



# INNOVATIVE PRACTICES

## 2019-20

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## **INTRODUCTION**

St John's envisions to produce a world where everyone is smart, quick-witted and efficient for the welfare of our society. It advocates quality of education by promoting social, intellectual, emotional, physical and personal developments by inculcating values in the educational curriculum.

The following areas are being highlighted through various activities in and around our school campus.

- Mental well being
- Emotional development
- Physical development
- Social development
- Personal development
- Values inculcation

## **MENTAL WELL BEING**

Various programmes including yoga practices , interactions with great parliamentarians, award function for those who achieved meritorious victories in AISSE and AISSCE 2018-2019, practising Math tables , Motivational classes by eminent personalities, Literary workshops, Smart brain quiz etc. were conducted in our school.



These varied activities motivate students to be interactive, be determined to achieve set goals in their lives, rediscover the joys of reading and gather ideas, think positively to learn mathematical tables, upgrade themselves receiving the valuable words of eminent persons, be smart and quick witted to transfer their knowledge in new contexts

## EMOTIONAL DEVELOPMENT

To make our students emotionally sound, we set up a variety of programmes for them. These programmes included; inculcation of values, visit to poor homes and old age homes, engage in charity work, attend stress relief classes ....



Our students were interested to follow one special value in each month and class wise assembly was conducted in connection with that particular value. Students engaged in charity work for the flood affected victims and provided for the needy in the nearby hospitals and charity centres. Stress relief classes helped students to adjust with the emotional outburst of the new generation. Through these activities students came across many situations to identify their own strength and weakness and how to overcome stress in their lives.

## PHYSICAL WELLBEING

Regular exercise is a must for children. Our school promotes various activities for the health and wellness of our students. The activities include; the increase in number of physical education periods, Health checkup, Eye camp, Vegetable garden and yoga practices. Classes highlighting the importance of organ donation, blood donation, conservation of nature ... were arranged for the students.

To make our environment pollution free, a cycle rally campaign was organized to make aware of the dreadful effects of climate change..., not only to the students but also to the public. Moderate exercises and games were provided to the students.



Involvements in sports and games and participation in Arts fest and family days enhances their brain functioning and it boosted up energy to stay healthy. A class against drug abuse was arranged for the senior students



## SOCIAL DEVELOPMENT

Many valuable programmes were arranged for the social development of our students .Nallapadam project was a new venture to provide students a stress free environment that would develop leadership qualities, social commitment, self awareness, learning by doing and thus to promote peace and harmony. As a part of this project many activities were there in the year 2019-2020 like visit to charity home "snehaveedu", Christmas basket, Truestore etc.





School level Arts fest and Sahodaya level Arts fest were conducted to develop their verbal and non-verbal communications and to engage in a healthy competition. Vegetable design in place of floral design was made on the day of Onam celebration with the vegetables brought by our children and the same were given to the old age home snehaveedu. Also food packets were given to the needy people in the nearby hospitals and charity centers.

These activities provide them opportunities to listen and understand others' needs and thus to develop interpersonal skill. Their teamwork and co-operation deserve praise.



## PERSONAL DEVELOPMENT

Students were provided opportunities to develop their personal calibres- of classwise assembly formation and functioning of school parliament, food court, tour, film show, class on Robotics and so on. These activities enable students to deal effectively with the demand and challenges of everyday life. They develop decision-making, problem solving and information gathering skills.

Many students got opportunities to present before their friends through classwise assembly.

School parliament aims to inculcate various qualities to the young minds by entrusting various duties to them. Their self-esteem could be developed along with their leadership qualities and social awareness. a





Through the Food court, students prepared reasonably priced quality food. They set the food items in an attractive way and their dealings were attractive too. Their values like clarity, authenticity, integrity and hospitality were exhibited through the idea of food court.



Tour and film show provided the students mental relaxation and they could learn values like co-operation, punctuality, consideration...

Kids of nine schools under Kollam sahodaya competed on “Kids fest” In

St.John’s to exhibit their multiple talents. Various competitions introduced by the Kollam Sahodaya were held in two categories. The programmes include; Abstract learning. Show and tell, Jigsaw puzzle, pencil drawing, painting, choral recitation, storytelling, clay modelling and so on.



Through these activities, skills like self-awareness, problem solving, effective communication etc. were highlighted. The students could demonstrate their strength and communicate with others using appropriate words, intonation and body language.

## VALUE INCULCATION

Inculcation of values in the school curriculum aims to help students to deal effectively with the demands and changes of everyday life. The values that we focus are;

- Integrity
- Responsibility
- Respect
- Fairness
- Empathy
- Courage
- Resilience
- Teamwork
- Excellence



## ISRO VISIT

With an aim to drive our students to be future space explorers and innovators in the field of science and technology, our senior students were given chance to visit ISRO. Students could observe the models of various types of satellites launched by India for weather forecast, education, navigation, communication etc.



They were also given a chance to watch a video show on the development in the field of space research and technology. This enchanting experience help them to apply their academic learning innovatively into new situations for overcoming day –to-day challenges in their lives. Their curiosity was enhanced and they expressed their strong desire to learn more on science and technology.

## UNITED RELIGIONS INITIATIVE

With a vision of “Our new generation live together in peace and harmony and to promote the values of equality and freedom of belief in their respective religion and also to respect other religions, we put forward the Religious harmony club.

From the month of July to January, all important religious festivals and the mythology behind their celebrations had been presented in the school assembly by the students. Apart from this we

got an opportunity to be a part of United Religions Initiative (URI), an international organization promoting peace and harmony worldwide



Our students participated in International peace rally organized in connection with URI on international peace day. On the day of Gandhi Jayanthi, our music team presented the theme song of Religious Harmony Club. As a part of URI programme, our school hosted an “International Students Summit”- on climate justice with the participation of many foreign delegates along with our children. The programme was headed by the most promising, vibrant activist against climate injustice, Miss Kehkashan Basu, founder president of Green Hope and International Peace prize recipient.





## THE DRUG ABUSE PREVENTION CAMPAIGN

St.John 's school Anchal allies with the Government's implementation of anti-narcotic programme in school to eradicate the use of drugs among the school children. Students of classes 8 to 10 were given an awareness class by Mr. Binu Babu, Inspector, Excise office, Anchal.

He initiated the students to take an oath against using intoxicants that diminish the mental and physical abilities. Students were urged to be addicted to the beautiful games of life as Sachin Tendulkar considers cricket his intoxication. The official inauguration of 'Anti Narcotic club' in St.John's is done on the occasion. The resource person explained various steps on how children would indulge in the usage of drugs and they should be strong enough to say 'NO' to their peer groups in case they are offered drugs, tobacco or alcohol. Students were truly motivated to improve the individual health and thereby improve the public health.



## KNOW YOUR CHILD

The viewpoint of a child is very different from that of an adult. A child's view is full of wonder, amazement, excitement, innocent mischief and simplicity. In the first few years, teachers and parents constitute the major portion of a child's environment. As time goes by, the child slowly starts imbibing more and more of its environment and begins to express ideas that it has acquired from observation.

The Know Your Child (KYC) practice is designed to help teachers understand children better and thus improve the quality of learning and development. KYC does a root cause analysis of children's behavioral patterns and equips the teachers with the knowledge to help children blossom to their full potential, as they grow up to teenage and adulthood.

## **CONCLUSION**

We included many innovative practices in teaching- learning process and in co- curricular areas during this academic year too. Through all these practices we focused on the different areas such as emotional, social, personal and physical development. By inculcating many values they were equipped for being better citizens for future.