



The Sacred Heart CMI Kindergarten News Letter - Sl No : 1 / July 2025

## *Principal's Message*



*Dear Parents, Students, Staff, and Members of our School Community,*

Each academic year unfolds with its own rhythm — a quiet layering of ideas, values and discoveries. This past year has been particularly meaningful. It has been a time of consolidation and growth, where thoughtful change has been matched with a renewed sense of purpose.

At the heart of our school lies a belief that education must do more than inform — it must inspire. It must cultivate discernment, resilience and character. In a world that often prioritises speed over substance, our focus remains steady: to nurture young minds who not only strive for excellence but also understand the weight of empathy, integrity and thoughtfulness.

Our students continue to impress us with their curiosity, confidence and quiet courage. Our faculty have remained unwavering in their commitment, creating classrooms that are as nurturing as they are intellectually rich. And our parents — your partnership has been vital, your trust invaluable.

As we look ahead, we do so with ambition and clarity. There is still much to refine, much to reimagine. But the path forward is one we take with conviction. We are shaping not just learners, but individuals prepared to contribute meaningfully to a complex, evolving world. Thank you for being part of this journey. May the coming year deepen our collective pursuit of excellence, purpose and lasting impact.

*Warm regards,*

*Dr. Varghese Kachappilly CMI*

*Principal*

# *Headmistress' Message*

*When we spark curiosity, we open doors to possibilities.*

*Education is not just about learning facts, but about discovering the confidence to ask, explore and grow.*

*Dear Parents,*

It's been a year since I joined this wonderful school community and what a year it has been. The initial journey from settling in to establishing a new rhythm has been marked by continuous learning, collaborative effort and meaningful changes. I want to thank you for your continued support and trust—every step forward has been possible because of the strong partnership we share.

To our dedicated teachers and staff, thank you for bringing such care, creativity and consistency into every corner of school life. It is your quiet commitment that sets the tone for everything we hope to build.

And to my little ones, every day with you is a reminder of why we do what we do. Your questions, your stories, your smiles—they fill our classrooms with life. This year, I hope you continue to explore with wonder, build new friendships and discover all the amazing things you're capable of.

There is more ahead and much more to come. Let's keep growing together.

*Warmly,  
Bindu Thomas  
Headmistress*



# Gearing Up for School: Equipped to Inspire, Prepared to Lead!

## Teacher Orientation Programmes: Aligning Vision and Practice



The academic year had a fresh start with a staff meeting on 19<sup>th</sup> May, where our Headmistress, Ms. Bindu Thomas, welcomed the teachers and briefed them about the year's schedule, the tasks assigned to each teacher and the importance of team spirit and aligning with our institution's values and goals. On the same day a joint staff meeting was also conducted in the Main Auditorium. The schedule of the Teacher's Orientation Programme was handed over and planning for upcoming events was also discussed.



The teachers attended a Life Skills Session on 20<sup>th</sup> May, by Ms. Ajisha Sara Mohan, Assistant Professor at Sacred Heart College, Thevara, wherein the focus was on efficient decision-making, problem-solving and conflict resolution in students, as well as promoting values like respect, responsibility and compassion, fostering emotional intelligence and mental well-being.



On May 21<sup>st</sup>, we were blessed with a session with Rev. Fr. Benny Nalkara CMI, Provincial, Sacred Heart Province. Rev. Father enlightened the teachers about the CMI Vision and Mission and the approach every teacher must adopt to keep the CMI vision alive.



On 21<sup>st</sup> May 2025, an inspiring teacher orientation session titled "Recharge, Re-ignite – Cultivating Teacher Well-being" was conducted under the guidance of Dr. Vipin Roldent. The interactive session featured group discussions and team-building activities that fostered unity, motivation and a renewed sense of purpose among the faculty.



The week continued with an interactive teacher orientation session titled “Empowering Educators” on 28<sup>th</sup> May, led by Ms. Sudha Menon. The session equipped teachers with effective communication strategies, the value of empathy and its significance in effective education.



On 29<sup>th</sup> and 30<sup>th</sup> May, a Phonetics Training Session was led by Ms. Preethi, focusing on pronunciation, articulation, and phonemic awareness. The session aimed to strengthen language instruction skills, especially for early learners, ensuring clarity and accuracy in spoken English.



The Kindergarten teachers had an exclusive orientation session on 27<sup>th</sup> May by the talented power couple, Ms. Kaustubha Pillai and Mr. Nishanth Pillai, who together run The Learner, an institution that aims at educating and training teachers to be more efficient and 'out of the box' thinkers. The session was very invigorating, filled with activities, encouraging the teachers to 'Play, Learn and Inspire'. The interactive session was designed to empower teachers with fresh ideas, innovative strategies, and hands-on activities. The main objective of the workshop was to enrich the activity repertoire of kindergarten teachers, adopt play-based methods and age-appropriate activities for effective learning, to enhance curiosity among the children, and to enhance developmental needs and learning styles of young children.

# A Warm Welcome to a New Academic Year "In Partnership with Parents: A Meaningful Start to the Year"



On 24<sup>th</sup> May the new academic year began on a positive and promising note with the Parents' Orientation Programme, setting the tone for an enriching journey ahead. The session featured a thought-provoking talk on parenting by Dr. Elsie Oommen, Consultant Psychiatrist at Medical Trust Hospital. Her insights into mindful parenting were well-received, sparking an engaging and interactive discussion where parents had the opportunity to express their doubts and receive guidance.

Adding to the day's highlights were the demo classes led by our faculty members Ms. Latha Sajeev and Ms. Deepa Davis, which provided parents with a delightful glimpse into the joyful and nurturing learning environment of SHKG.





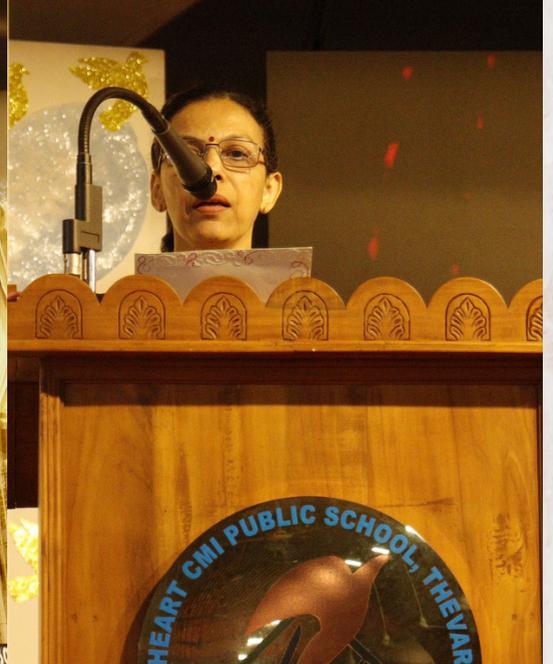
# A New Chapter Begins: Initiation Day 2025



***"Education is the movement from darkness to light." – Allan Bloom***

Sacred Heart CMI Kindergarten joyfully inaugurated the new academic year on May 31, 2025, with a vibrant Initiation Day Ceremony. The event began with a soulful Ranga Pooja by teachers, invoking divine blessings, followed by the ceremonial lighting of the lamp by dignitaries, parents, and students, symbolizing the light of wisdom and learning.

Principal Rev. Dr. Varghese Kachappilly CMI warmly welcomed the gathering, reaffirming the school's mission and vision. A beautiful prayer service featuring readings from the Bible, Gita, and Quran highlighted unity in diversity, while a parent representative led a touching prayer for the well-being of all Kindergarteners. Chief Guest Dr. Mary Matilda, former Principal of Maharaja's College, delivered an inspiring keynote address that set a meaningful tone for the year ahead. Newly appointed teachers were introduced and took an oath of commitment, holding lighted candles as a symbol of their dedication to guiding young minds. Special prayers and blessings were offered for each child by Rev. Dr. Varghese Kachappilly CMI, Rev. Fr. Austin Mulerickal CMI, Rev. Dr. Cherian Kunianthodathu CMI, and Rev. Fr. Jithin Jose CMI, marking a sacred start to their learning journey. The presence of Vice Principal Ms. Vinitha Mendez, KG Headmistress Ms. Bindu Thomas, Public School Headmistress Ms. Sindhu Tharayil, and other dignitaries added grace and warmth to this memorable occasion.





# NEW BEGINNINGS, ENDLESS GIGGLES, HAPPY CLASSROOMS



The halls of Sacred Heart Kindergarten came alive with laughter, colours, and music as we celebrated Praveshanolsavam 2025 — a grand and heartwarming welcome for our youngest learners stepping into the world of knowledge. Every corner of the kindergarten transformed into a wonderland of warmth and excitement, making each child feel special, safe and loved.

The academic year for UKG began on 3<sup>rd</sup> June 2025 with a delightful welcome ceremony featuring an energetic dance performance by the teachers. The Principal, Rev. Dr. Varghese Kachappilly CMI, addressed the parents, blessing our little ones with a bright future. The LKG “Meet and Greet Day” followed on 11<sup>th</sup> June 2025, where the new learners were warmly welcomed by their UKG “seniors” through joyful dances and action songs. The celebration concluded on 18<sup>th</sup> June 2025 with vibrant performances by both LKG and UKG students.

In his address, the Principal encouraged parents to be active partners in their children’s educational journey, emphasizing the power of a positive and supportive parent community.



# PLAYTIME JUST GOT AN UPGRADE!



A special moment of joy and gratitude filled the air on 3<sup>rd</sup> June as our school community gathered for the blessing of the new play equipment, the Trampoline and the Ball Pool, lovingly inaugurated by our respected Principal, Rev. Dr. Varghese Kachappilly CMI. With a heart full of prayers and hands raised in blessings, Father invoked God's grace and protection over the vibrant new additions to our play area. Children watched with excitement as Father prayed that the play area would always echo with laughter and remain a safe, cheerful space for our little ones to blossom. The ceremony ended with children joyfully exploring the new play equipment, their giggles and smiles turning the day into a truly memorable celebration of blessings and beginnings.

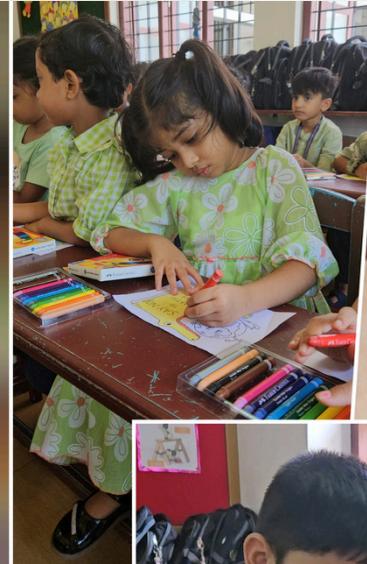


# Little Hands, Big Hearts for Nature

World Environment Day was celebrated on 5<sup>th</sup> June with great enthusiasm by our little Kindergarten stars, the main theme being 'Say No to Plastic'. It was a day to learn about the Earth, trees, animals, and all the beautiful things that make our planet so special. Our tiny tots came dressed in green, holding the planet-friendly Paper Bag, made the day before, spreading the message to keep our Earth free from plastic. The teachers explained in simple words how we can love and care for nature- planting trees, keeping our surroundings clean and plastic free, and by not wasting water and paper. Children also enjoyed activities like colouring Earth-themed pictures and singing fun-filled songs about keeping our environment clean.

World Environment Day helped our little ones take their first step in becoming 'Earth's little Helpers', learning that even small acts of love and care can make our world a better and greener place.

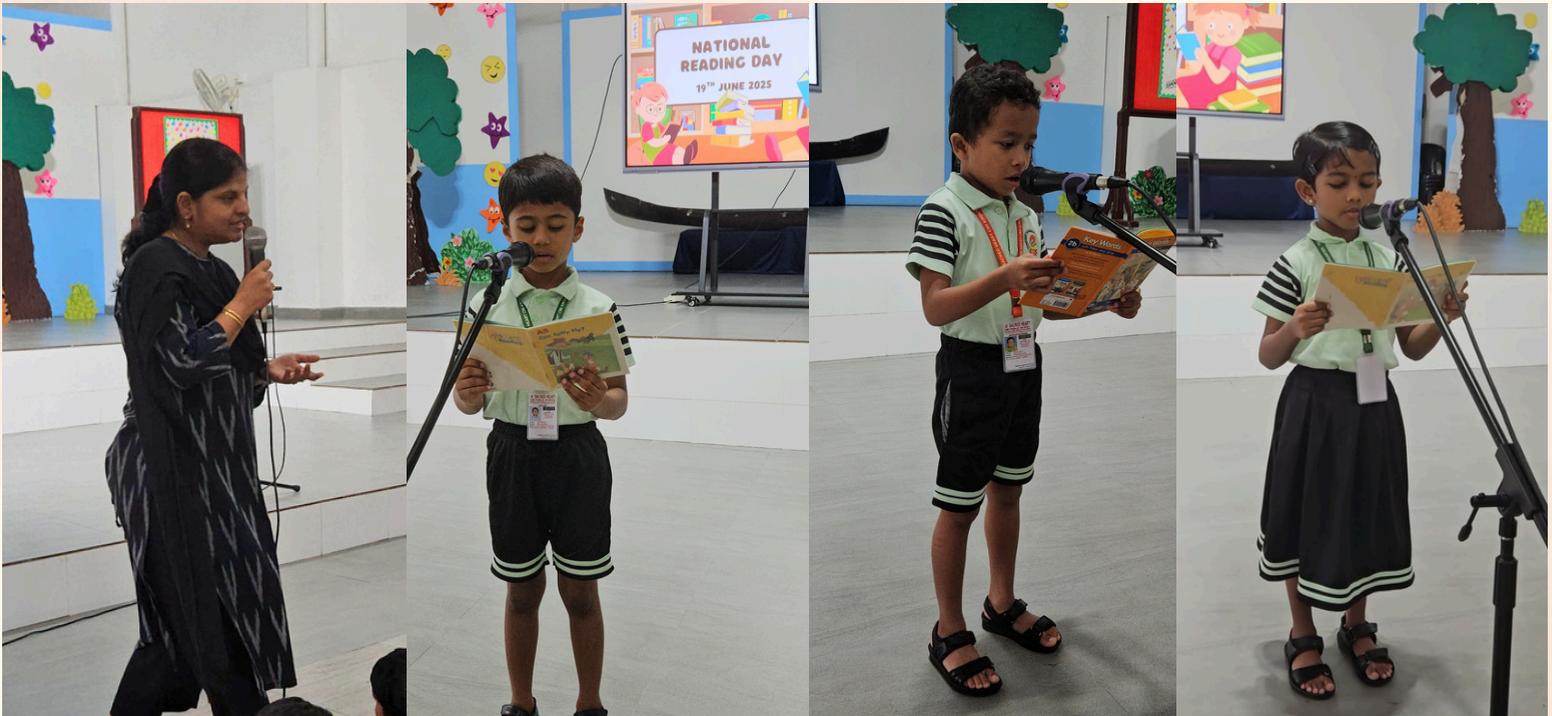




Reusing, repurposing, and creating!



# Read, Imagine, Discover, One Day at a Time



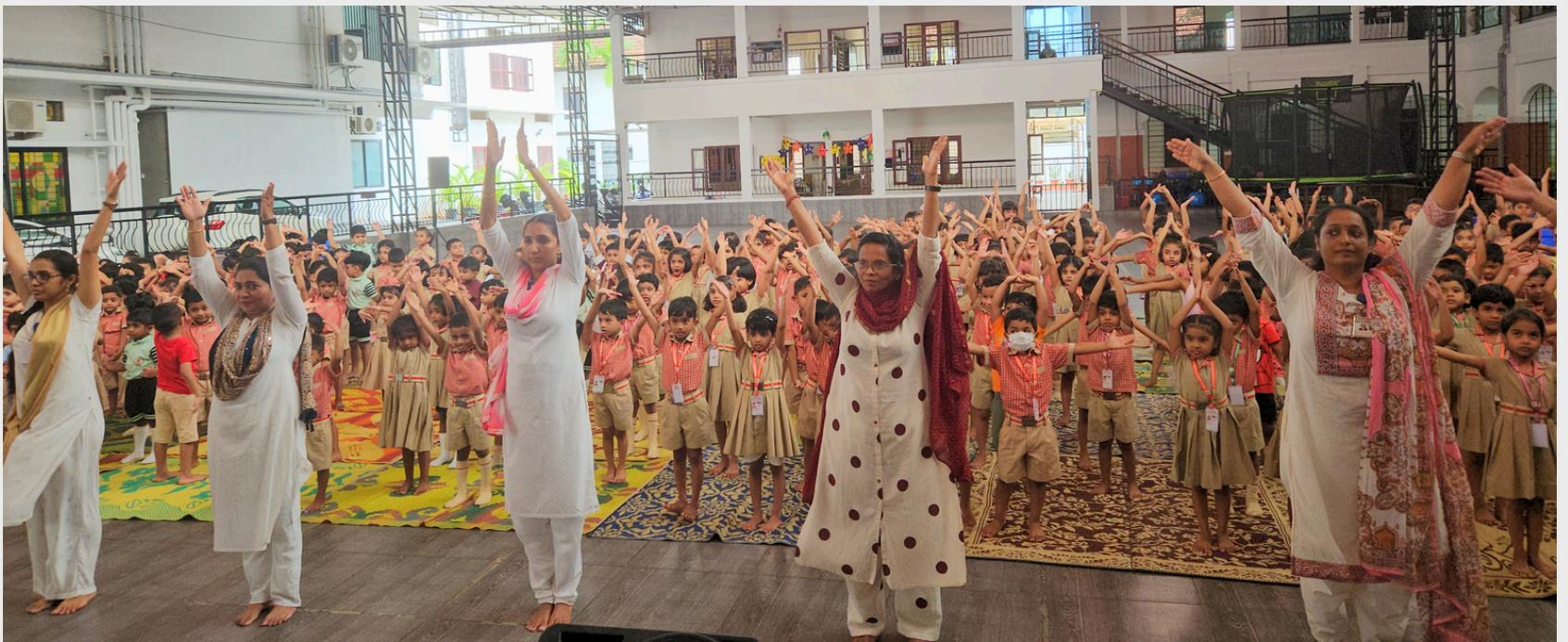
Reading Day was celebrated on 19<sup>th</sup> June with joy and excitement by our little kindergarteners as they took their first magical steps into the world of books! With colourful storybooks in their hands, the day was filled with laughter, imagination and discovery. Dedicated to Late P.N Panicker, also known as the Father of the Library Movement in Kerala, the children were made aware of how books can become their 'Best Friend'. The teacher explained through interactive visuals how the children can level up their imagination, vocabulary and knowledge through books. The children were also encouraged to read one book every day and dedicate a few minutes every day to reading. The day concluded with a beautiful message, 'Reading is dreaming with open eyes'. Our young readers returned home with hearts full of stories and minds full of imagination.

# VOLT Education Workshop

On 19<sup>th</sup> June, the UKG teachers, along with the Headmistress Ms. Bindu Thomas, participated in the VOLT education workshop, conducted by Ms. Sreedevi Padaki, which aimed to equip teachers with innovative teaching strategies and enhance classroom engagement, and also aimed at familiarizing the teachers with the classroom applications of the VOLT textbooks and curriculum. The workshop began with an insightful introduction to the VOLT (Value-Oriented Learning and Teaching) approach, emphasizing the integration of academic concepts with life skills, moral values and experiential learning. Hands-on demonstrations and collaborative group tasks enabled the teachers to understand how the VOLT textbooks can be effectively used to foster joyful learning.



# World Yoga & Music Day Celebration



*Yoga calms the soul, music lifts the heart — together, they created magic today.  
Where music meets movement and joy takes over.*

World Yoga and Music Day was celebrated with great enthusiasm by our vibrant kindergarteners. The event beautifully blended movement, melody and mindfulness, creating a joyful experience for our young learners.

The celebration began with an engaging session by Ms. Anu Sabu, who introduced the children to various musical instruments, sparking their curiosity and excitement. Adam Joseph (UKG B) and Evalia Bristo (UKG F) added a sweet musical touch with their soulful songs, followed by a lively dance by our LKG students.

Ms. Sreeshma T J and Ms. Sreeja Shijumon then led the children through simple yoga postures set to rhythmic beats, showcasing the harmony between music and movement. The highlight of the day was an impromptu dance by the tiny tots to a song sung by Ms. Sreeshma, radiating pure joy and energy. The celebration truly captured the spirit of yoga and music—filling hearts with happiness, rhythm and calm.

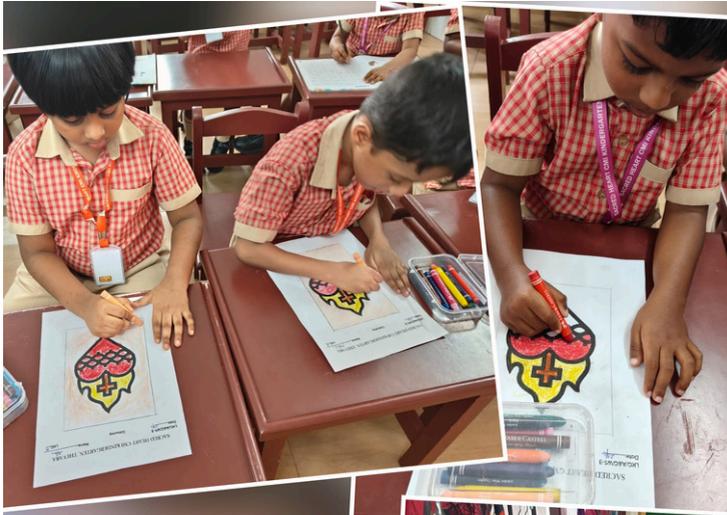
# Capacity Building Programme (CBP) on "Stress Management Techniques"



Sacred Heart CMI Public School hosted a Capacity Building Programme (CBP) on “Stress Management Techniques” — a full-day rejuvenating and reflective journey designed especially for the teaching community. The morning session, led by Ms. Suchitra Shyjinth, Principal of Pragati Academy, Perumbavoor, focused on understanding stress, its impact and practical strategies for managing it. Through interactive discussions and mindfulness practices, teachers learned effective ways to handle day-to-day challenges with calmness and clarity. In the evening session, Dr. Deepa Chandran, Principal of Sree Sarada Vidyalaya, Kalady, guided the participants through real life experiences and techniques to restore emotional balance. Her session encouraged deep reflection and emphasized the importance of self-care.



# SACRED HEART DAY CELEBRATION JUNE 5: A DAY OF LOVE AND COMPASSION

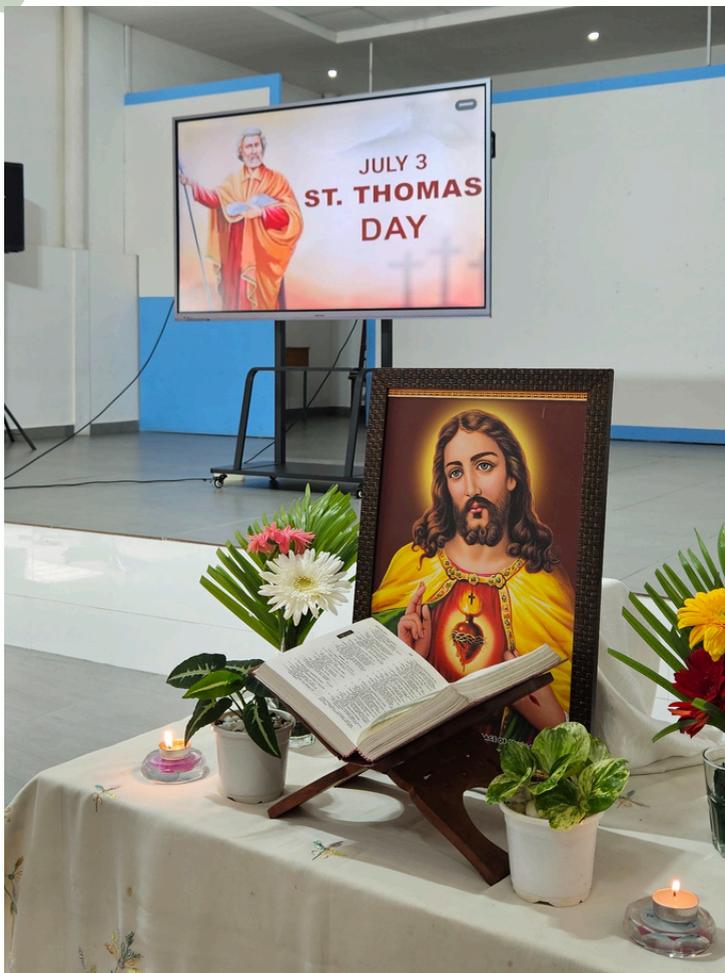


In alignment with the CMI vision of fostering the holistic and integral formation of individuals, a meaningful session was conducted for our kindergarteners on the occasion of the Feast of the Sacred Heart of Jesus.

The session aimed to gently introduce our little ones to the boundless love and compassion that Jesus Christ has for all of humanity. Through simple stories and engaging conversation by teachers the children were encouraged to nurture kindness, empathy and a loving attitude towards others.

To celebrate this special day, our tiny tots expressed their understanding of love and faith through a vibrant colouring activity. With crayons in hand and warmth in their hearts, they joyfully illustrated their feelings, making the day both memorable and meaningful.

# St. Thomas' Feast Day with Prayer and Reflection



On the occasion of St. Thomas' Feast Day, our young learners came together in a spirit of reverence and joy. An engaging and interactive session was conducted by our Headmistress, Ms. Bindu Thomas, who shared the inspiring story of St. Thomas. Through stories and thoughtful conversation, the children learned about the life, mission and unwavering faith of the Apostle who sowed the seeds of Christianity in Kerala.



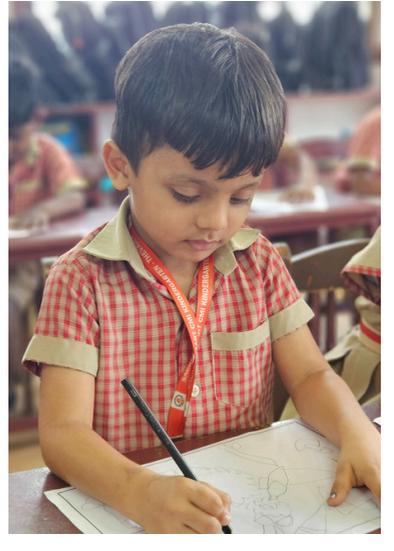
# Aakar Talent Search 2025 – Where little stars shine the brightest

*Every child is a bundle of hidden talent, waiting for the right stage to shine.*

The much-awaited Aakar Talent Search 2025 for Kindergarten kick-started with great excitement and enthusiasm. These events aim to bring out the imagination, confidence and unique abilities of our little ones. The off-stage events, comprising 7 creative and skill-based items, began on 20<sup>th</sup> July 2025.

Following this, the on-stage event prelims were conducted on 25<sup>th</sup> July 2025, where children got an opportunity to perform, before an audience, helping them overcome stage fear. The Talent Search is not just about winning but about discovering and celebrating the spark in every child. Each event is designed to nurture creativity, boost confidence and encourage healthy participation. Brimming with joy, energy and talent Aakar 2025 was a beautiful journey of expression and discovery.





# A BLESSED BEGINNING TO JOYFUL PLAY!



It was a joyful morning on the 15<sup>th</sup> of July as our kindergarten campus came alive with excitement for the much awaited blessing of the new children's park. With cheerful little faces beaming in anticipation, the day began with a special ceremony led by our beloved Principal, Rev. Dr. Varghese Kachappilly CMI, marking the opening of a vibrant new play space for our tiny tots.

Reverend Father offered a heartfelt blessing, invoking God's grace and protection over the space, ensuring that every child who steps in finds fun, joy and safety. With smiles, prayers and applause, the park was officially opened- a gift of love and care for our little learners, where fun meets learning in the most delightful way.



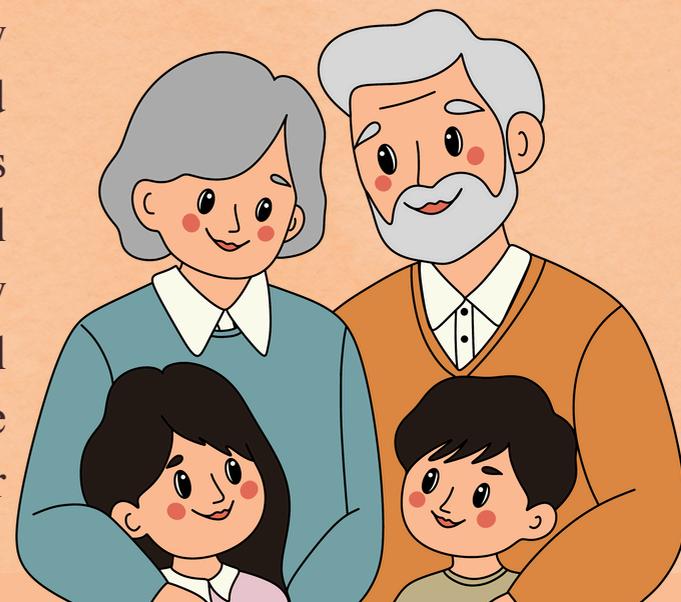


# LITTLE HEARTS, BIG LOVE- CELEBRATING GRANDPARENTS FROM THE HEART

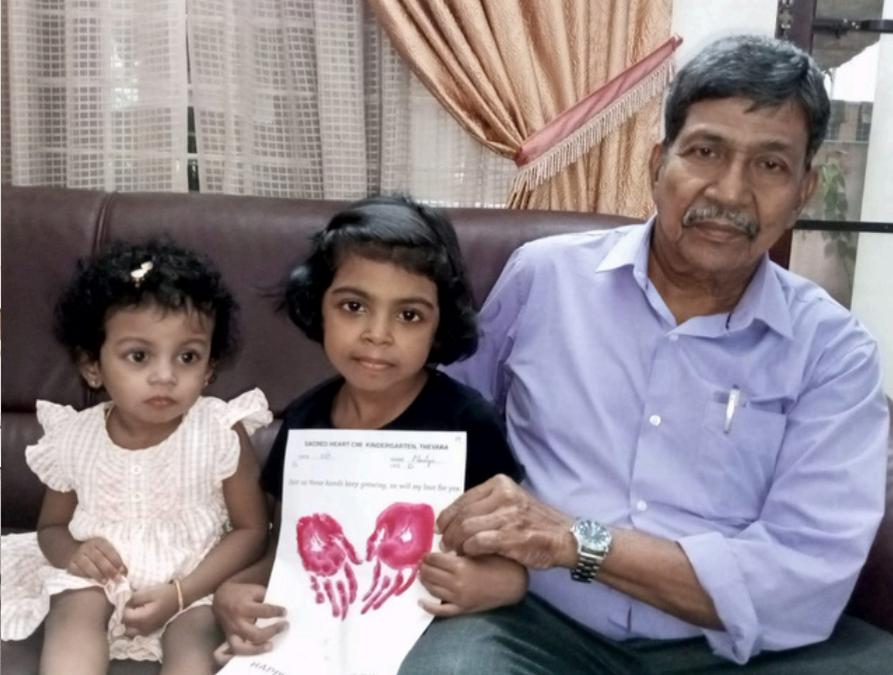


Grandparents are a beautiful blend of laughter, wisdom and love, and to honour their irreplaceable presence in our lives, our kindergarten children came together to celebrate Grandparent's Day on 28<sup>th</sup> July with heartfelt enthusiasm and joy.

The highlight of the day was a touching skit presented by the teachers themselves that portrayed the special bond between grandparents and their grandchildren. This was followed by a beautiful song with simple yet meaningful lyrics, dedicated to the grandparents. To make the day even more special, the children prepared artwork, all filled with love. The heartfelt creations were sent home as tokens of affection to be presented to their grandparents.





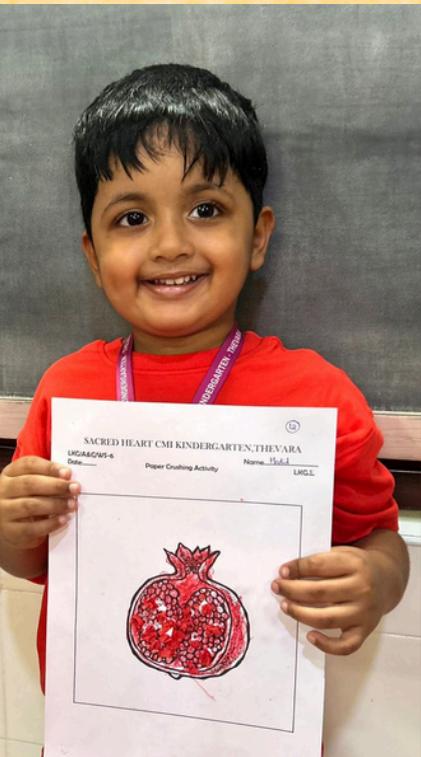






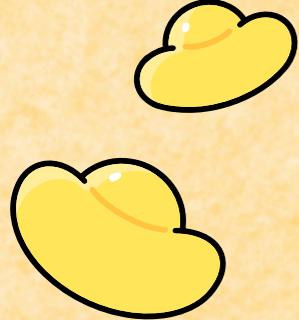


It's a  
Red-y,  
Steady,  
Go Day!





Bright Like  
the Sun,  
Yellow is Fun



# Plant A Seed, Grow a Life



# Congratulations



## Winners of Rotary Waves 2025-26

- \* Zayn Adam John of PreKG A won 1<sup>st</sup> prize for Action Song.
- \* Devanshi Renish of PreKG B won 1<sup>st</sup> prize for Best Baby Contest (girl).
- \* Aashvi Kaladharan of LKG F won 1<sup>st</sup> prize for Single Dance.
- \* Nevan Nithin Gopal of LKG A won 2<sup>nd</sup> prize for English Story Telling.
- \* Devansh Sujith of UKG E won 1<sup>st</sup> prize for Rotary Little Prince.
- \* Evalia Bristo of UKG F won 2<sup>nd</sup> prize for Action Song Malayalam & 3<sup>rd</sup> prize for Solo Dance.
- \* Sarah Mariam John of UKG A won 1<sup>st</sup> prize for Story Telling Malayalam, Story Telling English & Fancy Dress.



Druva Dineesh (UKG E) won the 1<sup>st</sup> position in the Inter-school Colouring Competition conducted by St John's Visitation Public School, Muppathadam.



Sarah Mariam John (UKG A), won the 3<sup>rd</sup> prize for Runway Unleashed at Spectrum-Jr, the interschool competition hosted by Sanskara School, Kakkannad.



Sarah Mariam John (UKG A) won the 2<sup>nd</sup> prize & Siah Philip (UKG B) won the Consolation prize for RAIMENT-(KG section) at Kairos, the interschool competition conducted by Assisi Vidyaniketan Public School.

# Happy Birthday



ABRAHAM AMBROSE



ADWIKA RAJESH



AIBEL JOSEPH



ALAANA ALISA  
ANTONY



ALEXIS MATHEW  
RAJOY



ANDREA SEBASTIAN  
MEKKADU



BLAZE OUZEF



BRYAN ANTONY SANIL



DANIEL PETER



EMMA SIBIN  
& GRACE SIBIN



HEIZEL MIRIAM K J



IZAHAAK JACOB  
CLEETUS



IZAHAQ BINU  
PEECHANATT



JENNAH MARIYAM T A

# Happy Birthday



JOHN FABY



JUNIA JIJO



PRARTHANA VISHNU



RACHEL ANNA ROY



SARA FIROZ



TESSA MARIA ANOOP



THERESA CHRIS  
JULIET



AADVIKA ABHILASH  
ANAND



AARI AJU



ABRAM CHRIS



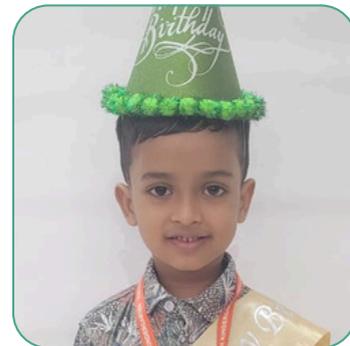
AIRAH ANN AKASH



ANZEL AHAD



ARADHYA KANNAN



ARUSH BIJESH E B

# Happy Birthday



AYAAN THOMAS



CATHERINE JOSE  
KANADAN



DHANWIN SUNIL



DRUVA DINEESH



ELISHA EVA NIMAL



EMIE BEENA ALEX



EVA MARIYAM BIBIN



EZEKIEL ANTO PULLAN



HANAH SHEBIN



IZZA MARYAM A S



JOACHIM ANTONIO  
BIBIN



JOSHUA ANTONY



KIARAH ELIZE TONY



MALAVIKA C NAIR

# Happy Birthday



MARIA ANTONY  
FERNANDEZ



MIKHAEL FERNANDO



NEVAN NITHIN GOPAL



RICARDO LIVERO



RICHARD MAXIN  
STANLY



RIVAN BONEY



SARAH MARIAM JOHN



SIAH PHILIP



SREYAS SHIBIN



YASHIKA MITRA



ZAHRA ARISH RASHEED

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