



# CHRONICLES OF SFIS

## Mental Health and Wellbeing

### Impact of lockdown

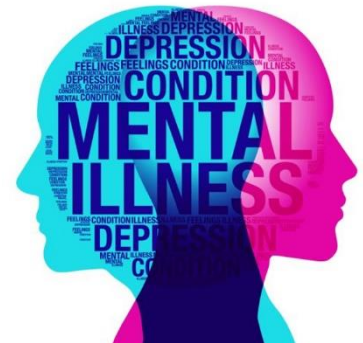
Research has shown that the amount of lockdown had a significant impact on the mental health and behavioural disorders. Young children and teenagers were most badly impacted, since they were kept home from school and separated from classmates throughout critical developmental stages. While social media provided older children with a means to connect and maintain connections, it also caused older teenagers to get too involved in social media.

### How mental health is viewed

The primary reason for India's mental crisis is the lack of knowledge and sensitivity about this issue. There are a lot of stigmas attached to people who have mental health problems. When someone attends a consolation session with a therapist or such, the society labels them as a "lunatic", "mad", "possessed" and a variety of other terms. This creates a cycle of guilt, suffering and isolation for the sick.

### How can you improve your mental health?

- 1) Create a self – care plan for yourself
- 2) Spend more time with your loved ones
- 3) Start being more active
- 4) Try to limit your time in social media
- 5) In your free time try doing stuff that makes you happy (such as sketching, journal writing cooking and etc...)



### QUIZ TIME!

- 1) Do you have little interest or pleasure in doing stuff?
- 2) Do you have trouble sleeping or do you feel like your Sleeping way too much?
- 3) Have you ever had any harmful thoughts toward yourself?
- 4) Do you worry every day and feel as if you can't control your worry?
- 5) Do you avoid certain situation in your life

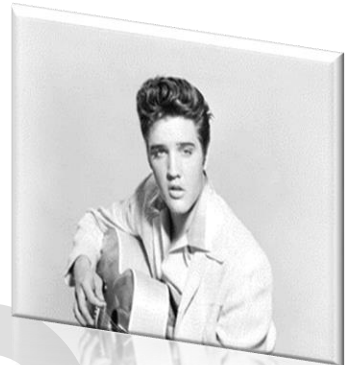
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\*If you feel like your doubting yourself quiet often ensure that you open up to someone you trust a lot or search for other method that can help you.

- Sabrina(X)

## Music in the 90's Vs today!!

Music around the world has changed throughout many years and has always been present in each and every one of our minds. Many people think that no music is as good as the 90's songs. But, today as of now is mostly about rapping and fast music. Now let's look at the different aspects of music in the different ages.



The beginning of electrical instruments can be recorded from the late 90's. After that, the use of these devices increased more and more as they got popular. Pop music was highly famous in the 90's and hip hop grew rapidly. This decade was also the beginning of rock music which is now famous these days. People in the 90's tried to experiment with music a lot and they would blend different types of music.

The 21'st century has seen the rise of many musicians thanks to the internet. The internet has played a vital role in spreading music so it is reachable to many people. The music today is mainly focused on pop, but in a different aspect. Nowadays, everyone is going crazy about K-pop and other pop music. It has become a huge trend! We can see a rapid growth in rapping. The intense music keeps you in the beat.



Music always runs in our blood and soul. Even though music has changed over the ages, it never fails to entertain us and keep a smile on our face.

- D.Sukirthan and G.Thaneeswar(IX)

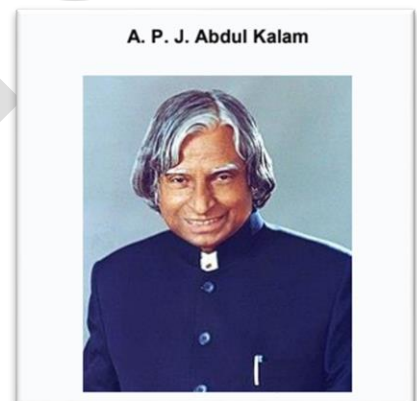
## DO YOU KNOW ABOUT THE MISSILE MAN OF INDIA?

### *Early life*

Avul Pakir Jainulabdeen Abdul Kalam was born on 15 October 1931, to a Tamil Muslim family in the pilgrimage centre of Rameswaram on Pamban Island, then in the Madras Presidency and now in the State of Tamil Nadu. His father Jainulabdeen Marakayar was a boat owner and imam of a local mosque; his mother Ashiamma was a homemaker.

### *Career as a scientist*

After graduating from the Madras Institute of Technology in 1960, Kalam joined the Aeronautical Development Establishment of the Defence Research and Development Organisation (by Press Information Bureau, Government of India) as a scientist after becoming a member of the Defence Research & Development Service (DRDS).



He started his career by designing a small hovercraft, but remained unconvinced by his choice of a job at DRDO. Samajwadi Party announced its support for Kalam, Narayanan chose not to seek a second term in office, leaving the field clear. Kalam served as the 11th president of India, succeeding K. R. Narayanan. He won the 2002 presidential election with an electoral vote of 922,884, surpassing the 107,366 votes won by Lakshmi Sahgal. His term lasted from 25 July 2002, to 25 July 2007.

### *DEATH*

On 27 July 2015, Kalam travelled to Shillong to deliver a lecture on "Creating a Livable Planet Earth" at the Indian Institute of Management Shillong. He was

rushed to the nearby Bethany Hospital in a critical condition. Despite being placed in the intensive care unit, Kalam was confirmed dead of a sudden cardiac arrest at 7:45 p.m. IST. HE LIVED A GREAT LIFE ISNT IT?

- Nandika(VIII A)



# Back to School!

"Ma, has the code come?"

"Mam, we cannot hear you"

"Paa, Google meet is frozen"

"Grandmaa, nooo!! Wait, one sec, let me turn off

The camera... Yes, now please go"

"Hey, how does my background look?"

Aargh!! Online classes! That's how my first

Half of the day goes. And the rest of the day is

scattered with copying notes from google classroom and finishing homework. And this Happened for... holly molly, TWO YEARS!! I can't believe I spent two years of my childhood



In this way!

And enter June 2022, there we are, back to School. It was more than just a great relief! The

Morning is back with,

"Oh, I forgot the socks"

"Mom, have you kept the spoon?"

"Whoa! This bag weighs a ton!"

"Fruits are not snacks"

"Come on dad, everyone brings chocolate"

The thrill of "really" getting ready to school, with fresh set of uniforms, brand new Shoes, packed lunch, the breeze rushing past when riding to school, the excitement of Running around the corridor, the joy of seeing my friends' faces, the pleasure of taking a bite from others in snacks and lunch break, and best of all, the PT PERIOD!!! The excitement of ACTUALLY playing with my friends in the ground!!! Thank God, all these are finally back. Just two months into school and I already feel like I have got back half of what I lost in the two years. I hope this article does not get in the eye of the new Monkeypox guy, as he might get jealous and try to ruin this again!

- Thulasi (VII)

## Global Warming

### Climate change and the greenhouse effect

We've been hearing from countries like USA, China, India, etc. That they want to reduce the carbon emission by at least 10% by 2030 and reduce the global warming rate. So what is this global warming exactly and what are the ways to prevent it?

Global warming is the long term warming of the planet's overall temperature. Though this warming trend has been going on for a long time, its pace has significantly increased in the last hundred years due to the burning of fossil fuels and many more. The human population has increased and so has the volume of the fossil fuels burned.

Fossil fuels include coal, oil and natural gases, burning them causes what is known as the “greenhouse effect” in Earth’s atmosphere. The greenhouse effect is when the sun’s rays penetrate the atmosphere, but when that heat is reflected off the surface it cannot escape back into space.



Greenhouse gases include carbon dioxide, chlorofluorocarbons, water vapour, methane and nitrous oxide.

### Ways in which global warming increases:-

- + Generating power
- + Manufacturing goods
- + Cutting down forests

### Ways to prevent global warming from increasing:-

- + Changing a light :-

Replace one regular light bulb with a compact fluorescent bulb will save 150 pounds of carbon dioxide a year.

- + Drive less / car pooling
- + Recycle more
- + Check your tires



- ✚ Use less hot water
- ✚ Avoid products with a lot of packaging
- ✚ Adjust your thermostat
- ✚ Plant more trees
- ✚ True off electronic devices when not in use

At the end of the day, it is our future and we are the ones that need to save it .so we all need to take a small step to prevent global warming from increasing.

-Richelle, Hanumasai, Pranauthi, Jai Nithin(VI B)

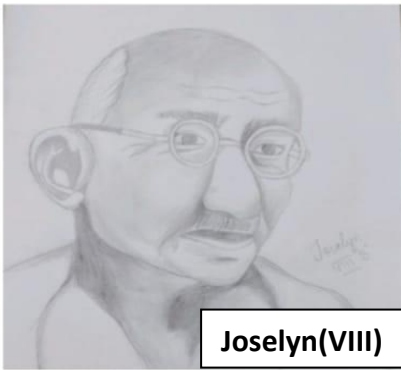
# ART GENIUS



Edwin Judo(X)



Nilavarasi(VII)



Joselyn(VIII)



Niranchana(VII)



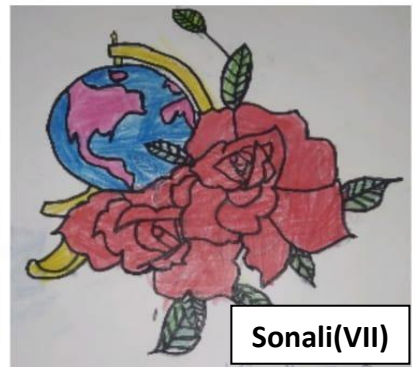
Sukirthan(IX)



Pooja(VII)



Hannah(VII)



Sonali(VII)



# CREATIVE CORNER

## THEME 1: NATIONAL DOCTOR'S DAY - 1 JULY 2022

National Doctor's day is celebrated on July 1 all across India and is dedicated to all medical professionals who work and serve patients round the clock to save lives.



Remembered National Doctor's Day on 1st July 2022 to pay tribute for their ethical and relentless service to humanity. Franciscans of grades 6 to 10 were encouraged to demonstrate their talent and expressed heartfelt gratitude to doctors through beautifully designed posters, poems and thank you cards

## THEME: 2 ORIGAMI (1 TO 5)

Origami is the art of paper folding. Its name derives from a Japanese word ore (" folding") and Kami ('paper").

Traditional origami consists of folding a single sheet of square paper (often with a colored side) into a sculpture without cutting, gluing, taping, or even marking it. Young Franciscans of grades 1 to 5 displayed their talent in origami for SFIS creative corner



- Mrs. Vijitha, Mrs.Anitha and Mrs.Isabella

## Monthly news headlines

- Neeraj Chopra Has pulled out of the games owing to a groin injury, which now requires him to rest for at least 20 days, and that puts the focus on PV Sindhu, who will be India's flag bearer in Birmingham.
- 26-year old Manisha becomes Pakistan's first Hindu women DSP.
- Will Smith posts Savitri Jindal becomes Asia's richest women with \$11 billion wealth.
- Boris Johnson resigns as U.K prime minster after conservative party revolts.
- Man's tries to break into US space force to warn about "Aliens vs Dragons", arrested.
- Depp sells his artwork collection for 29 crore rupees in hours, art gallery's website crashes.
- Sri Lanka PM Dinesh Gunawardena says he is ready to listen to democratic public protesters.
- Will Smith posts an apology video for slapping Chris Rock.
- India's first case of Monkey pox, completely cured, says Kerala's Health Minister, Veena George.
- Ajith Kumar wins 4 gold medals at Tamil Nadu State Shooting Championship.

- Christine, Nandana, Aaron (X)



## **‘Fabulous FURILians’ in SFIS**

On Saturday, 9th July 2022. The English Department of SFIS proudly presented its club activity performances under the title ‘Fabulous FURILians’. “FURIL” is an acronym for the skills needed for a clear communication such as Fluency, Understanding, Reading, Intellectuality and Lexical that make a student an excellent vibrant orator.

Various competitions were organised for students of Grades 1 to 10 to enhance their speaking skills, and to inculcate confidence in them. The students enthusiastically showcased their talents.

It was a great honour that Mr Stanislaw’s, Director at Stan's International Educational Centre for skills development and placement Hub, Iyyappanthangal presided over the function. He also judged the students’ performances and delivered an inspiring message. “Learn Happily, you be happy for ever”.

The winners were awarded with Certificates and Trophies for their best performance.



## Inter-house Competitions:

Sports play a major role in shaping the personality of a child.

The inter house basketball competition was held on July 21 2022(Thursday)

The energetic boys of the four houses of the school competed in a match against each other. The game was played in two phases, the semi-finals and the finals. The boys stepped onto the court to set it ablaze with speed, endurance, magical footwork, dribble and much to the audience-excitement, a nail-biting finish. Lay-ups were met with intense blocks as the players sweated it out in the courts. Students from grades 6 to 10 were gathered around to witness the match and to cheer their respective houses.

The red team emerged triumphant after winning the First place against the Green team. It was a closely fought competition wherein each house put in their best foot forward. The Blue team secured the third place and the yellow secured the fourth place. Inter house Basket-ball match was a very exciting event with remarkable performances and skills showed by our students.





**Inter-House Kho-Kho match** was held on (July 20 2022) Thursday too

All four houses had their teams ready for the event.

It was very interesting to see the girls belonging to different houses putting their best on the court. Students participated in a sportive spirit with a great zeal and enthusiasm and excitement filled the air. They wonderfully showcased themselves, engaging in self-defence and increasing concentration. All the players put their best efforts to make their team victorious. The red team emerged triumphant after winning the First place against the yellow team. It was a closely fought competition wherein each house put in their best foot forward. The Blue team secured the third place and the Green team secured the fourth place.



Our Franciscans are gearing up for the Annual sports day. The students are practicing vigorously for individual as well as team events. The competition between the four houses of the school to emerge victorious in these events is intense. These competitions promote, in students, the development of a winning attitude and the element of being part of a team. Hope you all are really excited for the sports day!! Do work hard and try your very best in all the events and remember “the key is not the will to win, everybody has that. It is the will to prepare to win that is important”.



**- Mrs. Angeline Daniel**





# KINDERGARTEN NEWS BULLETIN



## June 2022:

What was it like when are tiny tots returned to in-person learning?

They are happy and parents feel supported - but mitigating about what we're going to work with probably for the next two to five year of closing some gaps was our growing concern. SFIS Kindergarten has quickly risen to the moment, viewing concerns of parents, planning and preparing to a new reimagined approach focusing on important areas, paying more attention to the

**Social and emotional** well-being of our kids, especially our babies who have not been with us and they're starting school for the first time. How isolated were they?

**Language and expression** skills, were they able to play with other kids their age?

Because we know, kids learn best through play.

**Supported staff** Making sure our teachers had robust professional development and culturally responsive to the needs of our children, and are always infused with inquiry and creativity, transferring that to our students in a robust comprehensive learning and academic-play experience.

**KG. Coordinator**

**Mrs. Sandra Tisseverasinghe.**

## JULY 2022 (Fun Activities)

Pre. Kindergarten began with celebrating " **Family Day**" at school Reconnecting and Refreshing the day with Parents, Grandparents along with kids and teachers. Singing, dancing, playing family games, cake cutting and sharing snacks highlighting the bonding and strengthening our relationship.





# JULY 2022

Jr. Kindergarten " **Family Festivity Day**" got Parents, Grandparents, Teachers and students in a colourful festive mood. Kids sang and talked about the different festivals we celebrate in our country. Family games were played, and the traditional authentic food sharing displayed a real togetherness as one big family.



# July 2022

## Sr. Kindergarten Activities-1

**"Eat Right, Live Well, Stay Healthy"** The little Veggie Vindicators played, learnt and were helped to eat more vegetables and fruits every day. Veg layer-sandwiches were made and kids brought their favourite fruits, set up a fruit stall, and enjoyed making fruit salad with their teachers in the class.





## Sr. Kindergarten Activity-2

**"Save our Earth Week"** Empowering Children to engage in citizen science and be Heroic Leaders for change is the main thrust of all our activities. Teaching and believing the impact, they can have on Saving Our Precious Planet. Meet our four super heroes.(Professor Reuser, Reduce Rescuer, Climate Actioner, and Rot Girl) each of their activities included; speaking skills, playing, singing, dancing, learning, recycling, planting , separating trash, making compost, pledging to carry steel water bottles and snack boxes in a fun way, while introducing the creative aspect of turning waste into wealth.



- Mrs. Sandra Tisseverasinghe.

Let's play a game now!!!!!!!!!!

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

## Credits:

- **SPL** -Christine and **ASPL** -Nandana  
“We would like to thank correspondent mam, principle sir, vice principle mam, office staff, and the teachers for making this newsletter possible”
- We would also specially like to thank Sandra Ma’am, Michelle Ma’am, Vijitha Ma’am, Anitha Ma’am, Isabella Ma’am, Angeline ma’am and Ancy ma’am for helping us with the write up , Photos and the editing.
- **Editor of the month** -Aaron

Journalist of SFIS	Artists of SFIS
Sabrina (10 <sup>th</sup> )	Edwin(10 <sup>th</sup> )
Thangeshwer(9 <sup>th</sup> )	Joslyn(8 <sup>th</sup> )
Nandika(8 <sup>th</sup> )	Sukirthan(9 <sup>th</sup> )
Thulasi.V(7 <sup>th</sup> )	Pooja(7 <sup>th</sup> )
Richelle(6 <sup>th</sup> )	Hannah(7 <sup>th</sup> )
Jainithin (6 <sup>th</sup> )	Sonali(7 <sup>th</sup> )
Pranauthi(6 <sup>th</sup> )	Nilavarasi(7 <sup>th</sup> )
Hanumasai(6 <sup>th</sup> )	Niranchana(7 <sup>th</sup> )