



# **DAFFODILS HIGH PUBLIC SCHOOL**

## **NEWSLETTER**

### **SEPTEMBER 2021**

#### **PTM I-VIII**

PTM's were conducted for Grades I – VIII. All the Subject teachers and Coordinators along with the parents were present for the same. It was a forum to reflect upon the progress of curriculum and any suggestions related to it. Queries related to academics were resolved in the meeting.

Parents were happy and thanked the school for its initiative to conduct the Regular and remedial reading sessions to improve the reading skills of Students of Grades II, III, IV and V. A feedback was given to the parents regarding the Sudoku Sessions.

The PTM meeting was conducive and fruitful.

#### **TEACHER'S ORIENTATION ON** **MENTAL WELL BEING AND SELF CARE**

School had arranged for a Teacher's Orientation Programme on "self-care" for the teachers of Grades I and VIII.

The orientation was conducted by Ms. Karishma Dhrolia (Program Director, Psychology Department) of Drishti Foundation

Activities were conducted to understand the ways to take out time and take care of our own self.

# **LIFE SKILL SESSION**

Life skill Session on the topic “Virtual Etiquettes and Digital Citizenship” was conducted for the students of Grades IV and V by the School Counsellor in the Month of September 2021.

During the Session the counsellor spoke to the students about being responsible when they are handling Digital Platform and the also about how to conduct themselves during online lectures.

## **‘GREET AND MEET’ – I & II**

The pandemic has affected the children in such a way that the way of living has changed drastically. The change in mode of Schooling has brought a vast difference in the life of the children, who are just graduating from Pre-Primary level and entering the Primary section.

# PTM - PICTURES





# LIFE SKILL SESSIONS





## What ZONE am I in?

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
			
Sad Sick Tired Bored Moving Slowly <small>(Need strategy)</small>	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Annoyed Worried Silly/Wiggly Over-excited <small>(Need strategy)</small>	Mad/Angry Mean Hitting Yelling Out of Control <small>(Need strategy)</small>

"In school, we need to stay in the Green Zone!"





https://docs.google.com/drawings/d/1...  
Drishya

A circular diagram divided into eight equal segments, each labeled with an emotion: HAPPY, ANGRY, WORRIED, PROUD, SAD, EXCITED, SURPRISED, and SCARED.

Drishya

Twirling any way you please

by Kiboom! Kids World

Drishya

Drishya

## What is stress?

Stress is your body's reaction to situations that challenge you. It's your body's way of getting prepared to deal with the pressures you experience at home and at school.

Most people think stress is all bad. However, there is bad stress and there is also good stress.

# Good Stress Vs Bad Stress



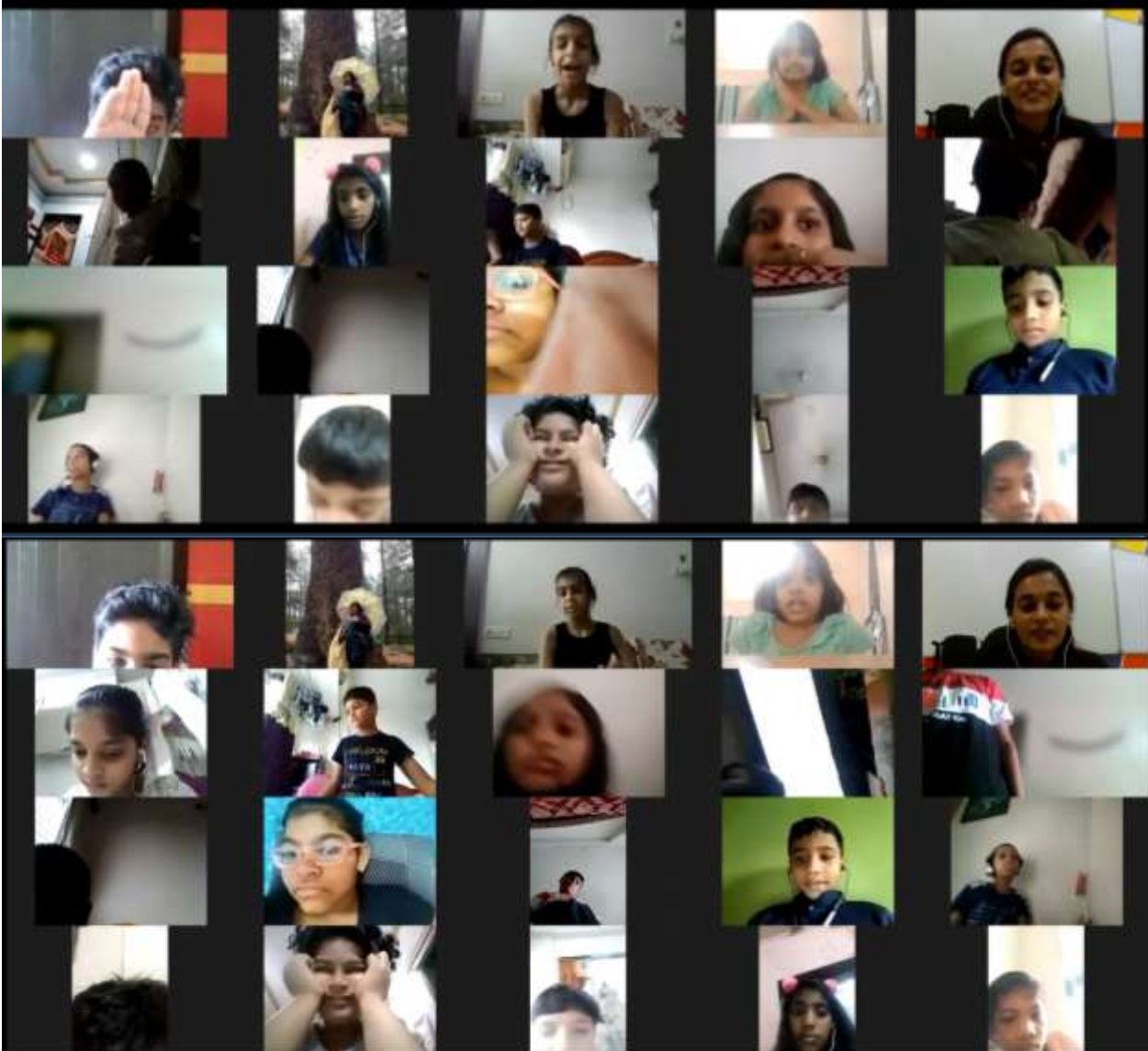
## Good Stress

Good stress can keep you focused and motivated to get things done. For example, being stressed about giving a presentation can motivate you to prepare and rehearse.

## Bad Stress

Bad stress is what you feel when you can't stop worrying about something and you feel overwhelmed all the time. This can cause **stress overload**.

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# TEACHERS' ORIENTATION

