



# AUXILIUM GIRLS' SCHOOL

AGARTALA - 799006, TRIPURA (WEST)

CBSE Affiliation No 2030012, School Code: 35385

☎ 0381- 2351157 📞 9402168586

ACADEMIC YEAR 2021-22

## IMPORTANT INFORMATION



2021

*Year  
of Hope*



*"Behold, I make all things new." (Rev. 21:5)*

## *Our Vision*

*Auxilium is committed to educate and form the students into:  
Physically Fit, Intellectually Competent, Morally Upright,  
Spiritually Inspired, Socially Committed  
and Nationally Dedicated Citizens at the service of India  
and the world of Today and Tomorrow.*

# 15 Pledges for a Healthier and Happier Life<sup>1</sup>

The following fifteen pledges can profoundly influence our lives and help to set our hearts right and make a pledge to each other, to spouse, family, friends, associates, community, and nation.

We can also help to change the world utilizing the three greatest powers on Earth that humankind can assemble: the "power of love," the "power of dialogue," and the "power of the pen."

## FIFTEEN PLEDGES

1. I pledge to engender loyalty and happiness in my life, in my marriage, in my family, and in my friends.
2. I pledge to be a more loving and caring mother, father, brother, sister, uncle, aunt, and grandparent.
3. I pledge to listen more, to be more patient, to be more attentive, and to give more of my gifts.
4. I pledge to engender happiness in my home, my school, my workplace, my place of worship, and in my community.
5. I pledge to exercise more compassion, more empathy, and more nurturing, and to be less judgmental about others.
6. I pledge to strive for a balance between work and life, to afford my family and myself more time to rest, to relax, and to enjoy the "fruits of our labor."
7. I pledge to seek the ideal in all situations and to speak positively about fellow human beings.
8. I pledge that when I am down, I will look to a higher "moral power" to imbue "happiness" and "joy" in my life.
9. I pledge to stand with others when they are down, regardless of their race, culture, color, or creed.
10. I pledge to seek the good in every situation and not to dwell on the evil that is seen easily.
11. I pledge to care more for my spiritual, mental, and physical health.
12. I pledge to seek higher spiritual ground, to be a deep thinker, and to entertain other schools of intellectual thought.
13. I pledge to be more resolute in the things that I pursue and to be more determined to achieve my goals.
14. I pledge to strive for "Optimum Happiness" (OH) in my life and share with others its "higher value" proposition than "happiness."
15. I pledge to seek to understand better the "oneness of humanity" and our mutual desire for love, life, hope, liberty, and happiness.

- Marjorie G. and Errol A. Gibbs





# Auxilium Girls' School

P.O. Bankumari, Nandan Nagar, Agartala - 799 006, Tripura (W)

Phone - 0381 - 235 1157/ Mobile: 09402168586

(Affiliated to CBSE, New Delhi,

Affiliation No 2030012, School Code: 35385)

March 27, 2021

## Dear Parents and Guardians,

We are at the end of the academic year 2020-21, a special academic year due to COVID 19. The Pandemic has made the year gone by one of the most painful in recent history, but fortunately it has ended with the creation of effective vaccines. As we start 2021, after a year of trials, tragedies and tears, we would like to make it a **YEAR OF HOPE**. Hope is trusting in God's loving plan. ....

I am happy to note that the excessive fear psychosis that was surrounding our life due to COVID 19 is diminishing. It is time for us to unlock our minds, hearts and our lives and prepare ourselves to receive the best during this year 2021. COVID 19 will one day vanish and perhaps some other Pandemic may affect our world and our lives. It is high time that we learn to become strong and healthy and fight any virus that may surround our lives and make us crippled. As children came to do their Final Exams in offline mode, we see them embracing this year with youthful and joyful heart bringing a ray of Hope. Therefore, 2021 embodies Hope for a better future. It is essential that we all combine forces to make this a reality, by the strength of our will, by our togetherness, by teaching ourselves and our children to become resilient and strong.

The results of the Academic Year 2020-21 will be declared on Wednesday, March 31, 2021. Results will be given to students only. They should come in their school uniform. As in previous years, all the First Rank holders of each class will be awarded with a Trophy and a Certificate of Excellence.

Other awards and certificates that will be awarded for academics are:

- ❖ The Toppers in each subject in every class
- ❖ A STAR certificate to all those who obtained 100% marks till class III and 95% and above in all the subjects in their respective classes

**After the results the buses will leave the school at 10.00 am.**

## **NEW ACADEMIC SESSION 2021-22**

***I request you kindly to take some time to read carefully all the information given below for the smooth functioning of the Academic Year 2021-22***

**The New Academic Session 2021-22 will start on April 23, 2021 (Friday) for all the classes from KG II - XII and Nursery and KG I students will start their classes on Monday, April 26, 2021.** It is compulsory for all students to be present on the first day of the school.

## **RE-ADMISSION AND SALE OF BOOKS**

**a. Re-admission fee for the Academic Year 2021-22 is Rs.3000/-** (Rupees three thousand only), to be paid directly to the Bank on the day of the readmission and sale of books.

**b. Readmission and Sale of Books**

Readmission and sale of books will be done on the same day. To facilitate your work, Bank personnel will be in the school premises on **April 7- 9, 2021 from 8.00 am to 11.00 am.**

**Please take note of the following dates:**

- ❖ On Wednesday, **April 7, 2021** from 8.30 am to 11.00 am for **Nursery - Class II**
- ❖ On Thursday, **April 8, 2021** from 8.30 am to 11.00 am for **Classes III - VII**
- ❖ On Friday, **April 9, 2021** from 8.30 am to 11.00 am for **Classes VIII, IX, X and XII**



It will on first come, first served basis. Before buying the books you are requested to submit the Re-admission fee payment receipt copy in the respective classes. The Book list and the amount for the same is given to you today. Kindly bring the exact amount for books.

**From April 13-18 and 21-22 - School Office will remain closed**  
**After April 10, 2021 no books will be available in the school.**

## **TUITION FEE AND TRANSPORT FEE**

I would like to thank you for your kind cooperation and understanding that had helped the school to give salary to the staff members even during the COVID 19 period. Price hike in all the basic commodities makes living condition rather tough. Teachers work very hard and they need your support. Your cooperation for this cause will help teachers to render better services. This year there will be 10% increase only on Tuition fee.

School Fee and Transport fee will be paid in six installments:  
**April - May, June-July, August-September, October-November, December-January, and February-March.**

- a. Fees for classes **Nursery to Class IV** will be received by **SOUTH INDIAN BANK** and **Classes V - XII** by **FEDERAL BANK** on behalf of the Institution and shall be paid **on or before the 15th** of April, June, August, October, December and February.
- b. For those who wish, online fee payment facilities are available. All information with regard to online fee payment is given to you. Kindly read it carefully and be well informed. All the other information with regards to fees, please refer to the Fee Book. Even this year we will give you the fee books with your child's name and admission number already printed on it. It will facilitate your work in the Bank and make your transaction more accurate.

## SCHOOL MOBILE APP



Most of you are already aware and familiar with the School Mobile App: **CampusCare**. It is a web based School Management Software, developed by Entab **Infotech Pvt. Ltd, New Delhi**. It is very helpful for School and Parents, as you can have access to many online facilities. CampusCare helps to streamline academic, financial and administrative process. More comprehensive information regarding your ward will be made accessible to you at your finger tips in the Parent Portal and you can monitor your child's development at school from the comfort of your home. Kindly follow the following steps to download the App:

1. Step 1 : Install **CampusCare** app from **Google Play Store**
2. Step 2: Verify URL: Type - **ags.campuscare.info**
3. Step 3: Click **Verify**
4. Step 4: To continue Auxilium Girls' School click **Ok**
5. Go to the website: **auxiliumgirlsschool.org** then click **Parent Portal**

Step 5: User ID -Type **P** and your child's admission number without space

6. If you do not have **ID & Password** then click on **forgot password** button and enter your registered mobile number. Automatically you will receive the **ID & Password** in your registered mobile number.
7. Once you login, you will find all the details of your child in the website.

Whenever you want to go to CampusCare, kindly go to the school website and click Parent Portal

**The Mobile App will have the following facilities:**

- a. Student's Personal information
- b. Student's attendance information

- c. Exam Analysis and Progress Report
- d. Homework/Assignment given by Teachers
- e. Time Table, Syllabus, Library Details, Leave Application etc.
- f. School Events, Activities, News, Circulars, Notices, Calendar etc.
- g. Direct Portal to communicate between Teachers, School Management and Parents.
- h. Online Payment of School Fee and Transport Fee

### **Online Fee Payment Procedure**

For online fee payment, just click on online payment option which is on the **left panel** of the **webpage**.

- ❖ Go to the website: **auxiliumgirlsschool.org** then click: **ags.campuscare.info**
- ❖ For both **Tuition and Transport** fee you need to choose the option **School fee** or **Bus fee**.
- ❖ When you process for the payment you will receive a transaction ID. After successful payment you will receive a reference number in your registered mobile number. You need to write the transaction ID and reference number on your fee payment copy of the particular installment page for further communication. **(It is mandatory)**.
- ❖ If the installment paid by you is not updated in the **CampusCare** then kindly send a mail to **auxiagtac24@gmail.com** with the transaction ID and reference number. We will look into the matter at the earliest.
- ❖ We request you to make online payment from the beginning of the new session itself. (April 2021 onwards).
- ❖ If you have already paid some installments in the bank by cash, then you decide to pay online, then, kindly get an **ID** and **Password** to update all cash payments in the online portal manually from our Accountant.



- ❖ You are requested not to pay through **NEFT/RTGS/Cheque**. You can either pay by cash directly in the bank or online through the **CampusCare** portal.
- ❖ **Please pay all the payments before the due date to avoid penalty or else penalty charges will be automatically added with the tuition and Transport fee.**

### **CampusCare@ support**

- ❖ Our Provider has launched a Parent Help Desk to cater to Parent/student concerns, issues and problems while navigating the school portal. If you need any assistance, please write at mail on **parentdesk@entab.in**. Please mention the school details while contacting the Parent Help Desk. The support is available from 08.00 am to 06.15 pm on all working days.

## **SCHOOL TRANSPORT FACILITIES**

### **For those who avail School Transport facilities**

- ❖ From the Academic Year 2018-19, we have introduced **GPS system for School Transport**. It is a great help in taking care of student safety, such as:
  - ★ You will be able to track bus location
  - ★ Receive notification alert on bus arrival
  - ★ You can track on route deviation, over speeding or late arrival.

Kindly go through the Information given below carefully and download the Mobile App and activate it with the mobile number registered with the School (where the school SMS are sent).

To pay for GPS System, to meet the rising fuel cost, which as you know is increasing almost on a daily basis, payment for drivers and assistants and bus owners etc. **Transport fee for 2021-22 will be Rs 1200/- (Rupees one thousand two hundred only) per month.**

## TrakiGa Parent App Download



**TrakiGa Parent**  
eTrance Networks

Go to Google Play Store and search for "TrakiGa" Parent App and then click "Install" Button

### TrakiGa Parent App Registration

- ❖ **Step 1** - "Open" the App
- ❖ **Step 2** - "Allow" Location
- ❖ **Step 3** - "Allow" SMS
- ❖ **Step 4** - "Allow" Phone Call
- ❖ **Step 5** - Enter "Mobile No."
- ❖ **Step 6** - "Verify" OTP

The Parent App renders the default page that shows live tracking of the School Bus. Live Tracking Page shows the current location of School bus (**using "Bus" icon**) and Parent (**using "Home" icon**).

### The Menu has two options:

- a. **Details** - The "Details" Menu shows information about the driver, the current location of the bus and estimated time of Arrival.
- b. **Support** - to call support staff. Clicking on "Support" Menu opens up the mobile no. of the support staff.

## SCHOOL UNIFORM

It is strictly necessary for every student to come to school with full uniform including footwear:

School Uniforms are to be stitched from the Tailors authorized by the school only, who have been instructed regarding the style and stitching. Please see that the uniforms are well stitched. You may contact anyone of the following Tailors.

**Fashion Tailors** - Nandan Nagar - Contact No 9774996286

**Maa Annada Tailors** - G.B., Near Cancer Hospital - Contact No 9862780236

All payments for the uniform material and the stitching charge to be given to the tailor.

Readymade Uniform sets (Summer and Winter), track suits, waistcoat (Class V - XII) etc. are available for all classes at:

**Vijay Shree**  
**11, H.G Basak Road**  
**Agartala, Tripura (West)**  
**Contact - 0381-2380115**

### **All through the Year:**

Pinafores, pink shirts with stiff collar, short sleeves with pocket monogram (Class Nursery to class II). Pleated skirts, pink shirts (one inch above the knee), stiff collar with short sleeves and pocket monogram (Class III - X). Grey trousers and pink shirts (Class XI & XII)

### **Class V - XII Waste Coat (all through the year) - available at Vijay Shree**

Black shoes (naughty boys), white socks with blue strips, white ribbon and white hair band, School Belt and Tie for all

### **During Winter:**

Grey pinafores, pink shirts with stiff collar, long sleeves with pocket monogram (Class Nursery to class II) and Grey pleated skirts, pink shirts, stiff collar with long sleeves and pocket monogram (Class III - X) Grey school sweater (till class IV) / Blazer (Class V - XII)

### **On Wednesdays - House Uniform:**

House T. Shirt & Track Suit (Class I -XII) and White Canvas

### **On Saturdays - Club Uniform:**

Special Uniform according to the Clubs the student belongs. For hikes, Picnics, P.T and Sports Days and on all Wednesdays white Canvas.



We have introduced self defense classes for all students from Class I - XII. We also promote better physical education facilities for a healthy living. Therefore, on Wednesdays and during Sports Week all students should wear black track-suit with white strips, House T. Shirt and white canvas. Besides, students of Class XI-XII, who have opted for Physical Education, should wear the same also on all the days of Physical education practical classes, when informed.

For black track-suit with white strips you may contact:

1. **Sai Mahal, Sports and Academic Instruments Wholesale & Retail Sale, Near Umakanta Mini Stadium Market, Room No 9, Hospital Road, Agartala. Contact: 9436123487**
2. **Vijay Shree, 11, H.G Basak Road, Agartala, Tripura (West), Contact: 0381-2380115**

**School Bag, Socks, Belt and Tie will be available in the school for those who are in need, on the day of re-admission (April 7-9, 2021). House T. Shirts will be available in the school after the division and arrangement of the Houses, in the month of April, 2021.**

For all other information with regards to uniform, kindly refer to School Diary

**It Is Compulsory For Every Student To Wear A Clean and Complete Uniform Every Day.**

## **OTHER INFORMATION**

### **Photos:**

At the reopening of the school, every student should bring three glossy passport size photos in school uniform. One to be affixed on the first page of the School Diary (I am an AUXILIAN), another one for the Identity Certificate in the Diary and the third one to be given to the class Teacher for the Student Record Copy.

### **Please note:**

- a. Before the start of the new Academic Session, go through

the School Diary of your daughter/ward. You should be aware of the vision-mission, rules and regulations of the school where your daughter is studying, and fill up correct information, address and contact Number, Photos etc. **If you change your contact number, kindly notify to the School Office immediately**, so that, you will receive regularly any SMS sent to you from the school. In case you do not receive the SMS sent to you please do inform, we will check and rectify at the earliest.

- b. Cover all the Text Books and write the name and class etc. **Do not write the section, there may be some changes.** Note Books of Primary Section need not be covered, as we are providing them with plastic covers. Note Books of other classes too, need not cover, as we are teaching our students to take good care of their books. Please do insist on the same also at home. The students who take good care of their note books and submit them regularly for checking are given a special certificate of recognition at the end of the academic year.
- c. Check and see that the **UNIFORM IS OF CORRECT SIZE.** Children are growing fast, as such, many children's uniform is either tight or short or large beyond their size. School bags should be clean and presentable. Name tags will be given for the school bags. It will help to identify the bags quickly.
- d. Encourage your children to participate actively:
  - a. **In the co-curricular activities organized in the school**
  - b. **Club events on Saturdays**
  - c. **Various International Olympiads**
  - d. **Physical Education and self Defense classes**
  - e. **Any school event or celebration**

Guide them to enjoy their school life and develop all their talents and gifts and not only aim for marks at any cost.

- e. All those who avail school transport services, should have the Bus Pass, which will be provided by the school.
- f. Students should bring only white, unbreakable water bottles. No other colour water bottles, or breakable water bottles will be allowed in the school.
- g. Auxilium takes utmost care of cleanliness of the person, school/home and environment. It is a plastic free zone. You are requested not to bring any plastic bags or give any plastic bags to your children. **Let us take care of God's Creation - our Common Home.**

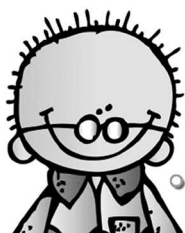
**If you need any help at any time, kindly contact**

- ❖ For any information regarding certificates, admission number, mobile number updation, contact: **admauxilium@gmail.com**
- ❖ For any information with regard to School Transport, contact: **auxitransport18@gmail.com**
- ❖ For any information with regard to online fee payment or any matter with regard to Fees, contact: **auxiagtac24@gmail.com**

Always write your child's name, class and most important, **Admission No.** We will reach out to you at the earliest.

## Responsibility

Take obligations seriously.  
Be accountable for your  
own actions and attitudes.



You can count on me to  
do my job the right way!  
When I mess up I don't  
make excuses. I do what I  
can to make it right!



## 2021 A YEAR OF HOPE

*Behold, I make all things new.*" (Rev. 21: 5)

***Let's take a look back, and set our focus for a better year ahead.***




**Auxilium is determined to make 2021 a Year of Hope.** Without exception, every person this year has faced a challenge or difficulty and many have even felt overwhelmed to the point where they see

no way out. There is no doubt that 2020 was a year unlike any other. None of us were prepared for the unexpected turn of events that the year brought forth. A raging pandemic, which led to unforeseen disruptions, uncertain future, a global shutdown, slumped economies, and home confinement, brought the entire world to a grinding halt.

2020 taught us to deal with grief and loss and also birthed in us a rare breed of hope-to survive and look forward to a brighter and healthier future. Now, this hope shall guide us like a lantern in 2021 to a path of new possibilities, positive changes, and a better tomorrow.

Yes, there is hope, such hope definitely leads us to believe that 2021 will be a greater year for faith and humanity, making us believe that God ultimately has a plan for each of us. We do not understand why things happen to us now, but down the line, we may look back and recognize that those challenges were necessary to make us the better person we now have become Enhanced wellbeing

Before the pandemic turned lives upside down, our personal and family wellbeing often we normally used to keep to the end of our priority list. Despite being aware of its significance,



we never whole-heartedly and consciously committed ourselves to it. But if there is one thing that the pandemic taught us, it is to never take health for granted.


COVID 19 gave us an opportunity to pause, breathe, and re-evaluate our lives. It allowed us to recognize and value aspects of our lives, like wellbeing, which we all took for granted. And now, as we stand at the threshold of 2021, it is important that we set our priorities right, and start investing more on personal and family well being.

**Count your blessings** In life, we take many things for granted. We whine and complain about 'could-haves' and 'should-haves', neglect our duties toward ourselves as well as our families, and get so busy running that we forget about the things that really matter.

The year 2020 taught us that life can be uncertain, it also made us value our lives, family, and relationships more than ever. It taught us that even though we can't prevent adversities, we can choose to grow through them, together. Now, as we stand at the doorstep of a new year, let's start valuing what really matters in life - our families, our relationships, our time together and count God's blessings.

**A forward march** 2020 was the year that threw our lives off the tracks. But it also taught us to move forward. Letting go of the past and moving ahead during challenging times can be incredibly difficult. But when you decide to shed the baggage of the past and move forward, you pull yourself up from a state of stagnation and march towards new opportunities and goals. So as we begin to walk the roads of 2021, let's make sure not to carry the baggage of 2020.

Therefore, I invite everyone - all parents and guardians to make 2021 a New Year with hope and peace, joy and happiness. Just like life, the New Year is a gift of God. We were not sure if we would witness the dawn of the New Year. We are alive today not because of our wish or plan. It is because of the will of God.



It is God who has the full authority over our life. So let us feel happy and grateful to God that we are alive today. God has given us one more year to prove our usefulness and virtues. Let us leave 'old' behind and embrace the 'new' that we hope for. God nourishes his hope that we will bear fruit, in spite of our drawbacks, shortcomings and adverse circumstances. Let us make the New Year great one so that we may lead lives worthy of the God's blessings, truly pleasing to him as we bear fruit in every good work and as we grow in the knowledge of God.

**Dear Parents and Guardians,**

Let me express my sincere thanks and appreciation to each one of you personally for your whole hearted support and collaboration and for your responsible involvement and partnership in the education of your/our children, especially during COVID 19. Your support and help had made it possible in every way to keep ourselves connected with our students with online classes, online competitions, online programmes and with you through online Parents-Teachers Meeting. Your personal interest and your valid suggestions have been a great help in carrying forward various initiatives and ventures for the integral formation of our students and in making Auxilium a Great Educational Institution! We are committed to the promotion of justice, preservation of the integrity of the creation, responsible use of social media, fostering wholesome and simple life style and promote national integration. Auxilium aims at empowering all Auxilians, to become leaders, to stand for values and virtues, to be the voice of the voiceless, to fight against all injustice, to take care of the earth - our common home

I promise, we will do our best in the coming academic year 2021-22 and to give to all our students a clean and safe, happy and joyful, serene and beautiful educational environment. We cherish very many big dreams for our students, for their whole round growth and excellence in all fields. We want them to feel

happy and proud to belong to Auxilium, where they can receive best of education and strive to become good human beings and upright, honest and responsible citizens worthy of our nation and worthy of God.

We look forward meeting you during the Parents-Teachers Interactive Meet. Your constructive suggestions for the progress and betterment of the school and for the happiness and well being of all our students are most welcome.

Together with all the sisters, Teachers and all members of Auxilium Family, I wish God's bountiful Blessings upon you and your family.

With warm regards and prayerful blessings upon you and your family and grateful thanks and appreciation for your whole hearted support at all times,

**Sr. Celine D'Cunha**  
Director

**Sr. Albrida Pyngrope**  
Principal

## 2021 A YEAR OF HOPE

*Behold, I make all things new.*

- (Rev. 21: 5)

*"Hope lies in dreams, in imagination,  
and in the courage of those who dare  
to make dreams into reality."*

- Jonas Salk

## 2021 A YEAR OF HOPE

*Behold, I make all things new.*" (Rev. 21: 5)

Because of COVID 19, 2020 had been a special year, with lockdowns, masking the face, physical distancing, sanitizers etc. Certainly we would like to remember the lessons we have learnt, the hardships we had undergone, but we have seen the miracle of human spirit, unwavering in its resolve, unbreakable at its foundation, stronger than we could ever comprehend. A tiny candle flickering in the night that will eventually grow to light our way, because that road to tomorrow is paved with **HOPE**. There are pages unwritten, stories untold and a new chapter is to be written. Today months of keeping closed, staying apart, under lockdown, as we open the new scholastic year 2021-22, we want to make it a year of HOPE

*"Hope is a match in a dark tunnel, a moment of light,  
just enough to reveal the path ahead and  
ultimately the way out."*


- (Dr. Judith Rich)

**AUXILIUM IS A FAMILY OF HOPE.** We have seen humanity at its best, learning to be positive and optimistic, learning to be the light in the darkness for all, keeping ourselves connected, reaching out to the weak and vulnerable, making ourselves one with all those who suffer and reaching out to the unreachable, we have made ourselves strong and resilient, caring and compassionate, all because of the light of HOPE.

### **WE ARE CONVINCED THAT:**

1. The painful reality of the sufferings of many people who have lost their jobs, children out of school, parents finding difficult to make both ends meet, young people who feel disoriented. They need to believe that things will change and better things will happen.



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2. There are many other silent epidemics, such as the hunger many people suffer, complicity in wars, the gap between the rich and the poor, discrimination, violence, exploitation that continues to grow, many people losing hope, living in pain, suffering and despair with an uncertain future, lacking even the basic necessities of life. They want to hear from us, the messages of Hope, that things will change and God will make all things new things new.
  3. Due to our greed we have exploited our mother earth and all her resources. We are aware, we need to raise our voices, join global movements and do all that is in our power to take care of earth - our Common Home by living a more simple life, limiting our needs, so that, the future generations may live a happy and healthy world.
  4. During the past months Corona has taught us to reach out to others in service in a big way. Millions of people, crisscrossing all differences of religious, cultural, social, national, ideological borders have rendered disinterested service, reaching out to the poorest, the sick, the vulnerable, such initiatives bring us closer to one another.
  5. COVID 19 has taught us that we are a global community, all sailing in the same boat. Hence we need to come out of closure to openness, from individualism to solidarity, from isolation to genuine encounter, from division to unity and communion and from pessimism to HOPE.
  6. We want to believe that all is not lost, for we need to acknowledge that we are all brothers and sisters with our loving God as our Father, we are better together, we are created by God to be in relationship with one another, to love one another, to care for one another, to support one another, to become a beacon of light and hope to one another. We need to think of our world as a single family dwelling in a common home.

***Hope is staying positive in every step of your journey... even when you want to quit!! Hope is believing you will be better. Hope is never, ever giving up!! Hope is knowing you have an amazing support system of family, friends, well wishers, even complete strangers praying for you, caring for you and loving you through every single step of the journey.***

## **WITH DEEP HOPE IN OUR HEARTS WE STRONGLY BELIEVE THAT**

7. Our world will be healed and there will be a better and healthier world.
8. We want to appreciate the things we have - even little things which previously we had failed to take note and appreciate.
9. We want to be tough, strong and resilient, knowing that tough times do not last, but tough people do.
10. We want to spend our time with those we love - our parents, brothers and sisters and to make them best and beautiful moments and make our families united, loving and caring.
11. To remember that humanity is bigger than who we are and ultimately in spite of all our differences we are not much different after all.
12. We firmly believe that there is much more good in this world than evil, so much more love than hate, and a joyful promise for a better tomorrow.

***Hope is the power to believe that anything is possible - a fresh start, a second chance, or to wish upon a miracle. With hope there is that window of opportunity or new light for reassurance that the possibilities are endless and as long as you believe, anything can happen!***

- Sarah

## **IN ORDER TO KINDLE A RAY OF HOPE WE WILL STRIVE:**

13. To be Happy, to start the day with a smile, with a positive attitude, with sunshine in the heart, with a prayer on our lips.
14. To recall to our mind all the wonderful things God has done in our life and we will be grateful. We will live in an attitude of gratitude.
15. To know ourselves as God's creation, precious and worthy of respect, being true to oneself, being open to change, communicating joy and happiness, making an effort to walk an extra mile and being grateful for all that we receive from God and others.
16. To focus constantly on our strengths, our possibilities and our energies than on anything that is negative and live a happy and joyful.
17. To try to fill our lives with inspiration - by reading good motivational books, listening to music and create positive vibes and spending our free times usefully.
18. To spend time in nature, for nature's beauty is awe-inspiring and care for it, keeping it clean and green, planting more trees, learning gardening and looking after our mother earth with love and care.
19. To be courageous, for cultivating hope requires courage and learn to overcome problems and difficulties by speaking to someone - like parents, teachers or elders, who can help and guide us.
20. To treat all people like our brothers and sisters, with respect, care and kindness, avoiding all types of indifference and exploitation, violence and corruption even in our thoughts
21. To live our life with purpose, a sense of achievement which provides a sense of meaning and reward, and work hard to achieve our dreams.

22. To keep ourselves connected with positive people, nurture positive thoughts, create a positive environment, and live a life of positivity.
23. To do some exercise daily, pray, meditate and spend some quiet time in silence, cultivate some hobbies, learn from creative things that brings joy and happiness, a sense of achievement and fulfillment.
24. To look to the future positively, to see opportunity in challenges, look to the bright side of life, expecting with confidence and learning to cherish the things I desire with anticipation.

***Hope is a great word. It's a powerful word that inspires millions of people in many different languages. Hope has moved people out of untenable situations into better lives, and has helped humans stay alive long enough to figure out how to thrive.***

## New Academic Year 2021-22

**New BEGINNING  
New START  
New HOPE  
New LIFE**



*Parenting is not easy.  
Good parenting is hard work.*

### What makes a good parent?

- ❖ A good parent strives to make decisions in the best interest of the child.
- ❖ A good parent doesn't have to be perfect. No one is perfect. No parent is perfect.
- ❖ No child is perfect either ... keeping this in mind is important when we set our expectations.
- ❖ But it doesn't mean that we shouldn't work towards that goal.
- ❖ Set high standards for ourselves first and then our children second. We serve as a role model to them.

### Here are some suggestions

1. **Be a Model - Walk the walk.** Don't just tell your child what you want them to do. Show them. Kids learn by watching their parents. Modeling appropriate, respectful, good behavior works much better than telling them what to do.
2. **Be the person you want your child to be.** **Respect** your child, show them positive behavior and attitude, have empathy towards your child's emotion - and your child will follow suit.
3. **Be a loving person** - There is no such thing as loving your child too much. Loving them cannot spoil them. Loving your child can be as simple as giving them **hugs**, spending time with them and listening to their issues seriously. It does not consist in giving them whatever they ask.
4. **Be Kind and Firm** - Being a good parent means you need to teach your child the moral in what is right and what is wrong. **Setting limits and being consistent are the keys to good discipline.** **Be kind and firm** when enforcing any rules.
5. **Remember that discipline is not punishment.** Enforcing limits is really about teaching kids how to behave in the world and helping them to become competent, caring, and in control.
6. **Don't accept disrespect from your child.** Never allow your child to be rude or say hurtful things to you or anyone else. If she/he does, tell her/him firmly that you will not tolerate any form of disrespect.
7. **Show your child how to become a responsible citizen.** Find ways to help others all year. Kids gain a sense of self-worth by volunteering in the community.
8. **Explain to your kids why values are important.** The simple answer: When you're kind, generous, honest, and respectful, you make the people around you feel good. More important, you feel good about yourself.

*4 Cs of Good Parenting  
Confidence, Calmness, Consistency, Caring*



# *How to Raise Happy, Successful Children*

- ❖ Become a happier person yourself- Happiness of your family starts with you.
- ❖ Celebrate as a family, as often as you can - You need to celebrate birthdays, anniversaries, Parents' Day, Children's Day etc. and teach your children to do the same.
- ❖ Prioritize your marriage over your children - Don't sacrifice your marriage for anything in the world.
- ❖ When your children talk to you, give them your undivided attention.
- ❖ Have regular meals together as a family - At least at dinner all should be present.
- ❖ Teach your children to build meaningful relationships with friends, with peers, with outsiders.
- ❖ Set reasonable boundaries for your children. Don't be too strict or too lenient.
- ❖ Ensure that your children get enough sleep. Do not allow them to make their nights days, and days nights.
- ❖ Give your children more time to play. Having a playful attitude is even linked to superior academic performance
- ❖ Reduce your children's TV time. Happy Children and Happy Families watch less TV.
- ❖ Encourage your children to keep a gratitude journal. Teach children to be grateful to all that they receive, which many children of their age do not have.
- ❖ Resolve the conflicts in your marriage. Seek the advise of a councilor. Your children - and your marriage - are counting on you.
- ❖ Encourage your children to serve others and be generous. Being generous makes families and children happier.
- ❖ Don't shout at your children. Children who live in such an environment, feel insecure and anxious.
- ❖ Teach your children to forgive. Children who learn to forgive are able to turn negative feelings into positive ones.
- ❖ Teach your children to think positively, not to complain, not to gossip, not to make a huge deal out of little of nothing.
- ❖ Create a family mission statement. It describes your family's values and collective vision.
- ❖ Have regular family meetings. Share your work, fun and laughter, tell something nice, appreciate one another.
- ❖ Share your family history with your children. It promotes higher levels of self-esteem. This contributes to their success and happiness later in life.
- ❖ Create family rituals, like having breakfast together as a family, playing together, on holidays cooking dinner together, going for evening walks etc.
- ❖ Help your children to find a mentor. It helps Children learn to trust adults other than parents.

*Parenting is a noble calling, but it's challenging to bring up confident and well-adjusted children.*