. Patrick's has undoubtedly been an enduring one where I've stumbled upon various challenges at different stages but these challenges proved to have pushed my limits above and beyond to achieve them with the support and guidance of my fellow colleagues and the school management. The pandemic upended almost every aspect of school all at once; thus raising the challenges to teachers, students and parents. However, this transition has shown glimpses of the future of learning which looks more optimistic for our children, teachers and parents to adopt. Wishing all the students, Good luck!



MS. VASANTHI MURALI  
CLASS TEACHER, UKG C





**“The best view comes after the hardest climb.”** Dear parents and children, let’s celebrate as we have come a long way, defeating the demon and carving out our way through the dark jungle. Yes, we have triumphantly conquered the petrifying virus with the help of our unflinching trust in God, our pragmatic approach and our efficacious strategy. This year too we need only a pinch of all this and we will shine victorious. Let us all pledge, dear students that

1. We will learn with thorough eagerness, jubilation, endearment, and conviction. 2. We are all on our own journey but at this hour we all need one another and will help one another grow. 3. We will strive to be honest, efficient, and sensible. 4. We can and will learn from anything. As a result, we will always be learning no matter where we are or what we’re doing. And last but not the least; you have an active and constant role in your learning. It may not always seem like it, but you’re in control of your own failure or success. So I wish you all the love and luck. Let us all march together audaciously towards our objective. Happy learning!!!!!!

**MS. YAMINI BHATIA**  
KINDERGARTEN COORDINATOR

**“Strength does not come from physical capacity. It comes from an indomitable will”**

This motivational quote from the great Mahatma Gandhi reminds us that strength is an exercise of the mind, not just the body. By staying positive and refusing to give up, despite of the challenges that come our way, our inner strength will endure.

At SPAB, the children are at the heart of the decisions we make. The school provides an environment where the child realizes his/her worth as a responsible, balanced and a valued member of the society. Along with a well-planned curriculum, students are provided with platforms in the form of competitions, activities, class assemblies, where not only the inborn talents of the children will be polished to shine, but also build confidence and enhance their personality. We follow a two-way process in teaching, where teachers first try and understand

the technology as to provide the easiest and adaptable techniques to the students. We ensure that our aim is not only to pursue academic excellence but also to empower our students to be lifelong learners.

We strongly feel that education is a shared commitment between dedicated teachers, motivated students and responsible parents. **Together we can and we shall make SPAB a place of optimum learning and growth.** Your support and cooperation is our driving force.



**MS. SMITHA LOBO**  
JR. SCHOOL COORDINATOR



**My experience as a teacher in St. Patrick’s Academy.** I still remember vividly the first day when my family and I entered the gates of St. Patrick’s Academy. We had come to enquire for my child’s admission into class 3. The serenity of the reception area welcomed us as we entered the school building. Along with my child’s admission I was fortunate to also get a teaching position.

In the four years that have passed since joining the family of St. Patrick’s Academy, I have felt only bliss! The management, my

colleagues, the work environment have all been instrumental in helping me grow as a teacher. I have always loved teaching, but here at St. Patrick’s teaching these young minds is truly a pleasure! I have had many opportunities to overcome my innermost fears of stage-fright and transform into a confident individual. The feeling of togetherness is radiant in all my lovely colleagues. The constant motivation and encouragement that I receive from my superiors gives me the zeal to do better every day. I would like to close with this thought that I believe in strongly “The only way to do great work is to love what you do.”

**MS. SITARA ANDREW BORA**  
CLASS TEACHER, III B

**“Experience is the best teacher, and the worst experiences teach the best lesson”** The Online classes brought in doubts and fear on how to go with the flow of new technology, but for a teacher every transition is a turning point and an exciting experience, for Learning is an ongoing process to meet new challenges and growth. This year the online academics began with a positive note. For every success there is a driving force behind and that’s our management.

During the Online classes, it was exciting to observe the curious minds, just waiting for the opportunity to be connected with their teachers through online class assembly, CTP and several co-curricular activities, competition and celebration. The parents’ support and encouragement

at all times gives a driving spirit to accomplish the dream with confidence. This is just enough to keep the online class going successfully no matter whatever hindrances are foreseen.

Together it has been a great journey with online classes as there is an effective delivery of teaching and learning which has been efficiently carried out.

I am blessed to be a part of this Patrician family.



**MS. JACINTHA SUSAI RAJ**  
CLASS TEACHER, IV E

**‘Changes are inevitable, but with a positive outlook every change brings out the best.’** My rendezvous with Saint Patrick, the Patron Saint of the Patricians happened when I was a little girl of seven years. I was gifted a picture of Saint Patrick by one of my cousins. I kept the picture close to my heart and soul and I believe he is there always with me.

My teaching career began from Saint Patrick’s Vidya Bhawan, Jodhpur and continued in various schools across India and abroad. Finally, I reached the doorstep of SPAB on 9th March, 2021. Rev. Bro. Paul after the interview welcomed me to the SPAB family. I feel really fortunate and blessed to be a part of the Patrician family. The connection with the principal, management, teachers

and students may be virtual, but the connectivity I feel with all is real.

Within no time I felt I have found a family, I am at home. I thank Rev. Bro. Tomy Varghese, the principal, management, teachers and students for extending their support and help to all the newcomers. The systematic planning and teaching followed at SPAB is a good platform for learning and growth for students as well as teachers. A lot of importance is given to the mental, emotional, social and physical well-being of students.

The undeterred efforts of the teachers are an inspiration to all. I wish that the ideals we believe in and work for may lead us all to greater heights and build SPAB as one of the best learning places not only in Bengaluru but also in India.

Thank you.



**MS. JASMINE BINO MATHAVATH**  
CLASS TEACHER, V B





**MS. LUCY JACOB**  
SENIOR COORDINATOR

**Rustling leaves and ruffled feathers.** It was a mid-summer morning. A strong westerly wind ripped through the branches of the lush green trees. I watched the swaying tips of the casuarina trees. There is elegance about their movement that smoothen the mind, even in turmoil. They have all reminded me of the lines written by Alfred Joyce Kilmer, 'A tree that looks at God all day, and lifts her arms to pray.' But on that morning as I looked through the window what captured my attention was the mighty Eucalyptus tree that stands tall and strong with its abundance of foliage adorning every branch, a tree whose hair has nestled many a nests of mynas and little black birds. On its branch sat a crow, busy grooming herself for the day that had dawned. The wind grew stronger, the branches twisted and turned, their leaves clinging to them for their dear life. Those that were cut off gracefully fell to the ground. The crow sat firm, although at times she seemed to lose balance; there was a quick return to a calm

confidence. In the midst of an onslaught, her wings would open out like that of the panels on the wings of an aeroplane just about to touch the runway. After every puff of wind, she would resume her grooming as though, it was the most comfortable place to be in.

It was a morning lesson for me how to take the little and great storms of life in my stride. Human nature wishes to be in command, in command of everything that happens, everything around. The pursuit to be in control of one's situation is relentless and a failure in that race leads to despair. Is it the survival instinct or our civilizational impact or both, that is driving us to be in control, to dominate nature? Many a lesson can be learned if we take time to look around, knowing that we are very much a part of this natural world, a passing shadow of the beautiful earth. As earthlings we have a bounden duty to preserve this earth for the posterity and leave it unscathed and unscarred to the future generations.

# 10 SIMPLE WAYS TO LIVE STRESS-FREE LIFE



**MS. DEEPIKA SAXENA**  
SCHOOL COUNSELLOR



*Image Courtesy - Svyatoslav Romanov*

In the hustle and bustle of life, we often start taking everyday stress for granted. Stress is basically our reaction to challenging and difficult life situations. It's needless to say that stress not only affects our physical health but also our mental health. Over the course of time, our expectations have made our lives more and more difficult and we have started losing touch with who we really are and what we really need.

**Here are 10 simple ways to live a stress-free life.**

1. **FOLLOW A ROUTINE** - When our daily routine is well structured, we can utilize our day in a better way. You will also realize that you are able to complete all your work on time and still can indulge in some entertainment activities, hobbies and sports. And you will automatically feel stress-free!
2. **WAKE UP EARLY** - As the saying goes, "Early to bed and early to rise, makes a man, healthy, wealthy and wise". So, follow a daily routine and set a time to sleep at night and when to wake up. Waking up early is not just healthy for your body but is also beneficial in improving mental health.
3. **ACCEPT AND FACE THE CHALLENGES** - If you find yourself in a bad situation or if some of your decisions have landed you in trouble, accept and find a solution for it instead of cribbing. When you accept your challenges, it has a positive impact on your mind and consciousness.
4. **PAMPER YOURSELF** - Take good care of yourself. Often when we are much stressed, we ignore ourselves either by eating unhealthy meals or by not giving our body and mind enough rest. Balanced diet, physical exercise and meditation are a must to keep stress at bay.
5. **RELAX** - Relax your mind and body. When feeling stressed, take a nap or practice deep breathing. I always recommend to have an hour of 'ME TIME'. It's important to spend some time alone and connect with oneself. Engage in activities that can have calming effect on you. It could be listening to music, painting, gardening or an evening walk alone.
6. **MEDITATE** - Meditation is an excellent method of cleansing your mind from all negative and stressing thoughts. Refresh and think positive. Whenever you feel heavy or burdened, or even when you feel tired of doing work, or feel irritated by something or someone, take deep breaths to relax. Focus on your breathing, while you exhale and inhale. 20-minute meditation will make you refreshed and relaxed. Besides this, it also helps to reduce your anxiety, tension and stress.
7. **ONE THING AT A TIME** - This is the simplest and best way to start reducing your stress. Though multi-tasking is an art, sometimes it can be too tiring. Focus as much as possible on doing one thing at a time. If you plan to go for a walk, do only that and leave your mobile home. This takes practice as you'll get urges to do multiple things at a time. Just keep practicing and you'll get better at it.
8. **DON'T LET OTHER PEOPLE WEIGH YOU DOWN** - Don't let someone else's negativity weigh you down. Always remember, a lion never loses sleep over the opinion of sheep.
9. **SIMPLIFY YOUR FINANCES** - Finances can be a drain on your energy and a major stressor. If that's true with you, figure out ways to simplify things. Automate savings and bill payments and debt payments. Spend only if the need be.
10. **DON'T THINK YOU HAVE TO DO IT ALL ALONE** - If you are suffering from stress and anxiety don't think you have to endure it on your own and just battle through. Venting about things that are stressful can ease the pressure. Try talking to a trusted friend or family member or a mental health professional about how you are feeling.

Let's make things simple again. Enjoy life's simple pleasures! They are priceless and cost you nothing.



# BEING IN ST. PATRICK'S BOWER

St. Patrick's Academy is one of the most prominent educational institutions in India, and as a teacher, to be in the bower of St. Patrick's School, Bangalore, was my dream, ever since I reached the city, which was fulfilled in the year 2020. Though the outbreak of the fatal pandemic shook the world and denied the Patricians the warmth of the usual school atmosphere, which they enjoyed earlier, the well-balanced pulse of the school is continuing in its rhythm.

Under the patronage of St. Patrick's, the Bishop and Patron Saint of Ireland, the school nurtured and flourished and it always looked forward to imparting quality education to its pupils. It was the passionate leadership of our former principal Rev. Brother Paul that kept us vibrant and positive to accomplish everything in the past academic year. Besides academic activities, we could conduct co-curricular and extra-curricular

activities and could celebrate national festivals and important days virtually.

Online teaching was a quite different experience for me as most other teachers and students. The credit of replacing classroom learning with virtual classes by realizing the need of the day goes to the visionaries of St. Patrick's. It was their great envisioning that helped us run the school in such a well ordered manner. In the beginning we, the teachers and students, struggled to adapt to the new world of electronic gadgets but soon we experienced a smooth flight. We conducted Parent Teacher meetings and always kept in touch with them online. Their progressive suggestions, unceasing support and encouragement added confidence in both students and teachers.

This year as well the school is continuing its triumphant procession under the efficacious leadership of our Principal Rev. Brother Tomy

Varghese, aiming at inculcating values in students, such as perseverance, sincerity, truthfulness, tolerance and discipline. Besides academic excellence, the school is focusing on producing a well civilized, educated group of people who can positively contribute to the betterment of humanity.

We, in St. Patrick's, as a segment of Indian society with all its diversity, live, teach and learn with love, unity and harmony. The directions, support and motivation I received from Rev. Brother Christopher Dawes, the Senior School Coordinator Ms. Lucy Jacob and other senior colleagues made me feel a member of St. Patrick's family. Any newcomer who steps into the serene life of St. Patrick's School will be received to relish its sweet amity. I consider working and living with such great intelligentsia as a priceless possession.

**Mr. Shanil Joy, Class Teacher, VIII C**

## PATRICIANS TALK

### "BOARD EXAM CANCELLATION"

## STUDENTS' RESPONSE

"When the news of cancellation of ICSE class X board exams was released, I was happy because, I thought I would be able to take care of my parents; as they were Covid Positive, without having to worry about the exams. But at the same time I felt a little bad because all the effort we put in during the course of one full year was gone wasted."

**Miss. Chandana Rajeevan, XI**

"I was hoping to score better in the boards, as my pre-boards didn't go well. As the board is now cancelled I am kind of worried how they would grade us! But now the stress has cooled down as I can concentrate more on my entrances."

**Master. Gokul Kishore K, XII, 20-21 BATCH**

"When I heard the news that the exams were cancelled, I had mixed feelings, lot of things were going on in my head. But I was also happy that now there was nothing to be anxious, nervous or to stress about, I respect our honourable Prime Minister's decision."

**Miss. Eshita Das, XII, 20-21 BATCH**

"We were sure that we will have to face the board exams. But unfortunately, we didn't have our exams. In one way it was exciting as we were the first batch to not write the boards, but also a disappointment to many who had great expectations."

**Miss. Melissa Ann Joby Kurian, XI**

"Though I'd a slight feeling that the class X examinations will get cancelled, I worked persistently towards achieving my goal. I felt disheartened hearing about the cancellation but at the same time felt relieved because I needn't take the pressure for another 2 months and could have some leisure time before getting into the next grade"

**Miss. Anna Seril Varghese, XI**

"The board examinations are an important part of a student's life which helps them to decide on a career befitting their capabilities. The cancellation of board examinations made many of us feel lost and left us feeling empty but since this decision was taken in consideration of the students' health, it can be said that this was a wise decision. We can still hope for the future since our education will always stay by our side."

**Miss. Bhoomika K.S., XII, 20-21 BATCH**

"Ambivalent" is the word that describes my feelings about the board exam getting cancelled. I was relieved of not writing exams as well as concerned about the overall grade."

**Miss. Mansvi Jha, XI**

"Cancelling Board exam was a relief because we were in a state of mental stress regarding exams whether it will be conducted or not."

**Miss. Angel Maria, XII, 20-21 BATCH**

"When I first got to know that the boards were canceled, I was as happy as everyone else. I didn't have to study anymore and would have a whole 2 months of vacation. We (my batch of 46) had not seen each other for almost a year, till we started going to school to write our pre-boards. We had expected to see each other at least for the boards as we had to write them in school, but now it is no longer possible. Saying goodbye is one of the most painful things in the world, but we didn't even get to say goodbye to each other. This is the only thing that keeps troubling me even now."

**Miss. Sana Jaquelin D, XI**

"When the board examination was cancelled, I had a feeling of relief, mixed with worry and sadness. I was worried about the results, knowing that I could have done well if we had written an offline exam. However, I had seen multiple people dying from covid and I was in no way in proper shape of mind to write the most important exam of my life."

**Miss. Aliza Merchant, XII, 20-21 BATCH**

"To this day I find it really hard to digest the fact that the ISC Class 12 Board exam for our batch was scrapped. It is true that at some point of time, we all did expect such a decision but the mere thought of the strenuous preparation and effort we had put in and our high level of confidence to ace the examination had all come down to nothing, disappointed me. But I truly understand that this decision was a mandatory one and I hope that we will be able to see better days...."

**Miss. Blessy Saji, XII, 20-21 BATCH**



## PARENTS' VOICE

We would like to appreciate the great efforts taken by the management and staff of SPAB for the way online classes are being conducted during this unexpected situation. We are highly impressed by the way SPAB handles this unforeseen situation. We feel blessed to be part of this school. We wholeheartedly support and are thankful for the satisfying experience with SPAB."

***Ms. Anu Rose George Parent of Master. Davis Bibin, III D & George Bibin, UKG C***

St. Patrick's academy is highly focused and disciplined to ensure kids grow responsibly. The institution is particular about the children's education and social behaviour. The manner of teaching is so wonderful and refreshing!! Teachers are highly patient and supportive, and really know how to motivate her/his students. Teachers are great at building confidence and keeping lessons funny and engaging through a variety of activities that improve conversation, writing, and reading skills. Your passion and dedication are beyond words. It means a lot to our family. Thank you for providing the best online platform NLP during this pandemic. Thank you Rev. Brother Tomy for being so considerate to give a listening ear to parents' request. Special Thanks to Yamini Ma'am for being a thoughtful Kindergarten Coordinator. We are happy and satisfied that our kids are a part of the Patrician family. Thanks once again for helping Ayaan, specially!!

***Dr. Swati Jhavar, Parent of Master. Aman Jhavar, Nursery D & Ayaan Jhavar, UKG D***

"Teachers encourage Minds to think, Hands to create and Hearts to live"

This quote clearly defines the teachers of St. Patrick's Academy.

I take this opportunity to congratulate the hardworking team of teachers who took an initiative to adapt the new normal and made the things so comfortable for the children. The various tools used with the help of NLP made the task of learning easy.

Creativity and innovation were experienced by children through various competitions organised using the online mode.

This is not the end as it's truly said \*\*\*Endings gives birth to new beginnings'

\*\* New session started with a bang; with an excellent orientation which gave an insightful journey to the new session. Feeling blessed to make my daughter part of this esteemed institution. \*\*

***Ms. Niddhi Khanna, Parent of Ms. Sanvi Khanna, V C***

I am glad that my ward is associated with such a wonderful school. In this tough situation, when the world is suffering from a pandemic and students are anxious about their future and classes. St Patrick's Academy has come up with every possible way to impart education beyond classroom through their online mode of teaching.

I could see teachers are well aware of how to handle the online classes smoothly. Even during the lockdown children are enjoying their classes. I do agree that online classes cannot replace brick and motor classroom but at the same time I appreciate the hard work put in by teachers to ensure children don't miss classes and portions are covered on time. Every teacher is trying his or her best to ensure that children don't get burdened when school reopens and the transition happens smoothly. Children get to meet teachers and peers. Time is given for clearing doubts. The breaks in between are rejuvenating for students to join the next class with enthusiasm and vigour. As a parent even I can have a sneak peek of what is happening in the classes. I have seen positive changes in my child although she misses her physical classroom a lot but we are happy that she is getting proper education in the safe and comfortable environment of our house. Thanks to all the teachers and the entire school for doing the great work.

***Ms. Nandita Dasgupta, Parent of Deeksha Dasgupta, IV E***

## HOW TO LEARN TO SAY NO



*Image Courtesy - Gemma Evans*

Many people struggle with saying, "No." If someone asks you for a favour or a commitment, you may feel obligated to say "Yes." Remember, just because you can do something does not mean it is required. Work on considering the best ways to say "No." Think about things like your personal boundaries and the situation at hand. When saying "No," do so in a polite manner that makes your boundaries clear. Setting boundaries and saying no can be difficult for people especially the "people pleasure" and "workaholics" which are not healthy. Work on avoiding guilt after saying "No." Understand, you always have a right to turn down an invitation or refuse a favour. It is okay to make yourself and your mental health a priority.

Part of the challenge in this is that it has tasked you to say "No" on many occasions when your normally overactive brain and body simply wants to shout "YES!"

Saying NO, as everyone knows, is hard, and so, one should learn to get better at it.

**There are few ways to say "No"**

- \* Say no in a full sentence. Like "no, thank you." Do not apologize for saying it.
- \* Not this time
- \* I know someone that might be a fit for that. I'll email you, their information.
- \* You're so kind to think of me, but I can't.
- \* May be another time.
- \* Sounds great, but I can't commit.
- \* I'm not taking on new things.
- \* Another time might work.
- \* I'm not able to set aside the time needed.
- \* I'm honoured but can't.
- \* I'm booked into something else.
- \* No thanks, I have another commitment.
- \* Unfortunately, it's not a good time.
- \* Can I get back to you on that?
- \* I'm really buckling down on my priorities right now, so I can't.
- \* It's not feasible for me to take this on.

And the list goes on.....

Staying firm on one's decision is key to independence. It can also build better relationships with others in the future.



*Image Courtesy - Isaiah Rustad*

It is really important to realise that one need not to do a job just because they can or available to do. One should ask oneself whether he or she will benefit from doing this work or not? Is it worth spending that much time? And most importantly, will one be happy while doing the work?

***Ms. Neha Sharma, Parent of Ms. Anshika Singh, IX B***



# FOUR WAYS TO MAINTAIN MENTAL WELLBEING DURING THE PANDEMIC AND DURING NORMAL TIMES!



Image Courtesy - Robina Weermeijer

The spread of the COVID-19 pandemic has highlighted the importance of overall wellbeing. We hear and see a lot of focus being made to improve our physical wellbeing (e.g., exercise, eating right, etc.) to avoid / withstand the illness. However, it appears to me that there is lesser focus on our mental wellbeing.

The World Health Organization (WHO) defines mental wellbeing as the “state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community”. While the definition may appear broad, I recommend that we focus on a few areas that could help us maintain our mental wellbeing during this pandemic. These may appear simple; however, with practice, they can create transformation in our lives.

**1. Three Gratitude:** Science shows that having the attitude of gratitude is important for how we feel psychologically and socially. It increases our positive emotions and raises our overall satisfaction with life. This in turn, helps us manage any adverse event, including the pandemic. Here is a simple way to do this activity:

- Every night, before going to bed, spend a few minutes thinking about three good things that happened to you that day. These may be as simple as eating your favourite dish that day or getting a compliment from someone.
- Note the good things down in a notebook / journal / app.
- For each of the three good things, think about why you feel good about it.
- After a week of doing this, look back and review what you have written. Express gratitude in your heart for all the good that has happened in the week.
- Try doing this every week – it would become a habit!

**2. Random Acts of Kindness:** A random act of kindness is doing something nice for someone else, without them asking and without you expecting anything in return.

Kindness, unlike gratitude, is an action and not an emotion. Psychological research has proven that being kind increases the feeling of strength, makes one feel calmer, less depressed, etc. by increase in the oxytocin (love hormone) and serotonin (feel-good hormone) hormones in our body. The following are some simple recommendations to get you started on your random acts of kindness journey:

- Compliment two people that you interact with today
- Send a text / WhatsApp message with a positive and uplifting thought
- Hold the door open for someone
- Donate items that you have not used for a long time to someone who may need it
- Help someone with a question that they have or a problem they are wrestling with



Image Courtesy - Simon Rae

**3. One-Minute Meditation:** When we are leading busy lives packed with lot of activities, it is important to pause and reflect for a few moments. Without this pause, our life could become hectic and overwhelming. Meditation is a great way to pause. When we hear the word ‘meditation’, we end up imagining someone sitting quietly in a forest, with closed eyes and a lot of focus, for a long time. This image stops us from experimenting with simpler forms of meditation. One-minute

meditation is a technique by which we only spend a minute to bring in some focus.

- All that you need to do is find a comfortable place to sit (it could be your work desk or school desk or a bus / train/ aeroplane seat!)
- Set a timer in your phone / watch for 60 seconds (and keep the phone out of sight so that you are not disturbed)
- Close your eyes and just focus on your breath. Notice the air flowing in and out of your nostrils. If you are distracted by any thoughts, bring your focus back to the breath.
- When the time is over, open your eyes and move on with life.

**4. News fast:** We want to come across as well informed and so, consume a lot of news from newspapers, television and news apps. Research shows that negative news can promote undesirable change in mood and aggravate anxiety, sadness and depression. A ‘news fast’ refers to opting out of watching / listening / reading the news for a certain period of time. Fasting from news, promotes mental calm and helps renew one’s spirit. Some tips to help you fast:

- You don’t have to worry about being ill-informed. If it is important news, someone will reach out to you.
- If you have anxiety about missing out on world events, use an app or similar tool to read only the headlines.
- If this works for you, consider extending it to other media such as social media too!

Robert Schuller said “Tough times never last, but tough people do!”. For us to be tough people to last through this tough time, it is important to focus on our mental wellbeing too. I hope that these few techniques would help you and your loved ones become more ‘tough people’ who sail through this pandemic (and other ‘tough times’ in life)!

**Mr. Dominic Rajesh, Parent of Abhishek D Sebastian - X-A & Ajay D Mario, IV-E**





### ONLINE CLASS

“You don’t drown by falling in the water; you drown by staying there; instead keep moving”

Did we ever think our children would attend classes remotely? Never have we imagined of such a situation, but today it’s very much proven that it’s possible and it can be done effectively starting from Nursery.

People who work in IT have experience working from home connecting remotely, however schools never has had such an experience. We used to follow the traditional way of teaching methodology thinking that it was the only way a teacher would be able to properly communicate with their students. This was a

major challenge even in our school, St. Patrick’s Academy, Bengaluru, when Government announced to close all schools in March 2020 to protect students from the pandemic.

I would like to appreciate St. Patrick’s Academy’s management and teachers for taking a valiant decision to make this pandemic situation as an opportunity for children, to provide seamless remote learning experience via IT platforms. This required a quick and very courageous decision so as to overcome challenges such as new investment, on boarding vendors/stakeholders, implement change management and workforce readiness to adopt new teaching/learning methodology among teachers and students.

Within two months’ time our school management on boarded all necessary service providers and extended training to all stake holders and re-opened the school as usual by June 2020. As a parent, I would like to applaud all the people who worked behind the scenes to achieve this target. They have very well proven that it’s possible to change the teaching learning methodology/experience with the co-operation and support from all.

I would also like to appreciate all fellow parents, who have extended their full support and cooperation to school

management by providing the necessary gadgets, laptop, and internet connectivity. Moreover, I would like to thank them for being with their children to support and motivate them during the initial chaos, to bring all effort to 100% result oriented.

Just having an IT platform, connectivity and gadgets will not meet our goals. The children also need good support, energetic presentation and good learning content from teachers. Hats off to all our coordinators and teachers who have made sure that they do justice to their teaching. They are doing a wonderful job with their excellent teaching to keep our children motivated, encouraged and interested every day.

We know that our children are very much excited to be back in school, to meet all their teachers and friends in person and wish each other. Let us all pray together that we may come out of this pandemic situation soon and be back on with our normal lives.

Thank you.

**Mr. Aneesh Kumar, Parent of Ms. Nandhika A Kumar, V A & Master. Daiwik A Kumar, III A**



### ST. PATRICK’S ACADEMY - RIGHT-CLICK FORWARD

Proving all soothsayers wrong, the year 2020 had within the first few weeks started to show the world that it would truly go down in history. Not as a year of positives but as a year when the word ‘ positive’ itself would get shrouded in negativity. 2020 became the year when everything changed. Time itself began to collapse in on itself. It was difficult to tell the Mondays from the Wednesdays. Weekends were hard to tell apart as weeks started merging into each other.

We all clung onto hope. Yes, life would return to normal... soon.

By the 1st week of March 2020 our school proactively asked kids to start using masks and sanitizers, even before travel advisories made masks mandatory. Some of us may have thought this move extreme then, but our understanding was to change very drastically soon. As the school closed down, we shared the excitement of our little ones at the cancelled exams and the longer summer vacation. Well, to be honest, the

longer summer vacation part we parents could have done without. But by then the pandemic had all but ensured that our life became one long work-cation.

While we tried to make sense of what was happening around the world, the heart-wrenching scenes of unending hospital queues flashing across our TV screens only made it clearer that this was something much worse than we thought. Despite the uncertainties and the nationwide lockdown from 25 /March till 31/May, our school was ready with a plan for the next academic session by the beginning of June. After a few days of trial/ demo sessions, we click- started a new academic year in June.

A new medium of education was put in place, teachers were trained, interactive course curriculum planned out, assessment methodology chalked out. All of this accomplished with the school management and teachers working from remote locations. We appreciate and remember Rev. Bro. Paul, our then Principal for taking swift and astute decisions that enabled such a smooth shift

into online classrooms.

Today, as the children start the second year of online classrooms, we parents are grateful to the school management and all the teachers for the arrangement made with the book suppliers for ensuring that the books reach us at our current locations.

We are excited to have a new dynamic leader at the helm of this institution. We extend a warm welcome to our new Principal, Rev. Bro. Tomy Varghese. We are sure with his determination and proven track record, he will take the school to even greater heights. We are appreciative of the efforts of the school management to have the Patrician spirit enkindled in our children through the loving care, support and encouragement that they receive from the school during these valuable years of their childhood.

**Ms. Manju Harry Parent of Ms. Rhea Harry, X C Ms. Diya Harry, VIII C and Master Aaron Harry, IV B**