

The BEACON – November

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Overview of LIS



LVS, Laxmi Vidyapeeth, Sarigam at present is a cluster of five institutes which includes two schools and five colleges that are being run under the aegis of Smt. Shantaben Haribhai Gajera Charitable Trust, Surat .

Laxmi international school offers a wide curriculum in the main learning areas- BASED ON THE CBSE CURRICULUM as per NEP .Students in Laxmi international school are prepared for other education like – Teamwork and personal development that happen outside the classroom

Laxmi International School is a progressive co-educational senior secondary day boarding cum residential school. We at LIS provides a caring, healthy and challenging environment where children prepare to meet the challenges of life with confidence , imagination and integrity.

LIS strives to connect “One Happiness!” among everyone.

Glimpse into the classroom

"The beautiful thing about learning is that nobody can take it away from you."

Responding to the level of diversity in our classroom is more important than ever. But all too often, our education system reinforces the same inequalities it was designed to overcome.

Actively promoting equity in the classroom helps remove barriers so all of your students can succeed. And when every student has the resources they need, the entire classroom thrives!

Teacher's interview

Myself, Mr. Pushkar Gondaliya, a Senior Educationist with 13 years of experience in the field of Education and a Head of Department for G/M/S for Grade 1 to 8. I adopt creative learning style, wherein teachings are provided in the form of acting, singing plus reading and giving writing work. Regular assessment in the form of tests to evaluate students' performance. My hobbies include playing badminton, secured second in district level, third place in zone level. I believe in teamwork, which is essential for overall growth in performance of teachers and students.



Parents And Students get involved

Children's day is a special day celebrated in remembrance of India's first Prime Minister Jawaharlal Nehru. November 14 marks Nehru's devotion to welfare, education and development of children and young people. A day marking childhood, and to make this event a memorable for our little ones, LIS celebrated Children's Day in Dhwani auditorium. The program has been conducted in two different sessions, one for 1 to 8 and second for 9 to 12. The day commemorated with immense joy, enthusiasm and magnificence. To bring smiles on the faces of our lovely kids, all the hard working teachers of LIS shows their talent through dance, song and skit. Teachers made Children's Day special for their children by involving them into various games. The students were overwhelmed and enjoyed the day.



Happy parents generate happy generation

What is Parenting?

A real parent is the one who helps his children to eradicate their personality defects and imbibe good qualities.

There is nothing like being perfect parent but we can strive to be consistent. However, today's parents feel that buying costly clothes and eatables and paying high fees for coaching classes are their only duties. They fail to understand that these things make the children desirous of only worldly pleasures. These pleasures give them habit of immediate gratifications. Thus, they are lacking patience and having aggressive response when their demands are not fulfilled. So, parents have to introspect whether they are giving true education to their children. It is the duty of parents to help their children to imbibe good qualities and thus, lead a happy life.

Only happy parents can generate a happy generation

Only happy parents can generate a happy generation. In order to create good thoughts on children's mind there should be good communication between the parents and children. Building a home life that provides caring, consistency, choices, and consequences should go a long way toward a child's social, emotional, and intellectual development—which should also lead to a stronger parent-child bond and happier child-raising years for everyone involved. Children do not feel like talking to parents who are always under stress. They do not feel like conveying their ideas, thoughts and problems to such parents. Hence, it is necessary that the parents remain stress-free.



Reasons for stress in parents

1. Always living in the past

Children easily forget their past and always live in the present; hence they are always happy. We adults always recollect the incidents and happenings of the past and keep on carrying the burden of bad experiences faced in the past. So, when children try to talk to us, we are not in a condition to listen to them and understand them. Hence, we must always try to live in the present.

2. Negative talk & approach

Negative statements like, 'You do not know anything', 'you are useless', hurt children tremendously. Physical injuries get healed, but the hurt caused on one's mind is not easily healed. So we should be always positive in our approach and speech while talking to children. Our talk should be such that it should encourage children.

3. Not accepting our mistakes in front of children

Accepting our mistakes reduces the stress on our mind. Children develop respect for us. Since children try to impersonate their parents, they too learn to accept their mistakes honestly.

4. Constantly trying to find faults with the children

If we constantly try to find faults with our children we will always remain tense. Try to acknowledge their positive behaviour.



5. Speaking authoritatively

Children do not like when their parents speak with them authoritatively. Instead of speaking with authority, try to be assertive with them.

6. Not explaining properly

Everything must be explained to children properly. While speaking to children we must go down to their level; only then, will the child respect us and listen to us.

7. No communication with children

No one is available to listen to the problems faced by the children. Parents are busy with their work, whereas teachers are only concerned about completing their syllabus. As a result, children are mentally confused. They lose respect and faith in their parents. Parents are stressed because children do not listen to them. Casual talk brings them together. So, it is very essential that parents take out time to sit and talk casually with their children for at-least 15 minutes daily. This will help in minimizing stress and will result in happiness.

Additional learning opportunities for Families

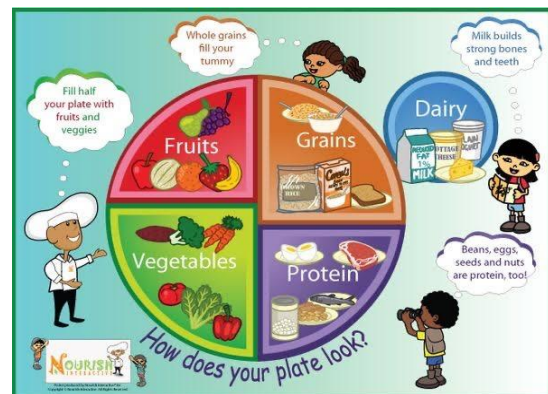
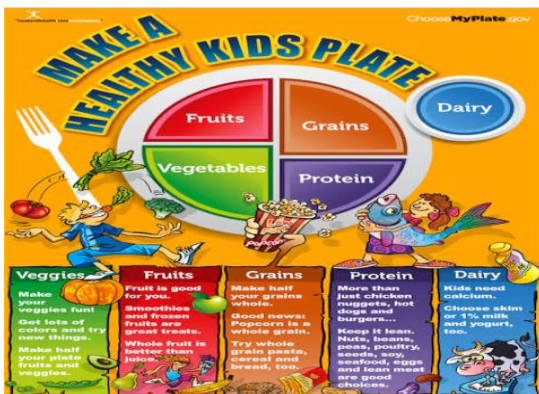
Healthy eating and food messages for your child

Healthy eating habits start at home.

Giving your child healthy nutritious foods is important for their growth and development. It also helps to surround your child with messages about healthy eating habits and food. This can help your child make healthy food choices.

Here are some ideas:

- Try to have a bowl full of fresh fruit within easy view and reach on the kitchen table or bench. You can offer fruit as a snack or if your child is still hungry after meals.
- Stock your pantry and fridge with plenty of healthy, nutritious options, and leave the sometimes food on the supermarket shelves.
- Try to choose fruit and vegetables of different colours, textures and tastes. The more variety there is, the more likely it is your child will find something that they're interested in eating.
- Get your child involved in planning and preparing meals. If your child has helped to make the meal, they're more likely to eat it.
- Enjoy healthy meals together as a family as often as possible. Also look for opportunities to eat together at breakfast and on weekends.



Resource Centre

LIS has a swimming pool for the students who learn how to swim there safely; There are numerous advantages for a school to have an indoor swimming pool. It is an outstanding way for children to receive their daily needed physical exercise. There are many mental and physical advantages when children are swimming in the water. Students are not only able to exercise longer while swimming in an indoor pool versus land activities, but according to the Centers for Disease Control and Prevention, people consider swimming to be more enjoyable than land based exercises as well.

1. Full-body workout

Unlike many other forms of cardio, swimming uses a wide range of muscles. In addition to toning your whole body, swimming builds both strength and endurance.

2. Low-impact

If you have injuries or sore joints, swimming is great for your body. Whether you're recovering from an injury or just looking for a low-impact alternative, swimming is much less jarring than other forms of exercise.

3. Burns calories

As opposed to other types of low-impact workouts, like walking or yoga, swimming burns significantly more calories in the same amount of time.

4. Improves cardio-vascular health

In addition to working various muscles groups, swimming also works your heart and lungs. According to PubMed Central, swimming has even been shown to help control blood sugar and lower blood pressure.

5. Exercise without the sweat

If you're prone to sweating a lot, swimming could be a good workout for you. Technically, you do still sweat when you swim, it's just not noticeable in the water!

6. Helps you manage stress

Swimming helps to stretch and relax your muscles. Furthermore, while swimming it's important to focus on taking deep, smooth breathe. Both of these aspects of swimming help reduce stress.

7. Adds variety to your workouts

If swimming isn't your go-to, it can be a great way to change up your workout routine and start using new muscles groups. Plus, come nice weather, swimming is a great outdoor activity either at an outdoor pool or even in an ocean or lake.

8. Our aquatics facility is AMAZING

The 8-lane lap pool complete with a low diving board is the perfect place to break a sweat and have some fun. After you work out, enjoy a relaxing dip in the massive whirlpool.

Student wellbeing

Physical wellbeing at LIS

Physical activity is associated with improved learning and the ability to concentrate. Strong, supportive relationships provide students with the emotional resources to step out of their intellectual 'comfort zone' and explore new ideas and ways of thinking, which is fundamental to educational achievement.

Since well-being has many facets, improving students' well-being in schools requires a whole-school approach, involving both teachers and parents.

At LIS educators plan lessons focused on the responsible use of the Internet, the need to adopt a healthy lifestyle and how to prevent or cope with health problems, in collaboration with those involved, including health and social services, local authorities and civil society organizations.

Steps taken to promote physical well-being at LIS by

Supporting active play during recess before school.

Creating and promoting co-curricular activities

Encouraging movement breaks in all classes.

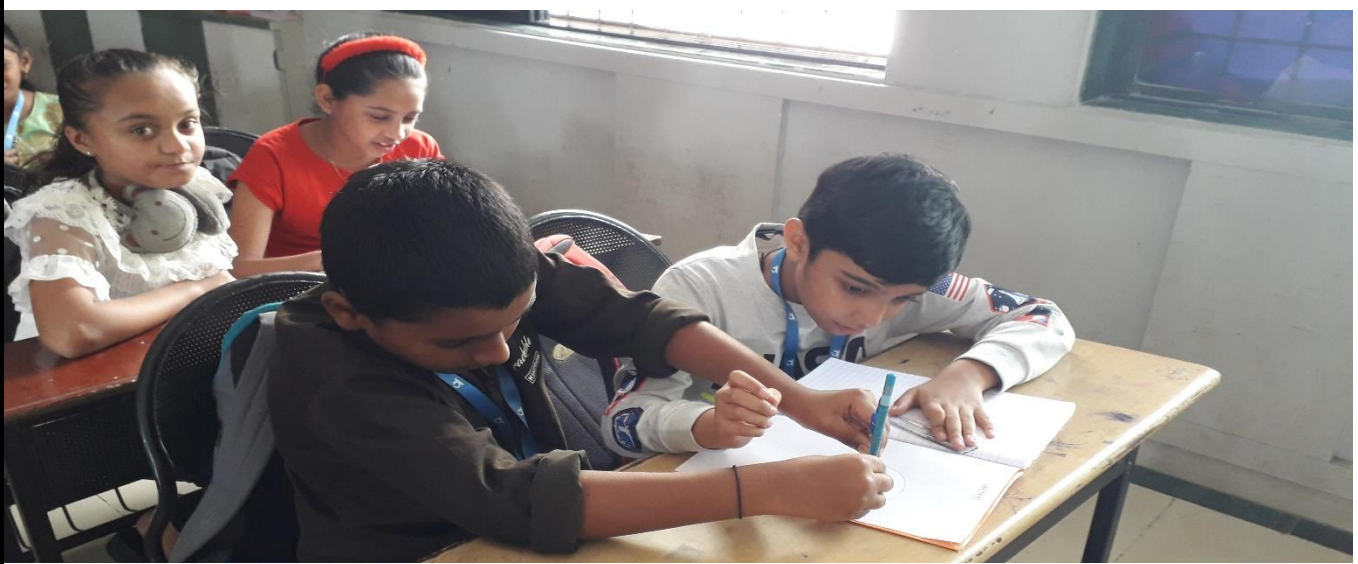


Act of kindness

"No act of kindness, no matter how small, is ever wasted."

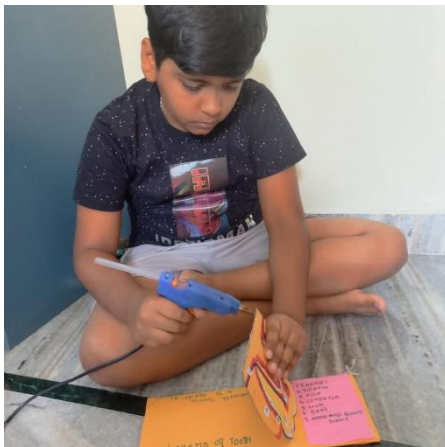
Kindness can mean different things to different people. The meaning is in how

you choose to show it. Be it through empathy, acceptance, kind gesture, thoughtfulness- the possibilities are entirely up to you. It is our nature to watching to learn from others, which is why it is so important to be kind to yourself and show kindness to those around you. When you see someone kind, make sure to tell them you appreciate what they did. What better way to teach kindness than to show it!!

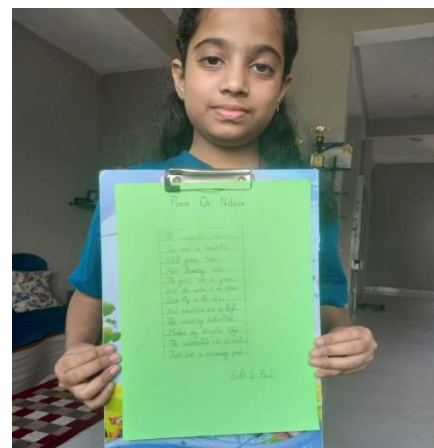
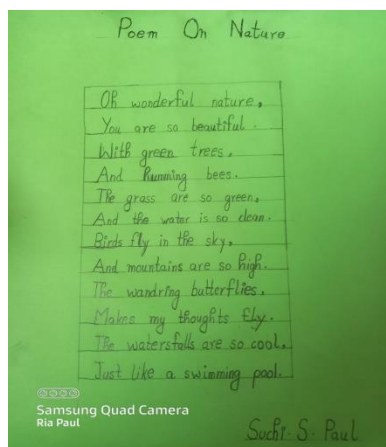
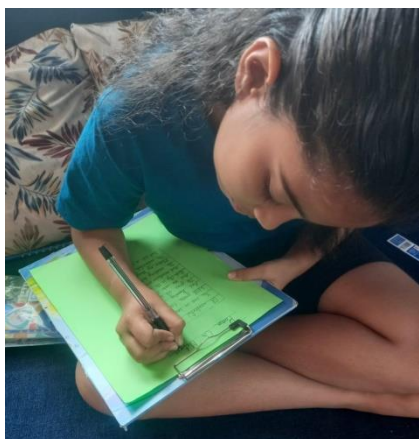


Student corner

Samarth Tanna 4th D (Science Activity)



Suchi Paul 4th C (English poem)



BLOG for October

LAXMI INTERNATIONAL SCHOOL
LAXMI VIDYAPEETH SARIGAM-396155

Session on Bullying

Class 6 to 8

The test of courage comes when we are in the minority. The test of tolerance comes when we are in the majority.

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Session on "Happy Classroom"

A healthy attitude is contagious but don't wait to catch it from others. Be a carrier.

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Children's Day Celebration

Class: 9 to 12

Children are like buds in a garden and should be carefully and lovingly nurtured, as they are the future of the nation and the citizens of tomorrow."

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LAXMI INTERNATIONAL SCHOOL
LAXMI VIDYAPEETH SARIGAM-396155

Children's Day Celebration

Class: 1 to 8

Children are like buds in a garden and should be carefully and lovingly nurtured, as they are the future of the nation and the citizens of tomorrow."

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CEE Activity

CEE Eco-Schools is holistic. “Let’s Go Green And Celebrate The Eco-Friendly Way” World Toilet Day takes place on 19th November and is all about celebrating toilets and raising awareness of the importance of safe sanitation.* LIS organised an activity on *23th November, 2022 (Wednesday)* for Classes 6-8 . Students made poster/drawing on the theme mentioned for promoting awareness on Hand washing activities and hygiene on World toilet Day.”*

Report on School Clubs

“Learning experience in a school can and should never be restricted to academic classroom learning but rather focus on all round development of students.”

The integration of work and study is the key element at Laxmi International School. All the students are obliged to gain practical experience in the course of their academic education. The concept of Clubs is seen as an opportunity for adaptation to life in the group, forming good lifelong habits, and cultivating a voluntaristic spirit. Club activities supplement academics and give the students practical training which they require in day-to-day life.

In the month of November, Club activities were carried out by the students under the guidance of the teachers-in-charge. The students showed enthusiasm and interest in various activities.

Information gathering, demonstrations, culinary activities, experiments, group projects, talks & discussions, models, role-play, photography, etc. invite keen participation of students and enrich their knowledge, understanding and application.

LIS provides its growing superiority in academic excellence every year, but besides academics it is also familiar for its student based school clubs, functioning with myriad tasks varying on the specific purpose of each representative club.

These clubs composed of students, with faculty as advising figures to maintain the functionality of clubs. The activities performed by the students here, are social and philanthropic. Students under the faculty are made aware of leadership qualities, good reading habits, responsibilities as a good citizen.

Laxmi International **School**



**LAXMI INTERNATIONAL SCHOOL, SARIGAM,
ADDRESS: POST BAG NO. 15, VALSAD-396155,
GUJARAT, INDIA.**

EMAIL ID: LIS@LAXMI.EDU.IN

CONTACT NO: 0260-6630922 / 7359997555

LVSGEMS

