AUGUST 2019 VOL. 11

THE ARDEE NEWSLETTER

Goa Senior School Edition

Important Dates in September

Ganesh Chaturthi : 2nd September

Teachers Day Celebration: 5th September

Let's be a part of this great initiative!!





Principal's Note:



I am happy to keep on record that the school has been making steady progress in all the fields. Our students have excelled in studies and have performed very well in their IGSCE examination. In sports too, the school continues to strive to provide students with wider vistas to explore and develop their talents.

From our past experience we know that students are amazingly curious and massively creative. The School has been organizing various scholastic activities to provide a platform for the students so that they may expose their latent talents in different fields. The stress we lay on moral values, sports, literary and cultural activities helps in channelizing the youthful energy of our students. Our main objective is to nurture good in our students and we are striving in unison to achieve this goal so that these students may become responsible citizens of the society.

I convey my best wishes to all the students.

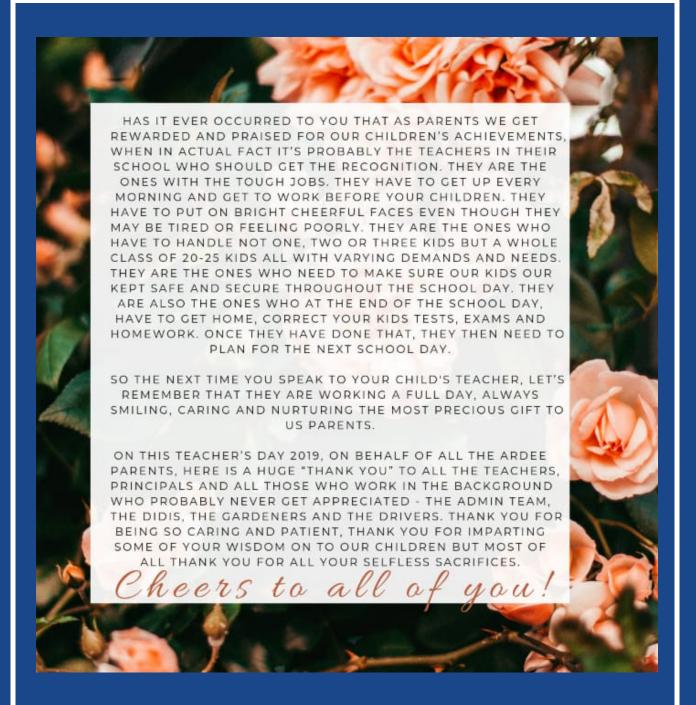
~Mrs Ratnalekha Shetty

PSA

One book, one pen, one child and one teacher can change the world.

Thank you for your kindness, your encouragement and helping our children learn valuable lessons.

Happy Teacher's Day! ��
~ Ms. Lamia Saldanha (PSA Rep Year 6)



A dedication to our teachers by Ms. Leanne Costa Frias (PSA Rep Year 3)

Independence Day celebrations







We celebrated our Independence day and explored India's journey to independence, significant leaders and what independence means to us. Students sang patriotic songs, presented speeches and hoisted the National Flag.





Student Council: Investiture Ceremony







School Captain: Marc Goveia

School Vice Captain: Krishita Desai Sports Captain: Atul Dhawaskar Sports Vice Captain: Rana Hayes

Red House Captain: Felix Craven

Red House Representative : Aarav Shah Yellow House Captain: Roosevelt De Souza Yellow House Representative: Neomi Huldai

Green House Captain: Liam D'Souza

Green House Representative: Devin Chabbra

Blue House Captain: Aryan Rousere Blue House Representative: Kurt Dias

Cultural Secretary: Gillian Pereira & Tiyasha Raha

Digital Heads: Alexa De Lima Pereira & Jonvoh Noronha

Proud Moment for Ardee Goa





Join us in congratulating Ms. Sophie Chowgule a student of A levels who was a part of Team India who won bronze in Ultimate Frisbee championship held in China

"In all my experiences, the fondest memories were of camps. Camps were held once a month where the whole team would gather to play ultimate Frisbee as a team to get ready for the tournament. We also got to know each other better and learned to gel as a team."

~ Sophie Chowgule

Goan trio help India win frisbee bronze in China

THE GOAN | NETWORK

PANAJI

India recorded its first-ever ul-timate frisbee podium finish on hard ground when it won a bronze medal in the mixed category at the Asia Oceanic Ultimate and Guts Champion-ship held at Shanghai in Chi-

na from July 23-27.

India beat China in the bronze medal game after going down to Philippines in the semi-finals. In the quarters, India got the better of Aus-tralia in a close finish. Earlier, India beat Korea and Chinese Taipei in their pool games. Representing India, were three Goans -- Tejas Shevde, Rebecca Godinho and Sophie Chowgule -- in the team of 22.



The Indian squad poses with their Asia Oceanic Ultimate and Guts Championship trophy.

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Speaking to 'The Goan', Margao lad Tejas said, "It was like a dream. When we scored the winning point against Chi-na, I just stopped and started tearing up. It was unbeliev-able. You don't always get to play a bronze medal game for your country in an Asian championship and win it. That feeling cannot be expressed in words, it can only be felt."

THE GOAN Fri, 02 August 2019 epaper.thegoan.net/c/42057993





Siya Sukhtankar for year 7 recently won a silver medal in the Taluka level Taekwando championship organised by the Directorate of Sports & Youth affairs, held at the Peddem sports complex

Academics





Year 10 student with a chromatogram to study solubility of different dyes



Students of year 10 performing a chemical test for water



Year 10 Physics students performing experiment on Hooke's law to find the constant of a spring.



Year 9 students use 'speed dating' to work on testing one another inferential skills on content developed by them.

Inter house Table Tennis championship held



Qualifying rounds of yellow house for 1 st Inter - house Table Tennis competition 2019-20



Finals between Tiara(GH) vs Sophie (RH)



Boys final between Marc (YH) vs Felix ((RH).



Four finalists of inter house Table Tennis competition of respective houses



The winners of the 1st Inter- House Table Tennis competition (year 9 to 12) boys (Ian Chowgule, Marc Goveia, Felix Craven and Seron) and girls (Tiara Pereira, Sophie Chowgule, Alexa Pereira and Udita) were held on 23 August 2019. The TT Coach Ms. Mallika Gogai was invited for the finals and her presence was appreciated with a canvas painting. The vote of thanks was given by Ms.

Willma

Art Space





Student working on visual element- Colour



Student drawing observational study with chalk and charcoal on black and coloured papers



Student working on Shading and Mark making technique with different shades of pencil and biro pen



Students drawing observational study with Ink pen and colour pencils on coloured papers

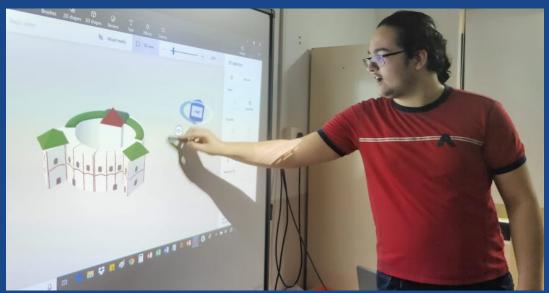
World Studies







A Master theater workshop was held by Ms Arundhati who focussed on certain theatre exercises to build the understanding of theatre. As actors how the students would execute the written lines. Voices, movement, eye contact and emotions were discussed with examples.

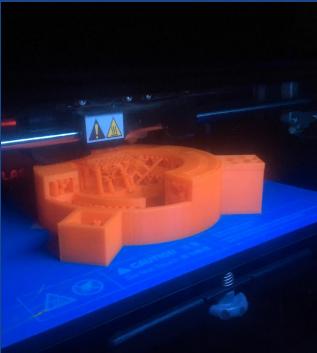


World Studies: Students using a 3D modeling software to design The Globe Theatre on the interactive Promethean board.

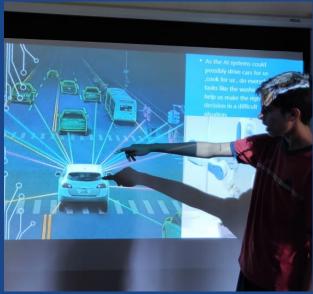
World Studies

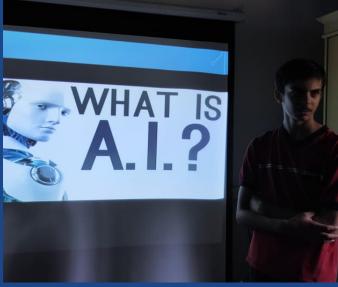






Year 10 student presents her 3D globe to the study body. She explained the process and tools used in the Makers Lab





Year 9 students presenting on the topic Emerging Technologies - ICT. Artificial Intelligence, Robotics, Holograms and Vision Enhancement.

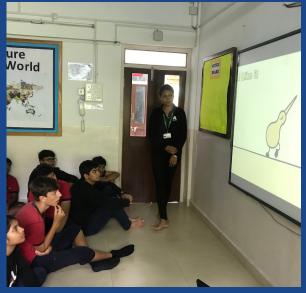
Activities held in School



PSHE (Personal Social Health Economic Education)



The school counsellor, Ms. Joyce had a session on Ethics and Values. Students gave thier viewpoints on what are their core values are.



A session on Substance Abuse was held for the students of years 6 to 12. They also watched an animated video focussing on the ill effects of addiction

WHY IS PSHE IMPORTANT IN SCHOOLS?

Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future.

These skills and attributes help pupils to stay healthy, safe and prepare them for life and work. When taught well, PSHE education helps pupils to achieve their academic potential, and leave school equipped with skills they will need throughout later life.

Resources: https://www.pshe-association.org.uk/curriculum-and-resources/curriculum

Workshops held in school



Positive Parenting workshop was conducted by the school counsellor, Ms. Joyce for the senior school parents





Excerpts from the workshop

- 1) The best thing you can do to improve your children's behavior is spending time with them individually every day, giving them the positive attention and emotional connection they're hard-wired to need. When they don't have that positive attention, they will seek out attention in negative ways, and consequences and other discipline methods won't work. Aim for 10-15 minutes a day per child and you'll see measurable improvement almost immediately
- 2) It can be difficult for kids to keep too many rules straight. If it seems like you have a lot of family rules, cut down the list to what's most important. Determine a consequence for each rule, make it clear to kids ahead of time of both the rules and consequences, and don't give in.
- 3) Misbehavior is always a symptom of a deeper issue, and when we can find what causes it, we can use the right strategies to correct it. Try and understand the meaning behind your child's behavior. Don't get angry and frustrated as this can feed in their misbehavior.
- 4) Limit your child's screen time and be vigilant of their online activities.
 5) Healthy eating and adequate sleeping is the key. A nutritious diet can do more than improve kids' health. Better food can actually mean better grades for school children.

No one is perfect at Parenting...we all learn every single day!!

'Ms. Joyce Gracias Fernandes