

## Principal's Message

Dear Parents, Students, Staff and School Community,

*In our hands, we hold the key to an extraordinary future. Our school is a tapestry woven from diverse backgrounds, unique talents and boundless potential. Each one of us plays an invaluable role in shaping the vibrant mosaic that defines who we are and what we can achieve.*

*I believe in the inherent power within each and every member of our school community. It is within the hearts and minds of our students that dreams are kindled and passions ignited. It is through the dedication and expertise of our talented staff that knowledge is imparted, skills are honed and character is shaped. And it is with the unwavering support and encouragement of our parents and community that these young minds are propelled towards greatness.*

*As we embark on this exciting new chapter, I urge you to believe in the limitless possibilities that lie ahead. Let us foster a culture of perseverance, resilience and unwavering determination. Together, we will overcome any obstacles that stand in our way, for we are a team of champions who thrive in the face of adversity.*

*I am confident that, united as one, we will continue to soar to new heights and achieve greatness that surpasses all expectations. The future belongs to us, and together, we will leave an indelible mark on the world.*

*With warmth, inspiration and an unwavering belief in our community's power,*

**Dr. Varghese Kachappilly CMI**  
**Principal**



## Headmistress' Message

***"You cannot dream of becoming something you do not know about. You have to learn to dream big. Education exposes you to what the world has to offer, to the possibilities open to you."***

*Dear Parents as we embark on this journey of discovery, I want to extend a heartfelt thanks to you for entrusting us with the education and growth of your children.*

*Education is a collaborative effort and your involvement plays a crucial role in shaping your child's future. By fostering a love of learning and encouraging curiosity, we can help our children develop the skills and confidence they need to thrive in an ever-changing world. Together, we can create a healthy and supportive community that nurtures each child's unique talents and abilities.*

*My dear little ones, as we step onto this exciting and magical pathway of learning, I want to remind you that each one of you is very special. Kindergarten is not just about academics; it's about discovering who you are, building friendships and developing skills that will guide you throughout your life.*

*Let us all together make this year a fruitful one filled with curiosity, discovery, meaningful experiences and growth.*

**Bindu Thomas**  
**Headmistress**



# Capacity Building Programme 2024

*“It’s the teacher that makes the difference, not the classroom.”*

A series of enriching and enlightening training sessions or Capacity Building Programmes on various topics like, classroom management, holistic development, skill enhancement, language training and phonics were held in the months of May and June. The workshops were primarily organized under the aegis of CBSE’s National Education Policy to upgrade the skills of the teachers.

The sessions on classroom management and how to create an effective teaching and learning environment in the classroom were conducted by Ms Sapna Sukul Founder, Edustart Solutions and Prof. Dr Joseph Injodey Executive Director (Retd.) Rajagiri Business School respectively.

A session on holistic development and the CMI vision of education was conducted by Rev. Dr Martin Mallath CMI, General Councillor for Education & Media Communication.

The skill enhancement sessions were conducted in collaboration with Collins Publications. Ms. Praveena Nair, Product Head, Collins Learning was the resource person for an informative and activity oriented session. The session on the Jolly Phonics method was conducted by Ms Aney Thomas, faculty member of SH KG.

A CBSE workshop on Gender Sensitivity was held on 15th June 2024. The resource persons were Rev. Dr Mathew Thengumpally CMI, Principal, Christ Nagar Higher Secondary School, Thiruvananthapuram and Mr C. Radhakrishnan, Principal, Chinmaya Vidyalaya, Kannur. The main aim was to sensitise teachers to the issue of gender equality and empowerment in relation to the schooling process. Several practices that could be incorporated into the curriculum were highlighted.





# Initiation Day Prayer Service – 2024



***“Education is not the filling of a pail, but the lighting of a fire.”- W .B Yeats***

On 31st May 2024, Sacred Heart CMI Kindergarten lit “the fire of education”, by commencing the new academic year with a solemn prayer service. The teachers invoked the Almighty’s blessings with a Ranga pooja. The dignitaries, parent representatives and two UKG students ushered in the auspicious light of God’s knowledge and wisdom with the lighting of the lamp.

Kindergarten faculty member Ms. Asha Pereira welcomed the gathering. The Principal, Rev. Dr. Varghese Kachappilly CMI, addressed the gathering and expressed his belief in Sacred Heart’s glorious future. He also introduced the new Kindergarten Headmistress Ms. Bindu Thomas.

Ms. Roopa George, Social Entrepreneur & Philanthropist was the chief guest of the day. In her message Ms. Roopa George stressed the importance of fostering a love for learning in children and the role played by both educators and parents in this endeavor.

The Principal led the prayer service with the opening prayer. This was followed by the scripture readings stressing the importance of seeking true wisdom.

The new faculty members were formally inducted into the Heartian family by the Principal. The entire faculty rededicated themselves to the teaching profession. A parent representative offered a prayer seeking the blessings and protection of the Almighty over the Kindergarteners. Vice-Principal Ms. Vinitha Mendez sought God’s blessings for the coming academic year with the concluding prayer. Our Principal along with Rev. Fr. Jose Pynadath CMI, Rev. Fr. Austin Mulerikal CMI, Rev. Fr. Wilson Chathely CMI and Rev. Fr. Praveen Odanattu CMI blessed all the kindergarten students.





# Preveshanolsavam 2024



*“Happiness is the laughter of children”*

The best sounds to hear in any kindergarten are the excited giggles and happy squeals coming from its tiny tots. On all three days of the Preveshanolsavam the hallways of Sacred Heart CMI Kindergarten were resounding with the ecstatic sounds of its students as they eagerly began their “Kindergarten Days”.

The academic year commenced for UKG on Monday, 3rd June 2024. The renovated Kindergarten Activity Hall was thrown open for its “senior students”. The teachers kick-started the fun filled day with a flash mob. The Principal, Rev. Dr. Varghese Kachappilly CMI, further broadened the smiles on the kindergartener’s faces by distributing smiley badges.

The academic year commenced for LKG on Friday, 6th June 2024. It was a “Meet and Greet Day” for both parents and students. The UKG students welcomed the gathering. Foot tapping dance numbers and action songs by both UKG students and teachers added to the charm.

The final part of the Preveshnolsavam trilogy was held on Tuesday, 18th June 2024. The “Meet and Greet Day” was marked by the high jinks of the tiny tots and parents’ first day jitters. The UKG students put up an entertaining show, comprising of a musical skit and foot tapping dance numbers.

In his address the Principal urged the parents to play a constructive role in all school activities. He said that parents should consider the “kindergarten days” as a golden opportunity to relive their college life. The positive and supporting attitude of the parent body is the greatest strength of any educational institution.

As “the Kindergarten Express” moves forward our kindergarteners are eagerly looking forward to plenty of “adventures in learning”.







# OUR LAND. OUR FUTURE. WE ARE GENERATION RESTORATION ENVIRONMENT DAY



*“I believe that children are our future;  
Teach them well and let them lead the way”*

The lyrics of this song by Whitney Houston beautifully highlights the important responsibility we have towards our children, as the future depends on how we groom, nurture and equip them for it. In keeping with this philosophy, on the occasion of “World Environment Day”, Sacred Heart CMI Kindergarten, under the leadership of its Principal Rev. Dr. Varghese Kachappilly CMI, collaborated with the NSS unit of Sacred Heart College to plant one hundred saplings of a variety of fruit trees in our campus.

In his address the Principal reminded the gathering that, we do not own the Earth. We are the Earth's caretakers. We take care of it and all the things on it. And when we're done with it, our planet should be left better than what we found it. Rev. Dr. Varghese Kachappilly CMI emphasised that environmental protection is an ongoing process. For any campaign to be truly effective the baton has to be handed over from one generation to the other.

The tree planting ceremony was preceded by an interactive programme which was conducted in the morning. The teachers put up a musical skit highlighting the importance of trees. The UKG students went for a nature themed scavenger hunt and gathered leaves, which they then used to make a crown. They learnt an action song highlighting the beauty of Earth.

The UNEP has rightly explained that, “We cannot turn back time, but we can grow forests, revive water sources, and restore soil. We are the generation that can make peace with the earth.” Let’s all do our bit for our planet.







# THE FEAST OF THE MOST SACRED HEART OF JESUS - 5<sup>th</sup> JUNE 2024



In keeping with the CMI vision of “the Holistic integral formation of individuals” a short session was conducted on Sacred Heart Feast Day for the kindergarteners.

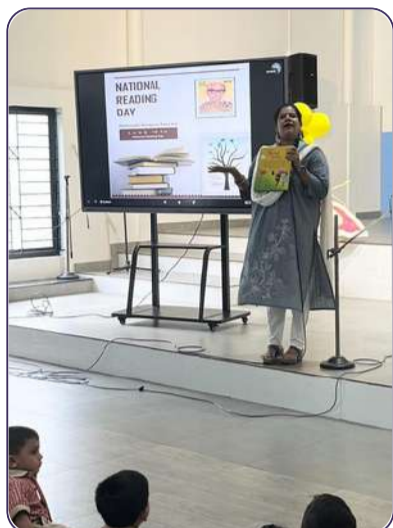
The session focused on the unmitigated love and compassion that Jesus Christ has towards humanity. The children were made aware of the need for developing a feeling of compassion and love towards others. The short session ended with the learning of an action song.





# National Reading Day

*“A book is a dream that you hold in your hand.”*



National Reading Day was celebrated with great enthusiasm on Wednesday, 19th June 2024 at the Kindergarten. The event commenced with an interactive session conducted by the Headmistress, Ms. Bindu Thomas. The highlight of the event was the book reading by two kindergarteners who confidently showcased their reading skills.

Naina Nobin of UKG-F captivated the audience with her reading of “My First Animals”, while Claire Sarah George of UKG-C enthralled everyone with her rendition of “Where Is Tabby Cat?” Their confident presentations set a high standard for their peers and demonstrated the importance of reading.

In recognition of their outstanding efforts, both Naina and Claire were awarded the prestigious Star Readers Trophy by our Headmistress, Ms. Bindu Thomas. This accolade served as a powerful motivation for the students to take up reading.





# The World Yoga and Music Day

*“Yoga and music make us strong and happy, helping us to play, learn and grow very day.”*

World Yoga and Music Day was celebrated with great enthusiasm in the Activity Hall by the kindergarten children. The event featured a presentation by Ms. Asha Pereira, emphasizing the importance of Yoga for life. The children were also given an awareness about the various types of musical instruments.

Mrs. Sreeshma T.J. and Mrs. Sreeja Shijumon led children through a series of yoga postures set to rhythmic beats creating an engaging and dynamic experience that emphasized the harmony between movement and music.

The event also included a captivating classical song performed by Jermiah K Biju of UKG-B.

The highlight of the day was an impromptu dance session by the tiny tots set to a song sung by Ms. Sreeshma T.J. This further highlighted the joy and energy that music can bring.

The event successfully combined the elements of yoga and music, providing a joyful learning experience for the children.





# Aakar 2024

## Off stage events 12th July to 26th July 2024

*To practice any art, no matter how well or how badly, is a way to make your soul grow for heaven's sake. So do it. – Kurt Vonnegut*

Creativity is inventing, experimenting, growing, taking risks, making mistakes, and having fun. This thought is the guiding philosophy behind Aakar the KG Art Fest. This year the Aakar committee decided to ensure that all our kindergartener's got the opportunity to shed their inhibitions and discover their innate talents. Of the six off-stage events, four events - Colouring with Crayons, Memory Game, Pencil Drawing and Collage were made compulsory.

The Aakar off-stage events kicked off to a colourful start on 12th July 2024. It was heartening to see the kindergarteners express their creative talents. The prize winning creations were displayed during the Parent's Orientation.

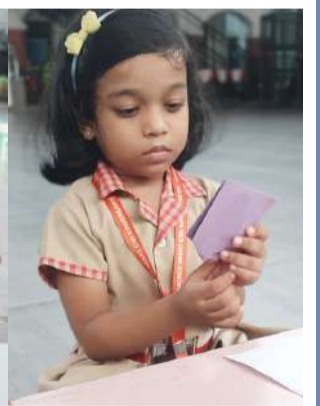
## On-stage Events – Prelims

The preliminary rounds for the on-stage events began on 22nd July 2024. Our students got an opportunity to overcome their stage fear and develop self-confidence, without the pressure of facing an unknown audience, when they performed in front of their class. The teachers actively encouraged even the most reluctant participant ensuring that all were positively charged.









# ★ Parent Orientation – 20 July



“Parenting is not a race to perfection. It’s a journey of love, understanding and growth for both parent and child.” Keeping this thought in mind Sacred Heart CMI Kindergarten organized a Parent Orientation Programme on Saturday, 20th July 2024. The primary objective was to better equip our parents to face the immense challenges of parenting in the present day scenario.

It was also an opportunity to meet the newly enrolled parents and enable a two-way communication with parents onboarding them as collaborators in the system. Two separate sessions were conducted for parents of Pre-KG & LKG section and UKG section parents.

Both sessions began on an auspicious note by invoking the Almighty’s blessings. Principal Rev. Dr. Varghese Kachappilly CMI highlighted the importance of being proper role models and value of discipline and etiquette.

During the session for parents of UKG students, a walk-through of the curriculum, both scholastic and co-scholastic aspects was provided. The Headmistress gave a demo of how a typical UKG English class is conducted.

Dr Kathleen Anne Mathew, Assistant Professor, department of Psychiatry Amrita Institute of Health Sciences, conducted a session on Parenting for the parents of Pre-KG and LKG students. The focus was on the brain development of children, parenting styles and how they contributed strongly to the overall development of a child.

Both sessions concluded with a healthy, interactive, and purposeful face to face interaction session with the student’s respective class teacher. This helped parents clarify queries ranging from academics, to transport, to school timing, food to be packed during break time and a host of miscellaneous doubts.



# School Visit

On 3rd July 2024, the Headmistress, Ms. Bindu Thomas and a team of five faculty members, Ms. Latha Sajeev, Ms. Nishamol Grishin, Ms. Anjali Janardhanan, Ms. Deepa Davis and Ms. Jinu George, visited GEMS Modern Academy, Kochi.

The school visit was aimed at fostering better inter-school relations as well as to ensure that Sacred Heart CMI Kindergarten stays at par with international schools. Our faculty got a deeper insight into the EYFS framework under the IB-PYP/ IGCSE curriculum.



## The World Day for Grandparents and the Elderly – 28 July

*“Do not cast me off in my old age” -- Psalm 71*

Sacred Heart CMI Kindergarten set aside the last week of July to honour grandparents. Through stories and role plays the teachers helped inculcate the value of respecting grandparents and the elderly. The kindergarteners were made aware of the great heritage and wisdom passed on by their grandparents and the elderly. Our tiny tots made cute cards for their grandparents.





# OLYMPICS 2024

**“CITIUS, ALTIUS, FORTIUS – COMMUNITER”  
“FASTER, HIGHER, STRONGER – TOGETHER”**



A series of informative sessions about the Olympics were conducted to improve the general awareness of our students. The importance of consistent effort and teamwork was emphasized. The Olympic motto which expresses the aspirations of the Olympic Movement not only in its athletic and technical sense but also from a moral and educational perspective was also explained. Along with this obstacle race and cycling were held in order to instill in our kindergarteners a love for sports.







# Happy Birthday



AATHISH VIVEK



ABIGAIL MARLENE  
VIVIAN



ABIGAIL REBA  
MATHEW



AIBEL JOSEPH



ALAANA ALISA  
ANTONY



ANDREA SEBASTIAN  
MEKKADU



ANTONIO NOAH  
PAILY



EMMA SIBIN



ESTELLE EBIN JACOB



GRACE SIBIN



HEIZEL MIRIAM K J



IZAHAAK JACOB  
CLEETUS



PRARTHANA VISHNU



TESSA MARIA ANOOP

# Happy Birthday



ABRAM CHRIS



ARUSH BIJESH E B



ATHUL P



BHADRA C S



DHANWIN SUNIL



AVANI M



DRUVA RAJ



ELISHA EVA NIMAL



DRUVA DINEESH



GULSHAN M  
SHANAVAS



ISABELLA PHILEIN  
PETER



EVA MARIYAM BIBIN

# Happy Birthday



JEANNA JOJO  
CHOOACKAL



MARIA ANTONY  
FERNANDEZ



MIKHAEL FERNANDO



RAFAEL BENHER  
NEDUMPAMBIL



RICARDO LIVERO



RICHARD MAXIN  
STANLY



RISHI K R



SANYA JACOB



SARAH MARIAM  
JOHN



SIAH PHILIP



YASHIKA MITRA

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