



ST. ANTHONY'S SR. SEC. SCHOOL
HAUZ KHAS, NEW DELHI

The Verve

A Newsletter of St. Anthony's School

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From the Principal's Desk

Dear Parents, Teachers, students and well-wishers,

Saying No to Your Children

Learning how to say No to your children does not make you a bad parent. In fact, it is actually a characteristic of good parenting, because when you start saying No to your children's requests, they can take care of themselves, creating a balance in your life and theirs. Parents get used to doing everything for their children because they have had to do so since they were born. The problem is that sometimes parents do not realize that as children get older they are capable of taking on more responsibilities. Sometimes parents just continue to do as much for their children when they are teenagers as they did when they were toddlers.

Giving children added responsibilities and chores around the house is a way of saying No to old behavioral patterns while teaching them responsibility and self-discipline. For example, your 15-year-old daughter is used to coming home from games practice and throwing her practice uniform on top of the washing machine so you can clean it before her next day's practice. As a parent, you feel it is your responsibility to make sure the children always have clean clothes to wear. However, there is nothing wrong with teaching your daughter how to use the washing machine and dryer so she can wash her own uniform. The next time she throws her uniform in the laundry room for you to wash, you should be able to walk up to her and say, "I have a lot of other things to do this evening, so I can't wash your uniform, but if you come here I will show you how to do it yourself." Sometimes children need to experience firsthand some of the many tasks that you do for them to appreciate all that you do. Just imagine what will happen if one day you get injured, and you are not able to get around the house. Unless you have taught your children how to do some things for themselves, it would be total chaos. Saying No to your children's requests is not turning your back and letting your children figure things out for themselves. Instead, you are providing them with the tools and knowledge necessary for them to be able to carry out whatever the task may be, taking these requests as opportunities to teach them skills they will need as they become adults. Because parents love their children and get such a sense of satisfaction and gratification for all that they do for their kids, they do not realize that, in the end, these actions may turn out to be counterproductive. Sometimes in wanting to do so much for their kids, parents overlook the fact that they are raising kids who totally depend on others to meet all their needs rather than teaching them to be self-sufficient and independent individuals.

As parents, regardless of how much you do for your children, sometimes you feel as if you are not doing enough for them. Yet, you must establish a sense of authority, thereby creating healthy boundaries while keeping your children's best interests in mind at all times. Learning when and how to say Yes or No to children is one of parents' biggest challenges. If you tell them Yes too many times, your children can become spoiled and selfish and expect to always get their way. On the other hand, too many No's can cause them to feel angry and rebellious. So, the answer rests in knowing when to say Yes and when to say No. Disciplining your children will teach them to be accountable for their actions and to think about the consequences before making any decisions.

Thus, my dear children be obedient to your parents and respect their words and beliefs as its for your own betterment and success.

*-Sr. Daisy
Principal*



ORIENTATION PRE-PRIMARY

An orientation programme for the parents of pre- primary students was held on 13th March,2023 in the school campus. The program commenced with welcoming of chief guest Dr. Geetanjali Kumar a senior psychologist, counsellor and a life-coach, followed by lighting of lamp. Dr. Geetanjali Kumar spoke about what a parent can do and should do in order to make the child independent and confident. Principal Rev. Sr. Daisy guided the parents on how to nurture their children by not only focusing on academics but also providing healthy environment at home too. She also briefed the parents about vision and mission of the school.



INVESTITURE CEREMONY

The Investiture ceremony signifies the reliance and confidence that the school consigns in the newly invested council bearers. The Investiture Ceremony for the academic year 2023-2024 was held in school campus. The ceremony commenced with prayer followed by honouring of the newly elected student council with scarves of their designated position. Then Principal Rev. Sr. Daisy administered the oath to the newly elected council members. The Principal congratulated the newly appointed Captains and prefects for their preparedness to take up responsibilities entrusted to them. The programme concluded with the vote of thanks and singing of the School Anthem.

EASTER

"He is risen" - Mathew 28: 6

Easter Day is celebrated as a joyous occasion and honors the resurrection of Jesus, three days after his death by crucifixion. The students of St. Joseph's house presented the Easter assembly through meaningful skit. An exquisite dance was presented by the students as a conclusion to the assembly.

Rev. Fr. Susai Sebastian and Rev. Fr. James Peter Raj did the Easter blessing



Come near to God and he will come near you.

James 4:8

"Imagination is more important than knowledge

-Albert Einstein

EID UL FITR



Eid-ul-Fitr Eid the festival that upholds the spirit of brotherhood and love was celebrated in our school with grandeur and joy through a special assembly. The significance of the festival was enhanced with skit and narration. The students created an aura of the festivity in their beautiful attires. The importance of festival, sighting of moon, henna, prayer, Eidi and delicacies made on the occasion were beautifully crafted through the scenes. The joy of sharing and caring was stressed.

INSTITUTE DAY

The 2023-24 year marks 125 anniversary – Quasiquiscentennial of The Clarist Franciscan Missionaries of the most Blessed Sacrament (CFMMS), the new congregation founded by Mother Seraphina which came into being on May 1, 1898. To commemorate this day students presented an eloquent assembly based on life, mission and vision of our foundress Mother Seraphina. Along with the celebrations, scholarships were provided to meritorious students.



GOLDEN ALUMNI

Femina Miss India first runner up 2023, Shreya Poonja was given a warm welcome by School Management and students at her alma mater. Her achievement was celebrated with various dances and songs performed by the students. The school wishes Shreya a future filled with wonderful opportunities and achievements.



"Be generous, grow in holiness, and remember the favours the lord has bestowed upon you." -Mother Seraphina

“Your assumptions are your windows on the world. Scrub them off every once in a while, or the light won't come in.” -Gay Lussac

MATHEMATICS WEEK

“Mathematics gives us hope that every problem has a solution”

Mathematics develops computational skills, critical thinking and problem-solving skills. With an aim to create an interactive and interesting learning of mathematics, school organized Mathematics week from 15th-19th May. Competitions like Mathdoku, Sodoku, Tangy tangram were organized to enhance analytical and problem-solving skills of students.



Hasta la Vista

The school bid farewell to Vice Principal Rev. Sr. Tresa Francis, Primary school Head Mistress Rev. Sr. Anne and Ms Mariat Joseph-PGT Maths who were the integral part of Anthonian family for many memorable years.



WELCOME OF VICE PRINCIPAL REV. SR. JESLIN. AND PRIMARY HEAD MISTRESS REV. SR. (DR.) VANDANA JOSEPH

The school wholeheartedly welcomed our new Vice Principal Rev. Sr. Jeslin and Rev. Sr. Vandana as the new headmistress of the primary wing.



YOGA DAY

“YOGA IS THE JOURNEY OF THE SELF, THROUGH THE SELF TO THE SELF”

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. On 21 June 2023 the students of our school celebrated International Yoga Day with great vigor and enthusiasm. The students performed various yoga postures, simultaneously with an explanation about the importance of those asnas.



“Pray... for prayer can obtain even the impossible.” -Mother Seraphina

"Science is not just a body of facts, but a way of thinking critically and objectively about the world around us." - Marie Curie

SCIENCE WEEK

" EVERY BRILLIANT EXPERIMENT, LIKE EVERY GREAT WORK OF ART, STARTS WITH AN ACT OF IMAGINATION."

School play a vital role in promoting scientific knowledge among students. Our School celebrated science week from July 10 to 15. The main objective of celebrating the week was to develop the scientific spirit among the students and to encourage them to adopt scientific methods as a way of life. The week-long celebration saw the enthusiastic participation of students in a wide range of activities such as Model making, Poster making, and Hands on experiments. To sum up the science week celebration, an exhibition was held in school campus. The main attractions of the exhibition were the working models designed by the students such as smart city, hydroelectric power plant, hydraulic bridge, cell structure, working of heart, robots to name few.



COMPUTER SCIENCE WEEK

The computer science week commenced on the 1st of August and was celebrated with vigor till the 5th of August, in order to highlight the importance of computer science education in our tech driven world. During the entire week, students were encouraged to participate and display their enthusiasm and skills towards the subject. Competitions from classes 6 to 12 were conducted, which included a 'Debate, 'Robot-making' and many more.



ST. CLARE'S FEAST

" Love him totally, who gave himself totally for your love."

On August 11, St. Clare's house presented an assembly to showcase the values given by St. Clare's through enactment, songs and dance.



"We learn a lot in silence, while noise tends to dissipate the spirit." -Mother Seraphina

"Science is the key to unlocking the mysteries of the universe and harnessing its power for the benefit of humanity." - Vera Rubin

INDEPENDENCE DAY

77th Independence Day was celebrated with great enthusiasm and patriotic fervor in the school ground.

Ms. Rajni Airi addressed the gathering appealing to their nationalistic spirit and urging them to take pride in being an Indian and fulfilling one's duty with responsibility. Patriotic Poems and Songs were recited by the students. Meritorious students of classes X and XII were awarded for their excellent performances in the CBSE board examination (2022-23).



MOTHER PIA MEMORIAL INTER SCHOOL COMPETITION

Annual Mother Pia memorial Inter school competition was held on 25 August 2023 for the classes 9 to 12. There were competitions ranging from Coco Art, Claytivity and The Routeless Travel. St. Anthony's School Faridabad bagged the rolling Trophy.



TEACHERS SEMINAR

A workshop was conducted for teacher's by Fr. Dr. Suresh Mathew on 19th August and CBSE training(CBP) workshop on 19th September 2023



"The exterior cleanliness indicates interior purity." -Mother Seraphina

"The pursuit of science is a never-ending journey into the unknown, fueled by curiosity and guided by reason." - Neil Armstrong

RAKSHA BANDHAN

Raksha Bandhan-A beautiful bond of love, trust, and responsibility forever.' Raksha Bandhan is a special occasion to celebrate the eternal and auspicious bond between brother and sister and the affection of the siblings in the family. On 29 August school celebrated this festival with great zeal and endeavour. Classes V and VIIA conducted the special assembly highlighting the significance of this festival.



TEACHER'S DAY CELEBRATION

"THE INFLUENCE OF A GOOD TEACHER CAN NEVER BE ERASED"

5th September is celebrated as Teachers' Day as a mark of tribute to the contribution made by teachers to the society. On 4th September School celebrated Teachers' Day. All students decorated their classrooms and gave their teachers a bouquet of roses. Students from various classes performed a cultural show to showcase their love, respect, acknowledgement and recognition of the hard work put in by the teachers towards their development



JANMASHTAMI

Interpreting the significance of our culture and tradition which have stood the test of times and proved their effectiveness in creating cultural harmony, our school celebrated the highly revered festival of Janmashtami on 06 Sept 23 . The celebrations commenced with offering the prayers to Lord Krishna followed by a epical drama by the students of Class II and XI depicting the birth of Lord Krishna that acknowledged the end of cruelty over mankind. Students also depicted the beautiful dance that mesmerized the audience. The celebration left the message that humanity is the biggest religion in the world.



"Nothing is small in God's eyes because He sees our intentions." -Mother Seraphina

"The greatest discoveries often lie not in finding new things, but in seeing familiar things in new ways." -

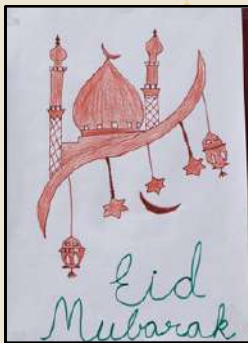
Alexander Fleming

GANDHI JAYANTI

"Be the change that you want to see in the world." -

Mahatma Gandhi

The principles Gandhiji stood for, are still invoked across India and the world. His lasting legacy continues to inspire millions and there is no aspect of life that, Gandhian thought did not touch. To pay a rich tribute to the great iconic leader on his birth anniversary and to commemorate the National Festival of Gandhi Jayanti, the students of our school presented a special assembly. The assembly commenced with a special homage to the „Father of the Nation“ with Bapu’s favourite devotional song 'Raghupati Raghav Raja Ram'. The students then articulated Gandhi’s ideology and contributions towards Indian independence skillfully through the quotes and speech. A meaningful assembly ended with national anthem.



EID-E- MILAD

Eid -E -Milad is not just a day to share our food and money. Rather, it is a day to surrender our differences in life. The best sacrifice is to give up our grudges for each other. This festival is about a celebration of brotherhood, love, respect and harmony. With similar thoughts, our school celebrated Eid with gaiety by hosting a special assembly. They shared the preachings of Prophet Mohammad, threw light upon the significance of this festival .

"For the renewal of the world, love of God should be manifested not only in words but also in deeds." - Mother Seraphina

"Science is the bridge that connects our dreams with reality, and empowers us to shape the future we envision." - Michio Kaku

SCHOOL TOPPERS (CBSE 2022-23)

CLASS XII

ADITI SINGH
(SCIENCE) 96.2%

ADITI SINHA
(SCIENCE) 95.4%

TANISHA TOMAR
(SCIENCE) 95%

KANGANA GARG
(COMMERCE) 94.6%

KHUSHI ARORA
(COMMERCE) 94.6%

SANJANA SHARMA
(HUMANITIES) 94.4%

CLASS X

ARYA ASTHANA 96.5%

AKSHITA GUPTA 95.8%

NIRANJANA 95.20%

MIYA MARIA SUNNY 95%

KRITIKA PURBEY 94.20%

SHIVANGI ARYA 94%

"Carry on trusting in providence and Jesus will never fail to help you." -Mother Seraphina

"Our virtues and our failures are inseparable, like force and matter. - Nikola Tesla

ZONAL COMPETITIONS

COMPETITIONS

POSITIONS

PARTICIPANTS

1. Table Tennis (Senior)

Second

Divya Malik 12th Comm
Nandani Soni 12th Comm
Charu Rawat 12th Hum
Kairavi Bagdwal 12th Sci
Sanskriti Baisoya 6th C

2. Table Tennis (Junior)

Third

Priyali Dagar 11th Sci
Ihita Johri 11th Sci
Vung Naigh Sang 11th Sci
Kratika Singh 11th Sci
Mehika Sharma 11th Sci

3. Judo (category 57kg)

First

Harshita Verma XI Commerce

4. Kurash (category 57kg)

First

Harshita Verma XI Commerce

5. Shooting (category 10-15 year) First

Samayra Mahajan VI C

6. Badminton (under 17)

First

Drishti Waldia X B

"Abandon yourself into the hands of Jesus and he will do the best for your soul." -
Mother Seraphina

“All outstanding work, in art as well as in science, results from
immense zeal applied to a great idea.” - Santiago R.

STUDENTS' CORNER

A FRIEND

A Friend will not talk bad about you,
And will never lie.
They will always give their shoulders
if you need to cry,
They will always be there for you
Through thick and through thin
and when the world walks out on you,
your friend will walk in.

-Catherine Komal X-B

LIGHT

Light, you're the hope
You're the fright
I see my future in your bright
You're the silence in the cries
You're the reason for my sight,
Light of joy, Light of peace
You're the maker,
You're the destructor
I know the side of you in my eyes
A little light is enough to burn the lies.

-Suryanshi X-A

EXTRANEIOUS BURDENS

for when the peril feeds doom inconspicuous,
the heaven's garden beckons beings on earth,
so it does, as the innocence is subsisted.

the yellow flowers, they wither. the fruits rot.
the water made hyper volatile, now inconspicuous.
the hazel eyes of the girl, her vision now hazy.

still the beings beckoned by the beaut, remain blind.
they hear cries from deep within,
and choose to feel better bringing of bothers.

extraneous burdens of the earth are now questioned.
assertive beings once beckoned, pray to the heavens.
green curtains of which show the extraneous burdens.

-Bhuvi Bhardwaj XII- Science

CITY STREETS

Today, as I walked the streets with a heavy heart
I saw people from a different perspective
A homeless man with desperate eyes
and a college student with nothing to give
An old woman staring at a picture, while sitting
alone on a bench
A young man is in a fancy suit, but his head he had
down and clenched
A woman holding her breath as she coveted her
stomach with her arms
A little boy sitting beside his cycle, as he looked at his
wounded palm
A small dog looking around for his beloved owner
A boy in his teenage years, eating a boxed lunch by
himself, felling like a loner
Everyone was fighting a battle that I knew nothing
about
But none of them made a single sound, neither did
one of them shout
All of them were hiding behind a face that was
smiling
But their eyes told the original story of the pain that
they were kidding.

-Akriti Thakur 9-C

“It is impossible to crave for what one does not value.” -Mother

Seraphina



ISSUED BY SCIENCE DEPARTMENT
EDITED AND DESIGNED
PRIYALI DAGAR XI SCI
GONIKA SHARMA XI SCI
VANSHIKA PAWAR XII HUM